

KING'S LYNN **U3A**

THE UNIVERSITY OF THE THIRD AGE

KaLeidoSCOpe

Spring 2014



*For members, About members,
By members*

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Editorial

Having edited the Newsletter-cum-KaLeidoscope for just over a year now, I had hoped we had developed a formula and presentation style acceptable to, and enjoyed by, members. The diversity of items the team receives reflects members' interests, experience and skills – the very life force of the U3A – of which I am quite in awe. However, I am acutely aware that we still have some way to go to fully satisfy members' expectations. Whilst all feedback has a value, it's fair to say that positive input is more likely to result in a greater payback than negative comments. Assuming you agree with this philosophy, please continue to tell us what you would like to see and read about. The production team can then focus, even more than we currently do if that's possible, on trying to fill 28 pages with your preferred material. Logically, the balance will then shift over time, less popular items effectively being crowded out.

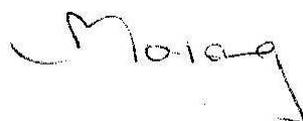
However, the KaLeidoscope team must work within certain constraints, for example: we have a responsibility to our membership as a whole and consideration must continue to be given to all submissions; the available time and expertise; space, given that there is standard information and text considered pertinent for inclusion in all issues; and economy, which governs the number of pages we produce and the use of colour.

So, in a nutshell – Tell us what you would like to read about, perhaps actually write about it, and we will do our utmost to deliver.

Looking back over last year's Speakers' Programme and at the current year's, we really do pack a lot in. Add in the Special Interest Groups' activities plus those latent talents which surfaced in our December production, and I reckon we could give most other local organisations a run for their money (if not actually at a run, perhaps a measured pace).

In 2013 we welcomed 31 new members and hopefully this pattern will continue throughout 2014; it's therefore not beyond possibility that an increasing interest in the U3A will bring about a new tranche of activity. Local press releases are now submitted regularly and – as you'll read on page 8 – we take ourselves out and about to entertain others. Members' Miscellany articles illustrate how active we are outside of U3A, be it stimulating and satisfying our interests or promoting the wellbeing of others, or – inveterate multi-taskers that we are – a combination of both.

Can we cope with more? Of course we can! Will we then have more than 28 pages of KaLeidoscope to fill? Perhaps – so all the more reason for us to address any shortcomings now. Your input can help us to crack open that nutshell.



Morag Bean, Editor

N.B. Please note my change of email address as shown on pages 26 and 28.

Obituary: Olive Muriel Gold



Members were saddened to hear of the death of Olive Gold, a King's Lynn U3A member of many years' standing, who died on 13 October 2013, and whose funeral service was held at Mintlyn Crematorium on 22 October. The U3A was represented by Chairman Gloria Pantling and fellow members and friends.

Gertrude Seddon-Stoves pays tribute.

I feel greatly honoured to be asked to write this obituary about Olive. She was my very dear friend whom I admired enormously, a person of great integrity, always seeking the truth to satisfy her remarkable mind. We discussed many topics – science, religion, politics – and she would not be satisfied with any shallow interpretation of a problem.

I met Olive in 1992 when we were both working as Volunteers at the Citizens' Advice Bureau, and we soon became friends. She encouraged both my late husband Eric and me to join U3A, about which she spoke with great enthusiasm. Together, we became very involved with the organisation and were at one with its aims and objectives.

She started the Book Group, which still continues today. Just as with science, she also wanted to explore literature in all its complexities, and especially the authors' meanings underlying characters and plot. I found her to be an exceptional scholar.

When Eric started the History Group, she became a leading light in it, giving learned papers on individuals such as Darwin and on topics like the earlier development of medicine in the Middle East. We miss her very much in our current group. She formed other groups, including Music and Bridge. Every form of study intrigued and excited her. With all of this, she had a great sense of humour, and a capacity for a deep abiding love of people.

She loved going to the Summer Schools where her contributions were greatly appreciated.

I would like to offer condolences to Olive's family – her children and grandchildren – whom I know miss her deeply, and to her many friends in U3A and in general.

Gertrude Seddon-Stoves

From Your Committee

Chairman's Report

(The following is an abridged version of the full report presented at the AGM)

I hope that you have found this last year interesting, stimulating and entertaining. The U3A approach to learning is "learning for pleasure". Keeping alert and open to new ideas and experiences is important after retirement, and we are fortunate to have a large and varied group who are friendly and sociable, with varied and interesting life experiences. The U3A is a self-help organisation run entirely by volunteers and I would like to thank the hardworking people who carry out these roles.

Firstly, our Group Leaders. We have over 30 groups with varying degrees of academic, physical and social interests and attributes, whose success is down to those individuals willing to organise and host them. As more new members join, it is important we find suitable groups and places in those groups to maintain their interest. In addition, we were delighted that one of our members, Edwin Salter, organised study days last summer. This took a great deal of Edwin's time, but participants' feedback was overwhelmingly positive.

Next, the work done by the Committee in the past year. We purchased our own hearing loop system; access for all is always at the forefront of our decisions. If we know of any problems (physical or sensory), we look into any solutions within our power. After the coffee break, we would be interested to hear of any access problems you are aware of relating to yourself or to anyone of your acquaintance. We also bought a projector for the use of Speakers, so no longer need to borrow these items. Joy Dunham attended the National AGM. It is important to keep up to date with HQ initiatives and advice, which we adopt if appropriate.

*The Committee meets four times a year but its members work continuously. All members have individual roles and also carry out 'one-off' projects and research etc. on behalf of the Committee. Meetings deal with routine finance and organisation matters, but we are always keen to respond to suggestions. To echo the banner on **KaLeidoscope** – "For members, About members, By members" – it is therefore important that we receive your ideas.*

We mustn't forget those who manage the entrance table or organise the teas and coffees, and contact members who are ill or bereaved. They all contribute to making our U3A a friendly and supportive organisation.

Finally I would like to thank all of you for your interest and enthusiasm throughout the past year and I hope that all our members are able to enjoy many pleasant learning opportunities during this coming year.

Gloria A. Pantling.

Treasurer's Report: Year ending December 2013

(The following is an abridged version of the full report presented at the AGM)

This has been my first year as King's Lynn U3A Treasurer. The accounting side of the job has not been difficult, as I have had some past experience. However, the changing of names and addresses from Doris to myself caused many headaches in the first few months.

The first step was to change the names and signatories at the bank, which took at least two months to successfully achieve. Then I had to repeat this with the Charity Commission, COIF (Charities Official Investment Fund) and HMRC (regarding Gift Aid), which meant completing long forms and obtaining many counter signatures. However, I am pleased to say that this has all been accomplished, so next year should be much more straightforward.

