



Seal at Horsey (October 2020)

Paul H (Digital Photography Group)

Thoughts from the Chair

Once upon a time, a man thought to himself, "Smile and be happy, things could be worse." and, of course, very soon afterwards, things did get worse. OK, apologies for the combined cliché and terrible joke, but sometimes things become clichés because they are true and, as Robert de Niro said when playing Al Capone, "It's funny because it's true".

Last month, I had a bit of a moan about having too many oak leaves and acorns to clear up in my garden; with hindsight, that turned out not to be my most important problem. About a week after writing about my gardening chores, I received a text confirming that I had tested positive for Covid-19. This came as quite a shock, as my only symptom (then or later) was a mild, intermittent cough. No fever, no change in taste or smell, no trouble breathing, no feeling of being generally unwell; just a bit of a cough. I had only asked for a test because I was planning to visit some elderly relatives, and wanted to make sure I wasn't going to infect them.

So, I self-isolated for the required period, all the time feeling quite well if a little frustrated about not being able to go out. I spent most of the time gardening, reading or watching box sets on TV and took part in a few Zoom meetings with other u3a members. As it turned out, the worst thing about Covid-19 for me wasn't the illness; it was not knowing if or when it would get worse. As life threatening illnesses go, this was definitely the least bad way to experience one. I am hugely grateful for having got off so lightly and know that many others have not been so lucky.

I am also extremely grateful to the friends (some from u3a) and family members who were so kind while I was self-isolating. Between them, they managed two food deliveries and so many phone calls, emails and texts that I lost count. I won't embarrass anyone by naming them, but they know who they are. Thank you!

So, what have I learned from all this? Three things, I think. Being ill is scary if you don't know what is going to happen next. People are very kind and thoughtful. And things really could be worse.

Oh, and one more thing. I now have something in common with Donald Trump (but it is not my fault)!

Stay safe - and optimistic...

4 December General Meeting on Zoom

*We are pleased to announce that starting at 2.00pm at the above meeting we will have a speaker called Danielle Barnett giving a talk entitled '**'Tis the Season to be Jolly**'. She says she will take us on a virtual trip around the world, alongside colourful powerful pictures and videos, and together we will travel to many different countries, which all have their own distinctive Christmas tradition, some of which can be very surprising!! The Zoom invite will be sent out to members nearer the date, and the Committee hopes that you will give Danielle a warm North Walsham u3a welcome.*

THE COPY DEADLINE FOR THE DECEMBER 2020 NEWSLETTER IS THURSDAY, 26 NOVEMBER 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, either about how you are still holding meetings via email or a website, describing what you and your members have viewed, discussed, etc. during the month, or anything else you think maybe of interest to members at this time. 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.

CORONAVIRUS UPDATE - NOVEMBER 2020

As reported last month, the Third Age Trust and North Walsham u3a Committee are doing all they can to keep u3a activities going as much as possible, but it seems inevitable that most face to face meetings will continue to be suspended for some time. This is a real shame, but I am sure you will agree that we need to stay as safe as we can, especially given that older people are affected more badly than others by Covid-19.

Face to Face Interest Group Meetings

The government's announcement of a new four week lockdown sadly means that face to face group meetings cannot happen for the time being.

Interest Groups Working Together Online

Lots of our interest groups are now meeting virtually online and/or staying in touch by email. It isn't the same as meeting face to face, but it does seem to work well once people get used to it. At the time of writing, groups that are meeting on Zoom or staying in touch by email include:

- Art Appreciation
- Classical Music
- Computing
- Current Affairs
- Digital Photography
- Discussion
- Family History
- Folk Music

- Gardening Group 2 (via Facebook)
- History
- Humour
- Jazz Appreciation
- Mac Users
- Philosophy
- Poetry
- Rock 'n' Pop
- Wine Appreciation
- Yoga.

If you would like to join one of these groups, please contact the Group Leader whose phone number is on this year's programme card, or send a message at www.northwalshamu3a.org/contact-us and we will pass your details on to the Group Leader so they can contact you.

