

WELCOME MARCH :CRISP DAYS AND COOL NIGHTS

As the walrus said to the carpenter, "The time has come...." for me to step down and make way for a new chair person. It has been an honour and a privilege for me to hold this position and I have had a great time, meeting so many wonderful members.

We have weathered a lot together these last three years and come through it with a growing membership and a reputation for being a lively, very friendly organisation. Yipeeee!

The best thing for me has been able to see the friendships that are being made and how our members grow and flourish, their lives having been enriched by joining the best u3a in Wymondham!

I shall really miss being your Chair personage, but I will still be around meeting and greeting, I'm glad to say, as I LOVE doing this.

Finally, I want to thank whole heartedly all those lovely people who have helped in any way to make our u3a the great success it is.

With every best wish, **Gilly**



COFFEE MORNING DATES FOR MARCH

9th, 23rd and 30th - 11 am finish

2nd and 16th 12 noon finish



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

Linda Burkett - Social Wellbeing - tiptreelinda@aol.com

Thought for the Day



Everything has
beauty, but not
everyone can
see



The two Zodiac signs that fall in the month of March are **Pisces and Aries**.. Zodiac Sign: **Aries** March 21 - 31 Zodiac Sign: **Pisces** February 19 - March 20 March's birthstones is the **Aquamarine** and **Bloodstone**

Aquamarine's name comes from the Latin for seawater, and ancient mariners claimed the gem would calm waves and keep sailors safe at sea. This March birthstone was also thought to bring happiness in marriage. It was believed to give the wearer protection against foes in battle and litigation. It was also thought to make the wearer unconquerable and amiable, and to quicken the intellect. **Bloodstone** boosts the innate healing power inside you by quieting a preoccupied mind and refocusing your energy on repair and renewal of wounds you've collected over the years. Keep Bloodstone with you everywhere you go and take on the day with a renewed sense of confidence and inner strength.

Interesting Facts for March

Car manufacturer Volkswagen makes sausages.

But why in the world would Volkswagen make sausages? Well, VW built one of its factories in a remote location and decided to make its own food for the factory workers. Their sausages were so popular that Volkswagen ended up selling them commercially. Fun Fact: Volkswagen's sausages are so popular that they bring in more revenue than their cars!

Only 5% of the ocean has been explored.

The ocean covers around 70% of the Earth's surface, and it is much harder to explore than land. As much as 20% of the ocean floor has now been mapped, thanks to advancements in sonar technologies. The reason we've explored so little of the ocean is that the technology needed has only developed over the last 100 years.

A lion's roar can be heard from 5 miles away.

A lion can roar as loud as 114 decibels, roughly 25 times louder than a gas-powered lawnmower. Lions can roar louder than other big cats because of the way their vocal cords are shaped. This allows them to produce more noise with less effort.

1 March - National Day of Wales. Feast day of St David.

1876 - 7 March - The Scottish-born inventor, Alexander Graham Bell, patented the telephone.

1904 - 12 March - Britain's first mainline electric train ran from Liverpool to Southport.

1912 - 28 March - Both the Oxford and the Cambridge boats sank in the annual Varsity boat race.

1969 - 2 March - Concorde, the Anglo-French supersonic airline, roared into the skies on its maiden flight. The aircraft will travel at twice the speed of sound.



it's time to
**RENEW YOUR
MEMBERSHIP**

1st APRIL 2023

You will by now, have received your renewal notice either by email or letter so please keep an eye out in your email inbox (or postbox).

Please note that for this year only membership fees have been reduced for current members and the cost is as follows:

Single	£10.00	Joint	£18.00*
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*Please note that the rate quoted in the last newsletter was incorrect (sorry!).

As stated previously there are various ways of paying your subscription and the most helpful would be via our banking arrangements - details given in email/letter.

Please note you do not have to have a Paypal account. You may also pay via your bank account card with our new super card machine on a Thursday morning. If you wish to pay by cheque details are given in the renewal letter.

We would prefer not to handle cash this year thank you and your help in this endeavour is most appreciated. However if this is a problem for you we can take a cash payment on a Thursday coffee morning only.

Jo Sinclair Membership Secretary.

Quote from Member commenting on the new system:

" It is great to be able to renew my membership by debit card, very convenient"



During your time as Chair of the Committee, we have seen enormous growth in our wonderful group of people that is Wymondham u3a. You have been integral to the important advances we have made, particularly in the areas of the welcoming guidance and friendship to new members.

It is your behind-the scenes work that we are thankful for and especially keeping both our committee and members informed of any new developments, shared experiences and being on hand with a listening ear and helpful advice when needed. The colossal amount of emails passing to and fro over the airways has also contributed to your workload. Dealt with patience and good humour.

We have all appreciated and enjoyed the ongoing adventures of Miss Honey Spencer and trust these will continue. All our best wishes until we see you at the next coffee morning!

