

From the Chair



Hello to you all once again. Still in lockdown but some forms of normality starting to appear. What our new normal will be we wait to see. I would like to thank those members who responded to my e-mail asking what you have been doing over the last couple of months. They made interesting reading, please continue to send them in.

I would like to thank those members who have sent us donations. This will help us survive this difficult time. Thank you.

Further news of our Annual General Meeting will be sent to you in the next few days. We have to look at further information received from the Charities Commission. We are now a registered charity in our own right and our Charity Number will start to appear on our web site and official paperwork.

Can I please ask anyone who has yet to renew their subscription that they do this carefully as Chris has received quite a few cheques with either the wrong amount or the wrong name. This has caused Chris a lot of extra work and frustration.

Cheques should be made out to 'Aylsham and District U3A'

Individual subscription is £15 Two members living at the same address £28 Associate subscription £12

Keep well and safe as we slowly emerge.



Chris Frederick
Membership Secretary

Thanks to all members who have renewed their membership.

In view of the current situation the committee have decided to extend the renewal deadline until 30th June. After that date members who have not renewed will be lapsed.

Membership details and a standing order form can be found on page 10 of this newsletter



Janice Clarke
Group Link Coordinator

Well I do hope we are all keeping well and aren't finding all this isolation too much of a strain.

I did hear from some Group Convenors about how the groups are keeping in touch and know about others as I belong to their groups.

Most groups are managing to keep in touch some by using Zoom or some other video sight and others just by e-mail.

It doesn't matter how we keep in touch but I am pleased that most of us are doing so.

The Pétanque Group have started to meet at the recreation ground in small numbers and taking all precautions, but most groups meet inside and at the moment this is a no go.

The important thing is to stay positive and keep safe.



Pétanque Group

Convenor: Keith Hilton

After the decision by the government to allow golf and tennis to recommence, the pétanque group felt that we could apply the same rules to pétanque. We have therefore, now arranged twice weekly sessions on Wednesday and Friday mornings at 10.00am.

Single matches will be allowed with only 3 games on the terrain at any one time, this will allow for social distancing to be observed at all times. If more group members wish to start to take part, we can set up sessions on other days.



Yarn & Yarn Group

Convenor: Sally Barber

I suspect we have all been very busy and productive making stuff while locked down. However, it is not easy to knit or crochet in the garden while it is so lovely and hot!

We have a Facebook page and encourage each other there.

My latest project - A Fox



Supper Club Group

Convenor: Dorothy Cain

I think like everyone else we are all doing certain jobs around the house which really do not need doing. At the start I was busy repainting my garden fence, sorting my garage out and buying a new freezer! Life has now got into quite a nice pattern, for me a time of reflection and a great appreciation of all the countryside just a few minutes walk away.

Our members from our newly formed Supper Club have been doing similar things, painting, baking, walking and say they are looking forward to our meet up in the not too distant future for the Supper Club to start again.



Creative Writing Group

Convenor: Sarah Smith

The group have had to be a bit creative on their own recently, although we have been keeping in touch via e-mail and sharing our pieces of writing. It is just not the same as meeting over tea and biscuits with Quince the dog for company.

Our theme for May was 'Weathering the Storm', which we felt was highly appropriate, it is a phrase we seem to hear a lot these days. Several of us came up with variations on the theme, including metaphorical 'storms' we might need to get through.

Our next theme is 'Time', the title of the U3A's National Writing Competition. Something of which most of us have plenty, at the moment. If anyone else feels inspired, please send in your pieces via the web site to Sarah Smith. Meanwhile, we aim to keep safe, keep sane and keep writing!



French Conversation Group

Convenor: Kathy Smith

Many of the members of the French Conversation group have been ringing each other for a chat in French on the days we would normally meet. We have been paired up on a rota, so that everyone gets a chance to speak in some depth with each other person.

So far no one has run out of things to say! We have started sharing links to French websites and news programmes, which offer opportunities to learn new vocabulary during this period of "distanciation sociale".



