

HERE WE ARE AGAIN..

happy as can be, we've got the key of the door, but can't go out no more....
(Apologies to Gilly for the bad grammar)

February greetings dear members,

The buds on trees are fattening, the first snowdrops have appeared up and Spring is on its way.

On the 26th February, this year, it will be **20 GLORIOUS YEARS** since the very first meeting of our wondrous **u3a**! Normally we would have had a celebration, so we must have 'A BIT OF A DO' for our 21st, as well as when we can finally meet again.



By the time you read this I do hope a goodly number of us may have had the longed for inoculation, or at least know when you will.

Our zoom coffee mornings are going well. It is just delightful for members to meet-up, chat and get to know people they may not usually see. If you wish to join us, please let me know by emailing me. All are most welcome!

IMPORTANT REMINDERS

MEMBERSHIP

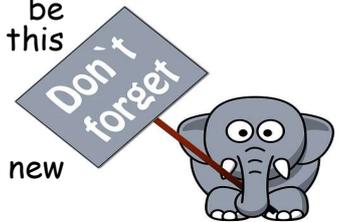
Present Member's subscriptions will automatically be covered until April 2022 so no further fees will be due this year.

NEWSLETTER

Please send any articles for future Newsletters to the new email address at: newsletter@wymondhamu3a.org.uk

A reminder that any links to emails or websites mentioned in your Newsletters are active and by clicking on the link, can take you directly to the email or website of your choice.

If you are interested in receiving the National u3a Newsletter, you can sign up by contacting their office at info@u3a.org.uk



Registered charity no. 1183055

Officers of U3A Wymondham (2020/21)

Chair - Gilly Spencer - chair@wymondhamu3a.org.uk

Secretary - Georgette Vale - secretary@wymondhamu3a.org.uk

Treasurer - Stuart Crowther - treasurer@wymondhamu3a.org.uk

Membership Sec. - John Spencer - membership@wymondhamu3a.org.uk

Groups Co-ordinator - Lorna Tomlinson - groups@wymondhamu3a.org.uk

COME FLY WITH ME.....

Dreaming of
the Future?
A plane
would be
nice !



LARI'S INTERVIEW WITH CHRIS YEMM

Hello dear readers, this is Lari, your intrepid snail reporter, suitably recharged after my Festive break.



Due to the lock down restrictions, I could not slither my way to interview our next unsung hero person to snail. So using my schell phone I had the following conversation with Chris Yemm, our esteemed News Letter Editor. (Lari note - it was somewhat difficult balancing said phone, notebook and pencil in two tentacles so that I had to keep stopping for a rest. I must say that our dear Chris was very patient and understanding.)

LARI: I am honoured to be speaking to the Queen of the keyboard, she who can boldly go (into complex computer software) where no other dare.

CHRIS: I wouldn't say that, Lari!

LARI: Tell me, please Chris, how you became so good at this computing lark.

CHRIS: Well, it all started many years ago when I fancied a change in my career. So I enrolled at Norwich City College to do a six week basic computer course. I enjoyed it so much that I stayed on and worked my way up to an HNC in Business Management and IT. I also gained my teaching certificate in Adult and Further Education which enabled me to teach adults basic computing in Maths and English at NVQ level, including desk top publishing. Not bad for someone who left school with only a typing qualification !

LARI: Wow, that is some achievement! You had found your forte fortunately, then?

CHRIS: Oh yes. I absolutely loved the creativity aspect of desktop publishing . In fact it became a passion and is my main hobby. I'm still learning.

LARI: Well, Chris, we can see the fruits of your talents in our News Letter. Have you done anything like this before?

CHRIS: For years now I have been very involved in the Hethersett Social Club and did all the publicity for the various functions and Social activities there, as well as being part of the Committee and later as Club President.

LARI: You live in Hethersett?

CHRIS: Yes, we moved here in 1976 and my two grown up children and five grandchildren all live locally, which is lovely.

LARI: How did you come to join the Wonderful Wymondham u3a?

CHRIS: I can't remember how I got to know about it. My husband Mike, had been diagnosed with dementia and we went to some dementia groups. We decided they weren't for us as Mike wasn't that bad then and still reasonably able. So we came along to a u3a Coffee Morning to be with our sort of age group but not one that was about medical conditions, showing 'the shape of things to come' for Mike, if you see what I mean?

LARI: Absolutely. What did you think of this organisation then?

CHRIS: We found the people we met very friendly and welcoming. By that time Mike wasn't very communicative but Ivan (Bussey) seemed to have the knack of being able to bring Mike out of himself. They both loved gardening so talked about that together. We became good friends with Iris (Burden) too and often went out for lunch together.