The Psychology of Serial Killers

WARNING - this article contains mention of nasty things. Read on only if you are not feint hearted.

Firstly, I have to apologise. I had said that you would be having a talk about the Psychology of Mass Murderers. I suppose I must have just mistyped it - assuming that they are the same thing. But no. Mass murders are single episodes or spree killings. Both are multicides. The definition of a serial killer is 3 or more murders over at least 3 days. (The Americans have a looser definition which is why they statistically have more serial killers than we do!)

Steve is a former Detective Inspector and a qualified psychologist. He is an adviser to several programmes - notably *Silent Witness* and *West End Girls* which will be coming shortly. He also runs his own event company called the Crime Lab - wide ranging events from murder mysteries, educational sessions for professionals or the general public. He had just come from London where he had been called in for extra training to the Met who are hurriedly reviving some of their procedures in the light of recent events. He lives in Wymondham and runs events at the Green Dragon if you want to know more.

Several common myths were dispelled. Contrary to popular belief serial killers do not try to get caught, and neither were they all abused themselves. Some were, but some of the most prolific ones (Harold Shipman or Ted Bundy) had model upbringings. They are not always highly intelligent, but it appears that there is some correlation between the higher IQ and the more bizarre the crime.

We learned about the HOLMES system. A computer programme for analysing evidence. It stands for Home Office Large Major Enquiry System. Clear up rates were at 90% in London - but that has dropped significantly mainly due to staffing issues.

Steve told us about some of more famous investigations that he was involved in directly or indirectly. He often used the press who he found very helpful in getting information out and getting the public and he did not find them disruptive at all.

Serial killings on the whole are decreasing over the years - technology is helping with that. However, the UK statistics had an enormous spike in 2002. That was all down to one man - Harold Shipman. 215 proven but likely to have been 250. Jack the Ripper only managed 5. Dennis Nilsen 15.

We looked a little at some Anti-Social Personality Disorders. There is a link between childhood cruelty to animals and adults who kill people. Steve also mentioned some biological reasons. Some brain damages and the famous extra Y chromosome may play a part. In society as a whole there are 2% of people diagnosed as psychopath - of course they are not all killers - but the prison population has 25%

Serial killers come from all walks of life. Those who witness violent acts in childhood learn valuable lessons in how to be dominant and violent.

In the main though there are two types of serial killer - those who are organised and those who are disorganised.

We cannot escape the fact that the majority of serial killers are male. Perhaps this goes back to our prehistoric days of man the hunter. Women serial killers are more likely to do so for financial reasons. [Georgette Vale](#)

Poetry Corner



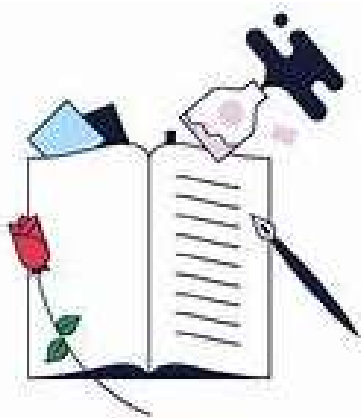
When

When sky was blue for months on end,
When everybody had a friend.
When buses smelled of No.6,
When fires were made with paper sticks.
When wood chip hung upon the wall,
When fish came from a market stall.
When tea was loose and leaves would float.
When toggle buttons closed my coat.
When doors, we never used to lock,
When teles stopped at 12 o'clock.
When swings stood on a concrete base,
When germolene repaired a graze.
When hide and seek we used to play,
When teachers had the final say.
When Eurovision weren't a fix
When weekend treat was pick and mix.
When neighbours passed the time of day,
When money was the way to pay.
When did our lives become so tough,
When really, all we need is love...

Babs Barson

Soul

Be silent
Be still,
Awakened.
Be the silence
That struggles
To be heard.
Perceive
Acknowledge ,
Be the wisdom.
Love
Be loved
Be silence.
Be this space,
This inner sanctum,
That is
Your soul



Sanctuary.

Shafts of light
Through cathedral windows,
Dappled shade
Upon the leaves
Beneath my feet.
Bird song in the branches above.
In the distance
Hind and fawn
Cross the forest track,
The sweet fragrance of autumn
Fills the misty air.
A gentle breeze
Moving colours
To the forest floor.
So precious
Such beauty,
So hard to find
Such peaceful sanctuary

Healing.

Rest with me
In this moment,
As a leaf
Floats gently down stream ,
Among diamonds of sunlight
Returning to the sky.
Stay in these moments,
As the morning mist
Floats above the surface
Of the lush, green meadows,
On the far side of the stream.

Stay and listen
To the morning song,
Bringing music
To the silence,
A prelude gifted
To the rising sun.