If any of your groups aren't yet using technology to keep working together, and you think they might be able to, please do the following:

- Talk to other members of your group about it.
- Try to identify someone in the group who could act as a Zoom 'host' (who can be the Group Leader, but doesn't need to be).
- Ask Peter Phillips and/or Richard Nevill for advice if you want to, or send your query through the contact page on our website at www.northwalshamu3a.org/contact-us.

North Walsham u3a is paying for a number of Zoom subscriptions. To get the best value for the cost of these, the Committee is asking anyone whose Zoom subscription is being paid for to:

- Hold virtual meetings of all groups that they lead where this is possible.
- Be prepared to act as Zoom hosts for other groups they are members of.

Online General Meetings

We are also still offering a virtual monthly General Meeting at 3.00pm on the first Friday of each month. Details of the one on 6 November have been emailed separately to members who have email addresses.

Virtual Coffee Mornings

Richard Nevill has offered to host virtual coffee mornings on Zoom at 11.00am each Monday. You can contact Richard about this at ricnev@gmail.com.

Cold, Flu or Covid-19?

If you're not feeling well, but aren't sure if you have a cold, flu or Covid-19, the following may help:

www.bbc.co.uk/news/av/health-54182329

www.theguardian.com/world/2020/oct/21/coronavirus-symptoms-how-to-tell-if-you-have-a-common-cold-flu-or-covid

And, of course, you may want to get a Covid test if you think you have the virus.

Check the Rules

Finally, there is a useful summary of the government's current three tier rules and the option to check what the local situation is in this area at: www.bbc.co.uk/news/uk-54568544.

And a summary of the rules about self isolation at: www.bbc.co.uk/news/explainers-54239922.

North Walsham u3a Equipment – Can You Help?

Our u3a has a variety of equipment that needs to be stored and the Committee are looking for somewhere safe, warm and dry to keep it. It includes IT equipment, notice boards and other items, and would fit in a walk-in cupboard or a (very) small bedroom. If you would be willing to store these items, or can suggest somewhere that might be suitable, please send us a message via the contact page on North Walsham u3a's website at www.northwalshamu3a.org/contact-us. Many thanks.

Scams

Thanks to North Norfolk u3a Chairman, David Riddle, for the following scam updates:

Emails, with the government logo and supposedly from the DVLA, are being sent claiming that payments to the DVLA have failed due to insufficient funds and asking for another payment. They can feel quite threatening, as they explain what would happen to your car if you don't pay. There is a link to click on to make payment. Don't do it!

HMRC (the tax collector) is aware of an automated phone call scam which will tell you HMRC is filing a lawsuit against you, and to contact a number immediately or press one to speak to a caseworker to make a payment. These calls are a scam that often targets elderly and vulnerable people. If you receive one, end the call immediately.

If you want to become more expert in recognising online security threats that could harm you, and explore the steps you can take to minimise your risk, there is a free course provided by Future Learn (associated with the Open University) here:

www.futurelearn.com/courses/fraud-investigation-making-a-difference.

Steve

Zoom Tips

The following question and answer about Zoom is from an IT support forum:

Question: I am using the "Free" Zoom with the 40 minute time limit for my Astronomy Group. I understand there is a trick you can use to continue the meeting for a further 40 minutes. Namely, at the end of the 40 minutes asking everyone to re-enter the meeting using the same link. My questions are: 1: Does it work? 2: What does the meeting host have to do?

Answer: Yes, this does work. As soon as Zoom ends the meeting, the host immediately restarts it. Participants can then click on the original link they received and then enter the waiting room. The host can then re-admit them and continue the meeting.

