

KING'S LYNN



THE UNIVERSITY OF THE THIRD AGE

KaLeidoScope



Autumn 2018

For members, About members, By members

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This issue's cover photograph shows the Madrigal Group, "Sing We and Chant It", performing in St Nicholas' Chapel during Heritage Open Day in September, and was taken by Kirsty Gauntley of the Churches Conservation Trust.

Editorial

Dear Members,



Firstly we would like to thank all the members who conveyed their encouraging and positive comments about the last issue. Which, in case you've been on a trip to the moon or something; was of course the first by your new editorial team.

We cannot pretend that the road to publication was not without potholes as we learnt to deal with the vagaries of desktop publishing and the devastating effects on layout the insertion of a small graphic can produce!

The inability of our respective computers to accurately display the others work was another barrier to effective communication, something that eventually was overcome by splitting the editing and layout roles between us.

A refusal to set a firm publication date helped to relieve some of the stress, and this is a policy that we have decided to continue. Though we will continue to produce two issues of the magazine each year, this means that in a couple of years time you may be reading a *Winter* issue of KaLeidoscope rather than the Autumn one, then so be it. The now well established Bulletin provides the topicality that is beyond the scope of this publication.

We will be continuing to focus upon the activities of our groups and members. Future issues will depend upon your contributions - please keep them coming.

In the last year there have been a number of new and exciting groups added to the palate of delights offered by the King's Lynn branch of the U3A, and we look forward to receiving items for publication from some (all?) of these.

Norma Chaplin & Neil Prew

From Your Committee

The National AGM and Conference 2018

This year there were some changes to the structure of the Conference. There were as before three workshops but from a greatly increased choice of twenty. Another welcome addition was the time allowed on the afternoon of the second day for taking part in an activity, again with several choices. My choice was a walk in Wollaton Park, next to the Campus, which on a warm sunny afternoon was most enjoyable. It also provided the opportunity to talk to members from other U3As while walking.



Two of the workshops I chose to attend were concerned with learning. The first was run by two people: Jennifer Simpson, the National Advisor for Shared

Learning Projects, and Jo Livingstone, the Research Ambassador who is on the National Executive Committee and set up the Research Database. The workshop worked well partly because it was shared by two advisors with plenty of discussion, including 4 break-out groups to share ideas about study areas for projects/interest groups/U3A projects/research/SLPs. The outcome was a wide range of topics under the headings Local History, Reminiscence and Language and Names.

The other workshop about learning was called 'Putting learning centre stage' and the presenter was very lively and highly skilled in IT. She showed us ways of presenting information using software that could enable interaction with an audience who were using smartphones and i-phones. I left this workshop feeling yet again somewhat technically challenged and with a headache!

The third workshop, U3A Groupings and Network Link, was after lunch on the second day, which as you know isn't the best of times to be alert and receptive to a speaker, and sure enough someone sitting near me did doze off. The workshop was led by Ian McCannah who told us that the NEC (National Executive Committee) felt that there was a failure in communication between the membership, networks and the Third Age Trust. To remedy this bi-annual meetings have been arranged to which all chairpersons of U3A networks would be invited to attend. As networks represent groups of U3As it was felt that this step would be an effective link to improve communication by the membership with the Trust.

The guest speaker at the Conference was Janice Thompson, Professor of Public Health, Nutrition and Exercise at Birmingham University. She assured us that we didn't need to do 30 minutes non-stop exercise every day, but to break up sedentary time by getting up and walking about. In general more walking than sitting was recommended while also following all the standard dietary advice – more fruit and vegetables and less saturated fat.

The Trust has a new Chairman, Ian McCannagh, who was unopposed, and also a new Treasurer, Richard Teare. I voted for him on behalf of King's Lynn U3A as his written presentation appealed to our committee as being less bureaucratic than that of the other candidate.

This has been my third year at Conference and as usual I found it an enjoyable and interesting experience. Despite being the only representative from our U3A I was never lonely as it's an active and busy event and U3A members are, as we know, friendly and sociable people.

We will be informed periodically about the Trust's new 3-year strategic plan due to start in January 2019. Look out for articles in Third Age Matters and the U3A Newsletter.

Ann Higgins, Secretary King's Lynn U3A

The Future

On September 20th, your committee members attended a Planning Workshop, led by Sylvia Cliffe, where we thrashed out a structure to enable us to effectively deal with the challenges of guiding our U3A group through the next few years.

Amongst the many areas touched upon were the following -

- Preparing for the branch's 30th Anniversary in 2021
- Considering formal links with a U3A branch in another country
- Holding our own Study Days, possibly with other local groups
- Holding an Annual branch Lunch or Dinner event
- Raising awareness in the local area of our existence

Another subject raised was that of succession planning within the committee, which seems an apt time to remind you that in a few months time, both our Chairman Penny Dossetor and our Publicity Officer Ann Smith will be standing down from their roles and as members of the committee.

I am sure we will all be thanking them at the appropriate time for all their hard work. Now might be a good time to start thinking about looking around the membership for suitable people who might like to join the committee next year. Our constitution does not restrict us to a fixed number of committee members, and we would welcome visits from any interested parties to one of our meetings. If you would like any more information, please contact any member of the committee (we wear Yellow sashes at the monthly meetings).

Neil Prew

What did the Committee ever do for us?

Well quite a lot overall! We can't compete with the Romans, but we are a strong team who work on your behalf to make King's Lynn U3A a vibrant and forward- looking organisation.

