

FEBRUARY 2024

'Self-help educational and leisure activities organised for and by older people'

1. Notes from the Chair (*John Dollimore*)

1.1. Your Committee is all the time looking to the future and to facilitate a smooth transition in 2025 as we need to fill some key posts, and create some new ones. As we are presently constituted, Committee Members can only serve for three consecutive years in one position, and a total of nine years in all.

N.B. Under these rules, and other reasons, we have **TWO vacancies** for new committee members for 2024.

One of these being a new Membership Secretary .

If anyone is interested in taking on this key role then please contact John Dollimore.

We would also like to have volunteers for the current requirements of:

Office Manager: IT Manager; Website Administrator.

To prepare for the smooth transition in 2025 we are also looking for:

An Assistant Secretary: An Assistant Treasurer; An Assistant Speaker Secretary

An Assistant Membership Secretary; An Assistant Group Co-ordinator

For the first time we are able to give members a chance to dip their toes into the running of our u3a before there is a constitutional need to fill the role.

We are a very successful u3a branch, and to continue that success, your u3a needs YOU

If you are interested in volunteering, please come and have a chat with me,

1.2. Membership Renewals

The time of year is coming when all members hopefully will want to renew their memberships.

For the second year running we are able to reduce all membership renewals to £10 per person.

For more details see Section 3, Membership, on Page 2.

2023 was a hugely successful year for our u3a.....together let us make 2024 even better

1.3. Charity Coffee Morning

We hope as many members as possible will support of first Charity Coffee Morning of 2024 on February 1st, in aid of the Nancy Oldfield Trust. This is of particular interest to us as they supply the Sailing boats for our group headed by Arthur Newton. The trust is set up to supply sailing experience to disabled sailors

Donations????? . Any members who wish to donate unwanted Christmas presents, or other gifts, should give them to Stuart Crowther during January. Any members wishing to make a cake for coffee morning should see Vivienne.

1.4. Special Interest Day

Full details of the events and speakers are on page 4, but tickets are on sale from the Social Activities Table in the foyer of Central Hall, priced £20.

1.5. Holidays

a) We have plenty of **double and twin rooms** available for our holidays to Holland (May), Portsmouth (June) and The Lake District (September). If you are thinking of joining us, or would like more information, please come and chat with me on a Thursday Morning over a coffee.

b) We have been given **two more twin or double rooms** for our Northumberland holiday in March. We already have a single lady willing to share with another lady.

Anyone interested in either of the two rooms should speak to John Dollimore

1.6. Coach Trips

The Thriplow Daffodil weekend has not attracted any interest this year **and is therefore cancelled**

Most of the other days out are filling up nicely. A £10 deposit secures your seat on the coach

1.7. Additional date for your Diary

FRIDAY 19th July 2024: **PETER BEALES Garden Centre**; Guided Tour of Gardens and lunch; £26.00

2. Editors Notes

This issue concentrates on the forthcoming AGM on March 7th and the need to fill current vacancies at committee level, and other outstanding roles, to ensure the continued management of our expanding u3a branch.

So as John says above, if you can help run your u3a, in either a leading role or as an understudy, then please make yourself known to John, or if he is not available, any of the committee members listed **on page 3**.

If you have any group or activity news that you think may be of interest to the greater membership, then please send the information to newsletter@wymondhamu3a.org.uk and I will see if I can fit it in.

3. **Membership** (John Peat)

3.1. For those of you on-line, you will have received an email regarding setting up your Personal Account on Beacon, **should you wish to**, and be able to manage your own personal data, and renew your membership.

3.2. A second communication has been sent out ,by email and snail mail, requesting each of you to fill out an Existing Member Form to restate/update your personal details so we are compliant with current General Data Protection Regulations (GDPR). This is to ensure that each of us is protected by The Third Age Trust third-party insurance cover, and that our branch has taken all reasonable steps to ensure the safety of our own members, and the general public. This request also sensibly includes a request for an up-to-date emergency contact number for each member to be put on record.