Zoom Connectivity

If you are hosting a Zoom group session, you need to make sure your internet is working well. Here are some things to check:

1. If on WiFi, have your computer or tablet as close to the router as possible.
2. Never Zoom at 4-6pm when all the schoolchildren start doing their homework online.
3. Make sure you have good line-of-sight to your router - take it out of that cupboard and open all doors between you and it.
4. Turn off other devices using the internet in your household.
5. Turn your smartphone off, or go to its 'Settings' menu to switch off its WiFi connection temporarily.
6. Don't run lots of other applications or screens in the background, shut them all down. Some applications frequently refresh using up Broadband bandwidth.
7. Check your Broadband speed online for free. I use the Speedtest app. by Ookla.
8. If your speed is still too low and your picture keeps freezing, turn off your video (via Zoom's Star/Stop Video icon) and just use audio.

How much internet speed do you need for Zoom

You will need a minimum of 600 Kbps (a mere 0.6 Mbps) download speed to make one-on-one video calls on Zoom. The company's website recommends a [minimum 1 Mbps download speed](#) for group calls. Doing group video calls in 1080p resolution requires at least 2.5 Mbps upload and download speeds.

That is actually not very demanding. You shouldn't really have any problem meeting those requirements if you are on a typical broadband home internet plan, or using a 4G phone. If you do still have problems after taking the steps above, I would suggest you discuss it with your broadband provider.

Richard

Having Trouble Reading Text on Small Screens?

If you are finding it harder to see things on your iPad, android tablet or phone screen, you may want to consider using VoiceDream. This is an app that instantly converts text into spoken word. It is not the only app to do this, but it is commended by Third Age Trust. You can find out more about it at: www.voicedream.com/reader.

Steve

Coffee Zoomy Monday Elevensies

All Zoom groups have a goodly dollop of fun-filled chat about them, but our most recent innovation, the Monday Coffee Mornings, have larger dollops than most! If you want to join in, just click on the link in the email that gets sent out the day before each Coffee Morning, or email Richard for help on how to join: ricnev@gmail.com.

Alternative Definitions of Common Words

- BURGLARISE - What a thief sees through
- AVOIDABLE - What a bullfighter tries to do
- EYEDROPPER - Clumsy ophthalmologist
- COUNTERFEITER - Workers who put together kitchen cabinets
- ECLIPSE - What an English barber does for a living.
- LEFT BANK - What the bank robbers did when their bag was full of money.
- HEROES - What a man in a boat does
- PARASITES - What you see from the Eiffel Tower
- PARADOX - Two GP's
- PHARMACIST - A helper on a farm
- POLARISE - What penguins see through
- PRIMATE - Remove your spouse from in front of TV
- RELIEF - What trees do in the spring
- RUBBERNECK - What you do to relax your wife
- SELFISH - What the owner of a seafood store does.

Steve

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

'Adventures in Modern Art' was set in the Paris of the early 20th century. This was a strange programme, and indeed Val said she had never seen anything like it; a mix of cartoons, old photographs and films, but in there was some interesting comment. I didn't like it at all and stopped watching half way through, but Jean loved it!

Later in the month we watched a really interesting virtual tour of an exhibition just opened at the National Portrait Gallery - 'Artemisia Gentileschi'. We were all in agreement that she was a great artist and a remarkable woman who was unknown to us, but then women artists painting in the Baroque period were not recognised, nor were they at later dates. She was a skilful artist and her work accessible, showing things from a woman's point of view, as in the painting 'Susan and the Elders' being leered at by men as she bathed in her garden. Some of her paintings were quite violent but so powerful. She was 17 when she was raped and her painting 'Judith Beheading Holofernes' was seen as some sort of revenge. I loved her of Judith and her maid, who had Holofernes head in a basket. You can see their fear and almost hear them whispering together.

Then this wonderful programme was followed by one introduced by Michael Palin. He visited the places Artemisia had lived and worked, and which filled in the gaps.

In all a very interesting month.

Mave

Computer Group and Mac Users Group

Both of these groups are going great guns during these strange times by using Zoom. At the October Computer Group meeting we explored some of the more advanced features of Zoom - sharing screens, optimising sound, using Whiteboards and having a virtual screen background - good to display the new u3a logo (note the lower case).

