

LET THE SUN SHINE THIS YEAR



**A VERY HAPPY NEW YEAR TO ALL
OUR WONDERFUL MEMBERS!**

Dear members,
Good bye truly awful 2020! I do hope that you all had as good and as safe Festive time as possible.

It's onward and upwards time now. The winter solstice is past, the days are getting longer (honest), we have vaccines and at I-o-n-g last Brexit may be sorted. Every day that passes is another nearer being able to be 'normal' once more.

I will be so excited when we can have our first PROPER meeting.
There's so much to look forward to.
My very best wishes, *Gilly*

IMPORTANT NEWS

Please see Page 3 for new
Web and E-Mail Changes

Registered charity no. 1183055

Officers of Wymondham u3a (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

Another year is coming to a close.
We can forget our troubles and woes.
For me, this year was tough.
It brought many emotions, was tearful and rough.
Now another year is approaching fast.
Let's hope it's a New Year with love and health;
let's hope it's a blast.
May all of your dreams come true
And you find peace and love in all that you do.
May this world know the gentle sound of a hush.
May it calm all its anger and
slow its pace from the rush.
May we all hear the sound of joy
And push away all that hurts, that destroys.
The New Year I hope will be good to us all.
Care and calm, a helping hand when we fall.
Listen more, slow down, and say I love you.
Stop for a moment; take a breath,
take in the view.
Appreciate your family; tell them you care.
Do something exciting, a thrill or a dare.
Enjoy all that the New Year may give.
We have but one life, so let's learn to live.
It's a New Year, a brand new start.
Always remember, live and love from your heart.
Wishing each and every one a year to behold,
And may it be full of wonders for you to unfold.
Love, hugs, and kisses too...
A very happy New Year from me to you. *Editor*

FAREWELL TO 2020

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of darkness, it was the spring of hope, it was the winter of despair.

(Paraphrased from Tale of Two Cities
Charles Dickens)

As I gave Lari, our stalwart roving reporter time off for the Festive Season there is not in depth report on a Wymondham u3a unsung hero this month. Instead Lari would like to tell you how he spent his holiday.

Happy New Year to all you Wonderful Wymondham u3a members!

I have enjoyed my little vacation greatly. Firstly I festooned my shell and tentacles in Festive Fashion, got a goodly store of Hosta leaves from Fortnum and Masons, found a lovely view over the meadows and settled down to really relax. I caught up with my extensive fan mail, read quite a lot of books and made good progress on my treatise entitled 'The role of snail as journalist in a post-modern, Gothic revival, neo-Brexit world'. I'm certain it will cause quite a stir when published.



Now I am refreshed and full of get up and go to continue my interviews with some of your fascinating members.

Yours,
Lari Peterson (Ace snail reporter)

A Bit of History

Hope you have all had some fun with the Santa Tracker.

Some interesting facts about how this came about. The North American Aerospace Defense Command (NORAD) have been tracking Santa and his reindeer since 1955. But the NORAD tracker would not have existed were it not for a misprint in a Colorado Springs Newspaper.

The commander of the Air Defense Command had a secret hot line which allowed him to be the first to know if there was an attack on the United States. One night in 1955 he got a call from a small child inquiring after Santa Claus. After many more calls, he asked to speak to one of the children's mother who told him that a local toy store had mistakenly listed his private number on their Christmas newspaper advertisement asking children to ring a number to speak to Santa.

After numerous more calls, he eventually enlisted the help of his colleagues who drew a reindeer and sleigh on the large glass board the air defense command used to track aircraft. He then called the local radio station and reported that they had picked up an unidentified flying object which looking like a sleigh on their defense system.

And so NORAD's Santa Tracker was born and their 65th anniversary was celebrated on Christmas Eve 2020.

Note: Did any of you notice that Santa was wearing a mask?



Calling all Stitchcraft group members!

Happy New Year, we keep moving forward in an altogether different format for the time being. We are holding our meetings via Zoom and although I appreciate this format does not suit everyone it does help us keep in touch. If any U3A members on the Stitchcraft waiting list would like to join us via zoom please get in touch with me and I will add you to the group.

Can't promise you a fixed place in the group once we start our face to face meetings but who knows what the future holds there may be some one willing to start another group.

Looking forward to our next catch up. **Moir**

Website and E-Mail Changes

As part of our work on the website we have recently procured the domain wymondhamu3a.org.uk which is easy to remember and points to our existing website for now but will allow us more flexibility in the future to develop a different website if we so choose.