Table Tennis Group

Convenor: Wyn England

Having been contacted by the Jubilee Centre to see if we felt we could resume our group in any way under the latest guidelines, I e-mailed the group members to see how they felt about possibly playing just singles games with half the members playing alternate weeks in order that chairs could be spaced out 2 metres apart. The response was a resounding NO. They felt it was too soon to think about going back and that maybe we could reconsider in another month.



Monday Movies Group

Convenor: Jenny Hewitt

Monday movies has gone virtual, well almost. We arranged for all of us to watch *The Darkest Hour* on TV and then had a virtual meeting on Zoom to discuss the film. This worked very well and was most enjoyable. Looking forward now to next month. *Report Submitted by Jean St Clair*



Card Group

Convenor: Jean St Clair

Unfortunately we cannot find a way of playing Canasta by a virtual meeting. But I think it is time we had a virtual group meet up for a chat. This will have to be arranged soon.



Bridge Group

Convenor: Jean Warren

The Bridge Group continues to keep in touch with a round robin e-mail each Tuesday.

This is sometimes quite amusing hearing about what everyone is up to and one member of the group is giving us a puzzle to solve each week. Not exactly bridge but it helps to keep the brain cells active - well that's the idea anyway!

And some are continuing to play remotely, keeping their bridge knowledge going and staying in touch as well. *Report Submitted by Janice Clarke*



Knitting & Crochet Group

Convenor: Jean St Clair

We were just about to start this group when lockdown happened. I will try to convene a virtual chat very soon.

Social Secretary's Update

Sadly, we have made the decision to cancel the trip to RHS Wisley on the 22nd July and refunds are being arranged which should be with you shortly. We hope very much to include a trip to Wisley in next year's plans. Regarding the rest of this year's events I would like to report as follows:

Remaining trips later this year

Brick Lane (2nd June) and Epping Fryer (September 9th) are definitely cancelled. All other trips are still under review and I hope to salvage something from the wreckage, maybe in a revised format. I am looking into this and will report back to you in the next newsletter.

CHRISTMAS LUNCH - A Date for the Diary

As reported last month we have set a date and venue for the Christmas Lunch! This will take place at The Old Rectory, Crostwick on the Friday 18th December 2020. I will publish the menu and costs in the next newsletter at which point we will start to take reservations, without cash until we are certain of the situation.

Please find following, a list of this year's planned remaining outings for your reference:

10	Wednesday	21st	October	Sutton Hoo & Woodbridge	Coach	£30.00
11	Wednesday	28th	October	How Hill Craft Show	Car Share	£3.00
12	Wednesday	11th	November	Norwich Theatre Tour	Car Share	£20.00
13	Thursday	26th	November	Bury Christmas Market	Coach	£15.00
14	Friday	18th	December	Christmas Lunch	Car Share	TBC

Above all, please stay safe, and I look forward to seeing you all again when this is all over. Ian Gravenell, Social Secretary

With most of our groups unable to meet in the normal way, we ask for members to let us know what they were doing and how they were coping with the situation, we have published some of the responses.

From Dawn Willson

As I am still confined to barracks there's been an extra incentive to discover some more courses via the internet. My favourite so far has been what has been on offer from the Open University via 'Openlearn', their programme of free taster courses which they hope will entice you to engage more seriously in the future.

Then there's "Futurelearn" which also offers a wide range of subjects. I started with an interest in languages but have now branched out into Criminology, Sustainable Food Production and Shakespeare. They are all so tempting I shall have to stop, put some music on and remember to keep exercising.

From Susan Ashall

After the initial disappointment of our house sale falling through as a result of lockdown, I knew I had to achieve something constructive each day.

Well, mostly mundane things like cooking, my husband has enjoyed all the home cooked food but I am SO over that novelty! So looking forward to getting dressed up and being treated to a good meal out. It will happen and it is something to look forward to.