I would like to thank Doris Watson and Jeff Graham for verifying the U3A accounts, and Grace Hogan and Ron Graham for verifying the U3A Travel accounts. It brought back those feelings of handing in an essay and hoping that I had done enough to pass. Thankfully I did.

Income: *Income for 2013 was £4,574, the increase being due to the growth in membership.*

Expenditure: *We did not have to pay for insurance (although I am not sure why), but we have the certificate to prove it. We did have to pay for home address delivery of Third Age Matters which this year (i.e. in 2014) will be covered by the local subscription increase.*

We added to our equipment by purchasing a hearing loop in January (£107), an Epsom Projector (£235), and mats for use by the Petanque group (£81).

Speakers: *The cost of the speakers increased this year and I hope you agree they were all well worth the fee they charged.*

Investment: *The investment in COIF still stands at £2,000 with a return of £11.98 interest, a slight decrease on 2012.*

Reserves: *In addition to the above balance, we hold £3,524 in the bank. We are required by the Third Age Trust to hold a minimum of 12 months' expenditure in reserve. We currently have a surplus of £265.*

Membership: *The membership yet again increased, of whom 111 signed up for Gift Aid, which is an efficient tax free way to increase our income with no cost to the individual. We received £319 back from HMRC for the 2012-13 financial year (i.e. re 2012 subscriptions).*

Outings Account: *This has a surplus of £628, which enables the Outings Organiser to pay deposits for coaches, etc, before all monies have been received from the members who have signed up for a trip.*

Vivienne Merryweather

Proposed Norfolk U3A Network

The above meeting, called to consider the proposal that a network of U3As in Norfolk be created, was held on 13 November at East Dereham.

The stated aim and purpose of the proposed network is to provide and enable opportunities for member U3As to engage in activities for the sharing of experiences and the learning from, and supporting of, each other.

*King's Lynn Chairman **Gloria Pantling** presents the following report.*

In attendance: Dereham, Diss, Downham Market, Great Yarmouth, Harleston, Hickling Broad, Kings Lynn, North Norfolk, Wissey

Apologies: Wroxham

At this meeting, attendees:

Agreed unanimously to the formation of such a Network

Accepted the proposed aim and purpose of a Norfolk U3A Network, as outlined above

Welcomed the offer from Jacqueline Westrop of Downham Market U3A to act as Co-ordinator of the Network and agreed that she should open a Post Office Account in the name of the Network

Agreed that each member U3A of the Network be asked to contribute £15.00 towards the running costs of the Network for the year ahead

Anticipated that the Network would meet three times a year and that the next/first meeting of would take place in February 2014.

Our own Committee has agreed to commit to membership for an initial period of twelve months, after which the situation will be reviewed. Committee members Joy Dunham and Edward Harrison agreed to act as our representatives, and will provide us with feedback as the Network's practices and policies become established. As members, you are invited to put to Joy and/or Edward any matters which you feel could be pertinent, which will be taken forward on behalf of King's Lynn U3A.

vU3A: In our Autumn 2011 Newsletter, Penny Dossetor told us about the Virtual U3A website. Do you make use of this facility, or know someone who does? Or perhaps you know of someone who potentially could benefit, but is not aware of it.

Whilst vU3A is not intended to 'compete' with the terrestrial U3A, it would be interesting to know if there are aspects of one which might complement or benefit the other. If you are a user or know someone who is, perhaps you could share your thoughts and opinions with fellow King's Lynn members by submitting an article to KaLeidoscope.

Don't forget that we also have our own website at www.kingslynnu3a

Coffee Morning

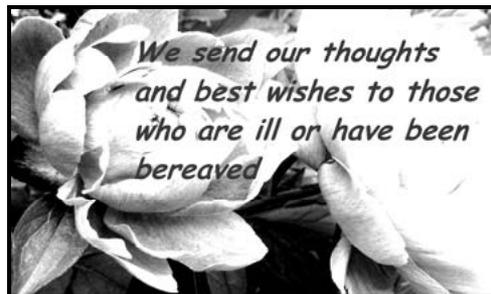
At the above well attended event in the North Lynn Community Centre on 25th October, leaders of twenty four Special Interest Groups provided information and examples, where relevant, of the activities King's Lynn U3A offers. Whilst the annual event is held primarily to inform newer and potential members, all members are welcome.

Around 30-35 U3A members and interested public kept Leaders busy with answering their questions. Committee members acted as hosts, with Vivienne Merryweather and Judy Eskell ensuring that the U3A staples of tea, coffee and biscuits were in plentiful supply.



*Prior to the public session at 10.45, Groups Co-ordinator **Val Sparkes** engaged Leaders in discussion of the various aspects of practical administration and summarised what it means to be a Group Leader – the time and commitment required, insurance cover, the support (moral and practical) available, and a myriad of more general information for those who think they may like to lead a group but are unsure how to get started.*

*To help you link the 'who' with the 'what', this issue of **KaLeidoscope** (and the next) features photographs of some of our Group Leaders on the back cover.*



Special Interest Groups and Outings Update

Recorders

The two Recorders Groups joined forces to entertain users of Crossroads Day Centre and residents of Amberley Hall and Lisbon Court with a selection of carols. Leader **Ann Higgins** provided copies of the words so that our audience could sing along, which they did with enthusiasm. Ann also played the keyboard accompaniment. Eight traditional carols made up the programme in two groups of four, with two lesser known numbers providing an interlude. Residents were given the opportunity to select which ones they would like to have repeated, and we finished by singing 'We Wish You a Merry Christmas'.

It was a good experience for me as I had not done anything like it before, although I will confess to losing my place a couple of times, and hope that my miming went unnoticed. *Ann Bolton (See Photo Gallery)*

Local History



GRESSENHALL
FARM AND WORKHOUSE
MUSEUM OF NORFOLK LIFE

Gressenhall Museum of Norfolk Life

Nineteen members of the Local History Group stepped back in time with an October visit to the Museum.

The damp weather did not diminish our enthusiasm, at least not until we found ourselves back in the workhouse! Here, under the tutelage and control of our lively and informative guide Mr David Orr, we soon learned of the origins of the workhouse and the stigma of shame that went with it. Terrible tales ensued, particularly of those classified as “jacketed ladies” or “itinerant male casuals” (i.e. unmarried mothers and tramps), who were made to work hard to justify being accommodated by the local guardians. The principles of the workhouse, which sound good in theory but are not reflected in the well documented harsh practices, were:

(for) The instruction of youth
The encouragement of industry
The relief of want
The support of old age
The comfort of infirmity and pain.

