

Lowestoft u3a Newsletter



Summer 2026

Registered Charity 1001662

Message from The Chair

Welcome to our Summer Newsletter.

For those who attended the Summer BBQ at Parkhill Hotel, I hope everyone enjoyed themselves. More on the BBQ is featured in this Newsletter.

I am pleased to announce that we have a new group starting in September. Talking Sport will begin on Monday, 7 September at Coach House, Chapel Road, Carlton Colville, NR33 8BL, from 10.00am until 12 noon, and will continue on the first Monday of the month thereafter. This group is for all those who love to chat about sport. Every type of sport will be discussed, whether past or present. If you wish to join, please contact our Groups Co-ordinator, Paul. A Cinema Group has also been set up in conjunction with East Coast Cinema. The first outing was to see The Sheep Detective, which was enjoyed by all those attending. It's a WhatsApp Group, so if you fancy seeing a film at East Coast Cinema just put a message on the Cinema WhatsApp Group. If you wish to join the group, please let Paul know.

We always welcome any suggestions you have for new groups. If you have an idea, please email the Chair or Groups Co-ordinator.

The Committee hope you are enjoying the new digital gardening newsletter, 'Trowel and Error', produced by Brenda Slight, with three copies already issued. Any gardening tips or stories are greatly appreciated and you can forward them to Brenda – gardening@u3a-lowestoft.org.uk. We are holding an Open Coffee Morning on Wednesday, 8 July at St Margaret's Church Hall, 147 Hollingsworth Road, Lowestoft, NR32 4BW from 10.30am until 12.00noon. This is where the Committee and Group Leaders showcase Lowestoft u3a to attract new members. If you know anyone who would be interested in joining our u3a, please let them know about this event. And, if you have time, come along and support us. Free entry and free refreshments.

And finally, we will be holding a Christmas Breakfast on 9 December at Rookery Park Golf Club. More details to follow but tickets will go on sale at our September Speaker Meeting.



Chris

Christine
The Chair



chair@u3a-lowestoft.org.uk

Remembering

We would like to take a moment to acknowledge and remember the members whose passing we have been informed of since our last newsletter was printed. Their presence enriched our community, they will be warmly remembered and sadly missed

John Elliott

John passed away on 25th April. He was a new member who joined in January but during his short membership he was a member of our SOLO group – one of our small group of men! The first time he came to a meeting, he walked in and immediately saw a friend he had known for ages but had not seen for a long time. They spent the afternoon chatting and met up occasionally outside the group. We did not get the chance to know him very well – after a few weeks he was off on holiday – but he was a really nice man and very easy to talk to. He was always very friendly, jolly and a supportive friend. He will be missed.

Margaret Gunton

Those of you who have been members of Lowestoft u3a for a while will remember former member Margaret Gunton who passed away in November at the age of 90. Margaret was very active in the early days of the organisation. She was Treasurer for a few years, a role which she thoroughly enjoyed. Latterly Margaret suspended her u3a membership but she had been a keen member of the Tuesday Bridge Group and often joined the coach outings. Margaret will be remembered for her independent spirit and sense of humour. She will be sadly missed by all who knew her.

Did you know?

Regularly, every month, our Secretary Muriel sends us all a very unobtrusive email, with a link included, that looks like this:



Now over the years many of these have landed in my inbox, and to be very honest up until last year (or maybe the year before,) I didn't even open them, they went straight into my trash. However, I have learned that these emails contain a treasury of opportunities and useful information; and most of it is absolutely free to access. You are able to book places online to a wide variety of interests.

Since Lynne has been managing the website, I've noticed that she also spotlights these with a link like this on the 'News' page.

Online Events Schedule

How many of you have tried one of the **u3a online national talks, workshops** ?

They are **free** to all members via zoom

From live cookery demonstrations, laughter yoga to the secrets of the human brain there is so much to chose from.

Take a look at the latest monthly online events schedule by clicking on button below or use the email link sent to all members by Muriel this month

[Latest Online Events Schedule](#)



Secrets of the human brain: A tour of the brain

Bob Pullen explores how the brain works, from nerve signals to thinking styles, with interactive insights into how we think and behave.

Monday 22 June at 2pm

Free - online via Zoom

In the most recent 'Talks and Events' email (or the link on our website) you will find the opportunity to join in the u3a Festival Fringe, 'Learn more about 'AI'', 'Mrs Charles Dickens', 'Fusion tai qi gong', 'The history of Shoes', 'The role of Women in Ancient Egypt' and so much more. **FREE**, and all without leaving home!

So when the next email arrives or when you're next on the website 'News' page, don't bin it or ignore it, click on the link and see where it takes you. You may be surprised!