I have painted skirting boards, sewn the hems on six navy voiles for the lounge, rearranged furniture, had a daily 30 minute brisk walk with Missy, our Cavalier King Charles Spaniel. Missy is 18 months going on 18 years. She is very chilled, unlike me, I am a bit of a nervous Nelly. The favorite phrase of mine is "Does it Matter Jim" - You need to have seen the film Bridge of Spies with Tom Hanks to know the meaning behind that.

One thing I have stumbled upon while channel hopping on the television is a programme called The Joy of Painting on BBC Four. The gentleman artist, Bob Ross, is the most gentle humoured, sweet man and a delight to listen to as he has the most calming tone of voice. Throw into the mix remarkable talent and I'm hooked. Even if you do not wish to paint please seek the programme out. He was born in Alaska I believe. You may even get inspiration when to see his hair (it was filmed in 1989)

We have heard from Keys Estate Agents, the purchaser of our bungalow has received another offer that has been accepted so the ball is hopefully rolling again. A bit of an emotional roller coaster, but a day at a time is the answer.

From Janet Burgess

Although our lives have changed enormously over the past few weeks it has given me a chance to complete some unfinished paintings. I thought members would like to see this watercolour painting of Blickling Hall which I finished recently. We are usually frequent visitors to Blickling and are missing going there, as I expect many members are. Prints and greetings cards will be available after lockdown.



From Janet Johns

I have kept busy these past weeks mainly at the allotment and have met a lot of other gardeners I did not know so we are all keen to have a chat as plenty of time and easy to keep distance. When I am not gardening I walk and know my way around Aylsham, but miss not being with the walking group.

From Hazel Jones

As I am classed as one of the 'at risk' group I am not allowed out apart from in our garden. However, I have enjoyed the virtual coffee morning, read lots of books, rekindled my love for cooking, something I love to do if I have the time.

With arm limitations it has been challenging now trying to pick up my crochet again.



Aylsham & District

From Allan Groombridge

We have purchased a Dunlop table tennis table and Chris and I are playing every day when it is not too windy. Chris has never played before, but has picked it up quite quickly. However, my attempts to offer any tips or coaching has fallen on deaf ears. Every now and again she hits an unreturnable smash, but she has no idea how she did it! She has also developed a very good forehand serve.

My 1968 BMW Z3 2.8 litre convertible has been washed and polished to within an inch of its life, and I have given the interior a good valet. I have changed the engine oil and oil and air filters and checked the underside for rusty bits. I did not find much, but treated what I did find. She got a winners Rosette at a Classic car Show last year, unfortunately all events so far this year have been cancelled and the remaining ones look very doubtful.

The garden has been given lots of attention and we are growing Runner Beans, Courgettes, Cucumbers, Peppers, and Lettuce all in pots. The lawns have had a lot of attention too and are looking better.

We feed the garden birds and have 3 blackbirds on begging duty, perching just outside the back door and following us around if we have not thrown any sultanas out for a while. They also love apples.

When the lockdown commenced, we started to have 'elevenses' and as the weather was so good we took it outside in a sun trap, it was lovely to see Blue Tits visiting a nest box which I fixed to a tree some five years ago. We have never seen it used before, perhaps because we did not have the time to 'sit and stare'.

Forgot to mention in my ramblings that we have hedgehogs in our garden. Just a pile of leaves which I was about to sweep, but I thought it was worth investigating. Gently pulling back some leaves I found a snoozing ball of prickles. I covered it up and have made a feeding station for them using 32 ridge tiles laid end to end, and started feeding them with cat food.

From Gordon & Julie Evans

Julie and I have not been able to join any groups or attend the coffee mornings due to the lockdown. In fact Julie who has a heart problem, has not been out of the house during the past 9 weeks as we started our lockdown early. However, as the community appears to be waking up from a long hibernation I have booked a car park space for Blickling, and we are going to venture out for a walk.