LARI: Were you able to join any groups?

CHRIS: We sat with the cross worders at the Coffee Mornings and I joined the Bridge Group. However, I unfortunately had to stop playing as Mike's condition deteriorated.

LARI: Despite all your worries about Mike, you womanfully stepped into the breach when Julian became too ill to continue producing the News Letter. That was a lot to take on.

CHRIS: I admit that it wasn't easy but it gave me something else to focus on. So it helped me too, in a way.

LARI: Sadly, your husband died last year and you have battled on, bravely.

CHRIS: Thank you. I do have a very supportive family and friends, including new u3a friends, so that makes a big difference.

LARI: You have certainly put your mark on our News Letter. I love all your little touches and colourful bits.

CHRIS: I am glad that you like it. I am still learning how to use the new software and enjoy experimenting with different aspects of the programme.

LARI: Thank you, Chris. It has been lovely talking to you. I hear that you taught your grandson Liam, to touch type. Do you think you could teach me - two tentacle and tail typing?

CHRIS: Now, that would be a real challenge Lari!

Lockdown Cuisine



The phrases "what did you do in the war?" and "where were you when Kennedy was shot?" can now become, "what did you do in Lockdown?"

Well [Pat and Nick Cullen](#) know exactly what they were doing and Facebook has a weekly record. When Lockdown started in March 2020, we realised that our social activity would be severely curtailed. One thing that we would miss was going out for a meal. Nick was already missing his regular Saturday evening of football and pasta. So we decided to treat ourselves, each week, to a "Banquet." After all we have loads of cookery books, and the internet is a great hunting ground for recipes. We thought that it would be nice to surprise each other.

So what we did was to write the names of countries and regions on 30 cards - *England; Ireland; Wales; Scotland; British; Norfolk; Norman; Burgundy; Loire; Dordogne; Alsace; Brittany; Provence; Portugal; Italy; Spain; Scandinavia; Mediterranean; Greece; Eastern Europe; Middle East; Japan; Vietnam; Malaya; China; India; Thailand; North Africa; South America; West Indies* and prime ingredient on 7 cards. *Poultry; Cheese; Shell Fish; Meat; Eggs; Vegetables; Fish.*

Each week we lay the cards out on the table, face down, and one will pick a country, not looking at it, and hand it to the other. The same is then done for the main ingredient. So come Saturday the kitchen is declared out of bounds to the one not cooking and the other gets a nice surprise for a "more than 3 course" dinner. Sometimes we even go shopping separately. Chosen countries are then put aside so that the other countries get a look in. And so that standards don't drop we even dress for dinner. It's been great and it's certainly extended the boundaries of our cooking skills.

Most challenging? How many West Indian dishes are there that have the main ingredient as cheese? And can you find a shellfish recipe for the Middle East? Sometimes there is a sense of Theatre when the aperitif is brought into the room to the sound of music or clothing suited to the region. Cook for 4, freeze for 2 During December the Banquets were Advent or Festival related and following a break over Christmas and New Year, and with the return of lockdown in 2021 the banquets have resumed. Often Nick can be heard using his experience gained watching *El Supremo Gordon*. Why go to expensive restaurants when you can do just as well at home. And you don't have to worry about drinking and driving.

Jamie please note, some Members of Odile's French Group have experienced the standard of Cullen Cuisine. For a number of years we hosted the Groups Christmas Dinner. Pat's daughter Debbie and partner Andy even presented us with a wooden plaque celebrating the event. So there you are, Nick and Pat cooking their way through a happy retirement together. Reservations are not currently being taken.



Despite the very challenging conditions last year many of our members have still produced items for the charity in Norwich.

Last year we were able to send the following items to them, when possible, and Wendy very kindly took a carload to the International Aid Trust in Gorleston.

Blankets 114. Crib blankets 48. Shawls 26.

Scarves 44. Mitts/gloves 30

Adult and child hats 232. Baby hats 79.

Children's and baby clothes 121. Teddies 28.

Other items 56.

So as you can see, not too bad considering the conditions imposed on us!

Many thanks to all for their contributions.

Should anyone need wool, I have a small supply and will try and drop some in to them on a 'drive by'

Keep up the good work and let's hope these challenging conditions come to an end soon!

Vivienne Dollimore



Two New Items this Month

What is your biggest 'Gripe'?

What gives you the most Pleasure?

To start you all off - these are mine.....

When communicating with someone in writing or by 'phone, they automatically assume that Chris is short for Christopher!