The role of women in ancient Egypt

u3a Festival Fringe

Join Neil Stevenson, Subject Adviser for Egyptology, to explore the status of women in ancient Egypt.

Friday 10 July at 2pm

Free - online via Zoom



Fusion tai qi gong

u3a Festival Fringe

Discover calm, balance and wellbeing with Gordon's gentle fusion tai chi & qi gong taster session on Zoom.

Thursday 9 July at 10am

Free - online via Zoom



Islands of the Venetian Lagoon

This engaging talk with pictures will guide you around twelve islands that can each be reached by public transport (vaporetto, or water bus).

Friday 26 June at 2pm

Free - online via Zoom



Making the most of artificial intelligence (AI)

Join AbilityNet, in partnership with BT Group, for a friendly session designed to help older people build confidence online, stay connected with family and friends, and discover simple digital skills that can make everyday life feel easier and less lonely.

Tuesday 9 June at 2pm

Free - online via Zoom

Meet your Committee



Christine Mills - Chair

Joined u3a in 2020. Long standing member of the Committee joining as Social Secretary and then Vice Chair. Appointed to Chair at the AGM held in October 2025. Main objective of my role is to oversee the running of Lowestoft u3a.



Jeanne Sole - Vice Chair

My role is to deputise for the Chair in her absence; to attend and assist at monthly meetings, coffee mornings and outside events in any way as and when necessary. I am also stand-in for our Beacon Administrator in her absence.

I joined u3a in May 2023 and was voted onto the Committee November 2025.



Muriel Knowles - Secretary

My role is to support the Chair in ensuring the smooth running of the committee; to ensure committee meetings and the AGM are effectively organised and minuted; to receive mailings from the u3a National Office; and to communicate the information to committee members or u3a members, as appropriate. To answer email enquiries from potential members and others; to submit an annual return and report to the Charity Commission.

I joined Lowestoft u3a in 2017 and have been Secretary since 2021.



Julie Walker - Treasurer

My role as Treasurer is to look after our u3a's finances, working with the committee to keep our funds safe, well-used and properly accounted for, as well as claiming Gift Aid. I manage the day-to-day money matters, keep the committee updated, and make sure we have the right controls in place to stay financially secure. I also liaise with our accountant and keep a record of all our equipment and assets. I joined Lowestoft u3a in 2020.



Karen Taylor - Minutes Secretary

My job is to sit in at committee meetings, taking the minutes and contributing when I can. After the meeting, I send them to the Secretary and Chair for approval.

Meet your Committee



Paul Payne - Groups Co-ordinator

I am the Groups Co-ordinator for Lowestoft u3a and I have an overview of the numerous groups we run, as well as helping promote new groups. A big part of the role is ensuring Colville House receive the bookings for the forthcoming month, as approximately 75% of our groups operate out of Colville House. I am also the contact point for new enquiries from both existing members wanting to join a group, and prospective members, either by phone or email.

I joined the u3a in 2022.



Martin Vallis - Membership Secretary

The role is primarily concerned with sorting out applications from new members and renewing memberships at the start of the year. This includes adding on or checking all details on the database and producing individual membership cards. The membership application form is updated as and when necessary and copies produced on request either for meetings or individual requests. I deal with all membership requests and queries and forward other emails as needed. I attend the committee meetings and produce a monthly report.



Lynne Bergin - Publicity Officer & Our On-line Presence

I'm Lynne. I joined Lowestoft u3a in 2022. Many of you know me from the groups I attend. My work as Publicity Officer has two main areas: community publicity and digital publicity. I help promote our involvement in local events such as open coffee mornings, craft fairs, and NHS wellbeing days, ensuring the wider community knows where and how to find us. Digitally, I manage and update the Lowestoft u3a website, our private Facebook group, our public Facebook page, and I also share information through local Facebook community groups and 'Nextdoor'.



Carol Craven - Social Secretary

My role involves - Arranging/Organising Speaker Meetings. Booking and Liaising with the Speakers. Organising our two Main Social Events during the year. Arranging the Open Coffee Mornings. and generally supporting the rest of the team and arranging external events.

I joined the u3a in 2019.

Other Non-Committee members



Jen Roberts - Beacon Administrator

Jen joined Lowestoft u3a in 2021, and manage the Lowestoft u3a's Beacon system, keeping membership, groups finance, and communications data accurate and secure. Her role includes supporting group leaders with registers and information, managing emails sent through Beacon, and ensuring data protection and correct access permissions. She also helps committee members with queries and keeps the system running smoothly.



This is Angela Sturman. She is the friendly face of our u3a.

You'll have seen her at the monthly meetings and interacting with the public at tabletop events; meeting and greeting people as they join us.

She leads the Scrabble Group.

