

From the Chairman - Notes from abroad

My thanks first of all to vice-chair Paul Findlay for hosting this month's open meeting. You will have seen from the newsletter and web-site that we now have a second vice-chair in Gilly Spencer who will chair the October meeting as I fly to Tanzania the day before that meeting.

At the last open meeting I announced that interest had been shown in sign language and also aspects of first aid including the use of CPR and defibrillators. More and more defibrillators are being made accessible and it is important that we, the public, know how to access and use these life-saving devices. Sheets are available with Lorna to express interest and we will review the way forward in June.

We are now very much in the holiday season and in a few days a group will depart for South Wales. Other holidays are coming up including the Sussex wine tour. To check availability for any remaining places, please see John Dollimore or in the case of the wine tour, Paul Moss or Bill Yeates.

A major part of the ethos of U3A's is that they are learning organisations. Realising that most of us have reached an age when we inevitably find ourselves discussing medical conditions and medication, coupled with discussion on the increasing difficulty of finding the right priced holiday travel insurance, prompted an idea for research. At a coffee morning I floated the idea of using our membership to research medical conditions and associated issues. Based on the response I intend to move forward with the project. The research will be carried out on a completely confidential and anonymous basis. If done well and useful data is distilled U3A Wymondham may yet see national recognition!

Finally I will be back just in time for the Chairman's garden party on 1 June, hopefully with better weather than last year, and I look forward to seeing many of you then.

John Hooper

389th Bomb Group Exhibition Hethel

I have arranged for a party from U3A Wymondham to visit this museum at 11.00am on Tues 16 July. Please sign up at 'social desk' or contact myself.

John Hooper



members of the newly formed Digital Photography group listening intently to Ian Anderson's comments on the prints they had each brought to the meeting

Social News

Fri 3 May 2pm - Mid Norfolk Railway - Wymondham to Dereham return - from Wym. Abbey Station - £7

Fri 3 May - Tramps Evening - **Cancelled**

Fri 31 May - coach outing to Cambridge Botanic Gardens - £16

Sat 1 June - Chairman's Garden Party - £10

Fri 19 July 7.30pm - Quiz Night in Central Hall Teams will consist of 4 members and the entrance fee will be £10 per team. Nine teams needed to make event viable.

All bookable at open meetings and coffee mornings.

Visit to the Undercroft of the Norwich Bridewell Museum on Thur 16 May

One tour at 10.30 and if there is enough demand another tour at 11.00. Cost £8.80 per person, reduced if you have a Norwich Museums Pass. Book with Georgette at open meetings or coffee mornings - preferably with the correct money. You can also book by emailing Georgette@ValeMail.eu or telephoning 01953 505434 or 07867 681830. Please note the access to the Undercroft is by a steepish staircase and the floor is rather uneven.

The talk at the June Open Meeting will be given by Diane Simpson and is entitled 'A fascinating (and hilarious) examination of humour - discover what really amuses your friends and enemies and why'.

Groups - possible new groups:

Simon Wade, Caroline Moffatt and Lorna Tomlinson are proposing a new gardening group. It will consist of outings to various gardens and meeting at each other's gardens to discuss and give each other advice and support. Hopefully plant swaps will also be possible.

As now is the season for doing things in the garden we would like to get the group going quite quickly.

It has been suggested that a 'Mindfulness and Meditation' group is started. For more information look at P.50 of the latest Third Age Matters magazine.

If you are interested in any of the above groups please let me know. I am at most coffee mornings or email me at lorna.gplead@yahoo.co.uk.

Lorna

Digital Photography Group

We met for the first time on 18th April in the Central Hall. It soon became apparent that most of us had been taking photographs for many years using a variety of cameras of varying antiquity, but we were all united by a desire to improve the quality of our the images. Everyone participated in the discussion, which covered, what makes an interesting picture, manual versus automatic settings, a camera's mode dial and menu, what help can you get from Photoshop and the storing, printing and projection of digital images. This will give us plenty to discuss in the future.

Ian Anderson then constructively discussed the two prints each of us had brought.

We will be meeting at 2.00 pm on the first Wednesday of each month. In May we will be looking at a camera's dial mode and menu and in June we will go on a photoshoot in Wymondham. We would welcome anyone with similar interests who would like to join us. In the first instance contact, Lorna Tomlinson our u3a groups organiser.

Roland Clark



Town Busking Day

Saturday 25 May
10.00 - 16.00

Musicians perform
all over town create
a wonderful
atmosphere.

Attleborough Men's Shed

Currently plans are being developed at weekly social meetings, open to all interested persons. These are held on Thursdays 10:30 to 12:00 at the Attleborough Community & Enterprise Centre, Church Street, NR17 2AH.

Members **Helen and Norman Illsley** are organising a Vintage Tea Party with music at 3pm on Sunday 23 June in the North Wymondham Community Centre. Tickets £6 available from Brenda at the May Open Meeting or by phoning 01953 600563.

Members who have recently joined:

June Clarke, Sue Garwood, Lynne Monck, Margaret Parry, Jaqueline Ross, Andy Speller, and Sandra Tidy

Officers of U3A Wymondham (2018/19)

Chair - John Hooper - johnhooper66@btinternet.com
Joint Vice-Chair - Paul Findlay -
ap.findlay@btinternet.com
Joint Vice-Chair - Gilly Spencer -
gillyflour4@gmail.com
Secretary - Georgette Vale - georgette@ValeMail.eu
Treasurer - Stuart Crowther -
stuartgcrowther@aol.com
Membership Sec. - John Spencer -
wymu3amem@outlook.com
Groups Co-ordinator - Lorna Tomlinson -
lorna.gplead16@yahoo.co.uk

Wymondham Music Festival week

21 June - 30 June

MUSIC for all the family

To see the programme go to:

www.wymfest.org.uk

or

search facebook for
Wymondham Music Festival

or

collect a brochure from local shops or
the Library