Has to be music - anything from Classical to Reggie - depending on mood (and of course dance)

There must be a long list so....

OVER TO YOU.....

Lateral Thinking



1. A man built a rectangular house, each side having a southern view. He spotted a bear. What colour was the bear?

2. If you were alone in a deserted house at night, and there was an oil lamp, a candle and firewood and you only have one match, which would you light first?

3. A window cleaner is cleaning the windows on the 25th floor of a skyscraper, when he slips and falls. He is not wearing a safety harness and nothing slows his fall, yet he suffered no injuries. Explain.

4. What's unusual about this paragraph? Just how quickly you can find out what is so funny about it. It looks fairly ordinary and plain that you might think nothing is wrong with it. In fact, nothing is wrong with it! It is highly curious though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you could just find out.

(Answers on bottom of last page upside down - no peeping!)

More to follow next month if room....

REFLECTIONS FROM 'WE OLD FOLKS'



Back then...

The Green Thing



Yesterday after shopping in our local supermarket, I was in the queue at the Check Out, and heard when the young cashier suggested to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment.

The woman apologised to the young girl and then sighed, "We didn't have this 'green thing' back in my earlier days." The young clerk responded, "That's our problem today. You folk didn't do enough to save our environment for future generations." The older lady said "Ahh yes you're right -- our generation didn't have the 'the green thing' in its day." She sighed then continued:

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shops. The shops then sent them back to the plant to be washed, sterilised and refilled, so those same bottles were used over and over, thus REALLY were recycled. But we didn't have 'the green thing' back in our day. Grocery stores put our groceries into brown paper bags that we reused for numerous things. Most memorable was the use of brown paper bags as book covers for our school public property (the books provided for our use by the school) were not defaced by our scribbling. Then we were able to personalise our books on their brown paper bag/covers. But, too bad we didn't do the 'the green thing' back then

Do the
Green
Thing

I remember how we walked up stairs because we didn't have an escalator in every store or office building; walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go 200 yards. But she was right. We didn't have 'the green thing' in our day. Back then we washed the baby's nappies because we didn't have the throw away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. . But that young lady is right; we didn't have 'the green thing' back in our day.

Back then we had one radio, in the house -- not a TV in every room. And if anyone did own a TV, it had a small screen the size of a handkerchief (remember them?), not a screen the size of a football pitch. When cooking we blended & stirred by hand 'cos we didn't have electric machines to do everything for us. When we packaged a fragile item to send by post, we used layers of old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. . . . But she's right; we didn't have 'the green thing' back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have 'the green thing' back then. Back then, people took the bus and kids rode bikes to school or walked instead of turning their mothers into a 24-hour taxi service in the family's expensive car or van, which cost what a whole house did before 'the green thing'

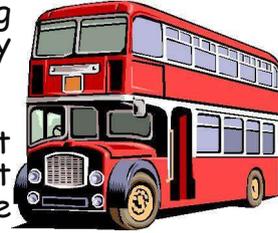
Oh, and we had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest leisure park.. . . But it's so sad this current generation laments how wasteful we old folks were just because we didn't have 'the green thing' back then? . . . I think you should forward this on to another selfish old person who needs a lesson in conservation from some smart ass young person.

We don't like being old in the first place, so it doesn't take much to piss us off... especially from a tattooed, multiple pierced smart ass who can't work out change without the cash register telling them how much.

Bus Surfing

I'm not sure why going out on buses lights my fire. It is certainly not the handsome good looks or sparking personality of the bus drivers although I am always hoping for a George Clooney look-alike. They are cute and mostly helpful and kind, but they do all tend to look like Eric Bristow with a Norfolk accent. They always make me think of hemorrhoids, because that is what many end up with.

When I was very young my father would buy Red Rover tickets and we would always head for the top deck and the front seats. Woe to anyone sitting to sit. I had not learnt to swear yet, (8 no, 10 yes) but my thoughts could silence the Houses of Parliament.



We would go all over London with Dad telling me all about the Monument and Nelson's column. I especially liked the spot where Anne Boleyn lost her head. My dad told me that you could see the blood. I so wanted to get closer.....

My love of buses has just got stronger and stronger. Bliss is top deck front seat, going anywhere - anywhere at all.

Lowestoft via Beccles is always a good trip; although the last time I was at its bus station a lady had just been robbed on a bus, sad for her but lots of good looking policemen for me to look at. I have decided that Lowestoft is the charity shop capital of East Anglia, beaten only by Skegness and Hartlepool. Come with me and see...

