



*How Hill Mill and River*

*Helen Eales (Digital Photography Group)*

## **Thoughts from the Chair**

How many different things can you do with a paper clip? Or a house brick? Or a pile of used Christmas cards? Questions like these aren't as silly as they sound. They can be used to assess how creative someone is. The more uses you can think of for an everyday object, the more creative you probably are, especially if your suggestions are original and different from other people's.

Now suppose the question is more complicated. For example...

What can you use coal for? There are probably hundreds of possible answers to this question. Paper weight? Dyeing fabric? Ground into dust to use as make-up? Well no, not any of these as far as I know. But some very creative people did find ways to use it to make steam to drive machines and later to drive turbines in electric power stations.

Or how can you avoid the need for bags in vacuum cleaners? Or make an aeroplane that can go faster than the speed of sound? Or make a toilet work in zero gravity? Or find alternatives to coal as a power source to reduce global warming? Or....

So, I hope we can agree that creativity is important. And that is before we even start to think about the things we more commonly *call* creative, like literature, art, drama and so on.

I was reminded of this when I came across an obituary for Sir Ken Robinson, who campaigned tirelessly for schools to develop pupils' creativity as a central aim of their curriculum. This is in stark contrast to what schools actually do most of the time, which is train pupils to pass exams that mainly assess how well they have remembered and understood factual information. Sir Ken argued that this not only neglects creativity, but actually discourages it.

Now, don't get me wrong. I am not saying that factual knowledge doesn't matter; but other things matter as well, including creativity. As Albert Einstein, arguably one of the most creative people ever to have lived, said, 'Education is what remains after one has forgotten what one has learned in school'.

With Einstein's comment in mind, you might want to ask yourself how much of what you learned at school did you ever use, or even remember later in life? (If it is more than half, I would be amazed.)

And how much time did you spend in school learning to solve interesting and complicated (non-mathematical) problems? (If it is significantly more than zero, I would be even more amazed.)

So, if you know any young people and they haven't yet learned to think independently or creatively, or solve practical problems, try to be sympathetic. Those are some of the skills they will have to learn for themselves in the 'university of life' rather than in school.

If you want to hear Sir Ken Robinson in action, this brilliant animated video summarises his ideas in under 12 minutes. Enjoy!

[www.ted.com/talks/sir\\_ken\\_robinson\\_changing\\_education\\_paradigms](http://www.ted.com/talks/sir_ken_robinson_changing_education_paradigms)

Stay safe – and creative,

Steve Guratsky

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**THE COPY DEADLINE FOR THE OCTOBER 2020 NEWSLETTER IS THURSDAY, 24 SEPTEMBER 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](http://www.northwalshamu3a.org).**

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### **A Wealth of Local Information from the Web**

A recent article in the *North Norfolk News* about the collection of old North Walsham photographs by Fred Mace that has been published in a book by Wayne Beauchamp for the North Walsham and District Community Archive reminded me of the wealth of local information there is available to budding historians.

The archive website ([www.northwalshamarchive.co.uk](http://www.northwalshamarchive.co.uk)) has a wonderful selection of images of North Walsham over the years, and is well worth spending some time perusing these. There are also some sixty images of the town that were produced by Francis Frith during the first half of the last century and these will be found on their collection website ([www.francisfrith.com/north-walsham](http://www.francisfrith.com/north-walsham)).

You may also remember that in times gone by local directories were produced by companies such as Kelly's and Pigot's, and were a wealth of information, not only about the commercial enterprises of the community, but also about the town itself.

A vast collection of trade directories is available on the University of Leicester website (<http://specialcollections.le.ac.uk/digital/collection/p16445coll4>) and there are a number covering our local area. For example, in the 1839 edition of Pigot's Norfolk Directory, it states: *North Walsham is an ancient and respectable little market town in the parish of its name and hundred of Tunstead, 123 miles from London and 14 miles north of Norwich – situated on the high road between the city and the northern coast of the county. The town is clean, but irregularly built; and consists of one leading street and several smaller ones diverging from it, most of which are well paved, and, as well as the principal shops, lighted with gas. The market cross, erected in the reign of Edward III, was injured in the great fire, which nearly destroyed the town, in 1600; it was subsequently repaired, and is an attractive object. The neighbourhood is the residence of many genteel families, and is embellished with several handsome seats.*

There are also film records of our local area which may be of interest. The East Anglian Film Archive ([www.eafa.org.uk/](http://www.eafa.org.uk/)) is part of the UEA and has a wealth of items of local interest. In particular, there is a 1962 Anglia Television report on the re-opening of the North Walsham and Dilham Canal, as well as a promotional film for Duncan's foods that were based in the town.