This also enables members to simplify email contact with any of the volunteers looking after various things, so you don't need to know their name or email address as you can now simply place the appropriate prefix in front of wymondhamu3a.org.uk as shown in the following examples and your email will be forwarded to the correct person.

chair@wymondhamu3a.org.uk

compliance@wymondhamu3a.org.uk

events@wymondhamu3a.org.uk

groups@wymondhamu3a.org.uk

it@wymondhamu3a.org.uk

membership@wymondhamu3a.org.uk

newsletter@wymondhamu3a.org.uk

secretary@wymondhamu3a.org.uk

speakers@wymondhamu3a.org.uk

treasurer@wymondhamu3a.org.uk

The other benefit is that we can publish these emails in notices and literature without revealing personal addresses, and mail through these addresses can be filtered for spam and be passed to the new volunteer as and when they change or move on.

The contact form on the website can still be used as before and will reach the right person.

Email: web@wymondhamu3a.org.uk if you have any questions

Wine Appreciation Group.

We have been holding virtual "Zoom" meetings since June and have had up to half the membership taking part. We started off trying to stick to our normal format of selecting a wine and then discussing it with the rest of the group. However as time has progressed we have relaxed into a more informal chat group, still with members raising a glass or two and discussing their wines, but equally importantly just having a chat and catching up on local news and events. We had a good meeting just before Christmas and some of us got into the spirit with Christmas jumpers, hats and even a couple of Christmas elves making an appearance. Whilst Zoom is not to everyone's taste we will continue to meet virtually once a month until we can meet in person. While the group is full at 24 members if anyone wants to join in our zoom chats please drop me line at simmo95@aol.com, and I can send you a link. **Pat Simmons** :07879 897 401



A FABRIC FAIRY IS BORN

It all started by donating goods to Big C Wymondham. The driver mentioned that they were desperately short of volunteers at that time. So I called into the distribution centre, collected an application form. Within a couple of weeks I reported for my first shift.

My first job was to tidy the fabric shelves. Being a typical virgo, everything was removed, refolded and colour co-ordinated and sorting upholstery and dress making fabric.

The manager was so pleased she took a photo and posted on Facebook, and christened me her **Fabric Fairy** and over 4 years later everyone calls me the **Fabric Fairy**, even had some dress up wings but they were sold to a customer so I'm wingless now.

I love the job I do and amazed at some of the donations we receive. So if you're into craft of any description Big C is the place for you.

With the help of Jennifer and Gilly I'm attempting lots of new crafts and am hooked literally on knitting and crocheting.

Hope you're all keeping safe and well in these trying times, can't wait to see you all and one day be able to hug my friends. **Teresa**





Walk This Way ...

Well here we are again pretty much locked in. It's very easy to fall into a state of despondency and just sit indoors watching dreadful television programmes and eating chocolate, so I have been trying to get out as much as possible.

Many people have become deficient in vitamin D during the recent months of shielding and feeling fearful of going out. We need sunlight to create vitamin D and so I have made a pact with myself to go out whenever the sun shines. I go for local walks, trying different routes which generally take about an hour or so.

I see many people who also seem to be following the same pattern. I don't know these people by name and so I find myself giving them descriptive labels. For example, there is "the man with the grinning poodle!" The elderly gent, who sits on a wall feeding the birds, is the "sparrow man." The elegantly dressed black woman is the "smart lady" Then there is the rather odd man who always wears army surplus clothes. He is "camouflage man". I'm sure that we all do the same sort of thing, labelling people whom we know by sight, but not by name.

Today, the sun shone brightly and my walk took me out through Besthorpe into open farmland. I said good morning to the man with the grinning poodle, and congratulated said poodle on the very large stick he was carrying. I also saw *camouflage man*, and nodded to him. He doesn't make eye contact, but nodded back. All of these small moments of contact make me aware that life is carrying on, although in a different way from before the Pandemic.

Walking in the sunshine and saying good morning, or just smiling or nodding to people cheers me up, and gives me something to think about. I wonder about their lives, and what they will do when they finish their walk. When the four walls of my home feel oppressive, it's good to know that a few minutes away there are people putting on hats and coats and going out for their dose of vitamin D. *Diane Smith*

The Gatehouse Charity is running an online mindfulness course. To apply for the course please complete the following application form before 11th January 2021 on https://openss.qualtrics.com/jfe/form/SV_earLQaTzDnu9ISF Further details are also on the Gatehouse Charity website <http://www.gatehouse.org> or email: mindfulaterlife@gmail.com



Some members got together, when we were allowed to, and made some Christmas and dementia quilts



The Windmill House Care Home were very grateful and sent their thanks