The Coast Hopper round the coast of Norfolk is always a good ride unless you sit next to someone who wants to tell you their entire life story, or worse, all about their multiple illnesses and operations. No sir, I do not want to hear about your bowels. There is no escape on a small bus.

When you visit a strange area one of the joys of catching a bus is that you just have no idea about where you are going. Unknown territory, alien lands... and will this bus ever come back?

Recently my husband and I caught a bus to Monks Cross on the outskirts of York. Reason, lots of buses said "Monks Cross" so it must be good. How wrong. Innocent of what awaited us as we discovered that it was the ugliest, largest, dulllest shopping complex in the world, but undaunted I did manage to buy a new handbag. (Well, someone has to support China...)

On the upside while waiting at the complex bus stop (outside Poundland) we met some delightful aged ladies giving us completely different advice on bus numbers to get back into York. We attempted the shopping trolley of lady grey hair, tight perm and buck teeth, informing us that it would take us hours on that bus.



Fret not, we did make it back to the city centre, with hubby chatting to a friendly retired chemistry teacher and me finding an ex Norfolk and Norwich nurse, and yes, I could not resist Poundland so came back with loads of tosh I really thought I needed.

Bus surfing allows me to look into people's houses (oh I could not live with those curtains!) and gardens, direct the traffic, and people watch. Yes, I do drive the bus from upstairs. My longest journeys have been Peterborough and Spalding; and one of the prettiest is Keswick to Carlisle and back, although Carlisle bus station could do with a makeover.

Once spent two hours at the old Thetford bus station. Grim, but not as bad as the aforementioned Lowestoft, but good, nearby clean toilets. Very important when bus riding.

So, ladies and gentlemen: get out there and get bus surfing. Just remember you are a Hell's Angel without a motorbike. *Wendy Bowles*



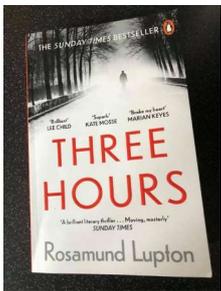
Toadwatch Volunteers still Needed



Toadwatch is the perfect way to volunteer and do something useful for the environment whilst maintaining Social Distancing. This year will certainly be different but the toads don't know that there is a pandemic on and they will begin their migration back to their ancestral ponds to breed sometime in the spring - depending on the weather.

We still need volunteers to help them across the road particularly at the sites at Wrampingham Road, Wicklewood and Great Melton. We won't be able to offer lifts so we need people with their own transport and family groups are particularly welcome. If you think you can help - or if you just want to find out a bit more, please do ring me Georgette Vale 01953 605434 or 07867 681839 or email me at georgette@valemil.uk Go to www.toadwatch.org for more information

Book Recommendations

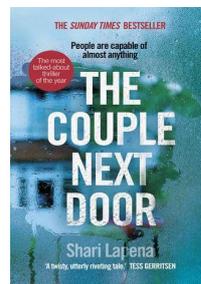


THREE HOURS

By Rosemund Lupton

To all the avid readers, I've just read a fabulous book about a school siege. Not for the faint hearted though.

Debbie Nicholas



THE COUPLE NEXT DOOR

By Shari Lapena

A brilliant debut psychological thriller about child abduction, full of twists and turns along the way. Heather Moulton



Type 2 Diabetes focus groups At Healthwatch Norfolk - we gather residents' feedback about local health and social care services. Currently, we are working with the East of England Diabetes Network to speak to Norfolk residents about their awareness of Type 2 diabetes.

During February, we are holding virtual focus groups about the condition; some are for those with Type 2 diabetes, and some are for those who do not have it. For more information and to sign up, please visit the below links:

Those diagnosed with Type 2 Diabetes: www.eventbrite.co.uk/e/your-experience-of-living-with-type-2-diabetes-tickets-131618312917

Those who do **not** have Type 2 Diabetes: www.eventbrite.co.uk/e/what-do-you-know-about-type-2-diabetes-your-risk-of-getting-it-tickets-131893044647.

Please note: you can take part in this focus group regardless of how much you know about Type 2 Diabetes. We want to hear from a range of people - some may know a bit about diabetes, perhaps through family members, and some won't. We'll ask you and the rest of the group some questions about your lifestyle, what you do or don't know about diabetes, and how health professionals could help you to be more healthy.

If you have any queries, please contact us on 01953 856029, or enquiries@healthwatchnorfolk.co.uk.

Naomi Carter

Answers to Lateral Thinking
1. White. Only at the North Pole can all four walls be facing South.
2. The Match!
3. He was cleaning the inside of the windows.
4. The letter e doesn't appear once in the paragraph.