A feature of a visit to the cinema 'when we were young' was the newsreel; and today you can relive many of those moments through the archives of British Pathé ([www.britishpathe.com/](http://www.britishpathe.com/)). For something with a local flavour, you may be tempted to view a report on a 1927 rescue by the Cromer lifeboat or, more recently, the storms of 1979, when there were deep snowdrifts around North Walsham.

Finally, if you love maps, then the website to visit is that of the National Library for Scotland (<https://maps.nls.uk/geo/explore/help.html>). Here you will find thousands of Ordnance Survey maps dating from the mid-1800s and there are a good number covering North Walsham and the surrounding area. One particular feature which I like is that you can superimpose today's satellite imagery over a very old OS map, so you are able to make comparisons as to how things have changed over the years.

The book 'North Walsham Through the Lens of Fred Mace' is available from Colin's Sweetshop in the Market Place or online from the North Walsham and District Community Archive ([www.northwalshamarchive.co.uk](http://www.northwalshamarchive.co.uk)). The cost is £10.

Peter

## CORONAVIRUS UPDATE - SEPTEMBER 2020

### Interest Groups Meeting Online

More than half 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 reasonably well once people get used to it.

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:

1. Talk to other members of your group about it
2. 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)
3. 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](http://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 host for other groups they are members of.

### Online Monthly General Meetings

We are also offering a virtual monthly General Meeting at 3.00pm on the first Friday of each month. Details of the one on 4 September will be emailed separately to members who have email addresses.

### Face to Face Interest Group Meetings

Locally and nationally most U3A interest groups have not yet restarted face to face meetings.

Groups *may* restart face to face meetings when they feel ready *provided that*:

- Third Age Trust (national U3A) guidelines are followed; copies are available on request, and
- It has been agreed by the Committee.

*Individual members are, of course, free to meet each other at any time (subject to government rules and guidelines), but such meetings will not be treated as U3A activities unless the two requirements listed above have been met.*

If you are a Group Leader and would like to restart face to face meetings, please send a message through the Contact page on our website at [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us).

### The Proposed U3A Online Learning Hub

The Third Age Trust (National U3A) is investigating ways to support learning using online learning resources in areas members are interested. If you have a few minutes, please complete the questionnaire that is being used to seek views on this at:

[www.surveymonkey.co.uk/r/RFZYSMK?fbclid=IwAR0MduwMLB0Ff7OvmlouKLqyz-w6elgHxo2rDwFvPMVL8tjyLBLfQSsxTak](http://www.surveymonkey.co.uk/r/RFZYSMK?fbclid=IwAR0MduwMLB0Ff7OvmlouKLqyz-w6elgHxo2rDwFvPMVL8tjyLBLfQSsxTak)

### Some Nice Things to Do at Home

Possibly the best place to start is the **BBC's websites**, iPlayer for TV and BBC Sounds for radio. Both offer live broadcasts and huge amounts of archive material. And if you are over 75 and still annoyed about having to pay for your TV licence, at least this way you can get your money's worth!

Lots of **museums and galleries** are offering free virtual tours. You can find details of some of the best at [www.timeout.com/travel/virtual-museum-tours](http://www.timeout.com/travel/virtual-museum-tours).

The **Royal Albert Hall** is hosting a number of events that will be broadcast online including the Proms. You can find more details at [www.royalalberthall.com/](http://www.royalalberthall.com/).

The **Royal Horticultural Society** (RHS) website, [www.rhs.org.uk](http://www.rhs.org.uk) is a fantastic store of information about gardening and plant varieties. They have also posted videos about their stunning gardens on YouTube at:

Wisley, Surrey

[www.youtube.com/watch?v=1DdJnCmlBaQ&feature=youtu.be](http://www.youtube.com/watch?v=1DdJnCmlBaQ&feature=youtu.be)

Hyde Hall, Essex

[www.youtube.com/watch?v=Fdyqx3gOg7U&feature=youtu.be](http://www.youtube.com/watch?v=Fdyqx3gOg7U&feature=youtu.be)