A successful Study Morning took place on March 24th 2018 at South Wootton Village Hall organised by Sylvia Cliffe with a focus on Welfare. Speakers were invited and gave members information about 'Lasting Power of Attorney', 'Wills and Probate', 'Funerals' and 'Financial Issues'.

The Exhibition on 'Trade in the 18th and 19th centuries in King's Lynn' was held in the Red Barn gallery of St George's Guildhall. Over the opening period 215 people visited, with positive and encouraging remarks written in the comments book.

Our U3A belongs to the Wash and Fenland Federation (WAFF) and the network Chairman is Edward Harrison. Representatives from the member U3As meet every quarter taking turns to be host. The other U3As in the

Federation are Downham Market, Hunstanton, North Norfolk, Sutton Bridge, The Wissey and Ely.

Agreements are progressing which will enable members to attend a group in another U3A in the Federation without paying an additional subscription. Other benefits could be a shared booking of a celebrity speaker who would be too expensive for one U3A to afford. Shared study days are another possibility and generally the exchange of information at the Federation meetings is valuable.

Data handling is a less obvious concern for members but the new Beacon system which has been designed for U3A use is proving very useful. It is of particular use to the Membership Secretary, Treasurer and Groups Co-Ordinator.

Another 'behind the scenes' activity by the Committee has been establishing a 3-year calendar to ensure that we are well prepared for what is ahead and to timetable extra events.

We are also in the process of producing a publicity leaflet for King's Lynn U3A which will advertise to the public what we are and the types of interest groups that we have. There will be photos of some of the interest groups in action and a front cover that shows some members in front of the Vancouver statue at the Custom House, King's Lynn. We have bought two pop-up banners which were used at the Exhibition and are available to advertise future events.

So watch this space!

Ann Higgins

Secretary & SLP Co-Ordinator East of England

Our Shared Learning Project



In 2017 many members of our U3A took part in a Shared Learning Project with Marriott's Warehouse Trust.

A significant outcome was the exhibition of work on display in the Red Barn, one of the galleries of St George's Guildhall. It was open for ten days leading up to Heritage Open Day and twenty eight members volunteered to take turns in stewarding the exhibition.

Over the ten days there were 215

visitors, 150 of whom chose to view on Heritage Open Day. The exhibition provided good publicity for our U3A and our banners were on display along with leaflets about the U3A organisation. A book was left for visitors to write comments and these were positive - the last one from Dr Paul Richards from Marriott's Warehouse Trust who said "A good and important exhibition - the port of King's Lynn keeps trading!"

- Anne Higgins, SLP Co-Ordinator East of England

Meeting Speaker Reports

April: The British Antarctic Survey, South Georgia (Ray Thirkettle)



Having spent over a year working for the British Antarctic Survey, Ray Thirkettle was ideally suited to give a personal survey about the island, its wildlife and conservation measures. He illustrated his talk with a superb set of his own personal photographs, most of them taken during his stay on South Georgia.

He spoke about the King Edward Research Station, King Edward Point, Cumberland East Bay, South Georgia manned by 20 to 40 members of staff but only 10 in the winter. The climate is very hostile in spite of the research station being in a sheltered location. Photographs revealed a cluster of low-lying red-roofed buildings tucked into the shore but surrounded by mountains on which there is always snow above 300 metres. The only access to the island is by boat bringing in supplies of fresh food and taking away mail which had gone through the Post Office located in the complex.

South Georgia is a haven for wildlife, from penguins to petrels, ducks and albatrosses. The only song bird is the endemic South Georgia pipit. The latter was threatened with extinction along with other nesting birds on the island by rats which had come in the whaling ships for which the island had once been a base. Helicopters were used to drop rat bait between 2011 and 2015. Since then the South Georgia has seen a recovery in pipit numbers. Elephant and Fur seals breed on the beach in front of the research station. Migrating whales can be seen in the waters around the island and a number of varieties of fish and Antarctic krill. Management of the environment are important features of the work of the base. The sea around the island is amongst some of the most sustainably managed in the world.

Ray Thirkettle in his talk had transported us into an area of the world which most of the audience knew little about, apart from the name of Ernest Shackleton the great polar explorer who is buried on South Georgia. In these

modern times, cruise ships now anchor off the island and staff from the Research Station explain the work they are doing.

Ann Smith, King's Lynn U3A Press and Publicity Officer

May: Beneath the City Streets - London's Unseen History (Peter Lawrence)

Have you ever wondered as you walked along New Conduit Street in King's Lynn as to what its name means? After Peter Lawrence's talk you may have some ideas.

The speaker introduced himself as a retired police officer who had worked in counter-terrorism at New Scotland Yard. His interest in what lies beneath the streets of London began when he started a ten-month project to find out what was underneath London at the time of Prince Charles' wedding. This sparked a personal interest which has lasted for 13 years.



Mr Lawrence divided his talk into three sections after asking the audience what they thought his talk was about. He confirmed that he would talk about the rivers which disappear under London to flow out into the river Thames, the sewers which revolutionised public health and the tunnels which exist under the Thames. His emphasis proved to be on the rivers and sewers and he illustrated his talk with suitable pictures, engravings and early photographs.

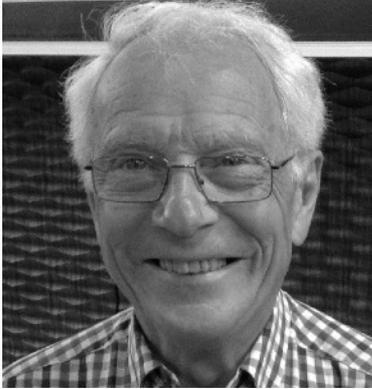
The talk began with a description of three rivers north of the Thames, eventually flowing out into the river. Peter spoke about the Westbourne, the Fleet and the Tyburn as they wended their way through London. Eventually as London grew, they had to be culverted, put into pipes or aqueducts. They remain to this day and can be seen, if you know where to look, hidden within the London Underground system or the roads of the capital.