Richard

Cycling Group

For obvious reasons it has not been a good year for the Cycling Group, although I have done more cycling this year than I have ever done, partly due to the good weather. Let us hope that next year we can all meet up again.

Roy

Humour Group

It is astonishing how cheerful the members of the Humour Group remain, despite so many months coping with the risk of Covid-19. We are still sharing a daily email to keep us entertained. Admittedly it sometimes verges on gallows humour and, sometimes, is definitely political. Interestingly there are clips from 'Yes Minister' and 'Yes Prime Minister' that, despite being originally transmitted in the 1980's, seem to portray the politics of 2020. The humour derives from the clever use of language in the script as well as superb delivery by an excellent cast.

Thinking about wordplay in general, perhaps these examples will amuse you:

- The meaning of opaque is unclear.
- I wasn't going to get a brain transplant, but then I changed my mind.
- Have you ever tried to eat a clock? It's very time consuming.
- A man tried to assault me with milk, cream, eggs, and butter. How dairy!
- I'm reading a book about anti-gravity. I can't put it down.
- I've read a lengthy article about ancient Japanese sword fighters, but I can Samurais it for you.
- So what if I don't know the meaning of the word 'apocalypse'? It's not the end of the world.
- Police were called to the pre-school nursery. A 3-year-old was resisting a rest.
- The other day I held the door open for a clown. I thought it was a nice jester.
- Need an ark to save two of every animal? I Noah guy.
- Alternative facts are aversion of the truth.
- I used to have a fear of hurdles, but I got over it.
- Did you know they won't be making yardsticks any longer?
- I used to be allergic to soap but I'm clean now.
- What did the man say when the bridge fell on him? The suspension is killing me.
- Do you have weight-loss mantras? Fat chants!
- My tailor is happy to make a new pair of trousers for me. Or sew it seams.
- What is a thesaurus's favourite dessert? Synonym buns.
- There was a big paddle sale at the boat store. It was quite an oar deal.
- How do they figure the price of hammers? Per pound.

Sheila

Organic Allotment Group

The allotment is mostly clear now - we harvested the last of the carrots and potatoes during October. This has left us with four clear beds; one of which has been used for garlic and onions. Garlic needs at least six weeks with temperatures below 50° F in order to develop proper cloves. We are also trying out over-wintering red and white onions in that bed. In all cases, sets are pushed just below the surface. If they stick up, the birds will pull them up as soon as the plot is left. The only crops that are still in are brassicas (cauliflower, purple sprouting broccoli and sprouts). The purple sprouting really suffered in the recent high winds, so needed propping up.



During the recent gales, a playground in Mundesley lost its fence, and the council have kindly agreed that the debris can be used by us on the plot. This means that we shall be able to complete all the beds on one side, as well as a strawberry bed between the pond and the fruit cage.

When making a bed, we put the area under an opaque top for as long as possible. Then we use a framework which we fill with manure (fresh or rotted), and replace the covering. When we wish to plant, it is a simple matter to take the covering aside and plant whichever crop we want. The longer the area is under cover, the better, as weeds will disappear. The new bed frames will make things a bit easier, as they will delineate the planting area more accurately.

Ralph



Rock 'n Pop Group

We devoted the October meeting to tributes to artists who are no longer with us. Members chose their favourites which were very diverse, and we listened to music from, amongst others, Little Richard, Jimi Hendrix, Van Halen, Aretha Franklin and Doris Day. Apparently it is not possible to listen to Doris Day singing 'Que Sera Sera' without singing along, but we wouldn't have known that without Zoom!!

Next month we are going to play more favourites and have a Quiz. Please join us if you would like to – just contact me for a Zoom invitation via the 'Contact' page on our website.

