

NOVEMBER THE SEASON OF SENSES

Members: you know what your u3a does for you...

We offer a chance to meet new friends, to share knowledge, skills and experiences

To support each other in times of sad and difficult moments

To give our members opportunities to participate in a vast array of activities

Above all, find fun, laughter, happiness and joy in the company of friendship and enjoyment



ask what you can do for your u3a.....



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Registered charity no. 1183055

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Thought for the Day



A little thought
and a little
kindness are
often worth more
than a great deal
of money.



Chrysanthemum



The two Zodiac signs that fall in the month of November are Scorpio and Sagittarius. **Scorpio** Zodiac Sign: November 1st - 22nd and **Sagittarius** Zodiac Sign: November 23rd - 30th.

November has two birthstones, **Topaz** and **Citrine**

Topaz Some believe the word "topaz" comes from the Sanskrit word tapas, which means "fire." Others trace it back to the Greek topazos. This November birthstone was long thought to have many benefits. The ancient Greeks believed that topaz gave them strength. From the 1300s to the 1600s, Europeans thought it could thwart magic spells and dispel anger. For centuries, many people in India have believed that topaz worn above the heart assures long life, beauty and intelligence. Blue topaz is the gem of the fourth wedding anniversary, and Imperial topaz is the gem of the 23rd wedding anniversary.

Citrine people believed citrine had the same powers as topaz. They believed the citrine birthstone could soothe tempers and calm the wearer.

The ancient Greeks carved rock crystal ornaments that glistened like permafrost. Roman pontiffs wore rings set with massive purple amethysts, and citrine has been reported in Roman jewelry. It was particularly popular in colorful Scottish jewelry from the Victorian era. Citrine, believed to derive from the French word for "lemon" (citron), is given for the thirteenth wedding anniversary.

Interesting Facts for November

November was, in the original Roman calendar, the ninth month. Anyone who knows Latin may already have figured this out, as Novem actually translates to 'nine', or 'ninth'. However, it became the 11th month of the year once January and February got added on via the Gregorian calendar.

The Anglo-Saxons also called the month of November "Blod Monath", or blood month. It gained this name as it's in November that they would traditionally slaughter cows to provide food for the long winter months.

Guy Fawkes, (born 1570, York, England—died January 31, 1606, London), British soldier and best-known participant in the Gunpowder Plot. Its object was to blow up the palace at Westminster during the state opening of Parliament, while James I and his chief ministers met within, in reprisal for increasing oppression of Roman Catholics in England.

On the 5th the introduction of Monopoly - the often-infuriating property purchase board game

According to the 17th-century astrologer Richard Saunders: "In this Moneth [November], Melancholy much increaseth." He recommended eating eggs and honey and vomiting sometimes!

William Shakespeare apparently wasn't all too fond of November. Hailed as one of the all-time greatest writers of English literature, Shakespeare wrote 154 sonnets and 37 plays which are still in production today. In all of the works that Shakespeare wrote the month of November isn't mentioned a single time.



Gardening Corner



With the end of the year approaching, the nights drawing in and the temperatures beginning to drop it is time to start putting the garden to bed for the winter.

Clear leaves from grass and paths, if you have room create an area to make your own leaf mould. A simple cage made from chicken wire and tree stakes will do. Try to collect leaves when they are damp, dry leaves take a lot longer to decompose and put an old piece of carpet on the top.

There is still time to plant spring bulbs like tulips and brighten up your pots with early bedding such as polyanthus and pansies.

Bare root roses and trees can now be planted anytime up until March as long as the soil is not water logged or frozen. Add organic matter to the planting hole and mix with existing soil when back filling. Any damaged roots cut off cleanly and tease out any tangled ones. Larger trees will need staking as well as rabbit/deer guards if they venture into your garden. New roses should never go into the same spot as an old rose unless you change the soil.