The speaker next laid great emphasis on the work of Josiah Bazelgette who designed the sewerage system under London after serious outbreaks of cholera in the mid-nineteenth century. This system is made up of a vast network of tunnels directing London's waste water to flow out into the Thames beyond the city nearer the estuary.

Finally, Mr Lawrence spoke about the beginning of successful tunnelling under the Thames to give easier access for the population to get from one side of the city to the other. Here his emphasis was on the famous Brunel family. Isambard Kingdom Brunel, who was to go on to become one of this county's greatest engineers, assisted his father in building the Rotherhythe Tunnel under the Thames which was started in 1843.

Ann Smith

June: Opium eating in the Fens in the 19th Century (Dr Eric Somerville)



Dr Somerville from the Gentlemen's Society of Wisbech and a retired GP gave a lively and well-received talk.

He began his talk defining what opium was, and its link to poppies. He outlined its history from ancient times, its use as a painkiller and the risk it posed to addiction. It fell out of use but was reintroduced to Europe in the 16th century by the Swiss/German chemist Paracelsus. It then became known in England. The main production was in Turkey from where it became widely used

in China as well as western Europe.

In the Fens, an area covering parts of Cambridgeshire, Norfolk, Lincolnshire, etc, the white poppy was grown in many cottage gardens in the 19th century. What was known as 'poppy tea' could be brewed from it which proved soothing to infants and adults alike.

However, the imported opium could be bought from a variety of sources such as chemists, druggists, doctors, without any questions asked. Several of the Fen country market towns saw their usual influx of local people on a Saturday to visit the markets, see their friends, catch up on the news and buy their supply of opium in packets, sticks or pills.

The Fens saw a high consumption of opium as did large industrial cities such as Manchester. It began to cause concern in the mid-19th century as public health issues began to be studied and reported on to officials in London.

The Fens were described as an area of extreme poverty, with isolated communities living in marshy areas where the ague, a form of malaria, and rheumatism were rife. Also rates of infant mortality were high. There were no other proprietary painkillers available until the development of aspirin in 1896. The centre of opium consumption was Wisbech and a 50-mile radius around this market town.

It was only with the introduction of legislation and social reform that controls were imposed on opium. It became recognised as a poison which could no longer be bought at will. In the early 1900s there was a falling off in the use of opium nationally, but it remained a problem in the Fens for some time to come.

Ann Smith

July: Researching the History of Local Schools (Michael Walker)

Michael Walker, retired head of King Edward VII School, Gaywood Road, gave a fascinating and well-received talk based on the research for his books on local schools: Lynn Grammar, Alderman Catleugh, Gaywood Park, and West Norfolk and King's Lynn High School for Girls at all their various sites and name changes.

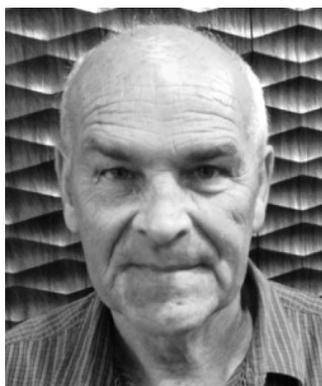


Lynn Grammar was founded in 1510 and much of Mr Walker's research dates back to the very earliest records, now held in the County and Borough archives. Although some of them were examined by him, at the Windsor Castle Royal archives. He drew on these, as well as letters, personal recollections, scrap books, school magazines and log books etc. Accompanying illustrations, including photographs over a wide timescale, recorded important events such as the opening of King Edward VII School at its present site in 1906 by the King with his family present, and presentations of the Gold medal to outstanding students by the royal family over several generations.

To we listeners this was a captivating talk and it was fascinating to have such a wide-ranging mass of detailed information.

Sheila Burney

August: Windsor Castle (David Morton)



David Morton who in 2017 spoke to us about Buckingham Palace, returned this August to describe the origins and growth of Windsor Castle.

It was begun by King William I in 1068 only two years after his invasion of England. It formed part of a chain of 36 castles in the area round London built to defend the capital. Its location overlooking the river Thames is important as it could be used to guard against hostile raiders coming up the river.

1068 was only the beginning of a long history of the development of the castle up to and including the fire of November, 1992 which destroyed or damaged a large part which led to a five-year restoration project for the castle that our present Queen describes as her home.

The speaker commented on special features such as the castle's three wards, its original motte and bailey construction, its two chapels. He emphasised the significance of the Order of the Garter which is fixed at 26 members and is in the gift of the monarch with its connection with St George's Chapel.

The medieval period of the 11th century to the 15th century saw the major building work extending the castle in stone which is the building we see today and has been a royal residence since King Henry I's reign at the end of the 11th century. In more modern times there have been various alterations and improvements. King George IV was interested in bringing great splendour to some of the important rooms in the castle.

David Morton concluded his talk which was well received by his audience, by speaking of the disaster of the fire in 1992, which was made good in five years, a promise which had been made to the Queen.