The museum site includes a number of well preserved buildings in Village Row, equipped to show how a rural community was served 70 years ago by its grocer, postmaster, seedsman and blacksmith, together with a schoolroom, chapel and Cherry Tree Cottage (on a similar theme to Beamish Museum in County Durham). This period feel to Gressenhall was enhanced by a group of visiting primary school children, resplendent in Victorian costumes. Sitting behind the desks in the old schoolroom provided our group with a host of memories, reinforced by items such as inkwells, the cane, and the dunce’s cap in the corner, and by epithets on the walls such as “respect your elders and betters”.

The trip gave us the chance to view the oldest car in Norfolk still running, the splendid Panhard de Levassor car from 1899. There was still time to look around the gardens and orchard, plus the working farm complete with its range of animals that included two magnificent Suffolk Punch and eleven newly born black piglets. All this, plus the main museum displays, make it a very worthwhile journey to Gressenhall.

Ron Graham (See Photo Gallery)

Thanks go to all Group Leaders who give their time and energies unstintingly, be it by organising a visit as described above by Ron, by stimulating our intellect by hosting book reviews, getting us to exercise by going out and about or by organising any one of the many other activities available to us. See page 27 for more details.

Book(s) of the Month

Group 3

The books listed below have been read and reviewed over recent months by the small group led by **Christine Stockley**. Material is often taken from a library list, but is frequently a random selection; if a book is mentioned which one or more members have read, it is dismissed. Amazon is also looked at, to research book content and length - up to 500 pages is usually long enough. Selected books are reviewed at the meeting following the month of distribution, when a new one is given out. The group also borrows from the library and Christine collects and returns the books unless someone hasn't finished one on time, when s/he will return it personally. Material is sometimes 'graded', e.g. "would(n't) recommend" or even "avoid that particular author".

The Secret Scripture by **Sebastian Barry** A story about an Irish lady who has spent most of her life in a mental hospital in Sligo, West Ireland, where she shouldn't have been. She has been keeping a diary and is now nearly 100 years old. She kept this account hidden. Her psychiatrist also kept a journal and is conducting a review of the institution as it is due for closure. The story is very moving and a sad account of the prejudices of the times in mid 20th century Ireland.

The Cellist of Sarajevo by **Steven Galloway** Based on the real events of the siege of Sarajevo in 1990. Not about the cellist, just that he was always playing his instrument in the street despite shootings and shellings: a story about peoples' lives in the city.

Pompeii by **Robert Harris** Based on the events leading up to and following the eruption of Mount Vesuvius.

A Fine Balance by **Rohinton Mistry** Set in mid 1970s' India, the story line revolves around four characters, giving insight into the poverty, deprivation and corruption at the time. Very harrowing and tragic, but also humane and touching.

Ghost Light by **Joseph O'Connor** Dublin 1907 A young Catholic girl has an affair with a much older man who is a theatre director but quite disturbed. This is her story from her life as a stage actress to her downfall into alcoholism and abject poverty in London in the aftermath of WW2.

The Secret of the Sands by **Sara Sheridan** Set in 1833 Arabia, where slavery was still rife. The British Navy is doing a survey of the Arabian Peninsula when two of the crew are kidnapped. This revolves around the story of Zena, a young girl abducted into slavery, and the two navy officers and a lieutenant commissioned to rescue them. The girl is eventually bought by the lieutenant who intends to free her as soon as possible. A moving relationship takes place. There are many characters involved, each with a story.

Six Suspects by **Vikas Swarup** This is a thriller taking place in India, about six eccentric personalities who are involved in a murder. *Christine Stockley*

Christine can accommodate more members; see page 27 for information

Dates, Decisions and Destinations

Well, here I am in November, I have finished all 2013's outings and am trying hard not to think about 2014, but I must. I start thinking about the next year's outings before we have had our first outing for the current year by looking at publications and notes from previous years.



Picture source: Wikipædia

The first thing I do after the Christmas holiday is to find a day when I can sit down and spread all the ideas over the dining room table. Then I whittle down options by comparing distances so we don't spend too much time on the road or have to start too early. When I think I have a few workable places, I start phoning to find out entry fees and whether the place has a cafe or a town nearby where we can eat. Next I call the coach company for prices and availability, after which I do some checking to see if the preferred dates clash, and then I get down to the real work of writing up a blurb to tell everyone about the outings, type up the booking forms and tickets, and set up my accounting database.

As you may have realised, many days have passed since I first spread my clippings across the dining room table. Since I took over Outings five years ago, take-up has continued to decline, and although I have tried various things to increase attendance, am still struggling to keep the numbers up. This means that I must spread the cost over a smaller anticipated participant number, thus have to charge more each year to meet costs. Some of our outings are to English Heritage, which has kindly agreed to accept U3A as a learning centre and allow us to visit its properties free of charge; however, I am running out of EH places easily reachable from Kings Lynn. I also include National Trust members to keep costs down, which adds to my confusion and workload.

Is the job easy? No, not really. Is it enjoyable? Yes, especially as I get to go to some really lovely places with a coach load (or two) of friends. After a break over Christmas and New Year, I get going again at full tilt.

Rosalind Greene

Full details and booking forms for the following will be available at meetings

Boughton Hall, Northants 20th May 2014 (Cost: £34.00)

Boughton Hall started life as a simple Tudor manor and evolved into its present palatial style which emulates the Palace of Versailles.

Duxford Air Museum, Cambs 26th June 2014 (Cost: £23.00)

With a museum, a cafe and lots to see and do.

Grimsthorpe Castle, Cambs 10th September 2014 (Cost: £21.00)

A guided tour of the magnificent baroque castle built by Sir John Vanbrugh, with fine furniture, paintings and tapestries, expansive grounds and ancient parkland.

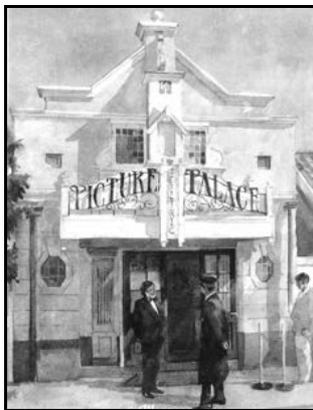
A September Day in Southwold

Two Harrods coaches left the Gaywood Library Car Park just after 8.30 am, one full, and the other almost, with U3A and National Trust Members, for a trip to Southwold. The weather was a little unsettled, but when we arrived, the sun shone and we could discard some winter layers and enjoy a warm sunny day.