3.3. The time of year is coming when all members hopefully will want to renew their memberships.

N.B. Joint memberships is now a term, not a membership status . So, whether your membership is registered as Joint or Individual, each member will now pay the same from this year with no reduction for couples, in an effort to streamline the process.

For the second year running we are able to reduce all membership renewals to £10.

Our preferred option for members to renew would be by registering for a personal Beacon account and managing your own details, including renewing by using your Credit or Debit card. This renewal process asks for PayPal. However, you do not need a PayPal account as a guest. This method offers you the option to pay by your Credit or Debit card without the need to register or use a PayPal account.

Full details will be sent to you by the membership secretary in Mid February.

Should you not wish to, or cannot pay using the above method, then please consider bank transfers. If you use this method then please ensure you put **your membership number and surname** of the payee as the reference, as this will help the treasurer.

If you do not have access the above processes and tools we will still accept card payment, cheques, and cash at coffee mornings Thursdays, February 29th to March 28th.

3.4. In January we welcomed the following new members:

Alan Hurst; William Sprunt; Muriel Wilson; Martin Doswell; Christine Ward; Lee and Janet Copland:

4. **Groups** (Stuart Crowther)

4.1. Canasta and Mahjong take lead place this month. We have now acquired 2 Mahjong tile sets and 2 Canasta card sets and they will be available for use at all Thursday & Sunday coffee mornings.

I had a provisional list of five people for Mahjong although more showed an interest at a Sunday coffee morning. To get a better idea of likely numbers going forward, would you please remind me if you wish to be included so that I can ensure that we have enough equipment.

On the Canasta front, in addition to the coffee mornings, I have two volunteers – Chris Bowles and Anne Mathon – to host small groups at their homes. Anne is willing to do a Thursday afternoon (not the 2nd Thursday), 2-4pm. I still need to finalise a time with Chris.

4.2. On an unhappier note, Gaynor Barnes has sadly decided that she wishes to stand down from Group Leading the Line Dancing group after April. This is a very popular group, and we are looking for a volunteer/joint volunteers to take this on. The group currently meet twice a month at North Wymondham Community Hall. Please let me know if you can help with this.

4.3. There have been enquiries about starting a Pickleball group. To gauge the level of interest within u3a, please let me know if you would like to be considered for this.

4.4. Sailing Groups SGC and Arthur Newton

a) We are in the process of negotiating places with Nancy Oldfield Trust (NOT) Neatishead, Barton Broad, for the above group.

b) The sailing for beginners (no experience or never sailed) group is changing. We are going to run it over a shorter period of time. Could be over two days or weekends or four half days over a month)

We will be allocated six places and the Fee will be £72 for complete course

You will be sailing in KEEL BOATS with an instructor. (stable boats that can accommodate students with mobility problems)

If you wish to discuss anything related to Groups and activities then please contact me by email at:

stuartgcrowther@aol.com

This is a copy of the information on an e-mail sent on 20th January to all our members by our Secretary, Howard Brown giving notice of our AGM on 7th March.

This is an important announcement for members to be part of electing your Officers and Committee to represent you for the coming year. Please attend and make your views known and to vote. Nomination Forms and a Trustee Declaration Form were attached to your email.

ANNUAL GENERAL MEETING

This is the official notice of Wymondham u3a's Annual General Meeting.

To all Members of Wymondham u3a

The AGM will be held on Thursday 7th March 2024
at 2.00pm at Wymondham Central Hall.

All Committee posts are elected annually. If you would like to nominate anyone, please ensure the attached **Nomination Form** (2 copies provided) is completed, which requires a proposer and an unconnected seconder.

Please note that the nominated person must be willing to stand as a Committee Member and Trustee and be able to sign the **Trustee Declaration Form**, which is also attached.

The completed Nomination Form(s) can be sent by e-mail attachment to: secretary@wymondhamu3a.org.uk

OR

Handed to any Committee Member at Thursday Coffee Mornings and/or the Open Meeting on 1st February.
(The forms will also be available there for those who are unable to print their own).