Ann Smith

September: The Life Of A Historic Potter (Kate Phillips)

We enjoyed a fascinating illustrated talk by Kate Phillips. She displayed an extensive array of her own items and wore the authentic dress of an early medieval artisan potter. A trained senior nurse, she changed direction in her forties after a chance meeting with a local blacksmith making Viking swords, and conversations with him reignited her lifelong desire to learn pottery and introduced her to the re-enactment and medieval fare community. Kate made her first pot, a Tudor beer mug, at the request of an acquaintance through the medieval re-



enactment field; she studied pottery, printing, photography and fine art at university and is now fully occupied in the making of fully researched and authentically made mugs, jugs, bowls, inkwells, candlesticks from the start of pottery-making in the Neolithic age through Bronze Age, Roman, Anglo-Saxon, Viking and Tudor periods as well as some modern items, using the clay types specific to the various periods, decorating them using traditional stamps made from antlers and using her own fire pit kiln. Her only concessions to modernity are a modern wheel and the gas and electric kilns which produce differing effects on the fired clay. Kate's items can now be found in major UK museums and are exported globally; Kate takes part in many of the medieval fairs and re-enactment events around the country.

Sheila Burney

King's Lynn U3A 2019 A.G.M.

This will take place on February 9th 2019

Special Interest Groups Updates

Madrigal Group: I think we did you proud!

Early on the morning of Sunday 25th February, we “The U3A Madrigal Group”, wrapped up well and with picnics in our bags, piled into our cars and headed for Neatherd School in Dereham.

We had been told that parking would not be a problem for 250+ attendees, nevertheless those of us of little faith set off early just in case! This proved to be pretty sensible as there were indeed a lot of us and the later your arrival the further your walk in the bitter icy wind. The Beast from the East was on its way!

Perhaps I ought to explain what kind of venture had enticed us to give up our Sunday comforts on such an inclement day?

Well the event was “The Third Annual Norfolk Community Choirs Festival 2018” and was organised by a small group of volunteers from some of the participating Choirs.

Songsters from across Norfolk gathered together from 10.00 am to 4.00 pm. During the morning we were invited to participate in two singing - related workshops of our choice. We could choose from Jazz and Blues, American Shape Note, Norwegian Folk Song, South African Singing, Devotional Chants and Songs from the Canadian North. For a challenge we could learn to “Feel the rhythm,” to “Find the soul in our voices” or to learn techniques for standing and breathing whilst we sing.

For the most part this worked extremely well and the logistics of getting 250 people to the right place were managed by well briefed stewards and clear signage.

There were a few hiccups and surprises when some people found themselves “Getting to know their own voice “when they entered a room expecting to sing “Songs from South Africa”! Speaking for myself, I was lucky to be in the workshops of my choice: “Devotional Chants” and “Shape Note Singing”; both were excellent. The leaders had that unique ability to facilitate learning in a short space of time (1hr) leaving learners with a real sense of achievement.

By all accounts the other workshops followed a similar pattern and most people enjoyed their learning and singing experiences. It must have been difficult for the group leaders to hit the right note, (pardon the pun?) when trying to pitch their workshop at a level to meet everyone’s needs.

The lunch time break involved another logistical challenge: to ensure that everyone had access to comfort facilities and beverage points. Again the organisation was excellent and prepared us for what was to follow.

The afternoon gave each of the choirs a chance to perform brief pieces from our repertoires. We heard African music, Close harmony, Shape Note, some

classical, some popular, some traditional. It was wonderful to witness the variety of talent from across the county and it was all delivered with genuine passion and enjoyment!

We, the U3A Madrigal Group, otherwise known as “Sing We and Chant It” were able to demonstrate our wares. We sang three of our favourite songs: “Now O Now I Needs Must Part”, “Since First I Saw Your Face” & “Never Weather Beaten Sail”

And I think we did you proud, no other group sang in Renaissance style. We performed with passion and “shade”. If the depth of applause was an indicator then it seems we were well received!

In fact for many, the afternoon “concert “was the highlight of their day.

The only disappointing end to the day was our attempt to learn and perform an Ali Burns (yes she is related to the famous Robbie) composition in four parts. Sadly it did not quite work. Suffice it to say that it may have been a bit ambitious to expect us to grapple with this in a very short space of time.

It did not mar my enjoyment and I, for one, went home invigorated and happy. I know that many others did too.

Thanks must go to the organisers whose meticulous planning ensured that everything ran smoothly on the day.

Pat Jones

Recorder Group: Making Music Together

About 20 recorder players aged from eight to eighty met on Saturday afternoon, 12th May at Springwood High School to enjoy a Recorder Workshop. Seven of the musicians were members of King’s Lynn U3A’s Recorder Group which has been together since the beginning of 2011, ably led by Mrs Ann Higgins.

As the U3A Recorder Group has developed it has seen a small increase in descant recorder players and the development of a small group of alto recorder players whose instruments add harmony to the group’s playing. This year the group asked their leader if there was any chance of some sort of workshop and/or professional advice available to help their progress. Mrs Higgins was able to contact the West Norfolk Music Centre, normally based at Springwood High School on a Saturday morning with this request. With the co-operation of the woodwind staff, a date was chosen together with appropriate music.

The workshop first played a piece of music by Bach together before dividing into groups to work on their music in other rooms. This gave a chance to work through some of the music provided and to concentrate on particularly difficult

sections. The last part of the afternoon was spent playing together and preparing for a short recital at the end.

The thanks of the U3A Recorder Group goes to all the tutors involved in the afternoon. The players felt that they had all been stretched beyond their present capabilities and will return to their next classes with renewed determination to continue to develop and improve their playing. The recorder music workshop proved that playing together is rewarding and great fun.