Having window shopped in the High Street, our first stop was at Trinity's Cafe where we enjoyed a cup of tea and toasted teacakes before setting off to explore the sea front and walk along the beach to the Pier. We admired the brightly coloured beach huts (*the 'low huts' of last issue's anagram*) which seem to be forever popular. We did not have enough time to go along the pier, however, so we hurried back for a return visit to Trinity's Cafe for lunch.

We had to be at the Electric Palace by 1.45pm as the film show was due to start at 2.15. On arrival, we were surprised and amused to see people queuing, just as things used to be.

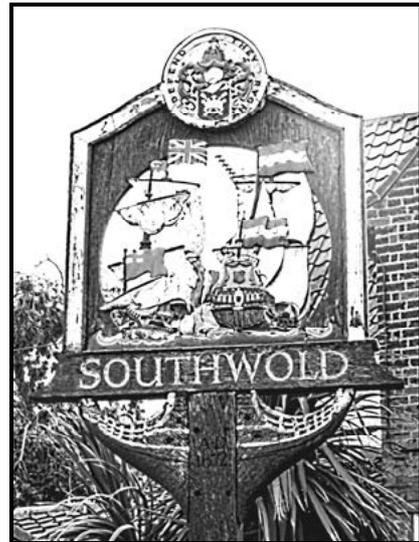
A uniformed Commissionaire was there to greet and usher us in, together with the Cinema Manager dressed in smart evening attire, complete with bow tie! He welcomed us all and told a few amusing stories which got us in the mood for what was to follow.



*Picture courtesy of
Electric Palace*

The Electric Palace is quite beautiful, having been transformed from a derelict barn by local enthusiasts, fund raisers and business people over two years, and was opened in 2002 by Michael Palin. The comfy seats, upholstered in deep red velvet (including a 'Cuddle Seat' in the back row), with matching carpets and stage curtains, lofty ceiling and subdued lighting. Both interior and exterior were a delight - all 1920s' style. The first film, COPS, starred Buster Keaton and his cronies - it was wonderfully funny.

Then followed a short interval when a mini 'Mighty Wurlitzer' type (Yamaha) organ emerged from the depths in front of the screen and a



*Detail from the Southwold town sign, unveiled in 1951, was featured on the back cover of the Autumn 2013 **KaLeidoscope** (did you unravel the anagram?) The carving of galleons commemorates the 1672 Battle of Sole in which French and British fleets engaged against the Dutch. Depicted above is the Town Seal, the motto on which reads 'Defend They Ryght'.*

lady organist entertained us with jolly sing-along melodies. Following the interval, which allowed us to enjoy light refreshments and/or ice cream in the tiny sumptuous bar, was the film NINOTCHKA, made in 1939 and starring Greta Garbo and Melvyn Douglas. It was amusing, romantic and poignant and we thoroughly enjoyed it, not having had the pleasure of seeing it before.

The performance closed with the audience standing for the National Anthem. We then made our way back to the coach for the return journey, arriving about 7 pm at Gaywood. Here's looking forward to the next trip, wherever and whenever!
Vera and Ron Boxer

Petanque

In 1998 when the U3A Petanque Group was formed, I was playing in the Norfolk Petanque League, which aroused much interest. Dorothy and I initially had about 15 members playing on our two lawns for about two years. In summer 2000 we were told we could use the Petanque terrain at Knights Hill as long as we bought our coffee there. Now, 13 years later, we have 28 members and a waiting list.

In 2001, Ann Bolton donated a trophy to be presented annually to the highest scorer. Every Friday, scores are entered on a score sheet, together with games played and attendance. At the year end the winner is presented with the trophy at our December meeting. On the last playing day in November we have our Annual Lunch, prior to the winter break from then until the beginning of March.
Bob Rawlings



King's Lynn U3A Petanque Group May 2004

On the left we recapture the players of 2004, whilst on the right, Bob Rawlings receives the 2013 U3A Winners' trophy from Chairman Gloria Pantling, accompanied by Pam Rowe



Previous years' Petanque trophy winners

2012	<i>Brian Smith</i>	2011	<i>Brian Smith</i>	2010	<i>Pam Rowe</i>
2009	<i>Phil Aelberry</i>	2008	<i>Phil Aelberry</i>	2007	<i>David Wren</i>
2006	<i>Phil Aelberry</i>	2005	<i>Jeff Graham</i>	2004	<i>Ivan Curtis</i>
2003	<i>Margaret Eyre</i>	2002	<i>Joyce Noone</i>	2001	<i>Ann Bolton</i>

Hand Bells (2)

We meet at the North Lynn Community Centre and each pays £2 per session to cover room hire. We would like one or two extra players with the ability to read music; if you learned the piano or recorder as a child, that could be enough. The bells run from the G below middle C upwards for two octaves, giving us the ability to play some pleasing harmonies and many styles of composition. We have fun practising, often laughing the way through! Please come along and give it a try.
Ann Bolton

Photo Gallery

Meeting Reviews

Another example of the tambour work carried out by our **October Speaker**, featuring decoration commissioned for a gown with matching bolero for the late Princess of Wales



Groups and Outings

What could the little owl have been thinking when **Local History Group** members visited the school room at **Gressenhall Farm Museum**?

*Did you spot the owl behind Anne's right shoulder?
(Anne didn't!)*



This lamp illustrates some of the interior detail of the **Electric Palace, Southwold**



A study in anticipation: October **Sunday lunch** at **Heacham Manor**



Walsingham Priory ruins, the September topic of the **Local History Group**

Our thanks to those who have taken photographs, submitted photographs or allowed themselves to be photographed, all in the name of the U3A



The **Recorders Group** in Christmas mood entertains residents of local care homes

Front Cover

A threshing machine and elevator (or straw jack) on display at **Gressenhall**. The latter would have carried the straw upwards and dropped it on to the stack being built

Photo: **Morag Bean**

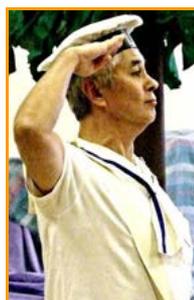
Member's Melodrama



The cast of 'Ah, Cruel Fate' with accompanist **Phil Mansell**



Producer/
Director
Louise Smith
forewarns the
audience of
what's in store,
and pays
tribute to all
cast members



Ernest (**Edward Harrison**) ages
18 years before our eyes



Tony Roper
as Roberto, the
Pirate King
(above)

Nell (**Gloria Hollocks**)
introduces her 'daughter'
Lucy to the audience
(below)

Dress rehearsal photograph



Nell reveals her marriage
lines to Lucy
(**Gloria Pantling**) and
Flint (**Gerald Cross**)
(above)

Minutes, Minuets and Minutiae from King's Lynn Heritage Open Day



This Majestic Cinema clock
interior view suggests that
we really can make time go
backwards, whilst we wonder
if the dancing duo in the
Town Hall might lead to a
new U3A Group activity

*Photos submitted by **Norma Chaplin***



Meeting Reviews 2013

September: Port and Pilotage (Rod Payn)

This month's talk about getting ships in and out of King's Lynn Docks was fascinating. Having started his career on ships sailing between Britain and New Zealand with cargoes such as timber and grain and returning with frozen lamb and later becoming Ship's Master, Rod Payn decided that he would like to settle down. Following instruction and training by established Pilots, he qualified as a Pilot for the King's Lynn Port Authority.