OR

Posted to myself at 3 Oak View Grove, Wymondham NR18 0YF

Please be advised that Nomination Forms should be received by myself no later than 9th February 2024.

Howard Brown, Secretary, Wymondham u3a

2023 elected Committee

Chair – John Dollimore - chair@wymondhamu3a.org.uk

Vice-Chair and Newsletter Editor – John Peat - newsletter@wymondhamu3a.org.uk

Secretary - Howard Brown- secretary@wymondhamu3a.org.uk

Treasurer - Geoffrey Briggs - treasurer@wymondhamu3a.org.uk

Membership Sec. (acting) –John Peat -membership@wymondhamu3a.org.uk

Groups Co-ordinator - Stuart Crowther - groups@wymondhamu3a.org.uk

Speaker Seeker – Georgette Vale – speakers@wymondhamu3a.org.uk

Membership secretary- Jo Sinclair (Resigned)

I.T. - vacancy

After the AGM formalities there will be a short presentation by the
Wymondham Rotary Satellite Group about what they do.



As promised in the January newsletter here are the courses offered by Stephen Poulter in April and May.

1.HATCHED, MATCHED & DISPATCHED Fridays April 5th to 26th, 10.00 to 12.00. Tiffey Room

For nearly a millennium the humble Parish Church was at the epicentre of the lives of the local community - not only serving as a spiritual centre from cradle to grave, but as an administrative hub, source of health and social services, collector of taxes, and legal enforcer of personal morality. This course looks at the many different types of documents and manuscripts produced by local and regional ecclesiastical organisations which help us to tell the stories of generations of ordinary parishioners from the Tudor period to the mid 20th Century.

2.EXPLORING THE DIARY OF A GEORGIAN PARISH CLERK Friday May 24th. 9.30 to 3.00. Tiffey Room

Charles Souter was Parish Clerk of the small rural village of Sileham just on the Suffolk side of the River Waveney. Over the forty tumultuous years between 1784 and 1824, which encompassed the French Revolution and Napoleonic Wars, he regularly chronicled his everyday experiences in a diary. As a shop-keeper he reported on the price of coal, extreme weather events and the state of the annual harvests; being a key officer of the local church he attended a hectic calendar of local events as well as recording the births, marriages and deaths of his fellow parishioners.

I'm pleased to say that Chris Yemm has offered to help with some of the admin, so please let her know which of the courses you would like to register for, simply using 1 or 2 rather than repeat the title of the course. The cost will depend on the number of members attending. Chris's email address is: chrisyemmLLL@gmail.com

To register your interest in attending these courses, please email courses@wymondhamu3a.org.uk

For further details on the courses please email courses@wymondhamu3a.org.uk

Tickets for all courses are available by contacting courses@wymondhamu3a.org.uk OR by purchasing directly from the Social Desk at Wymondham Central Hall on Thursday mornings.

ENGINEERING OUR FUTURE ENERGY REQUIREMENTS

Special Interest Day 8th March

A Vision for the Norfolk Research Triangle - George Freeman MP

As globally renowned hubs like the Norwich Research Park, Hethel Engineering Centre and Hingham Business Park continue to grow, develop and thrive, how can the "Norfolk Research Triangle" (Dereham-Norwich-Wymondham/Attleborough) capitalise on its unique position and drive forward a Rural Renaissance that spreads jobs, opportunity, prosperity and fresh breath into our local towns and villages, while also ensuring it remains a beautiful place in which to live and work."

Sizewell C – East Anglia's Next Nuclear Power Station - Jack Raven, Sizewell C

Sizewell C will be a 3.2 GW nuclear power station generating low carbon power for around 6 million homes. The station will be a close copy of the Hinkley Point C power station which is currently under construction in Somerset. Sizewell C will generate low carbon electricity for at least 60 years.

Managing eroding coasts – transition and working coastal change in North Norfolk, Dr Sophie Day, UEA

The consequences of erosion are profound and advance planning is required to be more prepared. Bacton Gas Terminal, for example, is a critical national energy asset yet lies in the erosion zone. North Norfolk District Council's 'Coastwise' is an initiative to develop transition plans and deliver practical actions to prepare this coast for the future. Other strategic coastal management ideas will be discussed, such as 'Sandscaping' that work with – rather than against - coastal change and natural processes in our region.