Harlow Carr, Yorkshire

[www.youtube.com/watch?v=oxaTJylbQSg&feature=youtu.be](http://www.youtube.com/watch?v=oxaTJylbQSg&feature=youtu.be)

Rosemoor, Devon

[www.youtube.com/watch?v=uPDzLi9Mz8o&feature=youtu.be](http://www.youtube.com/watch?v=uPDzLi9Mz8o&feature=youtu.be)

If you feel like watching some wildlife from the comfort of home, you could try these:

[www.wildlifetrusts.org/webcams](http://www.wildlifetrusts.org/webcams)

<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>

### Health and Wellbeing

On the broader subject of health and wellbeing (not specifically the coronavirus), a couple of things you may want to consider have arrived by email this month.

One is the **NHS Diabetes Prevention Programme** which is now available to anyone at risk of Type 2 diabetes. It used to only be available via your GP, but is now open to anyone in England who is at risk. This is a free service, which helps to make positive lifestyle changes, reduce blood sugar levels and reduce the risk of developing Type 2 diabetes. To find out if you are at high risk of developing Type 2 diabetes, use the Diabetes UK risk tool. You can find this at:

<https://preventing-diabetes.co.uk/know-your-risk-dm/?>

[utm\\_source=dotdigital&utm\\_medium=email&utm\\_campaign=dtc\\_ndpp&dm\\_i=4RZ8,DG8R,30XN12,1JD37,1](https://preventing-diabetes.co.uk/know-your-risk-dm/?utm_source=dotdigital&utm_medium=email&utm_campaign=dtc_ndpp&dm_i=4RZ8,DG8R,30XN12,1JD37,1)

The second thing you may want to consider is a free **online mindfulness course** provided by the Gatehouse Charity and run by a clinical psychologist. It is open to anyone in the Norfolk and Suffolk area who is over 65, and will run online in late September (and possibly face to face later on). Places are free but limited and the course involves a weekly meeting via Zoom, with audio recordings of the practise and handouts to be downloaded. Further details are also on the Gatehouse Charity website [www.gatehouse.org.uk](http://www.gatehouse.org.uk). To apply for the course please complete the following application form:-

[https://openss.qualtrics.com/jfe/form/SV\\_earLQaTzDnu9ISF](https://openss.qualtrics.com/jfe/form/SV_earLQaTzDnu9ISF)



## Government Advice

The government's key advice taken from its coronavirus website is as follows:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance from people not in your household (2 metres apart where possible)
- Wash your hands regularly
- Don't leave home if you or anyone in your household has symptoms.

At the same time, many retail, leisure and hospitality businesses have reopened recently and more are likely to follow in the month ahead. Various precautions are being taken in these places to reduce the spread of the coronavirus, including wearing face coverings in shops, takeaways and some other locations.

You can find detailed, up to date information about government rules and advice at: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).  
*Steve*

## **Something to Listen to**

If you like to listen to interesting facts, then these podcasts might be thought-provoking to you:

'A cabinet of curiosities containing forgotten folklore, spooky stories and interesting and odd places to visit in the beautiful county of Norfolk' – discover the terrific tales of 'Weird Norfolk' in the fantastic podcast series and articles from the EDP. The latest entries explore a possible poltergeist at Bumbler's Farm in Shelfanger and the fascinating story of the Burnham Market poisoners - [www.edp24.co.uk/topic/Tag/Weird%20Norfolk](http://www.edp24.co.uk/topic/Tag/Weird%20Norfolk).  
*Chrissie*

## **General Announcement about Zoom Support**

If you or your group want help to join or set up Zoom meetings, Richard Nevill can offer support by phone and email. He can set up a trial Zoom session with you to show you how easy it is to run a Zoom meeting.

Contact Richard via [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us).

### **Did You Know?**

Interestingly enough Shakespeare never mentioned September in any of his plays, yet the word 'September' has featured in six different film titles, which is more than any other month. Weird.

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If a Polar Bear and a Grizzly Bear mate, their offspring is called a "Pizzly Bear".

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A single strand of Spaghetti is called a "Spaghetto".

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Sunflowers can help clean radioactive soil. Japan is using this to rehabilitate Fukushima. Almost 10,000 packets of sunflower seeds have been sold to the people of the city.

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If you cut down a cactus in Arizona, you'll be penalized up to 25 years in jail. It is similar to cutting down a protected tree species.

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At birth, a baby panda is smaller than a mouse.

