



NORTH WALSHAM

www.northwalshamu3a.org

April 2020 Newsletter



Horning River Scene

Helen Eales (Digital Photography Group)

Thoughts from the Chair

In my January newsletter piece, I quoted Yogi Berra (the baseball-player, not the cartoon character!) who said, “It's tough to make predictions, especially about the future”. Well, as it turns out, he was right. Even though one U3A member I know did predict that some sort of pandemic was inevitable sooner or later, because that is how nature works, but nobody expected the social distancing we are now dealing with.

As P.G. Wodehouse said, ‘Fate waits around every corner with a sock full of wet sand’.

So, as you know, North Walsham and many other U3As have suspended all meetings and activities. However, we *can* still stay in touch and keep learning together. To help with this, the committee has put together a Coronavirus Update, which you should have received with this newsletter. It is the first of what I suspect will be series of them, and includes a variety of information and advice for making the best of what is undeniably a very difficult situation. I hope you find it useful and interesting.

For future issues, we would really like to include more about what you are doing instead of going to U3A meetings. Please let us know what you have been up to, and especially about things that others might also enjoy or benefit from. You can do this via our new website at: www.northwalshamu3a.org/contact-us.

In the meantime, here are a few things to think about:

Can you keep your group going without meeting face to face?

Could you send each other things to read or listen to related to your group's area of interest? Could you agree to research a topic and exchange your findings? Could you recommend a book or bottle of wine, or anything else people could try at home and share comments on? Could you have video conferences where you have meetings from home? You can do all this and more by email or on social media. There is lots of information about these in the Coronavirus Update.

Can you stay in touch with other U3A members by phone?

You probably already know them and everyone likes to chat at least from time to time.

Can you help another U3A member or someone else who is completely housebound?

Maybe you could do some shopping or collect medicines for them. If you want to volunteer to do this, you could just phone or email someone you know might need help, or you can volunteer using the North Norfolk District Council Coronavirus Postcard, or through the 'Nextdoor' website or phone app. Again, more details in the Coronavirus Update.

And finally, a couple of jokes about social distancing (yes, really):

I looked into her eyes, deep into the emerald green, my heart fluttered, I felt a connection, something deeper, something magical, I was transported to another place and I thought, blimey these binoculars are brilliant.

I don't think it's going to be that hard to stay 6 feet away from my wife during the outbreak...that's 94 feet closer than the restraining order says.

Steve Guratsky



Zoom Online Meetings

Zoom is a way to conduct meetings remotely, over the internet. Attached to the Newsletter email (for those that receive a hard copy, it is attached to the back of the Newsletter) is a simplified Zoom user guide, which I hope will help people to see how they might continue to have active U3A groups while we are all stuck at home.

After a bit of familiarisation (and some initial setting up), Zoom is easier to use than appears at first sight. The default settings are mostly sensible and there is lots of help around for how to set your own preferences. Those preferences are mainly to set how you (the host) and the meeting participants interact - with or without audio, video etc. Once you have made your choices, you can save them as a template which you use for all future meetings you host.

Attendees at a Zoom meeting don't have to go through any of this as long as they have downloaded Zoom to their PC or mobile device. Effectively all they have to do is just click on a link that the host sends them to go straight to the simplified meeting panel.

In both cases, I am very happy to provide a 'how to do it' service. I can help anyone who is unsure about what to do, either by 'phone or using Team Viewer (or even Zoom itself!) to share screens and provide a guided tour.

I think that Zoom may well be the best way to maintain many of our U3A groups into the foreseeable future. I am guessing that we could well be in lockdown for longer than just a couple of months.

Richard

THE COPY DEADLINE FOR THE MAY 2020 NEWSLETTER IS THURSDAY, 23 APRIL 2020 at 12.00 noon. As usual, I will acknowledge all copy received, so if you do not receive an acknowledgement within 48 hours, please resend.

Although we are unable to hold face-to-face meetings for a while, I would still be pleased to receive copy for the monthly Newsletters from any Group Leaders, who are still holding meetings via email or a website, describing what they and their members have viewed, discussed, etc. during the month. Hopefully, in this way we can keep the Newsletter going until the restrictions are over. I will still send out the usual reminder nearer the Newsletter deadlines.