Marilyn

Walking Group

On 14 October Jayne and Neil led a group of ten members on a figure of eight walk around Mundesley. After some terrible weather over the previous few days, we started out in beautiful warm sunshine walking up Heath Lane through the golf course and along the beck to what is known locally as the 'puddle'. After a short road walk, we joined a footpath up to the windmill with its new sails, and then walked up and around the holiday village to the top of the cliffs where we were battered by the wind, but enjoyed the beautiful sea views. We descended to the old part of the village with its many flint cottages, stopping for a view of Happisburgh church and lighthouse before returning through the village square to our starting point.

On 23 October Jenny led a walk of 14 members (and one dog) starting from Weavers Way Car Park in North Walsham, and we were blessed with another fine and dry day. From Rossi's leisure centre we took a diagonal footpath through a large field of winter rapeseed to Bryant's Heath, which many had always known as Felmingham Heath. Over the Skeyton Road we walked alongside a wood before rejoining open fields where farmers were busy ploughing followed by hungry gulls. A short walk through a residential area found us back at the car park.

Both walks had a good mixture of scenery, and everyone agreed that it was great to be back walking and lovely to chat and catch up with different people.



*Above photos of North Walsham u3a Walking Group at the Mundesley 'puddle' on 14 October.
Jayne*

Wine Appreciation Group

August and September

Again a big thank you to everyone for arranging our third and fourth Zoom Wine Appreciations. Ben from CH Wines took us through further interesting selections, and we had very full discussions.

The eight Wines we tasted over the two months (and their scores) are:

Four Whites:

England - Westwell Ortega 2018 Kent – 11.5%, £12.52, Score 7.0

Germany - Dr Pauly - Bergweiler, Riesling Trocken Mosel – 12%, £10.20, Score 6.3

Spain - Pares Balta Cosmic 2019 Penedes – 12.5%, £13.81, Score 7.0

Languedoc Roussillon - Domaine des Trinites L'Imaginaire Roussanne – 13%, £11.46, Score 6.3.

Four Reds:

USA - Precision Wine Co., Introvert Cabernet Sauvignon – 13.5%, £15.66, Score 7.7

USA - The Crusher Pinot Noir Clarksburg America – 14.5%, £13.80, Score 7.8

Argentina - Pannunzio Malbec 2017 GV – 14.6%, £14.48, Score 8.1

Australia - Magpie Estate The Scoundrel Shiraz-Grenache Barossa – 14%, £10.96, Score 9.2.

The prices are based on case quantities. We may well be ordering more of these wines (particularly the Crusher and Scoundrel), and are happy to incorporate others – please contact roy.tuff@internetpost.co.uk.

Again a big thank you to everyone for arranging our fifth Zoom Wine Appreciation.

October

The four wines we tasted and their scores are:

Whites:

Portugal - Broadbent Vinho Verde White – 9%, £11.10, Score 6.2

David Traeger, Maranoa Verdelho, Victoria, Australia – 14.5%, £13.38, Score 8.4.

Reds:

Bolyki, Egri Bikaner, Eger, Hungary – 13%, £12.98, Score 7.6

USA - Precision Wine Co. Prototype Lodi Zinfandel 2016 – 14.5%, £13.04, Score 8.4.

We hope to enjoy more of Ben's wines at our next Tasting on Thursday, 12 November.

WORDSEARCH - WRITINGS

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



ADAPTATION, AUTHOR, AUTOBIOGRAPHY, BIOGRAPHY, BOOK, CHRONICLE, COMPOSITION, DIARY, DISSERTATION, DOCUMENT, DRAFT, EDITORIAL, EPIC, EPISTLE, ESSAY, ISSUE, JOURNAL, LEDGER, LETTER, LIMERICK, LITERATURE, MANUSCRIPT, MEMO, MEMOIRS, NOTATION, NOTE, NOVEL, PAPER, PLAY, POEM, PROSE, PUBLICATION, RECORD, SCRIPT, SCRIPTURE, SONNET, TEXT, THESIS, TOME, TREATISE, VERSE, VOLUME, WRITER, WRITINGS.

Source: www.puzzlechoice.com