Walk with me
On my journey,
We will talk
Of forgiveness
And peace

Chris Roe

HISTORY GROUP VISIT TO DUXFORD MUSEUM

Five members of History Group 3 took a trip to see the "Unsung Heroes" exhibition at Duxford Imperial War Museum in Cambridgeshire.

The "unsung heroes" are World War 2 Hurricanes, which played as decisive a role as the more iconic Spitfire. Hurricanes were credited (Britannica.com) with shooting down more than 1,500 Luftwaffe aircraft in the critical first year of the war, a total barely exceeded by all other

British aircraft combined. Seven Hurricanes of the 13 that still survive were on display.

The group visited both the British and American hangars. The difference in the approach to the exhibitions was marked...the British concentrated much more on the aircraft, whereas the Americans highlighted prominent personnel. (A George W Bush cardboard cut-out was most memorable!).

Two members of the group experienced a trip in a fighter simulator, excited by the word Spitfire in the publicity. In fact, they were "inside" a Messerschmitt 109 chasing Spitfires!

A very enjoyable visit, highly recommended. Alan Browne



Amazing
Creations™

By our
Curious Crafters



March

WORKSHOPS

HOW TO BECOME A HOUSE DETECTIVE

In this workshop on **Friday 3rd March** you will learn how to read and interpret Property and Land Deeds (participants are invited to bring any of their own); Ecclesiastical Documents such as Parish Registers, Poor Law Forms and Glebe Terriers; Manorial Court Rolls, Wills and Inventories.

Venue: North Wymondham Community Centre 10.00 to 3.30

Cost £10, refreshments included but not lunch (45 minutes)

THE MAKING OF MODERN JAPAN

This two-hour presentation covers the story of how Japan emerged from being an isolated, militaristic nation in the nineteenth century to become the modern cultural and economic power that it is today. It will identify those features that made Japan unique in its quest for modernity and the major challenges it now faces.

Venue: Wymondham Library 2.00 to 4.00 on **Wednesdays, 22nd and 29th March**. (Only attend on one day!) Cost £5

SHAKESPEARE ON SCREEN - Adapting the Bard's Plays for Cinema

This workshop introduces examples of how cinema has used the works of William Shakespeare for more than a century as the source and inspiration for so many films. We start with the days of silent black and white shorts and then chart the success or otherwise of cinematic adaptations taken directly from the Bard's plays or inspired by their plots.

Venue: Wymondham Library meeting Room 10.30 to 1.30 **Monday 20th and Tuesday 28th March** (attend on both days) Cost £15

If you would like to participate in any of these workshops, please email: alanjackbrowne@yahoo.co.uk

THE COMPUTER HAS SWALLOWED GRANDMA

The Computer swallowed Grandma
Yes honestly its true
She pressed 'control' and 'enter'
and she disappeared from view.

It devoured her completely
The thought just makes me squirm
She must have caught a 'virus'
Or been eaten by a worm.

I've searched through the recycle bin
and files of every kind



I've even used the internet
but nothing did I find.

In desperation I asked Jeeves
my searches to refine
The reply from him was negative
Not a thing was found 'on line'.

So if inside your 'inbox'
My grandma you should see
Please 'Copy' 'Scan' and 'Paste' her
And send her back to ME!

Interesting old sayings and their meanings

Show your True Colours

Means: Divulge your true intentions

Colours' refer to a ship's flags and, therefore, their identity. In the 18th century, pirate ships would deliberately lower their colours or display false colours to confuse other ships into thinking they were friendly. It was only when they got close enough to attack they would show their true colours.

Sleep Tight

Means: have a good night's sleep

this is just one of the many old sayings that derive from Shakespeare's era. In those days, beds and mattresses were secured with ropes that were pulled tight. This formed a solid base and led to a night of good sleep.

You Son of a Gun

Means: A term of endearment

When sailors took their wives to sea on long voyages inevitably some of the women fell pregnant. The safest place to give birth was deemed to be between the gun cannons. Therefore, a child born on the gun deck was known as a 'son of a gun'.

Spill the Beans

Means: Tell me your secret

Back to Ancient Greece again for this old saying. During elections, voters would place a bean into a jar designated to the candidate of their choice. Sometimes the jar would be knocked over and the beans would spill out, revealing the result of the voting.

Put a Sock in It

Means: Be quiet and stop talking

Talking of volume and sound, here we have yet another one of those old sayings from the late 19th century. Gramophones used to have large trumpet-shaped horns which provided the sound. However, there was no way to adjust the volume in those days so the only way to lower the sound was to literally put a sock in the horn.

At the Drop of a Hat

Means: To do something without delay

In the 19th century, a hat was used to indicate the start of a race or a fight. A hat would be dropped or swept in a downward arc and participants would begin.