If you wish to contact the Newsletter Editor, then please do so via our website www.northwalshamu3a.org.

Seriously Senior Moments!

HOLIDAY MEMORIES

A couple were lying by their hotel pool on vacation when the wife suddenly sat bolt upright and cried out, 'Oh my god! I've just remembered I left the oven on at home!' 'Don't worry darling,' said her husband. 'The house won't burn down. I've just remembered I left the bath running.'

Broadswalk Challenge/Parkinsons UK Quiz

To all those who took up the challenge of this quiz, we are aware that the closing date is looming. Therefore, owing to the coronavirus lockdown, if you could make contact with Liz from the Short and Slow Walks to get her address, you can then send her your completed answers.

For further information on any group below, please contact the Group Leader or Groups Co-ordinator via our new website www.northwalshamu3a.org, or by telephone as listed in the 2020 Programme Card.

Art Appreciation

The Art Appreciation Group had to close down a week before the rest of the other groups, because we were due to go to the Sainsbury Centre for Visual Arts to see an exhibition and I thought it was inadvisable.

BUT we are open! Last week we watched the 'Art Mysteries' on BBC4. It was about why Van Gogh cut off his ear. The art critic, Waldemar Januszczak, put forward a theory as to why, but the comments from members of the group (via emails) had other ideas. From addiction to absinthe to being schizophrenic.

It was an interesting programme, and very interesting to read everyone's comments, and a good way for us all to keep in touch. Very important.

On 24 March we will be watching another episode exploring Seurat's 'Les Poseures' and posting our comments via email.

Creative Writing Group

We finally had enough to form a group

We somehow found a day and time within the many activities

We had a venue

We had booked our first meeting

We had Coronavirus and had to stop!

Keep writing but more importantly, keep well.

Even though we have not been able to get together yet, I was wondering if anyone interested in the group would fancy sending me a short paragraph or two to get us started? If anyone needs a topic, how about: 'What I am doing during the Coronavirus pandemic'. I look forward to hearing from you.

Digital Photography Group



Country Walk (Helen)

The Digital Photographic Group met on Thursday, 5 March at the Scarborough Hill Hotel. Little did we know that this was to be our last meeting for an indefinite period.

We started the meeting with a minute's silence for the death of one of our members before asking Richard to lead the session on photographic 'gadgets'. However, before he did that we looked through some of the recent photographs that had been uploaded to the Groups.io website. Then Richard started pulling gadgets out of his camera bag, which was a gadget in itself! It was a bit like a magician pulling items out of a hat, as the gadgets kept coming – there were mini tripods, flash attachments, levelling tools and lens cleaning equipment to name but a few.

The group discussed producing a calendar for 2021 and it was agreed to continue, again with a local Norfolk theme as those photographs were the most popular, especially when sending them as presents. Members were encouraged to put their best photographs into the calendar album, so that the favourite 12 can be chosen at the October meeting.

Now, to everyone's sadness, there are to be no more meetings while the Coronavirus is rampant in the country. All our outdoor meetings have been cancelled. However, it is vital that everyone stays safe and I hope that once the pandemic dies down, we can all look forward to meeting again.

I would like to remind my members again that we can keep in touch through Groups.io, and certainly add your photographs to the monthly albums. If you go out for a walk, or go out to take photos anywhere, please upload your favourites to the album.

All our groups, I am sure, are looking for ways to keep in touch and using our websites is probably one of the best.

Remember – Stay at Home, Protect the NHS and Save Lives. See you all when this is over.

Film Study Group

In March we watched a real cinematic gem, "The Umbrellas of Cherbourg" (1964), directed by Jacques Demy and starring the always delightful Catherine Deneuve.

Guy, an auto mechanic, has fallen in love with Genevieve, an employee in her widowed mother's chic but financially embattled umbrella shop. On the eve of Guy's departure, for army duty in Algeria, the two share a night of passion, resulting in Genevieve's pregnancy. She must choose between waiting for Guy's return or accepting an offer of marriage from a wealthy diamond merchant.

Visually intoxicating, with sung dialogue which feels completely natural, this is a touching and finely judged romantic drama. Several members of our group were in tears by the end!