I have been out more or less once a week to go into town for prescriptions, bread and bits and pieces for us both and for our elderly neighbours. Some of my trips have been by bike! Yes, by bike for the first time in over 10 years - and by jingo, it was hard.

Julie and I moved here to Mileham Drive in December 2018 and the intervening period up until last March was spent getting to know the area, to meet various people and attend various events. We have also done much to resurrect the garden, which was in a very poor state due to neglect, I took time out to build a workshop and then a garden room, which is now complete except for a garden seat which is on order. My next projects are on the drawing board but will have to wait until I am able to get to the timber yard. I have got used to waiting up here in Norfolk for anything to do with tradesmen or building because, for some mysterious reason, getting hold of these people is often a challenge. Where I have been successful, I have come across some very good people.

During our incarceration we have been going through old photographs - about 1,000 images mostly from 40 or so years ago when I was rather keen on photography. Old files from my time as a trustee of a pension fund and a charity, and my family tree. We have sorted about half of the photographs and put the ones we want to keep into albums, and the contents of over 30 years of files have been shredded creating a lot of bags of shredded material which now occupy garage. I burnt one shredder out in the process, but the replacement was man for the job. We have also spent time on our family trees, but that has been put to one side as the dry weather and strong winds has required us to spend more time in the garden.

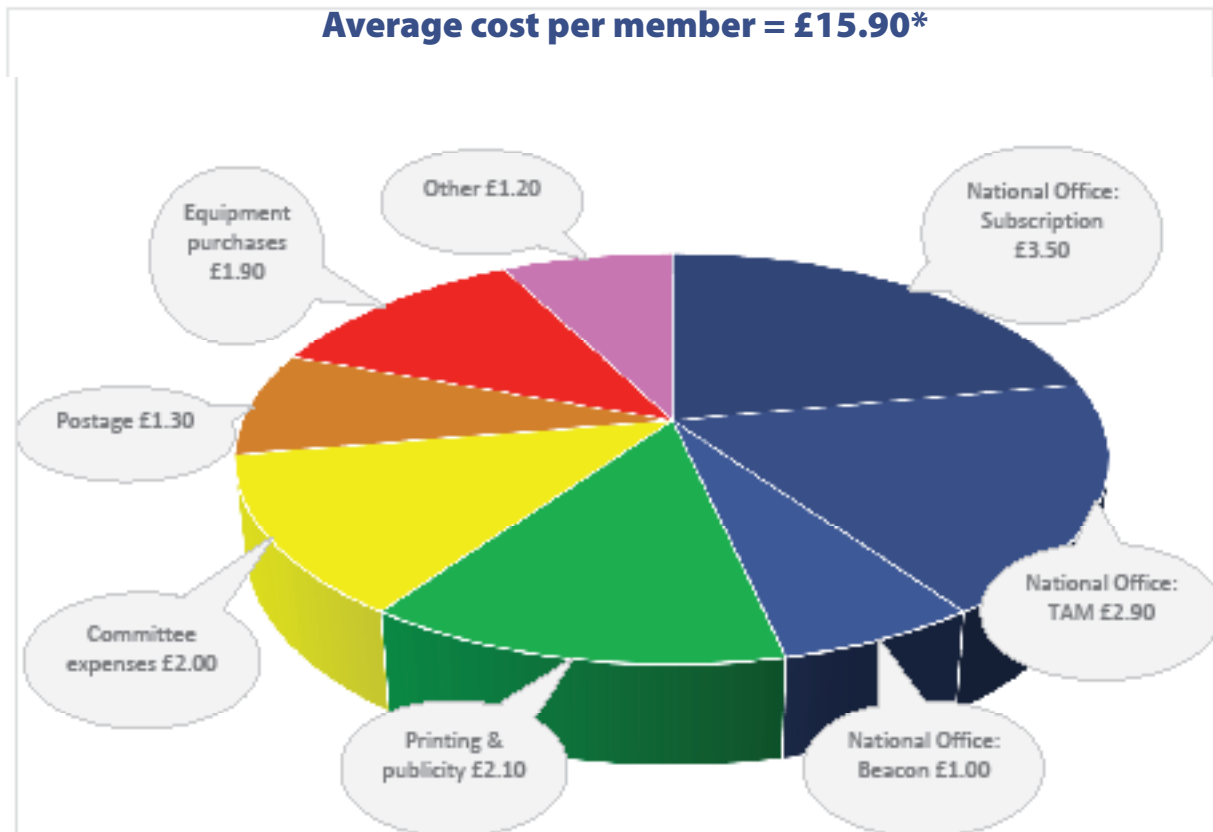
One result of the lockdown has come from the prison where one of our foster children resides for a few more years yet. Because prison visits have been stopped the governor has given the trusted prisoners access to a telephone which can be used each day for up to 20 minutes, and he has also allowed those that want to order CD's and DVD's from Amazon through their family to be delivered direct to the prison. Whilst at times our lockdown has been difficult especially with all the negativity in the media, being able to talk to a member of the family who would normally spend up to 23 hours 'banged up' has made a tremendous difference to our welfare.