Access to the port is complex, as the channels in the Wash are always changing, and never straight! Pilots board the ships just north of Hunstanton and are responsible for their safe passage right into the docks. With the shifting sandbanks, one important duty is to go out at low tide with staff from the King's Lynn Conservancy to check and re-mark safe passages by moving the marker buoys. When negotiating the twisting channels, some of the larger vessels have only a foot of water under their bows which, we were assured, was enough. With the large rise and fall of the tide in the river Great Ouse, it is only possible to access the enclosed docks at high tide, so being a Pilot is not a nine to five job. Fortunately, the Ships' Masters all speak good English.

The most challenging task was bringing the Sormovskiy 50, a Russian ship, into port in May 1986. She was 114 metres in length and, at the time, the longest vessel ever to enter the enclosed docks. We lived in Queen Street then, and read that this huge ship was arriving so went out onto the South Quay to see her. What an amazing sight!



The Sormovskiy 50 turning in the Bentinck Dock before leaving with a 2,800 tonnes grain cargo. She had loaded in the Alexandra Dock which was too small to allow her to turn.

She sailed slowly upstream until past the Purfleet, and we assumed she was going to reverse into the Dock. But no, she began to pivot round slowly until she was right across the river. The bow was about 6 feet from the wall and towered above us. We were full of admiration for the skill of the Pilot and Master who had such absolute control of the vessel.

Ann Bolton

*Picture by John C Barrett in The Port of King's Lynn and Its Railways by Mike G Fell;
With the kind permission of the Publisher Irwell Press Ltd.*

October: Tambour Beading (Peggy Umpleby)



An example of a design created for a dress made for HM The Queen

We were given a fascinating insight into the work behind the beautiful beading which adorns so many of the gowns worn by members of the royal family including the Queen and Princess Anne and the late Diana, and other well known people. However, Peggy only worked on the panels requiring embroidery, and would not see the complete outfit until it was being worn. One exception was when she was asked to repair the dress worn by the Queen when she knighted people; the repetition of the movement with the sword had led to the dress wearing around the armhole, but Peggy was able to create and fit new panels to give the dress a new lease of life.

She explained that the beading work was done from the reverse of the fabric and had brought a sample to demonstrate. She also displayed examples of her work, which was much admired by our members, and had pictures of some of the dresses she had helped to decorate.

Peggy had many amusing and surprising anecdotes, including one of how, having worked on a prestigious garment in secret, she wrapped it carefully and took the parcel on the Underground to deliver it to the Palace. Little did the commuters realise what they were brushing up against! She also told of the horror of pricking her finger and having to conceal the resulting drop of blood on a dress she was working on by creating a flower emblem. Resourcefulness won the day.

Perhaps most fascinating, however, was her own story. Born in the East End, she had been evacuated in the War, but by mistake the group she was with ended up in a stately home, which had expected to receive children from a private school. The lady of the house not only accepted the situation, but was instrumental in making sure that her charges received a good education, including needlework. Peggy subsequently went on to be professionally trained and ended up working for many of the top couturiers. A true story of rags to riches, as you might say!

Penny Dossetor (See Photo Gallery)

November: House That Moved from Ware to Wells (Christine Adams)

Christine Adams has many tales to tell about her aunt-by-marriage, May Alice Savidge, who had an extraordinary personality. May had bought Ware Hall House in 1947, when she was 36 years' old. She had wanted to restore the house, built in 1450, but when there were plans in 1953 to build a roundabout on the site, May decided to rebuild it in Wells.

In 1969 the bulldozers finally arrived and the house was dismantled. For 23 years, until her death in 1993 aged nearly 82, May worked almost exclusively on her own, but the house wasn't completely finished.

Ware Hall House was left to Christine (pictured), who now lives there and gives talks and entertains parties of visitors to raise money for further restoration. The house itself is filled with curios and items of interest. It is well worth a visit, if only to learn about a woman whose tenacity and determination was amazing.

Barbara Andrews



The Local History Group hopes to visit Ware Hall House on 17th September. Details to be announced at a later date

December: Members' Melodrama

Review

Our meeting took the form of a melodrama presented by members, for members, tho' thankfully not about members, but an adaptation of the play 'Ah, Cruel Fate' by Richard Tydeman, directed by Louise Smith, who so successfully masterminded the 2012 production of Cindarella.

As before, the cast gave a polished performance, reflecting many hours of rehearsal, belying their collective – and individual – ages.

Following an introduction by Louise who paid tribute to the cast and support team, the Chorus, leading from the front and comprising Ron and Vera Boxer, David and Gill Cassidy, Pat Jones, Maureen Feeney, Judith Harrison, Denise Mansell, Margaret Neill and Val Sparkes multi-tasking as the Pirate Crew with Pat, Denise, Margaret and Maureen doubling (tripling?) as Narrators, plus Hula Girls Maureen and Pat.

Father Flint (Gerald Cross) convincingly lived up to his name, cold and hard hearted until when, many years later, granddaughter Lucy (Gloria Pantling) melted his icy heart and he was reunited with his daughter, the poignant, entrancing Nell (Gloria Hollocks). Nell had strived for many years to raise soft hearted Lucy in the absence of a Daddy. In the interim, the shipwrecked melancholic Ernest (for he was that Dad), ambitiously – and most successfully – played by Edward Harrison ageing eighteen years before our very eyes, longed for when he might be reunited with Nell and her babe, albeit now a strapping young maid.

Rescued by Pirate King Roberto (Tony Roper) and his swashbuckling seafarers, Ernest returns to King's Lynn, and following the odd skirmish and misunderstandings, Nell recognises Ernest, who in turn identifies Lucy, who is told Flint is her Grandfather, who is astounded to hear of a long-ago marriage, whilst Roberto and Lucy plight their troth, as the Chorus and Narrators – still with a grasp of the story line, thank goodness – kept us up to date.