Organic Allotment Group

The group now has three people, so more members welcome. Traditionally, winter on the allotment is a quiet time, punctuated by highlights such as planting broad beans in the second week of December. This wasn't possible, due to rain and sodden ground. The broad beans finally went in at the end of February, and Jayne and Neil joined the group soon after.

During the gales, our pergola at home blew down, so I used the timber to make raised beds; three of them. In keeping with the re-use/ recycle philosophy, we liberated a fallen down shed from an abandoned neighbouring plot, and Jayne and Neil have re-sited it on our plot, as well as making more raised beds from abandoned timber. We have decided to try and use as much recycled material as possible on the plot to keep costs down. To that end, we shall not buy F1 hybrid seeds, with the eventual aim of saving our own seed for future use.

The two photos below show stages in making the shed.



Seeds have gone in this month under cloches. Besides the broad beans in an open bed, we have planted leeks and purple sprouting broccoli under cover.

Like everybody in the UK, we have been hit by Covid-19. Our first action was to divide the labour, with myself in the mornings and Jayne/Neil in the afternoons. Then more worry was caused with the lockdown, but Michael Gove said it is OK to go to the allotment and, to be honest, there are very few others up there, so we are perfectly safe.



Paddling Partners

On a fairly chilly Friday morning at Barton Turf, the PPs had the first paddle of the year. Four intrepid paddlers turned out wearing heavier weather gear than we are used to. We were generously joined by a potential new member, who observed and helped the process of unloading and launching; we very much hope that she decides to join the group.

The water level was noticeably higher than normal which made launching easier. For the first time on the water after nearly four months, we decided to have a shorter paddle than normal and headed to Barton Broad. Although the weather forecast was set fair, it was much windier than we expected and we did have to paddle into a strong wind at one point. We saw our first kingfisher of the year early on, so that was a real treat. A rookery of cormorants (that is, as I have said before, one of the names for a group of these lovely birds) observed us paddling around the broad. Things got gentler as we approached Neatishead staithe for a short

break and then, due to a more favourable wind, our return was quicker. We also had another view of another kingfisher perched on a twig allowing a much longer view than normal.

Along the way there was, as usual, much lively discussion about a range of topics including the “c”-word rather than the “B”-word like the last few years. We agreed that the coronavirus has been manufactured to only be active in areas with 5G wi-fi coverage, as it says so on the internet; so it must be true!

Unfortunately, owing to the coronavirus lockdown, there will be no further meetings in the near future, but we all hope to be able to get together again before the season ends.

Ten-pin Bowling Group 2

Our last meeting for the time being was on 9 March and there were six members present. We had a great time and a lot of fun. We look forward to getting together again as and when we are able due to the current restrictions.

Wine Appreciation

At our last meeting Daphne provided us with New World Wines from Lidl, as well as a lovely spread of food.

Outlook Bay Marlborough Reserve Sauvignon Blanc 2019 New Zealand

Outlook Bay Wines provide a rare glimpse into New Zealand's most sought-after wine regions. The country's vast coastlines expose the vineyards to strong ocean breezes and a cooler climate, allowing the grapes to ripen slowly over an extended growing season, resulting in an exceptionally pure expression of the land. Our winemakers seek the best fruit from each region, transforming it into these exclusive wines that are uniquely enjoyable. The Marlborough wine region is geographically diverse, bounded by the Pacific Ocean and towering mountain ranges. Outlook Bay Marlborough Sauvignon Blanc has a rounded and vibrant palate, with pure fruit flavours of passionfruit and citrus with a long crisp, mineral finish. Taste: delicate, herb scented, dry, refined, so appetising. Pairing: smoked salmon, cod and chips. ABV 12.5%. Price £7.99. Score 7.4.

Valle De Leyda Gran Reserva Sauvignon Blanc 2019 Chile

Viajero takes you on a journey of discovery to the most popular wine regions of the New World. The gran reserva wines are produced and bottled locally by prestigious winemakers. Taste: fresh, herb scented, cool, fresh and vibrant – dry finish. Pairing: Goats' cheese. ABV 13%. Price £6.99. Score 7.2.