Source: [www.thefactsite.com/200-omg-facts-you-didnt-know/](http://www.thefactsite.com/200-omg-facts-you-didnt-know/)

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

### **Art Appreciation**

During August we have watched programmes on BBC4. They have shown some really good art programmes, which unfortunately are shown late at night/early morning, but can be recorded or watched on catch up.

We all enjoyed the last episode of 'Art; Passion and Power, History of the Royal Collection.' This episode brought us up to date with the present Queen. The royalty of today do not acquire new paintings and artefacts, but spend money on the conservation of the collection. The programme also featured items by Fabergé, which is in the collection. The beautiful egg was popular with our group, but I loved the little mouse with gold whiskers.

The other programme we watched was 'Romancing the Stone; The Golden Ages of British Sculpture'. This also had three episodes. It was presented by Alexander Sooke who made the programmes interesting and thought provoking. It started in the medieval times and went through to the present day. I loved the medieval episode – it showed sculpture mainly used in churches, which were wonderfully coloured then. I think it would be lovely to have churches like that now. The third in the series looked at the work of Henry Moore, Andy Goldsworthy, Anthony Gormley and Diamon Hirst. It was a very interesting series.

Also, of course, we had a quiz set by Janet – they get harder!

*Mave*

### **Gardening Group 2**

The group is working out how we can have 2 or 3 'mini meetings' a month, involving a few members at a time, to visit other people's gardens and get ideas, and maybe help where we can.

Plant swaps/giveaways are taking place, and normal service will be resumed (hopefully) as soon as allowed.

### **Humour Group**

The Humour Group's daily email exchange of entertainment relies heavily on cartoons, videos and photos. This can make it difficult to find a useful item for the U3A newsletter, which is primarily word-based. However, in August there was a pictorial item that provoked nostalgia that you will probably be able to share without even seeing the cartoons. The topic was the artwork of Donald McGill.

Donald McGill was the English graphic artist whose name is synonymous with the genre of saucy seaside postcards. Almost all Humour Group members could remember surreptitiously sneaking peeks at the displays of busty young women, fat old ladies and drunken men that were accompanied by captions that relied on innuendo for humour.

McGill was born in London in 1875. He was a naval draughtsman until his career in postcards began accidentally in 1904 when an in-law encouraged him, after seeing an illustrated get-well card he had made for a sick nephew. Within a year it was his full-time occupation although, even at the height of his fame, he only earned three guineas per design. In his lifetime, he produced an estimated 12,000 designs, of which 200 million copies are estimated to have been printed. McGill earned no royalties from his designs. When he died, in 1962, his estate was valued at only £735. One of his postcards, featuring a bookish man and an embarrassed pretty woman sitting under a tree, with the caption 'Do you like Kipling?' 'I don't know, you naughty boy, I've never kiplped!' holds the world record for selling the most copies at over 6 million.

In 1954, when McGill was nearly 80 years old, he fell foul of several local censorship committees. He was found guilty of breaking the 1857 Obscene Publications Act and was fined £50 with £25 costs. It was a devastating blow to the saucy postcard industry and several companies were made bankrupt. In the late 1950's, the level of censorship eased off and the market recovered. In 1957 McGill gave evidence before a House of Commons select committee set up to amend the 1857 Act.

It is interesting to note that he ranked his output according to their vulgarity as 'mild', 'medium', and 'strong', with 'strong' being much the best sellers. There was no ranking given on the examples we viewed!  
*Sheila*

## **Organic Allotment Group**

The fruit cage is finished, except for the netting. This will go on in the spring, so as to spare it a winter. The posts are 2.4m (8ft) long, with 400mm (16in) in the ground. The holes were drilled with a petrol auger and cemented in. They should be good for years.