Supported by Phil Mansell's music and sound effects, and with particular tribute to some fine bass, tenor, alto and soprano voices, the cast cavorted among props such as palm trees, mini pirate ship and other masterpieces by John Hollocks. Appreciating the convincing costumes bedecked with gold and glitter (I suspect there might have been a few bare Xmas trees around), the audience responded enthusiastically to the sheer spectacle of the production from start to curtain call, a deserving acknowledgment of the time, effort and goodwill invested by all concerned.



As Louise reminded us, "you are never too old to do your stuff".

Morag Bean (See Photo Gallery)

Your generous contributions to the retiring collections,
donated to the North Lynn Community Centre, totalled £167

Life with a Pirate King

Until last autumn I had a quiet, retiring, shy husband. During our 40 years of marriage, he plodded along at his own quiet pace - speaking when spoken to, and willing to discreetly help others whenever he could.

In September, he was approached by Louise who explained that she needed a pirate, and that as he had a beard, might be just the man for the job. "I will be glad to help" he said, and always willing to please, agreed to grow his beard (to pirate dimensions) for the December show.

At rehearsals sweet smiling Louise became Director Louise - formidable, with high standards. "Face the front" "look fierce" "learn your words" "stand there" "use your arms" "your scimitar is too short, get a new one - longer, straighter, not floppy" - so it went on, week after week. Roberto King of the Pirates was born! He managed, with some difficulty, to learn his lines, but during rehearsals Louise needed more folks in the chorus. He was now in demand for another role which meant that more words and songs had to be learned. He moaned and groaned as we practised the script morning, noon and night (and in our sleep), ruining the day when he had succumbed and agreed to grow his beard for a little part in 'Ah, Cruel Fate'. My novice thespian's 'little part' was growing, in tandem with his beard, with each rehearsal.

Friday 13th was the day of his acting debut and he revelled in the applause of the U3A audience and the appreciation of his efforts to show the softer side of Roberto's character by doing a little dance to his favourite tune - Bach's Brandenburg Concerto. The excitement of his new found fame lasted many days - there was even a photo in the local paper!

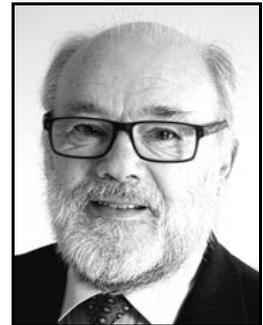
Roberto the Pirate King had to last until 27th December when our family visited and celebrated with a 'Pirate day' - great fun, and we thank the cast for donating props to us for the day. We ate sausages 'cooked' around Ernest's fire under the palm trees, and played pirate games all day! On 28th December, Roberto cut off his bushy beard, hung his costume in the wardrobe, and my husband Tony returned once more.

Janet Roper (See Photo Gallery)

Meeting Reviews 2014

January: Protecting our Royals (David Reeve)

David Reeve divided his talk into three parts – his police background with Norfolk Constabulary, his work as a Royal Protection Officer and his amusing experiences when meeting the Royal Family. Incidents when having lunch with the Queen or joining a shooting party were just two examples of his tendency to get involved in embarrassing situations. He kept his audience waiting expectantly for other anecdotes of a similar kind



The serious side of Mr Reeve's work involved the protection of the Royal Family from threats of harm. He referred to the IRA, Al Qaeda and groups pursuing certain causes which can be extreme in their actions – for example, posing a possibility of injury to those working for the Royal Family. The need for vigilance in connection with the crowds of people who come to see the Royal Family was also a feature of his work.

Mr Reeve went on to describe the thoroughness necessary when a Royal engagement was to take place, the planning beginning six months before the date fixed for a visit, and on the actual day searches and checks are made at the venue in addition to knowing the route of the Royal visitor in intricate detail, including to the nearest hospitals.

It was obvious from the enthusiasm which Mr Reeve showed throughout his talk that he had found the 11 to 12 years spent as a Royal Protection Officer demanding at all times but with the rewards that he had had a unique opportunity to safeguard the Queen and her family.

Ann Smith

February: Annual General Meeting

There was no Speaker this month. Summaries of the Chairman's and Treasurer's Reports are featured on pages 5 and 6. The Committee was re-elected en bloc; Grace Hogan chose to stand down. See list on p. 26.

The Meetings Review section provides retrospective information for members unable to attend any meeting(s). Authors are respectfully asked to submit reports to the Editor within a week or so of the relevant meeting. Not only might a short turnaround assist accuracy of recollection, but also mean you will be spared being chased by us (figuratively speaking), if close to print date.

Members' Miscellany

Cycle Together Sandringham

If you were taking a Sunday drive on 23 June last year around Sandringham and Bircham, or as far afield as Holkham or Holt, you may have overtaken clusters of cyclists (I trust they did not overtake you!), some in family groups, others Lycra-clad and helmeted. If so, you were privileged to witness West Norfolk's first ever sportive cycling event, Cycle Together Sandringham, which will take place again this year on Sunday 13 July.



The event, which attracted 500 entrants, raised a phenomenal £17,000 for Park House, the Leonard Cheshire Disability's respite hotel at Sandringham for people with disabilities and their carers. Braving wet and windy conditions, several feisty members of the U3A Scottish Country Dancing Group took part, and also acted as helpers at the refreshments stations.

Cycle Together 2014 will again start and finish in the grounds of Park House, with routes created by experienced local cyclists designed to take full advantage of the charms of Norfolk's quiet back roads and villages, some being short gentle rides suitable for families or recreational cyclists, and some longer routes, designed to challenge. There will be ample parking, mechanical and medical support along the way for those in need, improved maps, signage and registration, and a great welcome with goodie bags and entertainments at the finish. Above all, participants can expect a tremendous atmosphere, with hundreds taking part in a day to remember, all for a great local cause.

So why not retrieve that bike – or even the tandem from yesteryear - from the garden shed, give it a good oiling, and come along? Cycle at your pace, or bring the grandchildren and they'll set the pace for you. For anyone for whom the prospect of even a 1:100 gradient (aka a Norfolk hill) is daunting, just think of the thrill of the free-wheel descent. Now, when did you last do that? The rest stations will ensure you have enough drink and energy bars to keep you going on that final stretch.

Phil Davies, text adapted by Morag Bean

N.B. The wearing of Lycra is not mandatory – but it could earn you a place in our Photo Gallery.

Full details can be viewed on www.lcdisability.org/cycletgether

Lowry and the Painting of Modern Life – Tate Britain, October 2013

Brian and I were first introduced to the paintings of L(aurence) S(tephen) Lowry (1887-1976) when we lived in South Lancashire in a mill town not far from Manchester and Salford. Life in such an environment was new to us as we had both been brought up in a rural area of the Fens, but we instantly came to appreciate the friendliness of the people. We learnt a lot about the life of the mill town from the crowds swarming to the rugby league football matches, the mill-workers hurrying to work in their clogs with wooden soles and leather uppers, and the mill-girls doing their Saturday shopping in their hair curlers, discreetly covered by colourful scarves as they got ready for their big night out.