El Tesoro De Las Montanas Mendoza Malbec 2018 Argentina

The Treasure of the Mountains. The potential of this region was hidden for many years, as the land in the foothills of the Andes near Mendoza, where this wine comes from, is almost a desert with dusty seemingly barren soil. During the 16th Century the founders of the city of Mendoza built a system of irrigation, diverting the snow melt from the mountains so that vineyards could be successfully planted. In particular, the Malbec grape variety thrived there. The vines used for this wine were “forgotten” for many years, but have aged gracefully, only now yielding this rich, intense and complex wine. This splendid dark crimson red has aromas of ripe black fruit, leather and tobacco spice. Full bodied with flavours of blackberry, damson spice and roasted spicy notes of pepper and cinnamon. Ripe tannins provide structure and length in the mouth. An extremely food friendly Malbec, ideal with cheese, stews, red meat, mushroom recipes and richly flavoured dishes. Try with Argentinian ‘Asado’ for an authentic BBQ inspired food match. Taste: bright, juicy fruit, smooth, balanced, easy drinking. Pairing: barbecue, burgers, mushroom fritters. ABV 13.5%. Price £5.99. Score 7.3.

Wara Wara (Far Away) Oak Aged Cabernet Sauvignon 2016 Coonawarra, Australia

The Coonawarra region boasts soils rich in iron, silica and nutrients, making it one of the most renowned terroir soils in the world. CW Wines is a family owned winery situated in the heart of Coonawarra, with a reputation for producing wines of exceptional quality, winning awards both locally and internationally. Discover this full bodied Cabernet Sauvignon with youthful, intense aromas of blackcurrant, plum, eucalyptus and fresh herbs. It is rounded on the palate with ripe fruit and balanced nuances of oak, having been aged for between 9 to 12 months in hogshead casks. Delicious with steak, lamb cutlets, robust cheese dishes, beans and lentils. Taste: vivid, blackcurrant fruit, lovely flavour, smooth, moreish. Pairing: lamb chops, lasagne. ABV 14% Price £6.99 Score 6.7.

Outlook Bay Central Otago Pinot Noir 2018 New Zealand

Sourced from rugged mountain vineyards in this cooler southern region, resulting in an elegant Pinot Noir with lifted dark fruits, a hint of spice and cassis, and a rich fruity palate. Taste: perfumed, white pepper, juicy, good length – best decanted. Pairing: roast chicken, cold meats, gammon, filo parcels. ABV 14.5%. Price £9.99. Score 7.0.

Unfortunately, owing to the coronavirus lockdown, our meeting of 9 April is cancelled. Hope we will be able to meet again in the not too distant future.

Yoga

Obviously, news for when we will return to our weekly sessions is unlikely to happen any time soon. However all is not lost. Since time is more available to many of us, try to set aside a few minutes to do some poses everyday. Even standing in ‘mountain’ pose is beneficial to correct your posture, which may be needed if you have been binging on box sets! A couple of ‘salute to the sun’ will stretch all parts of your body. Look online if you have forgotten the sequence.

There are many free Yoga videos on YouTube, which may open your eyes to other postures that suit you well. You can incorporate these into your daily routine, as it is even more necessary during this period to keep supple. Remember doing some breathing exercises can be very beneficial, and taking time out to really relax will calm you during this unprecedented time.

Feel free to contact me if you need any advice on how to develop a routine. My telephone number is on the 2020 U3A Programme Card, or you can contact me via the North Walsham website, www.northwalshamu3a.org, under ‘Groups’, then ‘Yoga’ and ‘Contact Us’. Stay safe.

Did You Know?

Although she wasn't financially stable when she started writing, in 2004 J.K. Rowling was named the first person to become a billionaire by writing books

One of Joanne's demands about the Harry Potter films when drafting a contract, is that the films be shot in Britain with an all-British cast.

The first of the Harry Potter books was finished in 1995, typed entirely on an old manual typewriter.

Joanne's parents met on a train from King's Cross Station, which Joanne later used in the Harry Potter books as a gateway into the Wizarding World.

Source: www.thefactsite.com/200-omg-facts-you-didnt-know/

Wordsearch - Keep in Touch

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.



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Source: www.puzzlechoice.com