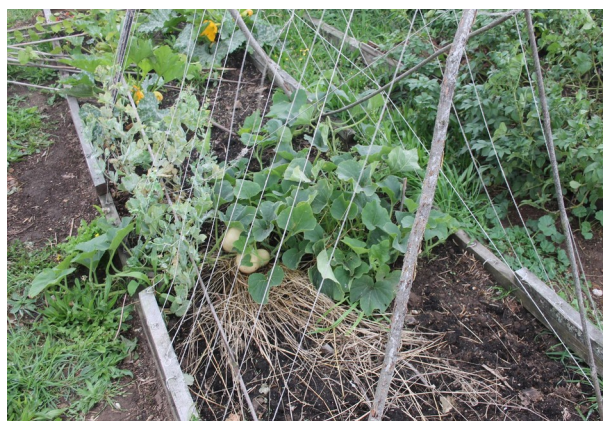
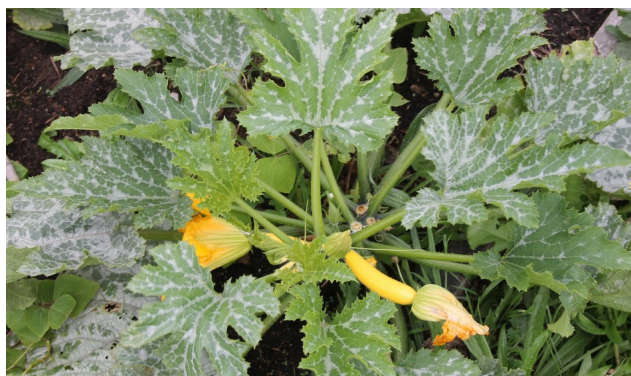
One of the very best things about being on an allotment site is the help available from other plot holders. Somebody has already offered us some raspberry canes, which we will put in as soon as possible. We will leave the ground cover on as long as possible, to give it a better chance of clearing the weeds. Whilst we had the auger, we repaired the fence. The old chicken wire from the fence will be used to provide cover for crops such as peas, which the local wildlife love when they are young and tender.



Mentioning wildlife, we have re-sown the wild flower bed with fresh seed, and covered the area with fleece in order to protect it from the birds. Preparation involved cutting very close and removing the cuttings to reduce the fertility of the soil, then scarifying with a rake, and then sowing. I used a standard meadow mix with added yellow rattle. The latter will help reduce the vigour of the grasses. The seeds will lay dormant for most of the winter and germinate in spring.



We are very happy with the development of the no-dig beds - particularly with the fact that they seem to cope with drought very well. Charles Dowding, who writes extensively about no-dig growing, believed that without disturbance the micro-rhizal fungi naturally present in the soil help the roots find water. This is evident in the courgettes and squashes pictured below, which have had no watering since planting in May. We have also been eating french beans, runner beans, beetroot, peas and potatoes for weeks now.





## **Rock 'n Pop Group**

We got together via Zoom again in August to listen/watch some tracks on YouTube chosen by our members in advance. Some very well known, others not so, and we paid a tribute to Elvis as it was the 43<sup>rd</sup> anniversary of his death in August. Can it really be that long?

We didn't have time to play all the tracks (too much time spent chatting!), so we will do the same again next month with the remaining selection. It is really good to see each other again.

## **Yoga Group**

Hello there, yet another month over! To clarify, once Gimingham Hall reopens we shall, all being well, recommence our sessions. My piece last month may have caused some confusion. I spoke about finding another venue before Gimingham is prepared to open (so we could have some face to face sessions). This is not going to happen. So, unfortunately, we shall have to continue to find our own preferred method of meeting our individual yoga needs. I hope if you are at a loose end you will find something satisfactory by going online either on YouTube, or by investigating the countless yoga books.

As I said last time, my routine has evolved and I am enjoying my little ritual every day. I will plug it again, do try to do at least one position each day. You will notice the benefit. Make sure, when you are in any yoga position, you really concentrate on your posture and be aware of your breathing, and try to improve while in the pose. If you have any questions, please feel free to phone me. My details are on the U3A programme card, or on the North Walsham website. Stay safe and flexible!

*Joy*

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## **WORDSEARCH - SWEET THINGS**

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



**AMBROSIA, BLANCMANGE, BON BON, BRITTLE, BUTTERSCOTCH, CANDY, CANDY APPLE, CANDY FLOSS, CARAMEL, CHEWING GUM, CHOCOLATE, CONFECTION, CONFITURE, CREAM, DESSERT, FONDANT, FUDGE, GUMDROP, HONEY, ICE CREAM, JELLY BEAN, JUNKET, LOLLIPOP, MARSHMALLOW, MARZIPAN, MOLASSES, MOUSSE, NECTAR, NONPAREIL, NOUGAT, PRALINE, ROCK, SACCHARINE, SUGAR, SWEETMEAT, SWEETS, SYRUP, TOFFEE, TREACLE.**

Source: [www.puzzlechoice.com](http://www.puzzlechoice.com)