Take care, stay safe and to quote the said foster son from his cell 'Be Happy'.



What does your membership fee pay for?

The Treasurer’s Report, issued with the AGM papers, showed an analysis of income and expenditure for the financial year ended 31 March 2020. The average expenditure per member was £15.90*, and the chart below shows this cost broken down by the various categories of expenditure.



**Based on a single member, with income from social activities netted against expenditure and adjusted for amounts received for trips which have been cancelled*

National Office costs comprise 3 elements: Membership subscription; Third Age Matters (TAM) publication and Beacon (membership & accounting system) fee. In aggregate these account for 49% of the amount collected from members’ annual subscriptions.

Printing & publicity includes the cost of producing membership cards, programmes of events, the monthly newsletter & other publicity material.

Committee expenses principally comprise attendance at the National Conference, participation at regional workshops & stationery.

Other includes expenditure relating to convenors’ meetings & new members’ meetings, welfare and participation at local trade & community events (e.g Aylsham Show & Aylsham Business & Enterprise Forum), less net income from social activities.

The Treasurer’s Report, issued with the AGM papers, also made reference to the Independent Examination of our accounting records. This has been completed, and a copy of the Report is shown on page 7



Independent examiner's report to the Committee of U3A Aylsham

I report on the accounts of the Group for the year ended 31st March 2020, which are set out below.

Although I can find no evidence that Aylsham U3A is a registered charity I have examined these accounts to the same guidelines.

Respective responsibilities of trustees and examiner.

The groups committee is responsible for the preparation of the accounts. The Groups Committee consider that a full audit is not required for this and that an independent examination is needed.

It is my responsibility to:

- examine the accounts
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the Group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as committee members concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records and
- to prepare accounts which accord with the accounting records have been met

The accounts are extremely well prepared and presented.