The scenes mentioned above were food and drink to Lowry, a rent collector by day but a painter by night. He had studied art at the Manchester School of Art under the gifted French artist and teacher Adolphe Valette, an Impressionist painter who painted Manchester's mills and canals using similar sombre tones to those Lowry chose.

Lowry's pictures seem to combine the architectural features of the industrial landscape which he knew so well with the vitality, yet tragic life, of the working people, and this recent exhibition seemed to us to be full of social comment about the life of the times, particularly the pictures pre-1945. They do not dwell on a sentimental view of the poverty of working life in Lancashire but reflect life as it really was, and as Lowry himself saw on a day-to-day basis as he went about his job. Yet there always seems to be a light haze creating a softening effect. One has to live through a Manchester 'smog' to appreciate the need for this effect.

The exhibition also contained some pictures by French Impressionist painters to point out the similarities in subject matter and colour with Lowry. Examples of the works of Camille Pissarro and Maurice Utrillo showed the less glamorous parts of Paris in a realistic way. Lowry exhibited annually in Paris at the Salon from 1928 to 1933 and received sympathetic notices. The six rooms of the Lowry Exhibition gave us a chance to appreciate the range of industrial paintings Lowry undertook, from a few simple views of houses to the large panoramic imaginary views he painted for the Festival of Britain in 1951.

To see so many of Lowry's works brought together in this way gave us an insight into the Industrial Revolution and also its passing in the post-war years.

Ann Smith



Playgroup for Special/Additional Needs Children

For over 30 years in King's Lynn, a playgroup for these special children has been running during school holidays – the only one of its kind in Norfolk – set up by those who saw a need for support when other groups and services for under-5s were closed. I became involved as a committee member, and then Chairperson, quite a few years ago when working as a Health Visitor. After retirement I became more involved in the day to day running, being Chairperson, cook and general factotum.

Why is this playgroup so special? Children between 2 and 6 years old are referred by Social Workers and Health Visitors, and by Child Development staff at QEH and other professionals. All children who gain a place have a diagnosed condition, e.g. hyperactivity, heart problems, cerebral palsy, epilepsy, allergies, etc, or they may have social problems or other circumstances which fit the criteria.

Financing is mainly from Norfolk County Council, but we have applied to others for specific financial help. The parents pay £2 per session, which covers a cooked lunch, outings and anything that is planned. Volunteers helped in the early days, but the playgroup is now staffed by highly trained, experienced personnel, and is expected to meet Ofsted and Early Years Foundation Stage (EYFS) requirements. The number of children who can be given a place is regulated by rooms/building size.

A small committee meets in January and starts to plan for the next summer. To secure the playgroup's future needs, we have given over its running to St. Michael's Family Centre this year, because the rules and regulations are getting too involved for a volunteer committee.

Child care these days has an element of learning through play, building on a child's experiences and knowledge. Play has always been the emphasis here rather than education, thus we provide a variety of equipment and toys; socially disadvantaged children are encouraged to join in and each child has an assigned person, should s/he need help. Bus outings and visits to the Green Quay and library have been undertaken, and people are invited to entertain the children by painting, story telling, etc. Lunch is a sit down meal to enable them to socialise, and good manners and conversation are encouraged at all times.

We've had a great number of happy years with the children. Some have made great strides in their development, and parents have brought their children back every year. This playgroup is a credit to those who started it, who work in it, and those who use it.

Val Sparkes

*The **Osteoporosis Society** benefited by almost £1000 from tickets sold to win a handsome quilt made by Samphire Quilters, which took place at the quilting exhibition held in St Nicholas Chapel in January and was won by Rosie Gibbard of Pulham St Mary. U3A members who bought tickets can console themselves by knowing we donated to a worthwhile cause.*

The Bringing of Spring

*Remember, remember the fifth of November,
Well, okay, but thank goodness it's gone.
Add a happy New Year to our family and friends
If you must, but it's time to move on.*

*Valentine did okay in choosing his day,
February is better by far.
And the Bard got it right with his warning of Ides
I like Ides.....whatever they are.*

*Now April's much better, it isn't for fools
Though you'd think it on April Fool's Day;
For it all means one thing—that Winter is passing
And at last we know Spring's on its way!*

*As Winter snows are melting and the earth begins to warm
Underground new life is stirring in every bulb and corm.
As the ice melts on the puddles, on the rivers, ponds and streams
In the mud the frogs are waking from their over-winter dreams.*

*As the sap begins its rising and the buds swell on the plants
Tiny crocuses and snowdrops lead in the floral dance.
As the days begin to lengthen and the birds glide on the breeze
Soon the air will fill with chirping from their nurseries in the trees.*

*So what causes all this magic----leaves and flowers now unfurled?
It's the Springtime that's returning to our dormant Winter world!!!*

Denise and Phil Mansell

Water Aid Concert

Simply Sing of King's Lynn sent 28 singers, nine of whom are U3A members to "Sing for Water", a concert to raise money for Water Aid. We joined over 700 other singers at the open air venue of the Scoop, City Hall, London on Sunday 15th September.

The first morning rehearsal was with choirs from all over Britain. As we assembled for the afternoon concert, we sang an impromptu version of "Singing in the Rain" as the heavens opened, but luckily the weather improved and we continued with 'Let the Rain come Down', 'Moon River' and various African Songs led by Una May, resplendent in African costume, who got the audience also singing and dancing on the spot.

Are you interested in joining the Simply Sing Community choir? See our website simplysingkingslynn.wordpress.com or see me. *Edward Harrison*

*A somewhat belated round of applause is due to
**Ron and Vera Boxer, Hazel Clench, Maureen Feeney, Judith
and Edward Harrison, Pat Jones, and Marion and Vic Newell***

The lighter side of life

An October article in the *Daily Mail* promoting a range of ornamental animals sculpted from 'personal care products' cited one as being made from "hair dryers, shavers and straightening tongues".

Note: Given that the tongue of a giraffe can measure 18 inches (45 centimetres), this may not be one for the mantelpiece.

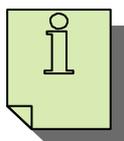
In brief...