Ann Smith

Pétanque Groups

Bob Rawlings Memorial Trophy Report

Bob Rawlings the enthusiast

Bob founded the sport of Pétanque in King's Lynn U3A in the autumn of 2000. He led and organised the group, promoting it at every opportunity until his health declined in 2016. He presented the annual trophy for the season at the December meeting 2016. He and Dorothy even watched a winter league match at Heacham Social Club on 15th October 2017 and enjoyed lunch in company of the players, a week before he died!

The event and the new trophy

This is a new event organised in response to Dorothy Rawlings offer of a commemorative trophy. Members of Pétanque 1 enjoyed a charmed day on Friday 25th May, (despite a mediocre forecast for the day with rain overnight and in the late afternoon).

Twenty members of the Group competed in a doubles match at the Farmers Arms, Knights Hill. Partners for the day were determined by a draw. Three rounds were played before lunch with all competitors playing in front of just a few spectators. After a simple buffet lunch the top four pairs played semi finals and finals. Those who had not qualified and with more spectators, together with Dorothy herself, enjoyed watching an hour or so of keen competition in summery conditions

The eight semi-finalist featured Terry Greenacre and Adrian Williams, who happen to be respectively a founder member of the Kings Lynn Pétanque Group and one of the most recent members (who incidentally won the individual trophy last year). Their opponents were Ken and Julie Harpley. The other semi-finalists were Valerie Chapman with 2015 individual winner Ron Graham against Terry Fordham and Judith Harrison. Which pairs would you back for the final, and which for the trophy?

In fact it was Terry and Adrian versus Ron and Valerie who faced their fifth match of the day. There are many examples in sport where the toughest competition is in the semi-finals and even earlier rounds. And in this case it was Ron Graham and Valerie Chapman who dominated and won.



The trophy and individual medals were presented by Dorothy Rawlings to conclude a memorable and symbolic day. (Dorothy's comments: "Bob would have been so pleased..." "....." "I loved it.")

*Brian Smith Group Leader
Pétanque 1*

Pétanque West Norfolk Summer League

This league took place between May and August this year, with a total of eleven teams, eight of which came from our three Pétanque groups, and of those, six teams were entered by Pétanque 2 members. In retrospect, this may have resulted in spreading their talents too thinly, and indeed a couple of teams had to withdraw due to health issues.

Although the more established teams from Heacham and Downham Market took the top positions, there were several hard fought matches in which 'Knights' teams prevailed, and the useful experience of playing on new pistes.

With the winter league beginning in October, it appears that there is sufficient interest to enter three teams from our U3A, with possibly a pool of five members in each team from which to draw from.



Although both Pétanque and Pétanque 2 remain full, there is still space in Pétanque 3, which meets on Wednesday afternoons at Knight's Hill Hotel. Any member is welcome, and boules can be provided.

Their leader is *Tony Bellars*.

In Great Taste

Our group continues to meet on the second Wednesday at Windmill Court on the Fairstead Estate.

Each month we choose a 'special ingredient' with which our members prepare a dish at home, before sharing them at our meetings. Thus we get both to experiment with preparing something new and exciting, as well as getting to taste a variety of inspiring dishes!

So far these special ingredients have included -

- Parsnip
- Ginger
- Rhubarb
- Apricot
- Strawberries
- Courgette

If you happened to try the our Ginger biscuits at the recent open morning, here is the recipe for you to bake yourself -

Ginger Biscuits

50g golden syrup
 50g butter
 100g soft brown sugar
 1 egg yolk
 150g plain flour
 1/2 tsp bicarbonate of soda
 2 tsp ground ginger

Oven 190C/ Fan 170. Line 2 baking trays with parchment paper.

Melt the golden syrup and butter together in a saucepan over a gentle heat. Remove from heat and beat in brown sugar and egg yolk.

Sift plain flour, bicarb and ground ginger into a bowl. Add wet ingredients and mix thoroughly. It will be very crumbly. Keep mixing till smooth.

Roll teaspoons of the mixture, about 15g, into balls, then place them, well spaced, on the baking trays.

Bake for 12-15 mins until they are a rich, golden brown colour and cracked on the surface.

Remove from oven. They will be very soft, but will become firm quickly. Transfer to a cooling rack.

ENJOY

Denise Mole

Photography Group

The most expensive camera yet developed cannot, by a long way, cope with the tonal range that the human eye achieves. What do we mean by tonal range? It is the eye's ability to cope with the bright blue sky of a Summer's day to the deep shadows cast by the bright sun. However, there is a photographic technique that can improve matters called HDR, high dynamic range. The method consists of mounting the camera on a tripod. It is imperative that the camera does not move during the process. A range of photographs is taken, usually three but it could be more. One photograph is exposed as normal, one photograph is exposed for the bright sky and a third for the deep shadows. A special piece of software is then used to amalgamate the three photographs together to produce a photograph that has a stunning sky and at the same time detail can be seen in the shadows.



A similar technique can be used in macro photography, that is photographing very small objects like the eye of a fly. One problem with photographing the very small is something called "depth of field". That is the front of the fly can be focused on but the rest of the fly will be out of focus the further back you go

the more blurred the image will become. The solution is to mount the camera onto a rack and then mount the rack onto a tripod. The purpose of the rack is to manoeuvre the camera forward by a minute amount. A series of photographs is then taken advancing the camera forward and focusing on a different part of the fly and taking an image of the fly before advancing the camera forward and repeating the process. The photographs are then manipulated in the computer using a specialised piece of software to produce 1 image of the whole fly that is all in focus.

One disadvantage of this process is that the fly must be dead as it can take a long time to take all the images and it must not move during that time.



Mark Keightley (who also took these two photographs)

The Digital Photography group meets on the 3rd Tuesday of the month at 10.00 am at the Scout Hut at River Lane at the end of Beulah Street, off Wootton Road, Gaywood, PE30 4DN.

The group welcome all users of digital photographic devices, from Smart Phones, through 'point & shoot' cameras to Digital Single-Lens Reflex cameras.

Local History Group visit to Hunstanton

In June, organised by Anne Lemmon, the group visited Sunny Hunny to investigate the Heritage Centre in the morning, followed by an afternoon guided walk.

If you don't know it, the Heritage Centre is next to the Princess Theatre. It opens several afternoons a week, mid-February to mid-November, and is run by volunteers. We were welcomed by one of them, Andrew Murray, who had opened up the Centre especially for us and then gave a brief introduction. We were left to wander around the displays, which included Hunstanton's geology and prehistory, but focussed on the founding of the Victorian seaside town by Henry Styleman le Strange onwards. For those of us familiar with the town from our youth, it was good to refresh our memories of vanished landmarks and experiences: travelling there by train; the boating lake; the open-air swimming pool, the Kit Kat, etc. In the words of the song "Oh, yes, I remember it well!"



We split up for lunch, many being disappointed that Fisher's fish and chip café was closed for refurbishment, and having to find an alternative. (It has since re-opened.)

At 2pm we met up again with Andrew for our guided tour. Our first port of call was the town sign, which features the arms of the town and St Edmund, the Saxon martyr king, who landed here in AD 855. We then inspected the modern statue (2017) of the town's founder, Henry le Strange, who christened it Hunstanton St Edmund's.

Then we set off for a look at some of the notable buildings. We went in a side door to see the large Town Hall function room. We weren't so lucky with the interior of St Edmund's Church as it was locked. Skirting the churchyard, we looked at the Vicarage, one of the many buildings we saw designed by local architect, Herbert George Ibberson (1866-1935). Born in Lynn, he trained as an architect in London, where he had a practice as well as in Hunstanton. One of his trademarks was the use of flint and carstone to make patterned wall details. We saw his own house, "The Gables", with its sundial and motto "It is better hopefully than to arrive". Among the other buildings in the vicinity of Boston Square was the "Mistress' House", supposedly linked internally to the house next door for secret assignments!

After Boston Square, we crossed to the Heritage Gardens to learn about a couple of the shelters. The white pavilion by the children's playground was originally in someone's garden until donated. At the beginning of the cliff-top

walk (near “The Salad Bowl”) a shelter was erected in memory of Ibberson’s father-in-law.

Returning towards the Green, we looked at the memorial to the 31 victims of the 1953 floods, 16 of whom were US servicemen & family members billeted in the area. The recently restored, but not very practical, mid-20th century, linear concrete shelter was pointed out to us.. Its roof is reminiscent of a sea-bird's wings.

With that, we finished our tour. Many thanks once again to Anne for organising it.

Norma Chaplin

Shakespeare Appreciation Group

On Saturday 18th August, a nearly full coach left Gaywood Library, bound for the Stamford Shakespeare Company’s base at Tolethorpe Manor near Stamford in Lincolnshire.

They were going to see a production of Shakespeare’s comedy ‘The Merry Wives of Windsor’ an event hugely anticipated by all present.

The Stamford Shakespeare Company were founded in 1968 by Jean Harley, when a group of local Amateur actors staged a production of ‘A Midsummer Nights Dream’ in the garden of the George Hotel in the centre of Stamford.



Several more open air productions followed there before expansion of the hotel forced a move to a new base. A near derelict Manor House and garden came onto the market at this time and was acquired in 1977, and just eight weeks later the first production was staged in the grounds.

The venue that we came to is now refurbished, with the house providing refreshment areas and displays about the company, whilst the performance takes place in a tree-lined area of the garden with the audience under under canvas seated around a purpose-built bowl.

For this production the play had been set in the late 1940’s shortly after the end of the Second World War. Sir John Falstaff and his cronies have just been demobed, and find themselves in a post war world where Women are beginning to find a new independence. With musical interludes supplied by a small Swing Jazz group, and dialogue which was a mixture of the Bard’s and a 1940’s update; this production was a rumbustious romp at times which had the audience in fits of laughter, and it easy to see the roots of Whitehall Farce in Shakespeare’s play.

Unusually, by tradition, the company do not take a curtain call, so the rousing applause from the sold out crowd was only directly enjoyed by the musicians who played us out of the auditorium.

Many thanks to **Marion Newell** for organising our splendid day out, and I'm sure all who attended would hope that the trip might be repeated next year. With productions of 'Julius Caesar' 'Twelfth Night' and Noel Coward's 'Blithe Spirit' planned, which would you like to see?

Neil Prew

GET ACTIVE

Have you noticed a small logo being shown on television after a sports event ? I think the two words in the title of this article began to be used in a variety of situations after the very successful London Olympics of 2012.

Back then I began in my own mind to evaluate what we were already doing in King's Lynn U3A to encourage our members to become more physically active. Two activity groups had existed for some years already with an enthusiastic membership. These are Pétanque, Country Dancing and the Sunday Strollers which eventually had to give up but there had not been any further developments of a physical type since then.

Fortunately in 2013 an interested group of members set up the Table Tennis Group meeting fortnightly at Lynnsport. This was followed by New Age Kurling, meeting also at Lynnsport on the same day and timed for an hour's play before table tennis. This would encourage people to have a choice of physical activities or to do both.

Badminton at Lynnsport soon followed the afore-mentioned sports but then there was a lull until it was proposed to begin a Summer Tennis Group, now in its third season, which has been followed by Walking Football and a proposed Walking Netball Group. Pickleball is also a new game on the list. This year has also seen the emergence of a new Walking Group.

What a change since 2012 with more choice of indoor or outdoor physical activities. U3A has benefited from the help which Lynnsport with its modern facilities has given willingly to all the activities which take place there. Are there any gaps in the physical activities which we could enjoy? I have always been surprised that no-one has suggested a keep fit, yoga or tai chi group.

Don't be reluctant to ask to try one of the existing physical activities. Pétanque and New Age Kurling were originally set up to allow people with reduced mobility to enjoy a sport and now these are played worldwide by all types of people. Table Tennis can be adapted for wheelchair users too, as has been done at Lynnsport.

A physical activity has a number of benefits in addition to exercise in itself. The social side too is important with often a great deal of fun and laughter. Come on give a physical activity a try and get active. Good luck.



Ann Smith, New Age Kurling Leader

Bridge - with Mark Keightley

Bridge is a great game and should come with a government health warning as it can be seriously addictive, to paraphrase Bill Shankly Bridge is not a matter of life or death it is more important than that. The game can be played at home with just four people and can be quite enjoyable but at the end of the session the winners are the pair who had the best cards that is why playing at a Bridge club takes the game to a whole new level.

At a Bridge Club the cards are pre dealt and the four hands are placed into a "board". The players are sat around the room and will play usually 3 games, the players and the cards then move around the room according to a movement card. By the end of the session everybody will have pitched their wits against the rest of the players in the room and they will have played all of the boards. The scores, each time the hands are played, are recorded on a sheet called a traveller and this is also placed in the board. After the session the scorer takes the travellers and assesses each traveller and awards match point to each pair giving them 2 points for each pair they beat, 1 point for each pair they draw with and zero points for each pair they draw with. The match points for each pair are then added up and an overall winner is arrived at.

To achieve success, it is vital that you get the maximum out of each hand and that you do not make any mistakes. Bridge is a game were you never stop learning and it certainly keeps the mind active. It is also a game were you will make many friends at the clubs around King's Lynn and there are many holidays available were you can go on your own but during the holiday you will be with a very friendly group of people. Bridge Clubs now are very sociable and many novice players are afraid of playing at a club thinking that everybody will be superior to them and they will do badly. Nothing can be further from the truth, Bridge is a game were a novice pair can beat a pair that play for the county, what other game can that be possible but in Bridge it is very possible.

If you do decide to play Bridge please don't do what the Bennet's did in 1929. Mr Bennet was a perfume agent earning \$35000 and lived in a very fashionable district of Kansas City. They had just played 18 holes of golf with the Hoffman's at the Indian Hills Country Club and they decided to go back to the Bennet's for a game of Bridge. During the game the Bennet's were being

very critical of one another. On one Hand Mr Bennet opened 1S, Mr Hoffman overcalled 2D and Mrs Hoffman raised her husband to 4S making herself Dummy. Unfortunately, Mr Bennet failed to make his contract which prompted Mrs Bennet to make several caustic comments about “bum Bridge players”. This caused Mr Hoffman to give his wife a slap which prompted the response “Nobody but a bum would hit his wife”. Mr Hoffman then yelled at his wife that he was going to spend the night at a hotel and that tomorrow he was leaving town. Mr Hoffman tried to calm the situation whilst Mr Bennet was packing when Mrs Bennet entered with a pistol. Mr Bennet then ran into the bathroom when two shots ripped through the door killing him. This story went nationwide but what the main focus was, was not the murder but what was the hand, should Mr Bennet have made the contract, was Mrs Bennet right to go 4S and many other questions. The hand was discussed for weeks afterwards and the murder was incidental. Luckily for Mrs Bennet the judge was a Bridge player and the sentence was very lenient as he agreed that her husband was a “bum player”

Here is the hand

	Mr Bennet	
	S K J 9 8 5	
	H K 7 6 2	
	D 8 5	
	C K 10	
Mrs Hoffman	<div style="border: 1px solid black; width: 100%; height: 100%; position: relative; margin: 10px auto;"> <div style="position: absolute; top: 5px; left: 50%; transform: translate(-50%, -50%);">N</div> <div style="position: absolute; bottom: 5px; left: 50%; transform: translate(-50%, -50%);">S</div> <div style="position: absolute; left: 5px; top: 50%; transform: translateY(-50%);">W</div> <div style="position: absolute; right: 5px; top: 50%; transform: translateY(-50%);">E</div> </div>	Mr Hoffman
S 4		S Q 7 2
H Q 9 4		H A J 3
D K J 7 6 3		D A Q 10 9 2
C Q 7 5 3		C J 6
	Mrs Bennet	
	S A 10 6 3	
	H 10 8 5	
	D 4	
	C A 9 8 4 2	

I will leave it to you to analyse.

Luckily, this cannot happen in the UK today. The English Bridge Union, the law makers of the game, have introduced a rule that you must be courteous not only to the opposition but to your partner as well.

Extreme Challenge

KL U3A members Richard & Geri Coates explain their recent "Challenge".



It really started when Geri decided that Richard should no longer drive in France because of his tendency to nod off at the wheel on long journeys. So Richard said that he wanted to drive from Land's End to John o' Groats, being the two most extreme points of habitation on mainland Britain.

After that, it was obvious to add the furthest points north and south being so close and then the furthest east and west. Then other extremes soon started to be added with the highest and lowest land, the longest bridge, the tallest structure and before long all kind of Extremes were discovered and added to the list.

Geri said she didn't want to be away from her grandchildren for too long and put a limit of two weeks on the whole trip so it became a challenge to see how many extremes could be fitted into a 14-day trip and that's how the title - Extreme Challenge - came about. That meant we could only visit extremes that were broadly on a triangle drawn between King's Lynn, Land's End and John o' Groats although that triangle did get pulled out of shape sometimes for special extremes. But we did put our foot down about the London area, knowing that driving and parking there would be particularly difficult, adding too much time for it to be worthwhile.

I researched online where Mr Google was definitely my friend to ask, using such as the Guinness Book of Records, English Heritage members handbook, and I harried tourist information offices and PR offices of many counties, cities and towns around the country. It didn't stop there. I had to check information with the various extremes whenever I could.

Then there was planning the route and breaking it down into sensible daily travel times. There was no point in planning to visit an extreme and getting there in the early evening only to find it closed! Or it wasn't open on a Monday! Even our start day was important, driving down to the West Country on a Sunday to avoid traffic but that had to fit with busy traffic days elsewhere on the trip in the rest of the country.

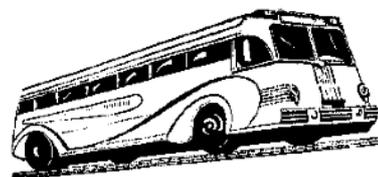
Finally, we had nearly 60 Extremes that we could visit but I knew we'd be very lucky to be able to visit them all. Some we excluded for lack of time. A couple were added during the trip! I had a personal target for us to achieve 50 of the Extremes and, in the end, we managed 58 so I was well satisfied with what I consider a unique Extreme Challenge that I hope others will try and beat but doubt that anyone else will be mad enough to try!

So, what were just some of our other Extremes? The narrowest hotel; shortest street; tallest tree; tallest structure; longest bridge; longest straight road; highest road, lowest road, longest aquaduct, oldest stone castle, lowest Iron Age fort; longest place name; shortest place name; smallest house, smallest chapel; tallest church spire; tallest cinema; longest echo; largest fossil; oldest golf course; most dangerous garden; largest sculpture; longest road; longest wall; steepest road; smallest shoe shop; largest joke shop; rudest street name. Geri's favourite: the oldest tree; my favourite: a drink at the highest licensed bar in the country

- *The Editors have decided not to include a quiz in this issue of KaLeidoscope, as Richard & Jerry's article provides one already! Get your thinking caps on a see how many of the above you can identify (without recourse to the Internet), We think we know the highest bar (naturally), but we'll leave the rest to you.*

Outings

Following the successful visit to "The King & I" in August, the next Theatre trip will be to see "Chicago" at the Phoenix Theatre in London, featuring Alexandra Burke and Martin Kemp.



Sylvia Cliffe has obtained 47 tickets for the matinee performance on -

Wednesday November 21st 2018.

Excursions Group:

Wednesday 20th March 2019 - Bletchley Park

**Thursday 20th June 2019 - Oundle & Deene Park
(re-arranged from earlier this year)**

Details from Niki Jenkins or Di Leeder.

“Blasted Gale”

I am the wind in Winter, ‘Blasted Gale’ my given name,
I like to cause such havoc, but to me, it’s just a game.
I lift old ladies’ Crimplene and steal away their hats
As I whistle round the corner of their bungalows or flats.
I steal in under windows and leave dust up the ‘sill -
Along the skirting and the mantle, every nook to fill.
I race across the rooftops, then I’m down the chimney stack –
Collecting dirt and soot en route and turning all things black.
I slam the doors, I break the glass, as through the house I funnel,
I pull and tear the roofing off the farmer’s poly tunnel.
I moan across the golf course as I heave and blow and puff,
I grasp at golf balls as they fly and dump them in the rough.
I wonder why I don’t make friends – no matter how I try –
Except, of course, those housewives, with lines of clothes to dry.
I am the wind in Winter, ‘Blasted Gale’ my given name,
And I’ll make myself a nuisance, ‘til the Summer comes again!

Kathy Bond

**“You know you’re getting old when you bend to tie your shoelaces
and wonder what else you could do while you’re down there”**

- George Burns

U3A Visitors to King's Lynn

King's Lynn Town Guides, all volunteers, offer regular historic walks around town. However, we can also be booked for private tours, including by many U3A groups. In June I helped show around visitors from Wymondham U3A. Their leader, Catherine Gurney, later sent me some photos of which this is one.



Other U3A groups visiting this summer have been from Dereham, St Albans, Spalding, Hunstanton, and Malden in Essex. Our Local History Group also enjoyed a guided tour of Gaywood in May.

Norma Chaplin

The *KaLeidoscope* team is grateful for the interest shown in this publication by readers and contributors, without whom there would have been no *KaLeidoscope*. It should however be noted that, in this and any subsequent editions, 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 may be exercised, whilst contributors have the right to expect all submissions to be treated with courtesy and respect.

Many thanks to all members who submitted photographs for this issue of the magazine.



Above Left:
Two of our members
'Audition' for the lead roles
in "The Merry Wives of
Windsor" - but who are
they?

Above Right:
Some of the comestibles on
offer during a meeting of the
'In Great Taste' Group.

Left:
September speaker Kate
Phillips with some of her
work

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Chairman: Penny Dossetor