As soon as dahlias get frosted and go black you can either lift them, lightly clean tubers and store in a frost free shed or garage until repotting in spring, or leave in the ground and give a good thick mulch after cutting down. Use a mix of woody and green material. Unless we get a very severe winter most dahlias and tender perennials will survive if given good protection. If you have any really special plants I always lift one or two just in case the weather gets very cold.

Time to plant some early sweet peas as well as shallots, broad beans (aquadulce claudia) and rhubarb crowns.

If you have not already autumn pruned your roses reduce top growth of summer flowering multiflora and tea varieties to stop wind rock, you do not have to be too precise as they will be pruned again in the spring. Early flowering varieties should be left until they have flowered next year. Buddlejias can be cut down too.

Tidy borders but not too tidy. Leave some old stems and leaves for wildlife to shelter through the winter.

Finally enjoy a good bonfire but please check for hedgehogs and other animals. Start a fresh fire and add material to it rather than set fire to an old heap that way you will come across anything hiding in the pile.

(Written by Alan Vanhinbergh and submitted by Lindsey Leveridge)



NEWS FROM THE EAST

Your regional team keeping in touch with u3as across the six counties of the East of England

If any of you would like information on what is happening in the rest of our region, access to the u3a 'News from the East' - October edition, this can be accessed via this link:

<https://u3asites.org.uk/files/e/east-of-england/docs/newsfromtheeastoctober....finalproof.pdf>

HOLIDAY TO LLANDUDNO, NORTH WALES

Just a few days before the holiday John got a message that the St Kilda Hotel in Llandudno had been closed down due to the electrics being substandard. All credit to Cairngorm - they managed to switch to the Beaufort Hotel at Mold. We didn't get nice evening walks along the front - but at least we didn't risk electrocution either.

Our first day trip was to Bodnant gardens. Some intrepid members of our party made it all the way down the hill and back up again. Although the top part of the garden is marked accessible for wheelchairs - that isn't quite the same as being wheelchair friendly! We could see some early autumn leaves - and it is nice to think they hadn't all died in the drought. In a few weeks time it will be a lovely sight. The craft shops were certainly worth a look.



We then did find time to have a stop at Llandudno - to have a nice walk along the sea-front. However the weather decided to turn wild and wet and windy so lots of us just ended up in an ice cream. We drove past the Great Orme where Bronze age people from all over Europe collected their copper for making the bronze.

The next day our trip was to Anglesey. The weather more or less held out for our boat trip to Puffin Island - which is now more famous for its Cormorants and Shags - and the seals beginning to pup on the beaches. The puffins are only there for the breeding season in June/July - and after that they shed their rainbow bills and go out to sea until next year. There was a problem with rats on the island who came ashore after a shipwreck but the puffins are making a comeback.

We stopped for lunch at Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch and then went on the Sea Zoo. Yes well, of course was an aquarium but it can call itself a zoo because it has a reintroduction programme for Sea Horses and a lobster hatchery. As usual John directed our driver Walt down some narrow country lanes but Walt was well up to the challenge.



The trip on the last day was to Snowden. The mountain railway had some engineering works going on so we could only get three quarters of the way up, but it was a fun trip with some lovely views.

The day was completed by a stop at the picturesque village of Betws-y-Coed.

Permission given for publication!

Unfortunately Covid reared its ugly head - which shows that we are still not out of those woods yet. However the hotel and the coach managed it as best they could. Thanks to them and my apologies for having been the cause of the trouble.

All in all though - another good trip meticulously organised by John and Cairngorm

Georgette Vale.

Photos of trip available via this link: *(courtesy of Richard Pye)*

https://drive.google.com/drive/folders/1AW_zUbaiII3tojtQ6ZEI4-Rv1FTa7fX4?usp=sharing



SPEAKER FOR THIS MONTH

THURSDAY 3RD NOVEMBER AT 2.00 PM - John Cushing - Thursford

Please note the trip to Thursford Christmas Spectacular is:
Monday 28th November.....Thursford.....£60 Coach leaves at 11am

THURSFORD
CHRISTMAS
SPECTACULAR



DR ABC

Does this mean anything to you? Well, it does now to at least 7 members of our U3a who recently attended a short life saving course held at The Shed in Ayton Rd Wymondham.

Simone our tutor took us through the basic procedure needed to help save someone having a cardiac arrest in simple steps and then let us loose on the dummies to practice chest compressions. All of us then realized that this is quite difficult to achieve and very tiring, especially for us older folk! Then we went on to use a defibrillator, which is the easy part as you just need to follow simple spoken instructions.

A question and answer session to end with allayed any anxiety we still felt and left us all feeling confident that we would no longer hesitate to have a go if needed.

I would recommend this course to anyone. You never know when you might need these skills. It may be your wife, husband, friend or a complete stranger. Your knowledge could make the difference with their recovery. These courses are given FREE but we all made a donation to the provider East Anglian Air Ambulance - we might need them some time.

So if you come across someone having a cardiac arrest remember:

D - Danger, before you start, check the danger to yourself, the patient and bystanders

R - Response, check the patient's response by tapping the shoulders.

A - Airway, open and ensure the airway is clear

B - Breathing, Check to see if the patient is breathing. If not normal call 999.

C - CPR, Start chest compressions.

We learnt how to do all of these things in just over an hour but our action in the future might give someone years.

If anyone wants to organize another session just email me at sue70g@gmail.com

Sue Gilham



UPDATES FOR YOUR DIARY

Wednesday 16th November...Curry evening - Rose of India Attleborough - 7pm for 7.30

NEW

Monday 28th November.....Thursford.....£60 Coach leaves at 11am

Saturday 10th December.... Edith's 100th Birthday Party 2.30 pm for 3.00 pm

Saturday 25th February 2023..Gala evening. Dinner dance .£25..dance only..£10....5.30 for 6 pm

Saturday 3rd June 2023.... Garden party.....£20

Please see John Dolimore for further information and to book

Discovering Norwich U3A Group

Visit to
47 St. Giles Street, Norwich
(The Provincial Grand Lodge of Norfolk)

The October outing by the Discovering Norwich Group was a visit to 47 St Giles Street, better known as The Provincial Grand Lodge of Norfolk, belonging to the Freemason Organisation.

U3A at the Museum

Our Tour & Talk guide for the visit was Keith Holden, a Master Freemason who volunteers at the small museum. The talk on Freemasons was enlightening - none of our group previously knew anything on the subject.

Keith explained about the origins of freemasonry. Going back to medieval times & Stone Masons, how the "not so secret" handshakes came about (no, he didn't show us any). The core values of brotherly love, relief & truth, in other words, high moral standards. There are many different Masonic Lodges (groups) existing in Norwich & across Norfolk, Keith belongs to one of the city Lodges.

As surprise to us all was freemason organisations, 2 of Ancient Freemason and the

The museum is quite small. Freemasons of some of the jugs (for Lodge Meals) packed Glasses used for toasts, table.



U3A at the Museum

learning there is are women them, the Honourable Fraternity of Order of Women Freemasons.

Keith explained the significance to items, I particularly liked the Beer with Masonic symbols & the "Shot" imitating gunfire when banged on the

The building itself dates back to the late 1700's, then St Giles was called Newport St. The area then fashionable & occupied by eminent surgeons & doctors working at the (then) new Norwich hospital. The main Lodge for Norwich Freemasons since 1879, it was extended in the 1920's to become the Grand Provincial Lodge.

We got to tour the building & into the temples. The highlight of the visit was the main temple. Keith patiently explained the layout and the Symbolism associated with Lodge meeting ceremonies. The reason for the black & white chequered floor - of light & dark/good & evil - symbolic in temples since Egyptian times.

Lucky for us, a Lodge meeting was scheduled for the evening so we also got to see regalia part set up, the aprons & the sashes. Plus a bonus; when a meeting is in progress, the dagger & the sword for the Masons guarding either side of the locked door. We also visited the smaller upstairs temple & reception/dining hall before finishing with coffee & biscuits in the salon.



Inside the Temple

Inside the Temple

All our group came away having furthered our knowledge of Norwich - it's what the Discovering Norwich group is all about! For a small donation of £5 each - to put towards museum funds, this was excellent value. The museum is open to the public most weekdays for anyone interested. Keith is there on Wednesdays & will be happy to host another party from the Discovering Norwich group. [Andy Speller](#)

All links shown in [blue](#) are live.

Just a reminder

Please click on link which will take you directly to the website or email



Welcome

New Members

New Members' Coffee Morning.

Tiffany room - Monday 7th November 9am - 12noon



Sylvia Duffen

Ian Walker

Anne Mathon

Wendy Mears

Tim and Bett Barrett

Mary Garner

David and Jacqueline Hatcher

Lynda Langton

Margaret Ward

Karen Stead

Janet MacGladrie

Daphne Short

Ian Walker

Sylvia Webster.

Remember, remember, the Fifth of November Gunpowder treason and plot



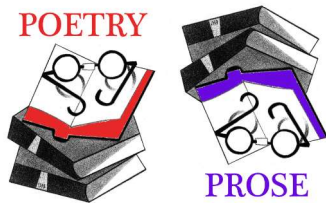
Background to the Gunpowder Plot

Catholicism in England was heavily repressed under Queen Elizabeth I, particularly after the pope excommunicated her in 1570. During her reign, dozens of priests were put to death, and Catholics could not even legally celebrate Mass or be married according to their own rites. As a result, many Catholics had high hopes when King James I took the throne upon Elizabeth's death in 1603. James' wife, Anne, is believed to have previously converted to Catholicism, and his mother, Mary Queen of Scots, was Elizabeth's Catholic arch-rival prior to being executed. There were even rumours, inspired by his diplomatic overtures to the pope, that James himself would become Catholic.

Guy Fawkes was born in 1570 in York. He was a British soldier and best-known participant in the Gunpowder Plot. Its object was to blow up the palace at Westminster during the state opening of Parliament, while James I and his chief ministers met within, in reprisal for increasing oppression of Roman Catholics in England.

The instigator of the plot, Robert Catesby, and his small band of Catholics agreed that they needed the help of a military man who would not be as readily recognisable as they were. They dispatched a man to the Netherlands in April 1604 to enlist Fawkes, who, without knowledge of the precise details of the plot, returned to England and joined them.

The plotters rented a cellar extending under the palace, and Fawkes planted 36 (some sources say fewer) barrels of gunpowder there and camouflaged them with coals and fagots (*bundles of sticks*). But the plot was discovered, and Fawkes was arrested (the night of November 4-5, 1605). Only after being tortured on the rack did he reveal the names of his accomplices. Tried and found guilty before a special commission (January 27, 1606), Fawkes was to be executed opposite the Parliament building, but he fell or jumped from the gallows ladder and died as a result of having broken his neck. Nevertheless, he was quartered.



The Poetry group felt unable to effectively promote what we do at the open day as we need to read aloud or recite poetry and, in a room, full of chatting people, this would be impossible. Instead, we would invite you to read the following article, which represents our observations about poetry, and the reasons why we enjoy and value it so much.

LET'S CONVERSE ABOUT VERSE

Poetry's a bit Marmite, isn't it? Our first experiences are probably nursery rhymes. The satisfying thumpity thump of Humpty Dumpty in our mothers soothing voice registers at an early age. It is the precursor to reading, following the lines in the book with our finger whilst listening to the words and looking at the pictures. Sadly, those happy rhymes are often superseded by something that's forced upon us at school. We can all remember the crusty old English master droning on, usually during the first period after lunch when you were half asleep. He would always seem to pick something completely incomprehensible by one of the metaphysical poets and deliver it with all the passion of cold custard. Alternatively, you may have experienced the enthusiastic trendy new teacher. You know the one. The young woman in the tie-dyed maxi skirt, wearing lots of bangles. Her classes were always entertaining as she might give a lively performance of cool beat poetry. If you were really lucky, she might swear or even talk about sex! Either way, being taught poetry at school would, most likely, make or break you as far as a verse was concerned.

These days, we mostly come across poetry at funerals. Everyone seems to include a poem as part of a funeral service. It's odd when you think about it. There you are, sitting on a hard pew, remembering old Uncle Fred's party piece of "The boy stood on the burning deck" complete with actions! Whilst listening to a tearful rendition of Auden's "Stop All the Clocks" Or the one about slipping away into the next room. Why do we do this? Probably because it seems to be expected, despite the fact that the deceased may have had no interest in poetry in their lifetime. We need to express our feelings at a time when we are often rendered inarticulate by grief, and a poem gives us a voice.

Poetry is a curious thing. There is a poem for every occasion. How many times have you been for a walk and stopped to admire a breath-taking view? Or been overwhelmed by the beauty of a great work of art or a piece of music? Or had a fit of the giggles over something ridiculous or unexpected. Who has not experienced that unsettling feeling of creepiness in an old building or on the edge of woodland at dusk? There is a poem which will distil all of these feelings and emotions, if you take the trouble to look.

So, what is poetry? I believe that it is a way for a writer to condense his or her experiences into the most powerful and meaningful words they can in order to convey those thoughts and feelings to the reader. It's a bit like a photograph, a snap shot of a moment or a feeling rendered down to its essence. A kind of literary stock cube, if you like, something which when added to life enriches it and gives it depth of flavour.

So, whether you ruminate on the demise of Humpty Dumpty while boiling your breakfast egg, shed quiet tears when you hear that song that Mum loved so much or feel a moment of quiet joy when Dad, despite his Alzheimer's, recites a favourite verse back to you. Admire the scathing wit of a satirist, or cry with laughter at the delicious humour of an old favourite. Poetry is around us every day hiding in plain sight we just don't always recognise it.

I would encourage you to give poetry a chance. Don't be afraid of it. Buy a book or two and dip in occasionally. Poetry comes to life when read aloud. In the Poetry group we generally choose a topic and the find poems around that topic to share. We meet, chat, have a cup of coffee or tea, a biscuit or two, and read our chosen poems. There is laughter, sadness, anger, sometimes confusion, and occasionally stunned silence, but never a shortage of comment. Our conversations fire off in all directions, propelled by the fuel that is poetry and carried by our love of the beauty and the vagaries of language. [Diane Smith](#)



Motor Neurone Disease Association Christmas cards will be on sale at the U3A Coffee Morning and Open Meeting on 3rd November raising funds for the Norfolk, Norwich and Waveney Branch.

MND Association Christmas Cards will be on sale on Thursday 3 November, now with the addition of this year's new designs. We also have some new eco-friendly pens made from bamboo and wheat, and trolley token keyrings for sale and some of Gilly's wonderful poetry books.

The money raised at the coffee morning will be used to help fund our support for people living with motor neurone disease, their families and carers.

Local people with motor neurone disease turn to the Branch for advice and support. In addition to the emotional support provided by our volunteers we also support people with financial grants to help improve their quality of life and to provide equipment that is not available through the NHS. Raising money at the coffee mornings provides a very welcome boost to our funds to enable us to continue supporting people facing this devastating illness.

Our vision is a world free from MND. Do join us! **Sue Heal**

STASH BUSTERS AT WORK!

Our u3a charity quilting group (Stash Busters) spent a fun day making Christmassy quilts for local Care Homes. Here are some of their colourful masterpieces.



Next month we intend to make 'Fidget' quilts for people with dementia. These have different textures and things to fidget with like zips, lacing, buttons and loops, velcro etc.

Gilly Spencer (Group Leader)



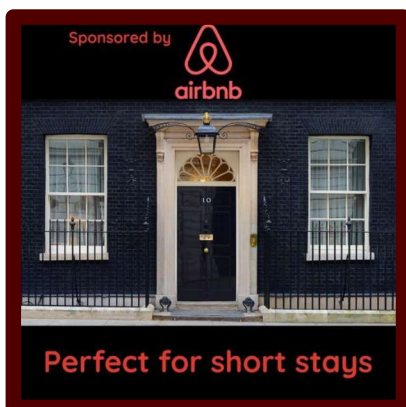
I feel I must write something about **Linda Brown**, who was our speaker in October. This is one truly **INSPIRATIONAL** lady! Starting from her own love of knitting for charities on retirement, she has created a net work of wonderful people (2,342 in fact and 132 groups) throughout Norfolk and parts of Suffolk and into Essex, who produce vast numbers of hand made items for charities.

Our u3a has the 'Knit and Natter' and the 'Stash Busters' quilting groups who are members of her 'Norfolk Knitters and Stitchers' organisation. Obviously she has now a large team of helpers, but she is still fully 'hands on' and very modest about her incredible achievement.

Linda shows just what we can achieve when we work together, combine our various skills gained throughout our lives, and have a common goal.

That's why I am asking for more of you to **volunteer** to help us all to realise the potential we have, even at our **THIRD AGE!**

We are not finished yet!!!!!! My very best wishes **Gilly**



Group News Corner

The **Photography** group is being re-launched by John Spencer. John explains that the group will not meet in members' homes but will meet on a photo shoot every month, inside or out, at places selected by our members. He expects that group members will learn from each other how to tackle the various photo opportunities encountered at the shoots. Each shoot will end up in a pub for lunch and members will take the opportunity to show new equipment and show pictures. Occasionally there will be Zoom meetings to show pictures and discuss administrative details and anything else. There will also be opportunities for the group to take pictures of other u3a events and activities for display at coffee mornings, general meetings and inclusion in newsletters.

The **Jazz Appreciation Group** held its first meeting in September. After introductions and sharing of favourite artists, several tracks were played and discussed. Among the tracks were some by artists one would not normally associate with jazz, David Gilmour of Pink Floyd fame and the Doors. The group went to see Courtney Pine and Zoe Rahman at the Playhouse in Norwich. As one member said, "we were in the presence of greatness".

The **Film Club** had its first outing at the Vue, to see "Mrs Harris goes to Paris". Having left critical faculties behind, the group thoroughly enjoyed what one member described as "an absolutely charming modern take on Cinderella."

The new **Calligraphy group** has held its first meetings with a full complement of members.

The Pub Walks group is to change its meeting day to Wednesday. More details to follow.

The **Garden Visits group** is now in hibernation until next Spring. Snowdrop Walk anyone?

The popularity of **Sunday Lunch for Singles** has led to a second group being formed.

More details later.

Remember: If you want to join an established group, or you have an idea for a new group, please email groups@wymondhamu3a.org.uk



WYMONDHAM WEA are now able to offer some short courses on Thursday mornings during November and December this year (2022).

On Thursday November 10th the session will be "**The Story of Communications**: - Now you're talking" looking at the development of communication from the earliest forms used by our ancestors to our modern always connected society.

The tutor is u3a's very own Angela Briggs, fee is £12.50 and the course reference is C2229282. On Thursday December 1st and December 8th it will be "**A Jolly Good Murder**: The Rise of Crime as Entertainment in the Nineteenth Century". This two session course explores the rise of crime as a form of entertainment during the nineteenth century.

The tutor is Kate Jewell, fee is £25 and the course reference is C2229278.

All sessions are from 10am to 12:30pm and are held at our regular venue, North Wymondham Community Centre, Lime Tree Avenue, NR18 0HH.

Advance booking is required. You can enrol either online via www.wea.org.uk

or phone on 0300 303 3464.

If you want more information please contact me by email: roskrieger@talktalk.net

or call 01953 600639

I do hope you will be able to join us.

Ros Krieger, WEA Wymondham Branch Secretary



You may have noticed that this month's edition is larger - 10 pages!
This is thanks to all of you who have contributed great articles. The down side to this is I had no room for the 'fun stuff' or a quiz. Next month, the last of the year will be exciting with Christmas fast approaching. Chris (Editor).