Publication of Committee information

*Distribution of the Spring editions of **KaLeidoscope** has been brought forward to March to immediately follow our AGM, thereby ensuring that the most up-to-date Committee information is published. Owing to space restrictions in the Autumn 2013 **KaLeidoscope**, the decision was taken not to include a grid showing Committee members' details; inclusion of such information in future Autumn editions will continue to be dependent upon space availability. We suggest that you retain your Spring copy for reference in case the volume of articles received for the following Autumn edition prohibits inclusion of the grid.*

Obituaries

*We respect the importance of paying tribute to late members, and will do our utmost to accommodate Obituary notices. However, we do ask that family member(s) have given permission (where practical to obtain), and that the proposed text has been approved prior to submission. Such action is intended as a courtesy to family members who might otherwise unexpectedly come across the printed or web version, and find this upsetting. The notice will be included in the website version of **KaLeidoscope** unless requested otherwise.*



The Third Age Trust has an arrangement with FirstAssist to provide legal advice to U3A members. It is a free service, available 365 days a year, 24 hours a day. Just phone: 01455 251 500. You will require a code number, obtainable from your U3A Committee.

The deadline for submissions to the Autumn '14 KaLeidoscope is 16 September (but earlier receipt would be appreciated)

*The **KaLeidoscope** team is grateful for the interest shown in this publication by readers and contributors, without whom there would be no **KaLeidoscope**. It should however be noted that, in this and subsequent editions, we exercise the right to select articles for publication, to edit those items as considered appropriate, and to hold items over for possible publication at a future date, whilst treating all contributions with courtesy and respect.*

*We hope you will continue to enjoy this and future editions of **KaLeidoscope** and visit our website (www.kingslynnu3a) for further U3A information.*

We look forward to receiving your articles and photographs, and your feedback.

Committee 2014 - 2015

Chairman	Gloria Pantling
Vice Chairman	Penny Dossetor
Secretary	Judith Harrison
Treasurer	Vivienne Merryweather
Membership Secretary	Edward Harrison
Groups Co-ordinator	Val Sparkes
Speaker Organiser	Ann Higgins
Meeter and Greeter	Margaret Neal
Kaleidoscope Representative	Morag Bean
Website Editor	Edward Harrison
Press Officer	Penny Dossetor
Norfolk Network Representatives	Joy Dunham Edward Harrison
Committee Member/ Befriender	Judy Eskill
Non-Committee positions	
Outings Organiser	Rosalind Greene
Welfare Contact	Iris Perry
Meeter and Greeter	Doris Watson
Door Manager	Grace Hogan
Catering Co-ordinator	Liz Francois
Kaleidoscope Team	Morag Bean , Edward Harrison, Penny Dossetor (contact details above) Anne Lemmon Keith Lemmon

Special Interest Groups and Leaders

Groups Co-ordinator	Val Sparkes	
Art Appreciation	1 st Monday 2-4 pm	Shirley Jackson
Book of the month (1)	2 nd Wednesday 2-4 pm	Di Buckland
Book of the month (2)	4 th Wednesday 2-4 pm	Anne Lindley
Book of the month (3)	2 nd Thursday 2-4 pm	Christine Stockley
Bridge	Wed weekly 10-noon	Phil Aelberry
Bridge begin/improve	Mon weekly 10-noon	Kathleen Lees
Card Making	2 nd Monday 2-4 pm	Dorothy Rawlings
Classical music	1 st Friday 2-4 pm	Margaret Eyre
Computer Users	1 st Thursday 2-4 pm	Brian Smith
Creative Writing	3 rd Monday 2-4 pm	Dorothy Rawlings
French conversation	3 rd Monday 2.30-4 pm	Lena Sturman
Genealogy (1)		To be confirmed
Genealogy (2)	4 th Thursday 2-4 pm	Doris Watson
Hand Bells (1)	1 st & 3 rd Tues 10-11am	Terry Greenacre
Hand Bells (2)	1 st & 3 rd Tuesday 11.15 am-12.15 pm	Ann Bolton
History	4 th Thursday 2-4 pm	Gertrude Seddon-Stoves
Local History	3 rd Wednesday 2pm onwards	Anne and Keith Lemmon
Lunch - Friday	Announced at meetings	Barbara Andrews
Lunch - Sunday	Announced at meetings	Les Watson
Mah Jong	3 rd Monday 2-4 pm	Penny Dossetor
Mixed Games (1)	4 th Monday 2-4 pm	Margaret Fox
Mixed Games (2)	2 nd Monday 10-noon	Margaret Fox
Nostalgia	1 st Monday 2-4 pm	Dorothy Rawlings
Outings	Announced at meeting	Rosalind Greene
Petanque - (March to November)	1 st , 3 rd , 4 th Fri 10-noon 2 nd Friday 2-4 pm	Bob Rawlings
Philosophy	4 th Thursday 2-4 pm	Vicky Hudson
Play Reading and Theatre Appreciation	Alternate Tuesday 2-4 pm	Margaret Neal
Recorders	2 nd & 4 th Mon, 1.30 (begin), 2.30 (improve)	Ann Higgins
Scottish Country Dancing	Thursday weekly 10-12 with term breaks	Mary Cox
Scrabble	2 nd Tuesday 10-noon	Margaret Fox
Stitchery	3 rd Monday 2-4 pm	Brigitte Bayley
Sunday Strollers	As announced at meetings	

If you are interested in resurrecting the Bird Watching Group, please contact Co-ordinator Val Sparkes. Val can also provide up-to-date information and progress reports regarding possible new Groups, and advise new Leaders on procedures

Who's Who: Groups and Leaders A – Z, Part 1

Art Appreciation to History, plus Nostalgia

Art Appreciation	Book of the Month (1)	Book of the Month (2)	Book of the Month (3)	Bridge
Photograph removed	Photograph removed	Photograph removed	Photograph removed	Photograph removed
<i>Shirley Jackson</i>	<i>Di Buckland</i>	<i>Anne Lindley</i>	<i>Christine Stockley</i>	<i>Phil Aelberry</i>
Bridge Beginners & Improvers	Card Making and Creative Writing, plus Nostalgia	Classical Music	Computer Users	French Conversation
Photograph removed	Photograph removed	Photograph removed	Photograph removed	Photograph removed
<i>Kathleen Lees</i>	<i>Dorothy Rawlings</i>	<i>Margaret Eyre</i>	<i>Brian Smith</i>	<i>Lena Sturman</i>
French Conversation	Genealogy (2)	Hand Bells (1)	Hand Bells (2)	History
Photograph removed	Photograph removed	Photograph removed	Photograph removed	Photograph removed
<i>Valerie Wilson</i>	<i>Doris Watson</i>	<i>Terry Greenacre</i>	<i>Ann Bolton</i>	<i>Gertrude Seddon-Stoves</i>

... and finally, what is this? Find out in the Autumn '14 KaLeidoscope



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Chairman: Gloria Pantling