Name: Sue Lake

Address: C/O Aylsham Town Hall, Aylsham, NR11 6EL

Date: 8TH May 2020





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10

CLOCKS OF NORWICH QUIZ



11



12

Please send your answers to : davidabbott123@gmail.com





All Things Norfolk - People and Places

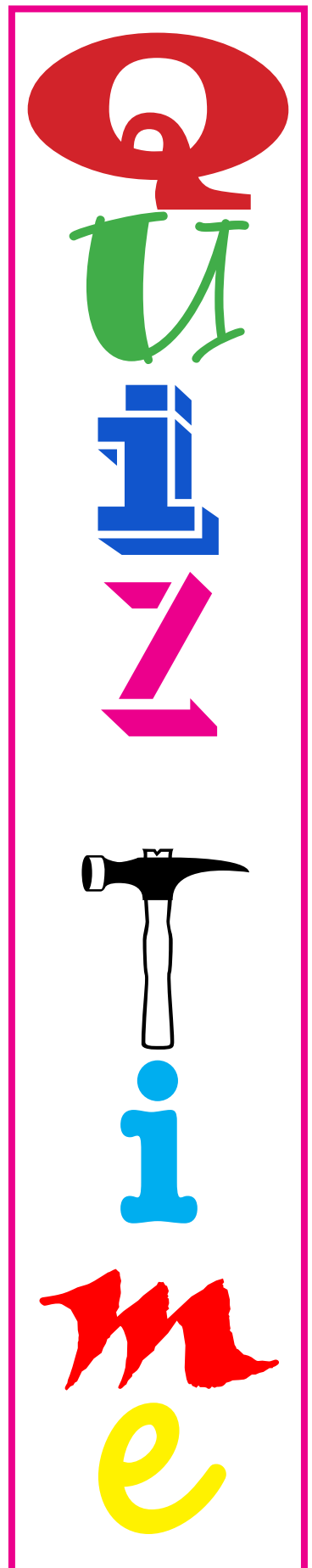
Closing date for entries Monday 18th June

Answers to: davidabbott123@gmail.com

1. Famous wetland feature ? - but Americans may think it is about girls !
2. Some have feet of this ?
3. This place could suit you well ?
4. Local word for a chat
5. You always stop here ?
6. Religious grassland shopping in the city ?
7. "Lets be havin you"? Carrow Road supremo !
8. An idiot from the Goon Show ?
9. Small person having a noisy night ?
10. Fortress coming up in the world ?
11. Molly Windley had a bad smoking habit according to this man ?
12. Sale persons from any place on the compass except south, east and west ?
13. Norfolk comedy actor in a pear tree ?
14. Royalty retreat ?
15. A bit of a hair combed across the scalp ?
16. Mammoth find in the cliffs at this village
17. The Walks is the place to find these birds ?
18. Despite its name you would not want to do your laundry here ?
19. What ships are doing when they arrive in port ?
20. There's a lot of gas in this place ?

Answers

- | | |
|----------|----------|
| 1 | 11 |
| 2 | 12 |
| 3 | 13 |
| 4 | 14 |
| 5 | 15 |
| 6 | 16 |
| 7 | 17 |
| 8 | 18 |
| 9 | 19 |
| 10 | 20 |





New Membership and Renewals

Prospective and current members are reminded that Aylsham & District U3A's membership year runs from 1 April to 31 March, so subscriptions are due at the beginning of April. Subscription rates for 2020/21 are the same as for the current year.

It would greatly assist the process of recording subscriptions if payments could be made by standing order or via internet banking, wherever possible, thereby reducing the amount of administration associated with cheque or cash payments.

For members wishing to use the standing order option, a form is below which should be completed and returned direct to your bank. For those wishing to use internet banking, please note that details of the sort code, account number and reference field are shown on this form. Thank you for your cooperation and continued support

Payment of Annual Membership Fees by Standing Order

In order to simplify the renewal process and reduce the costs and time associated with maintaining our membership records, the Committee would urge members to pay for their annual membership fee by standing order. Members with electronic banking facilities can set up the standing order on-line. Alternatively, please complete the form below and return it direct to your bank. This form can also be downloaded from the website.

Annual Membership Rates From 1 April 2020

Individual £15.00 Associate * £12.00

Joint £28.00 (2 people living at same address)

** Associate membership is only available to those who are already members of another U3A group*



To [your bank or building society]

Bank / building society name:

Branch address:

.....

.....

Sort code: Account number

Account name (s):

Please pay: **TSB Bank plc, Market Place, Aylsham, Norwich, Norfolk, NR11 6EH**

Sort code: 77-66-10 Account number: 16427468 IBAN: GB86 LOYD 7661016427468

For the credit of **Aylsham & District U3A**

Quoting reference: *[Your name(s)/ membership number (if known)]*

.....

The sum of £ on 1 April 2020 and annually thereafter until you receive further notice from me in writing.

This order supersedes any other order payable to Aylsham & District U3A

Signed: Date: