

# LOWESTOFT

# u3a

learn  
laugh  
live

Third Age Trust

## Newsletter

**SEPTEMBER  
2023**

**Registered Charity  
1001662**

**Christmas Party  
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### Chair's Report

Greetings to all of our readers. I hope that you have had a good summer despite the weather! This is my second newsletter report. I am glad to say that I and my hard working committee are now beginning to get to know each other. It takes a bit of time for people to find out what each other is good at.

Since my last report in the March edition we have had quite a few events. We started off with a very well attended Coronation Party at the Lady of the Lake. I know that we had a few problems but I hope that these will not stop us from having good memories. We will be having a Christmas Party at the Wherry. More details are in this Newsletter.

Our List of Group activities is on the back page. It is good to see that it is slowly growing as is the number of members. Following on the success of the Saturday Coffee Morning on the first Saturday we were hoping to start another one on the third Saturday at The Grit. Unfortunately this has closed! We have been trying to find a suitable venue for people on the north side for a long time and hope that we have found one in the High Street. Viv Loney and I will investigate this and hope to be able to start the group in the New Year. We have started a new Whist Group on the First Thursday at Colville House. Please support these new groups.

I am very sorry to have to report that our Publicity Officer, Angela Sturman, has decided to leave the committee. We would like to thank her for her valuable contribution to the committee. However, the good news is that she will still be welcoming everyone to the monthly meetings. We are looking for a replacement Publicity Officer. This position requires someone with a lot of local knowledge and contacts. If you, or one of your friends, might be interested in this position, please contact a committee member.

I wish you all a Merry Christmas and a very Happy New Year.

Ray Willett

## **With Regrets**

It is with regret that we must mark the passing of the following members:

Dorothy Lomas	Kathleen Clayton
Bill Jeffery	Anne Day
Ivy Frost	

## **News from the Groups**

### **Cakes and Canasta**

Cakes and Canasta was how my late husband, Doug, described our U3A group. More about the cakes later but, firstly, Canasta.

A brief history. Canasta was thought up by two Bridge players, Segundo Sanchez Santos and Alberto Serrato, in Montevideo, Uruguay in 1939. They wanted to devise a time efficient game which was as engaging as Bridge. Although it is the most recent game to have achieved world wide status as a classic, the two Bridge players never patented their game and so received no royalties. La Canasta is one of the Spanish words for basket – another is el cesto – and this, I suppose, refers to the meld, or collection, of seven cards of the same rank needed in order to 'go out' and thereby win the game.

The game is played, usually by four people in two pairs but there are versions for two or three players. It is not too difficult to learn and is an interesting and entertaining way of spending an afternoon. We meet twice a month on Tuesday afternoons – these vary but we are given a list of dates in advance for each term. At the moment we have 14 members and Betty, our leader, is prepared to take up to 18 as there are usually some people unable to attend from time to time. We used to meet at the Seagull theatre but this has been undergoing extensive refurbishment so we have decamped for the time being to the Mens Shed in Stradbroke Road

Learn, laugh and live are the guiding principles of the U3A and we certainly follow these in our group. We are a friendly group, not too serious and very welcoming. And so to the cake.....Betty, our leader, makes wonderful cakes and we have tea and cakes at the end of each session. Not sure whether Doug came for the canasta or the cakes but I have my suspicions.

Irene Sergent

### **Scrabble**

Scrabble meets every Monday 10-12am at St Marks Church Oulton Broad. It's amazing what new words you can learn with the aid of a scrabble dictionary. Very light hearted group who all coach each other, with coffee and always a variety of biscuits and even cake occasionally. Good way to keep the grey matter ticking over. You'll be welcomed with open arms. It would be such a pity for this small group to fold.

.Angela Sturman.

## Bookworms 2023

We currently have 13 members. We meet monthly on the second Monday of the month from 2-3.30pm at Colville House where we review the book we have read during the previous month and talk about other books we have read and enjoyed.

We source the books ourselves. Before lockdown we had decided, for two reasons, to try this as opposed to getting books from the library; one, our group had expanded and there were not enough copies for everyone and, two, we wanted to share books we had read and enjoyed or revisit books which were no longer necessarily available.

This has proved quite successful and we have always managed to source the books.

Each year I ask the group to recommend books. This year I had so many suggestions that it was decided to offer two books each month. Members could read one or both.

I compiled a list of books from members' suggestions and hopefully there was something for everyone.

### March

The Lincoln Highway by Amor Towles

Where the Crawdads Sing by Delia Owens to be reviewed on 17<sup>th</sup> April

### April

Making History by Stephen Fry

Cloud Cuckoo Land by Anthony Doerr to be reviewed on 15<sup>th</sup> May

### May

Unsheltered by Barbara Kingsolver

The Salt Path by Raynor Winn to be reviewed on 12<sup>th</sup> June

### June

The Dictionary of Lost words by Pip Williams

The Marriage Portrait by Maggie O'Farrell to be reviewed on 10<sup>th</sup> July

### July/August

How to kill your family by Belle Mackie

Take my Hand by Dolan Perkins-valdez to be reviewed on 11<sup>th</sup> September

### September

Klara and the Sun by Kazuo Ishiguro

Deaf Sentence by David Lodge to be reviewed on 9<sup>th</sup> October

### October

A Heart full of Headstones by Ian Rankin

Snap by Belinda Bauer to be reviewed on 13<sup>th</sup> November

### November

Shuggie Bain by Douglas Stuart

The Seven Moons of Maali Almeida by Shehan Karunatilaka to be reviewed on 11<sup>th</sup> December

We will start a new list in January 2024

Irene Sergent

## Writers Group 2023

We have 8 members in our writers group. We meet on the second and fourth Monday of every month except the fourth week in July and all of August. We take it in turns to lead the group and our sessions include writing in all its forms. We have written short stories, memoirs, poetry and letters. We have looked at the use of grammar and syntax in all its complexities and use short warm up exercises at the beginning of each session; word games, brain storming.

We take our inspiration from literature, visual aids, current affairs, memories and travel and have explored the world of online communication; emails, texts, twitter, whatsapp, facebook etc.

This is a very light hearted group and, although we share our writing, nobody is under any obligation to do so. We do set ourselves 'homework' each session but, again, nobody is obliged to do this.

We would very much welcome new members to our group.

Irene Sergent

## Art Appreciation

Art Appreciation – alternate Friday mornings at Colville House, School Road, Lowestoft

*David Hockney: "If you see the world as beautiful, thrilling and mysterious, as I think I do, then you feel quite alive. What an artist is trying to do for people is bring them closer to something, because of course art is about sharing."*

The Art Appreciation group currently meets at Colville House, School Road every two weeks on a Friday morning from 10.00 to 12.00. Over the last few months we have been looking at East Anglian artists, and several members have presented a more detailed look at some of those artists – well known painters like Thomas Gainsborough, Edward Bawden and John Nash but also some lesser know painters such as Edward Seago, and the Stannard family. Many of these artists have works on show at Norwich Castle, so are fairly easy to see without travelling too far.

Other presentations recently have included the works of Dora Carrington, who led a colourful life and had connections with the Bloomsbury Group, and the art associated with P&O Cruises, accompanied by many tales and anecdotes of shipboard living.

We have days when we bring any images which have a particular resonance for us, it may be an article from a newspaper or magazine, an exhibition recently attended, a piece of art that we own, anything really that we would like to share with the group.

Some of our group have been interested in art for many years, but no previous knowledge of art is necessary, just an enthusiasm to learn about a subject that enriches our lives, so please feel free to contact the groups co-ordinator for any further details: [groups@u3a-lowestoft.org.uk](mailto:groups@u3a-lowestoft.org.uk)

As we are a small group (hoping to grow) we do not always meet every fortnight. Once you join us we will keep you informed from meeting to meeting. If in doubt please email Julie at the above email or phone her on **07767 431565**.

Jen Roberts.

## NEW GROUPS

**Whist Drive** On the **1<sup>st</sup> Thursday** of every month we will be holding a whist drive at Colville House from 2pm til 4pm.

**2<sup>nd</sup> Coffee Morning** In addition to our 1<sup>st</sup> Saturday coffee morning at Kensington Gardens we were hoping to meet on the 3<sup>rd</sup> Saturday as well. Unfortunately our chosen venue (The GRIT in the Old Court building) is now closed. We will investigate other possibilities in the new year.

### **Beach-nesting Bird Diary 2022 by Muriel Knowles**

If you read my 'Little Tern Diary 2021' in a previous newsletter, you may be interested to know how the beach-nesting birds fared in 2022. The following is an abridged diary, based on the observations of a team of volunteers at the site, which is below Heathland Beach Holiday Park.

Sunday, 24<sup>th</sup> April: Karen spotted a pair of avocets at the lagoon, the first seen this year. Avocets bred here for the first time last year, and there's a good chance they'll do so again.

Sunday, 8<sup>th</sup> May: Karen reported that there's an oystercatcher nest, with 4 eggs. About 8 – 10 little terns were seen flying around, some of them resting on the seashore, but they didn't stay long.

Tuesday, 10<sup>th</sup> May: A team of RSPB staff and volunteers fenced off part of the beach and the lagoon. A fledged ringed plover was observed, and about 20 little terns were seen flying around.

Saturday, 14<sup>th</sup> May: Sue reported seeing an avocet sitting in one spot for some time, which suggests that there is a nest. We heard that there are around 300 little terns on the beach at Winterton.

Wednesday, 18<sup>th</sup> May: Paul, our Project Officer, confirmed that there are 2 avocet nests, one with 4 eggs and the other with 2. He also found a ringed plover nest, with 3 eggs.

Sunday, 29<sup>th</sup> May: Karen observed that a third avocet appeared to be sitting on a nest, and spotted another 3 ringed plover nests.

Bank Holiday Monday, 30<sup>th</sup> May: Karen saw a tiny oystercatcher chick, then a second, and a third. They were led away from the nest by one of their parents, while the other adult continued sitting on the remaining egg. I went down to the site in the afternoon, by which time a fourth chick had hatched. There were now definitely 3 avocets on nests. Two little terns flew over, heading north.

Tuesday, 31<sup>st</sup> May: Karen observed the oystercatcher family feeding on the mud around the lagoon. One of the chicks appeared to be a little smaller and weaker than its siblings. The 3 avocets were sitting tight on their nests, as were the ringed plovers. A few little terns were seen out over the sea.

Thursday, 2<sup>nd</sup> June: Julia reported that there were now only 3 oystercatcher chicks.

Sunday, 5<sup>th</sup> June: Ali reported seeing some little terns passing through, flying up and down the shore.

Wednesday, 8<sup>th</sup> June: Richard observed that one of the sitting avocets was very fidgety, suggesting that a hatching may be imminent.

Friday, 10<sup>th</sup> June: Richard was right - Julia spotted 2 avocet chicks feeding at the lagoon, along with 2 adults. There were still 2 adult birds sitting on nests. The 3 remaining oystercatcher chicks and their parents were also seen.

Saturday, 11<sup>th</sup> June: I went down in the afternoon to find there were now 4 avocet chicks at the edge of the lagoon! I also observed the oystercatcher family and several adult ringed plovers.

Monday, 13<sup>th</sup> June: Paul reported that there were adult avocets feeding at the lagoon, but no sign of the chicks, so it seems that they have been predated. The 3 oystercatcher chicks were seen, however, as were 3 pairs of ringed plovers, each with a single chick.

Thursday, 16<sup>th</sup> June: Paul saw only 2 adult avocets, one of which was still sitting on a nest, so it looks as if the eggs from the second nest have also hatched and been predated in the last couple of days. There was better news from Winterton - their first little tern chicks have hatched.



Oystercatcher eggs



Avocet eggs



Ringed Plover eggs



Avocet Eggs



Saturday, 18<sup>th</sup> June: Hoppy, with a powerful telescope up at the Coastwatch tower, reported that there were at least 2 new avocet chicks at the lagoon, along with 2 adults. The adults were repeatedly airborne, chasing off gulls. The oystercatcher chicks, now reduced to 2, were also seen, one of them flapping its wings. Later on, Hoppy thought there could be 4 avocet chicks, and this was confirmed by Karen, who also spotted 2 broods of ringed plover chicks.

Wednesday 22<sup>nd</sup> June: Richard and Paul observed that there were now only 3 avocet chicks, but they were being well protected by 3 adults. A little egret was chased off by an adult oystercatcher.

Saturday, 25<sup>th</sup> June: A very windy day. On arrival, I couldn't see any avocet chicks, but I was relieved to spot all 3 before very long, sheltering in the marram grass. The avocet and oystercatcher parents were doing a good job of fending off gulls and crows. I noticed another avocet sitting in one spot all afternoon, possibly on a new nest.

Tuesday, 28<sup>th</sup> June: Paul confirmed, with a photo, that there is indeed a new avocet nest, with 3 eggs, probably a re-lay after the failure of the first or second nest. There is also a ringed plover nest still being incubated. The oystercatcher chicks are now very large.

Thursday, 30<sup>th</sup> June: Paul reported that the 3 avocet chicks are maturing well. He also saw two ringed plover chicks in the reeded area north of the lagoon.

Saturday, 2<sup>nd</sup> July: I had a brief glimpse of a ringed plover chick at the edge of the marram. The avocet chicks and their parents were feeding at the lagoon, and a third adult is still sitting on a nest.

Sunday, 3<sup>rd</sup> July: Karen spotted another ringed plover nest, with 2 eggs.

Monday, 4<sup>th</sup> July: Karen reported that the young oystercatchers were doing a lot of wing-stretching

Saturday, 16<sup>th</sup> July: The avocet chicks were now quite large, but there was no sign of the adult which had been sitting on the nest. Both young oystercatchers were present, and I saw one of them flying.

Saturday, 23<sup>rd</sup> July: To my surprise, there wasn't an avocet to be seen when I reached the clifftop this afternoon. Surely the chicks hadn't fledged already? No one had mentioned seeing any activity such as wing stretching or flapping in the last week. I checked when they'd hatched and found that it was exactly 5 weeks ago. As fledging occurs at between 35 and 42 days, it would seem that they've fledged very early. A single oystercatcher chick kept a low profile in the marram all afternoon.

Wednesday, 27<sup>th</sup> July: Paul reported that the 3 young avocets were back, along with an adult. He also mentioned that the last of Winterton's little terns had departed yesterday. They'd had a total of around 700 fledglings, an average of 2.25 per nest, which was a fantastic result.

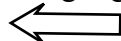
Saturday, 30<sup>th</sup> July: The avocets and the oystercatchers had all gone. It hadn't been a bad season overall, although it was disappointing that only 3 avocet chicks survived to fledging.



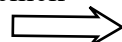
Avocet  
Family



Little Tern  
Fledglings



Spot the  
Oystercatcher  
chick



Well, I'm in A&E

Today is not a good day. I decided to go horse riding. Something I haven't done for a while. It turned out to be a big mistake! I got on the horse and we started off slowly, grew in confidence, went a little faster, before I knew it, we were going as fast as the horse could go. I couldn't take the pace and fell off, caught my foot in the stirrup with the horse dragging me behind. It just wouldn't stop!!

Thankfully the manager at Tesco came out and unplugged the machine. He actually had the nerve to take the rest of my change so I wouldn't attempt to ride the Elephant.....

### Tearable Puns

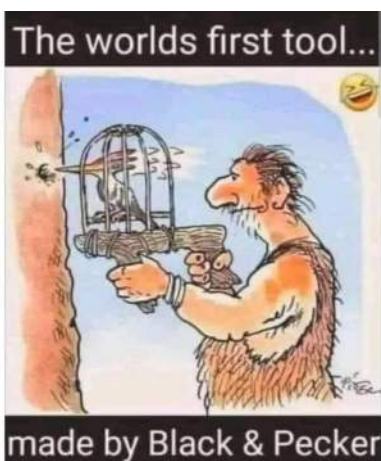
The short fortune teller who escaped from prison was  
A small medium at large.  
He often broke into song because  
He couldn't find the key.  
Local Area Network in Australia:  
The LAN down under.  
The man who fell into an upholstery machine  
Is now fully recovered.  
When a clock is hungry  
It goes back four seconds.  
A chicken crossing the road  
Is poultry in motion.  
A backwards poet  
Writes inverse.  
Time flies like an arrow  
Fruit flies like a banana.  
What's the definition of a will?  
It's a dead giveaway.  
Why can't a bicycle stand on its own?  
Because it's two tired.



It is with great sadness that I have to mention the loss of a few local businesses as a result of Covid-19.

A local bra manufacturer has gone bust, a submarine company has gone under, a manufacturer of food blenders has gone into liquidation, a dog kennel has had to call in the retrievers and a company supplying paper for origami enthusiasts has folded, the local strip club has gone tits up, Interflora is pruning its business and Dynorod has gone down the drain.

The saddest one though is the ice cream man found dead covered in nuts and raspberry sauce, he couldn't take any more and topped himself.





ART FOR ALL



**Irene Creevey**

(Watercolour/  
Pencil/  
Acrylic)



**Irene Creevey**

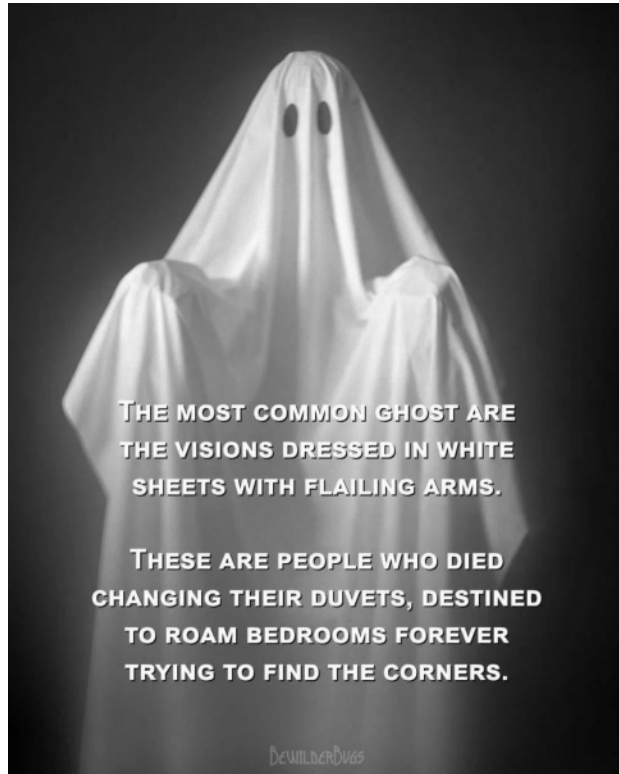
FOXES  
(Pastel)



Beach Huts  
By  
**Annie Pearce**  
(Watercolours)



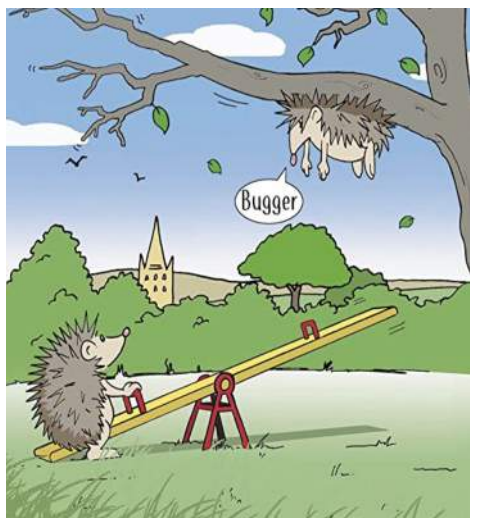
Finally the answer.....



Did you hear about the man who tried farming rabbits?  
Keep Calm And Oh Fuck It Enjoy Some Crick  
 He said it was a hare raising experience.

My wife asked if she could have a little peace and quiet while she cooked dinner...  
 So I took the battery out of the smoke alarm!

Paddy gets a letter through the letterbox and it lands on the floor.  
Keep Calm And Oh Fuck It Enjoy Some Crick  
 In big bold letters on the front it says: 'DO NOT BEND'.  
 Paddy's still there wondering how he's going to pick it up!



And that, my friends, is why the chicken crossed the road.



### Tea at The Ritz

Every first Friday in July a tradition takes place. It's been happening for 20 years and apart from the pandemic has never been missed. It's a momentous occasion. This important event in my life is meeting up with my best and dearest friends, who I met at work over 30 years ago, for an afternoon with just the basic tea but that soon fell by the wayside when we found out we could have a Champagne Tea at the Ritz. There is nothing like a glass of Ritz champagne which is especially produced for the hotel. We only have the one glass, we would need a bank loan for another glass! And, there is also nothing like sitting in the Palm Court with piano music in the background while sipping a glass of this champagne. The menu never varies, although we were saddened when the fruit cake disappeared a few years ago. Of course, there are plenty of other delightful cakes and sandwiches. However, before descending on the wine bar near Embankment Station sit outside with our wine and has always been kind. This year journey to Green Park Station Some of our friends are no longer memory. Our two hour time slot flies past and before we know its time to leave, feeling very full but having had a thoroughly enjoyable afternoon.



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The Ritz for our tea we always meet in a wine bar near Embankment Station to get us in the party spirit. We always sit outside with our wine and nibbles and the weather in the last 20 years it was a hot sunny day. Its then a short journey to Green Park Station and The Ritz.

Some of our friends are no longer with us and we always raise a glass in memory. Our two hour time slot flies past and before we know its time to leave, feeling very full but having had a thoroughly enjoyable afternoon.

Roll on July 2024.

Christine Mills



In June my son, Glyn who lives in Thailand, visited us for two weeks. During that time we went to Framlington Castle and Happisburgh (can anyone explain the pronunciation!). We enjoyed both of the trips. After visiting the Castle we found a very pleasant pub next door. We had a good meal and a welcome pint of beer as it was one of the very sunny days that we had last summer! We then had a interesting time at the Happisburgh lighthouse but could

not go in as it was closed. We then visited a garden not far away, The Old Vicarage Gardens, East Ruston. It is a good place to wander round, look at the lovely flowers and take in the views. One looks through the trees towards Happisburgh lighthouse and another towards the church tower.

One looks through the trees towards Happisburgh lighthouse and another towards the church tower.



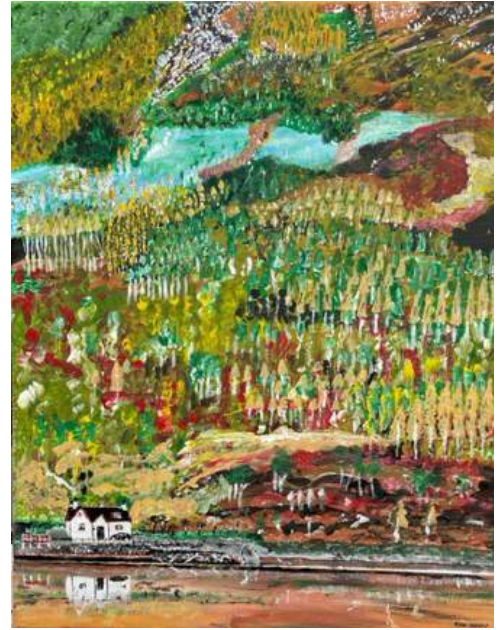
Ray Willett



More lovely paintings from **Ron Hemp** (Acrylics)



Tenby  
50+ Houses, 70+ Boats, 5 Historic Castles,  
2 Life Boat Stations, 13+ Cars.....



Scottish Highlands



Southwold Pier by Moonlight



Willow at her Best



Can you see me?

Hedgehog  
By  
**Annie Pearce**  
(Watercolours)



## " Summer Walking"

In spite of the wet weather, we have managed to take some interesting walks.



One of our most memorable walks was at Carlton Marshes Suffolk Wildlife Trust in August. We were delighted to see numerous peacock and red admiral butterflies, the most we have ever seen on one day. Always something interesting to see whenever we walk there.



In spite of a showery day Ravening Sculpture Trail, near Beccles, the theme being "Amplify the Positive" with 58 displays on show. We kept dry visiting the cafe which provides tea, coffees and cakes during the showers, also there were plenty of antiques to see in the shop. Probably one of their best trails we have visited over the years.



Pathway Care Farm, Leonard Drive, Lowestoft, NR32 4WB is a wonderful caring healthy and therapeutic environment. We visited one sunny afternoon and

were made very welcome. The cafe is open to the public, Thursday and Friday afternoons 2pm-4pm. The shop sells home grown produce and is open Monday, Tuesday, Thursday and Friday, 11.30 am - 3.30pm. A lovely quiet garden area to see. Visit their website for further information."



Joan Porter and Marian Baldwin.



A fantastic wood carving



A pencil sketch of "Norman"  
By William Rouse

The most amazing cake at Cake international - War Horse .....lest we forget 🍩



## When Irish Eyes Are Smiling

August 2023 and I have just been to Ireland for a week. The reasons for this trip for my daughter and grandsons are complicated involving as they do my son in laws fathers ashes and a wake for members of the extended Irish family unable to attend the funeral two years ago. I join them after this for a week in The Burren, a national park in the west of Ireland famous for its glacial era cracked limestone pavement, cliffs, caves, fossils, rock formations and over a thousand species of plants.

We stay in a youth hostel but not as you know it. This is a self contained cottage next to the hostel with five ensuite bedrooms able to sleep up to 18 but we are a party of 9 – two grandmothers, two couples and three teenage boys and we take over the whole cottage. It is clean and functional but we have to drink wine from small chunky glasses and eat and drink from catering type white china but, heigh ho, we are nothing if not adaptable.

This is just as well as the weather forecast is dire. Wall to wall rain for the whole week. This, however, turns out to be a tad pessimistic. It does rain, periodically, but usually for short times. The rest of the time the mist hangs over the hills like a soft blanket occasionally lifting to allow blue skies to peep through and reveal a landscape of everlasting green. The Emerald Isle indeed.

The young people are energetic and full of plans. By the young people I mean our adult children. The really young people can sleep for Ireland and have to be shoe horned from their beds each morning. So, each day is an adventure. We go to the awe inspiring Cliffs of Moher on the west coast, 9 miles long and 214 metres high at their highest. Gazing out, next stop America. We pay 12 euros a head for this. The next day is Galway. Firstly we shop, mostly for some warmer clothes, fleeces and jumpers and then we take the tourist train, 12 euros a head, from the town to the bay which is vast and windswept. The town itself is full of tourists and music making on every corner from buskers of varying abilities. A lively and endearing place. There are lots of tourist attractions in this part of Ireland and we decide on two more unusual ones. The perfume factory and the Taste the Atlantic Burren Smokehouse salmon experience. The Burren perfumery is a small, organic enterprise making soaps, perfumes and creams based on local plants and herbs. An interesting, damp but sweet smelling morning. And free. The salmon experience at, you guessed it, 12 euros a person, is underwhelming and the salmon is overpriced. The same smoked salmon is found much cheaper in the local supermarket.

The weather is supposed to improve the next day and plans are afoot for a real adventure. We are going to Westport and the young people, that is everyone except the two grandmothers, are to climb the pilgrimage mountain, Croagh Patrick. St Patrick is said to have spent 40 days on the mountain like Moses on Mt Sinai and today the mountain is a place of pilgrimage, some pilgrims walking barefoot as a penance. The mountain is in mist as they set off. Sarah was heard to remark, later, that had she seen it on a clear day she never would have attempted it! The youngest member of the group, 14 years old, virtually ran up and down. Everyone completed the climb and descent at differing speeds, and the sun came out for the descent offering amazing views of the surrounding countryside. Carol and I, the grandmothers, opt for coffee and cake, a walk around the pretty town and a visit to Westport House, a large country estate dating from the 17<sup>th</sup> century with the history of Ireland and slavery woven into its substantial walls.



Limerick, the next day, is a damp, sad sort of place, seeming not to have recovered from Covid and the collapse of the Celtic Tiger. After many years of phenomenal growth in the 1990s and early 2000s the economy faltered here like everywhere else. The bright spot for the boys is the Rugby experience. Sarah and I opt for the cafe and cake experience. Sarah's legs have yet to recover from her climb yesterday.

The Burren landscape is home to two impressive cave systems. We choose the Aillwee cave which was discovered in 1944, when a farmer named Jack McGann followed his dog, who was chasing a rabbit. The farmer did not explore very far into the caves, and did not tell anyone of the find for nearly 30 years. He told cavers of the cave in 1973 and that summer the cave was explored as far as a boulder choke. Show cave development began quite soon after.

Cont.....



.....Cont.

The boulder choke was removed in 1977 and access was gained to the rest of the cave. The "Marine Blast" tunnel was completed in 1992 to allow a circular trip. In 1976 the bones of two brown bears were found. These were subsequently determined to be over 10,000 years old. During this period only about 1000 people lived in Ireland. The cave is easy to navigate even for the old and the bold and well worth a trip.

Altogether a most interesting trip. Add into the mix copious amounts of Irish food and hospitality and endless pints of Guinness – for those so inclined -, not to mention the fun and company of three generations of family and you have a perfect week. If only the mist would lift.....

Irene Sergent

## AGM

This years Annual General Meeting will be held at St. Mark's Church, Bridge Road, Oulton Broad, NR33 9JX Doors open at 10.00 for tea, coffee and biscuits, with the AGM starting at 10.30. All members are welcome and we hope to see as many of you there as possible.



How do you get down from an elephant?

You don't, you get down from a goose!



## CHRISTMAS PARTY

On Wednesday 6<sup>th</sup> December 2023 we will be holding a Christmas Party at the Wherry Hotel, Oulton Broad in the Brown Boat Suite from 12.00 until 4.00pm. Every one is welcome along with family & friends over the age of 18.

There will be a Buffet, Quiz, Raffle & background music.



Admission by Ticket Only which are now on sale @ £16.00 pp.

We hope as many of you as possible will join us.



Heron in winter mixed media

Bridget Newbery



Julie

William Rouse

### Committee contacts

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Vice Chair	Peter Mason	<a href="mailto:vicechair@u3a-lowestoft.org.uk">vicechair@u3a-lowestoft.org.uk</a>
Secretary	Muriel Knowles	<a href="mailto:secretary@u3a-lowestoft.org.uk">secretary@u3a-lowestoft.org.uk</a>
Treasurer	Verity Seago	<a href="mailto:treasurer@u3a-lowestoft.org.uk">treasurer@u3a-lowestoft.org.uk</a>
Membership Secretary	Jen Roberts	<a href="mailto:membership@u3a-lowestoft.org.uk">membership@u3a-lowestoft.org.uk</a>
Groups Co-ordinator & Vice Treasurer	Julie Walker	<a href="mailto:groups@u3a-lowestoft.org.uk">groups@u3a-lowestoft.org.uk</a>
Social Secretaries	Carol Craven & Christine Mills	<a href="mailto:social@u3a-lowestoft.org.uk">social@u3a-lowestoft.org.uk</a> <a href="mailto:u3asocialsec@gmail.com">u3asocialsec@gmail.com</a>
Newsletter Editor	Viv Loney	<a href="mailto:newsletter@u3a-lowestoft.org.uk">newsletter@u3a-lowestoft.org.uk</a>

## Lowestoft u3a Groups Schedule

### Monday

Writers group	10.00-11.30	Colville House	2nd & 4th Mondays
Scrabble	10.00-12.00	St Mark's Church, Oulton Broad	Weekly
Social History	10.00-12.00	Colville House	3rd Monday
Art for All	13.30-15.30	Colville House	1st & 3rd Mondays
Bookworms	14.00-15.30	Colville House	2nd Monday
Table Tennis	14.00-16.00	United Reform Church	Weekly

### Tuesday

Country Dance	10.00-12.00	St. Mark' Church, Oulton Broad	1st & 3rd Tuesdays
Spanish	10.30-12.00	On-Line	Weekly
Lunch Group	12.00-14.00	Various * See below	1st Tuesday
Bridge	13.00-15.30	Colville House	Weekly
Canasta	14.00-17.00	Seagull Theatre	2nd & 4th Tuesdays
Family History	14.00-16.00	London Road Baptist Church	2nd Tuesday

### Wednesday

Short Mat Bowls	13.15-15.30	Colville House	Weekly
Mixed Crafts	13.30-15.30	Colville House	Weekly
Computer Clinic	14.00-16.00	60's Club, Lowestoft	Weekly
Monthly Meeting	10.00-12.00	St. Mark's Church, Oulton Broad	Last Wednesday

### Thursday

French Improvers	10.00-12.00	Colville House	Weekly
Music Appreciation	10.00-12.00	St. Margaret's Small Hall	Weekly
Rambling/Walking	10.15-12.00	Various (see web site)	2nd & 4th Thursdays
Whist	14.00-16.00	Colville House	1st Thursday
Quiz Group	14.30-16.30	Trinity Methodist Church	2nd Thursday

### Friday

Art Appreciation	10.30-12.00	Homes	Weekly
Rummikub	13.15-15.30	Colville House	Weekly
Bridge	13.00-15.30	Colville House	Weekly

### Saturday

Coffee Morning	10.30-12.00	Kensington Gardens Cafe	1st Saturday
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\* For venue contact [u3asocialsec@gmail.com](mailto:u3asocialsec@gmail.com)