Fusion – powering our future? Chris Warrick, United Kingdom Atomic Energy Authority

The fusion of hydrogen nuclei is the process that powers the Sun. At the European JET project, these processes are being replicated. By heating a gas of hydrogen-like fuels to 150-200 million oC, the JET tokamak has demonstrated fusion of these nuclei and subsequent release of energy. UKAEA is developing key technologies required for the first fusion power stations and leading a major UK project to design and build a more compact fusion powerplant at West Burton, Nottinghamshire around 2040 – the Spherical Tokamak for Energy Production (STEP). The first fusion power stations should be starting up in the next 30 years.

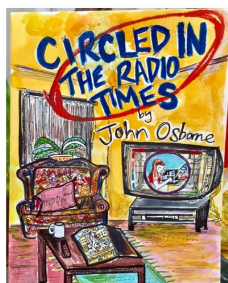
NOTICE BOARD: DATES FOR YOUR DIARY

Thursday 1st Feb
At 2.00 p.m.



Wymondham Central Hall Monthly Talks

Circled in the Radio Times John Osborne



A storytelling show about TV and magazines. When writer and storyteller John Osborne found a box of old copies of the Radio Times that used to belong to his grandad, he started to piece his life together by the shows that had been lovingly circled by his grandparents to watch in their front room.

John is a regular on Radio 4 and has toured theatre shows across the UK.

Beautifully written, funny and poignant - The Scotsman

Free for members - £2 for non-members

For more information about Wymondham u3a

www.u3asites.org.uk/Wymondham

COFFEE MORNINGS

Thursdays

February: 1st, 15th and 29th 09.00-12.00
8th and 22nd 09.00-11.00

March: 7th and 21st 09.0-12.00
14th and 28th 09.0-11.00



Sundays

February and March:
Every Sunday
in the Tiffey Room 10.00—12.00

CURRY EVENINGS

Rose of India, Attleborough at 19.00

Wednesday February 21st

At the time of writing, there are plenty of seats available in the restaurant. Do not miss out by delaying your reservation (we had to turn down many members last time)

Other dates for your diary to be booked later
Wednesday May 22nd: Wednesday August 24th
Wednesday November 20th

AGM MARCH 7th 14.00

After the AGM there will be a short presentation by the Wymondham Rotary Satellite Group about what they do.



2024 HOLIDAYS

NORTHUMBERLAND

March 2024

Sunday 24th March to Friday 29th

(N.B.1. There is one single room available for the Northumberland holiday in March costing £580)

(N.B.2. We have been given two more twin or double rooms

HOLLAND

May 2024

Sunday 5th May to Thursday 9th

(N.B. to be paid in full by the end of January)

PORTSMOUTH

June 2024

Monday 17th June to Thursday 20th

THE LAKE DISTRICT

September 2024

Monday 16th September to Friday 20th

2024 COACH TRIPS



Sunday 17 th March	Thriplow	CANCELLED
Friday 26 th April	Neatishead	£25
Monday 20 th May	Burghley House	£35
Friday 28 th June	River Deben	£35
Friday 26 th July	Audley End House	£35
Friday 30 th August	Norfolk Broads	£45
Friday 27 th September	Melford Hall	£25
Friday 25 th October	RAF Duxford	£40
Friday 29 th November	Springfields	£15

Any members wishing to go on the above trips should see John Dollimore, or the Travel Desk, on Thursday mornings

A £10 deposit secures your seat on the coach.

All balances should be paid in the month before travel.

If you cancel, refunds are at the discretion of the Committee.

6. Activity Reports

6.1. January Talk: The Development of the English Language by Charlie Haylock (Georgette Vale)

There was a bumper turn out for the most informative and entertaining talk. It is not possible to do much of a write up as much of it was dependent on hearing Charlie's vocal renditions of all the sounds that has come to make up the English language.