In the Nick of Time

Means: An action performed before it is too late

There are lots of old sayings that relate to money and debt. This one originated in the 18th century. People kept track of the money they owed to creditors with a stick. A nick was carved onto this stick every day the money was overdue. If you paid before the nick, then you didn't owe interest on the debt.

Pulling Out All the Stops

Means: Making a huge effort

In the late 19th century, organists used stops to create volume whenever they played. Pulling out all the stops is the loudest an organ can play.



Anne Woodward
Nigel Clarke
Kathy Ford
Ian Slade
Paul Quinn

Welcome
New Members



Stella Whitcombe
Doug Arkell
Gill Jeffery
Ann Achilles

UPDATES FOR YOUR DIARY

Peak District Holiday

23rd May - 28th May

Would members going on this holiday please pay all balances due in the next two weeks

Thriplow and Isle of Man Holiday

Final payments due Thursday 2nd March

Mannington Hall and the Isle of Wight Holiday

Outstanding balances due at the end of April Thanks

Bridge

The Bridge Group meet on Tuesday Afternoons in the Tiffey Room from 13.00 to 16.00 hours

We currently have 6 tables on the go and can fit in 3 more.

Any members wishing to play are most welcome. Please just turn up

The standard varies, but fits in with u3a ethos of being friendly and enjoyable

Cost is £2 a session

John Dollimore



JIGSAW SWOP

A hobby of mine is doing jigsaw puzzles, mainly 1000 pieces and 500 pieces. Many of us who do jigsaws end up with a stock of them we have done and don't want to do again. I would usually give my left overs to a charity, but it is much better to share them around first.

I coordinate a group to do just that and have a stock of nearly 100 jigsaws to do just, thanks to the donations of some very generous souls. There is no charge for borrowing and no time limit for completion!

I send around an e-mail to those interested with photographs of the jigsaws ... perhaps 10 or so at a time. You decide which you would like to borrow and we arrange convenient pick up time and place, e.g. Thursday am coffee morning, or I can deliver, particularly for those who find it difficult to get about for any reason.

Complete the puzzle(s) at your leisure and then return them to me or arrange for me to pick them up. You can share with others first, but if you do I would be grateful if you let me know where they are! Do let me know if you find there any pieces missing (in time I hope to only offer those I know are complete).

Please let me know your e-mail address if you would like to go on the mailing list - there is no obligation and no cost. My e-mail address is davidp.frith@gmail.com.



THE ASSEMBLY HOUSE NORWICH



Last year I had the pleasure of joining one of our groups for a cream tea lunch at the Assembly House in Norwich. It was a very enjoyable outing in this amazing building and it crossed my mind, that I would research the history of this Georgian Grade I listed building. Hope you are interested in the following:

In 1258 John le Brun (John Brown) founded a hospital dedicated to St Mary to the south west of the great Norman castle of Norwich. Around 1278 a cloister range and crypt were built. The crypt survives as part of the current cellars.

The college was closed at the Reformation, and the monastic buildings were destroyed. Then in 1609, the property was purchased by the Hobart family, who built a fashionable townhouse on the site, known as Chapel of the Field House.

Then in 1754 architect Thomas Ivory designed an elegant new building, with fashionable chambers for society gatherings. Ivory played a leading role in transforming the landscape of Georgian Norwich. The interiors are a beautiful example of Georgian style, with intricate plaster-work ceilings and wall decoration, wood-panelled walls, with fine furniture and fine art.

The events hosted at Assembly House were varied; Madame Tussaud exhibited waxworks here, composer Franz Liszt gave a concert recital, and there were regular high-society balls. In 1857 Frank Noverre bought the west wing, and established a ballroom and today it is the largest room in Assembly House.

The 'House of Assemblies' continued to be used for fashionable events over the next 150 years, but by the early 20th century it was showing signs of wear and tear. In 1938 HJ Sexton bought the property intending to restore it. In 1950 Sexton gave Assembly House to the city of Norwich to be a centre for the arts.

A devastating fire in 1995 damaged the entrance hall and music room but much of the interior furnishings were saved. The house was restored once again and reopened in 1998.

The Assembly House is interesting because so little has changed since it was built - despite the recent fire. The rooms appear just as they did in the Regency period and though it can't be compared to a stately home, the interiors are a wonderful example of 18th and 19th-century style. [Chris - Editor](#)

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1. Which type of bow can't be tied in March? A rainbow
 2. Why is everyone so tired on April 1? Because they've just finished a long, 31 day March.
 3. Why are oak trees so forgiving? Every March they "turn over a new leaf".
 4. What March flowers grow on faces? Tulips
 5. Why is March the most popular month to use a trampoline? It's spring-time.
 6. What falls during March but never gets hurt? The rain.
 7. When does pest control get the post calls? When the ants are on the March.
 8. What do trumpet players in a spring parade do? March