The Angles (or Engels) originated in Anglen – in what is now Denmark/German borders. It is a hook shaped peninsula – which is why we also get the geometric term angle and people who use fishing hooks are anglers. They were the ones who settled in our part of the world. Norfolk and Suffolk accents are the oldest accents in the UK .

There were lots of different dialects which are all became different parts of the same language as it develops.

Romans did not speak Latin. The troops spoke the myriad of languages from wherever they hailed from which was from all over the empire. The administrators tended to speak ancient Greek. Latin was used for writing.

It was in the time of Alfred Great that English was first recorded – but it was nothing like we would recognise today. There were so many different rules – masculine and feminine nouns and also strong and weak ones and each of those affected the other words around it and all with different plurals as well. We have the Danish influence to thank for simplifying things for us.

Charlie explained how letters have changed pronunciation – for example the G and the Y sound were very similar (as in Sweden today). This is why the Hay Wain is a Wagon. Also why (One of the several theories) a possible Saxon prince called Wigmund may have been responsible for the name of our town.

The Normans brought their own Norman French – but they were of course recently descended from Vikings so it was not quite like the rest of France. However, until the 1300s or so only 10% of people ever spoke it in this country. There was a lot of bi-lingualism going on amongst the middle-class administrators.

Then came the Great Vowel Shift of the medieval ages and there was much more writing going on and then came the printing press.

The influence of the bible in English cannot be underestimated – so many phrases that are commonplace now had their origins here. Over twenty thousand people turned out to St Pauls to hear the Tyndale Bible being read in their own language.

Of course we cannot forget that William Shakespeare gave us 1700 words. They were probably around anyway – but he was the first to write them down. Not to mention the hundreds of phrases that he coined which we still use today.

In 1755 Samuel Johnson wrote the first dictionary of the English Language – but on the other side of the Atlantic Noah Webster wrote his with the intention of keeping the language pure. What we tend to refer to these days as “Americanisms” such as “fall” for the season and “gotten” not to mention color and favor – all older than the “Britishisms” they accuse us of.

In the early 1900's the main public schools that got together to decide the “correct way” of speaking which became known as Received Pronunciation – and also BBC English and the Queens English as we used to call it.

6.2. Visit Norwich Group—Dragon Hall (Di Gibbins)

Dragon Hall is a Medieval Trading Hall and is one of Norwich's medieval architectural gems. This Building which is an Oak Beam Structure, has remarkably survived for seven hundred years.

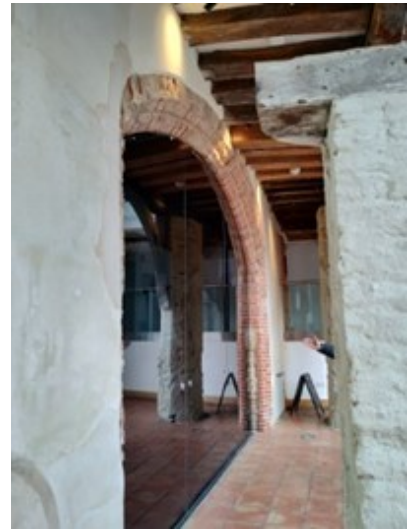
Built and owned by Robert Toppes in 1427, a wealthy merchant. It was the largest Trading Hall of its kind in Northern Europe, unique for its time, selling and buying goods from Europe and beyond, transported via the North Sea, Great Yarmouth to and from Norwich using the Rivers Yare, and Wensum.



Originally, in 1330 an L shaped domestic Hall House was built by John Page; this had an undercroft, and an entrance from The Old Barge Yard. Archaeological research found evidence of a Saxon hut beneath the Hall dated around 1000 AD, with further evidence of fish processing at some point in time. A large brick Arch with a boundary wall leads from Kings Street down to the River Wensum.

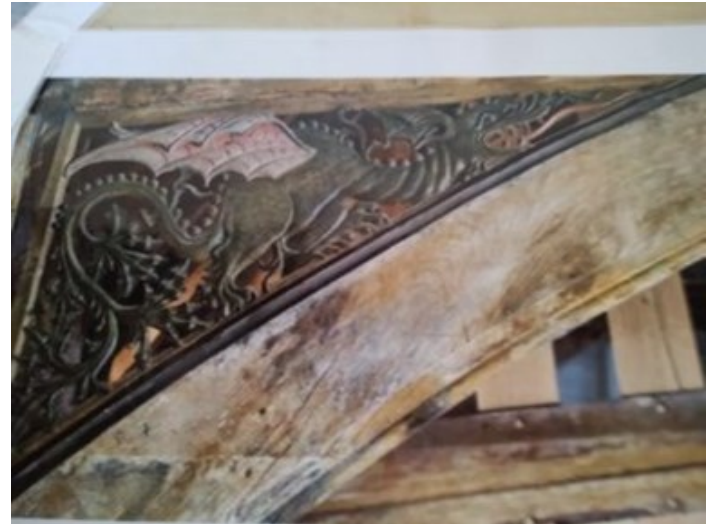


Kings Street
road level
above the arch



Robert Toppes redeveloped the entire site in 1427, for commercial use, on top of the existing Arch and Boundary Walls. Using the same entrance, which led up a flight of stairs, to The Trading Hall.

The timber building was constructed of seven bays, with a Crown Post Roof, decorated with carvings of fourteen dragons, only one remains. The yard area was kept for access to the river for Imports and Exports to the downstairs reception area.



Robert Toppes was a successful entrepreneur who arrived in Norwich in 1420 and acquired the Dragon Hall Site. He was a wealthy man, who rose through the civic ranks, and an important figure, being City Treasurer, Mayor, Burgess MP, and Sheriff during his years. Married twice, he had eight children. He also owned many large properties throughout Norfolk and Suffolk.

When he died in 1467 he paid for a stained-glass window in St Peter Mancroft church, made bequests to city Churches, and instructions the Hall should be sold, for the priests to pray for his eternal soul.

During the next five hundred years the hall was later subdivided into residential units, initially quite large, and on the addition of two more floors being inserted, became a crowded tenement, surrounded by more tenements in the Old Barge Yard at the rear, accommodating over 150 people. In 1937 a slum clearance removed properties at the rear. The Old Barge Pub, A Rectory and a Butchers filled the Main Hall.

In 1970 architectural historians from the UEA realised the historical importance of the building and a restoration committee was set up. Norwich City Council bought the uninhabited building. In 1986 Norfolk and Norwich Heritage Trust was formed to oversee its full restoration we see today and in 2018 The Hall became the National Centre for Writing, who run and care for it today.

6.3. Scotland Holiday AKA The Magic Bus

This was the second five-day holiday to Kingussie in three months.

The weather forecast was not good, the wind was going to howl, it was going to rain and snow, and Wymondham u3a were off to Scottish Highlands in the forecast storms. What could possibly go wrong?

We had a pleasant run from Wymondham to Ferrybridge, with the sun out, and blue skies. From Ferrybridge to Moffatt we went over the Pennines in sunshine with snow on the hilltops.

Then from Moffatt to Kingussie there was snow everywhere.



Inverness

We had to reorganise our first day as both Brodie Castle and Ben Nevis Gondolas were out of action, so we visited Inverness instead. It was at this point we discovered our **Magic Bus**.

Every time we got on the bus and turned the ignition on, the heavens opened. Every time it was turned off and we got out, the rain mysteriously stopped, and so it continued until we arrived back in Wymondham. (Viv's weather magic is still working!)

While based in Kingussie we visited the Red Deer Sanctuary at Aberfeldy, and the town of Pitlochrie.



The local population at Aberfeldy

Another successful trip was the Highland Wildlife Park between Kingussie and Aviemore.



Two of the residents at the Highland Wildlife Park.

A Polar Bear probably feeling very much at home.

A Highland Wildcat behind bars in a cage



At the hotel many of us played cards, or games, or did a jigsaw, which we had taken with us.

So by common consent ,what could have been a wet and miserable holiday, turned out to be fun.