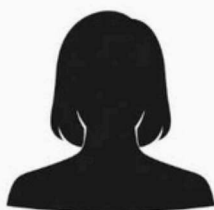
Long standing member of u3a who joined in 2016.



Beverley is one of our vital members representing RUG, (Really Useful Group). They are a really helpful band, prepared to roll up their sleeves and help when needed. There's always plenty to do. Why don't you join them?

If you are interested please contact Lynne or Christine.

Could this be you?



We need a Vice Treasurer

Julie could really do with some help, especially holiday cover. The role of Vice-Treasurer is to assist and support the Treasurer, where necessary. Which could mean stepping in at Speaker Meetings to take payments and record attendance when the Treasurer is unavailable, as well as helping to count money at busy times.

Could you take this on? I'm sure you'd be great at it.

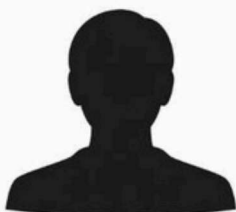
Please contact Julie and arrange to have a chat
treasurer@u3a-lowestoft.org.uk

I.T. Support

If you have some experience in this field we would like to hear from you.

Trips Organiser

Maybe you could fill the role of Trips Organiser with a friend, possibly working together, sharing the role and supporting each other.



Give it some thought, you may be just who we're looking for and could fit the bill perfectly.

Our Group Leaders

We must not forget our unsung Heroes-the Group Leaders .
We could not keep our u3a running without them (and their deputies)!

Art Appreciation	John Knowles
Art for All- Group 1	Lily Siggins
Art for All- Group 2	Lily Siggins
Bookworms	Debbie Gilbert
Bridge Tuesday	John Sayer
Bridge Friday	Paul Payne
Canasta	Betty Jarrod
Cinema Group	Christine Mills
Coffee Morning	Julie Walker
Computer Clinic	Paul Newbery/ Paul Brown
Country Dancing	Nick Pearson
Digital Gardening	Brenda Slight
Family History	Janis Kirby
French Improvers	Richard Allen
Jigsaw Swap Shop	Lynne Bergin / Christine Mills
Let's Talk About Books	Trevor Shurmer
Lunch Group	Christine Mills
Mixed Craft	Sue Trott
Music Appreciation	Roger Daniells
Pilates	Paul Payne
Quiz Group	William Rouse
RummiKub	Paul Payne
Scrabble	Angela Sturman
Short Mat Bowls- Wednesday	Barbara Cliff
Short Mat Bowls- Friday	Ray Willett / Viv Loney
Social History	Tim Harris
SOLO	Jeanne Sole
Spanish	Paul Newbery
Table Tennis	Mick Dobney
Talking Sport	Mary Clark
Writers Group	Sarah Lovett
Walking Group 1	Bridget Newbery
Walking Group 2	John Sayer

Thank you to all of our leaders.
Past, Present & Future.

Debbie's Tweets

I would not call myself a 'twitcher', that being the term used to describe a person who goes to extreme lengths to see a rare bird. Having said that, if I get to know of such a species locally, then I may be tempted to grab my binoculars and go out to search for it.

I belong to a Suffolk WhatsApp group of fellow birdwatchers and we message if we see anything unusual to alert others. Around the middle of May, a few messages started to pop up on my screen telling me there was a Hoopoe not half a mile from my house. Well, I couldn't resist could I? I grabbed my binoculars and rushed to where it was last seen. There was another lone birder looking for it and we continued our search for the elusive bird. Unfortunately, that time I was unlucky as the bird in question seemed to have flown off to a different location. Not put off by this, I returned a few days later after repeated messages showed that the bird was best viewed early in the morning. After a brief search with a dozen or so other birdwatchers, I was rewarded with a spectacular, albeit brief, view of the delightful bird in question. A few minutes later it flew out of sight but taunted the assembled crowd with its loud distinctive 'hoop hoop hoop' call for several minutes. Some of us searched again but to no avail. I was happy with the view I had and have been able to add it to my list of species seen this year.



Photo by kind permission of René Baptiste

As you can see from this photo the Hoopoe is a rather exotic looking bird that is about the same size as a Mistle Thrush. It has a pinkish-brown body, striking black and white wings with a downcurved bill and a rather striking crest that it can raise when it gets excited. As these birds migrate from Africa to Europe they sometimes get blown off course and overshoot their intended destinations, hence this one that turned up in someone's garden in Oulton Broad. Here it was spooked by the starling landing on the same TV aerial. A great capture by René, and thank you for allowing us to use your lovely photo.

Debbie Gilbert

Although Debbie has been with the Lowestoft u3a less than a year, over the past few months she has become a regular and very popular contributor to 'Trowel & Error'.

Thank you Debbie.



SOLO - Theatre Trips



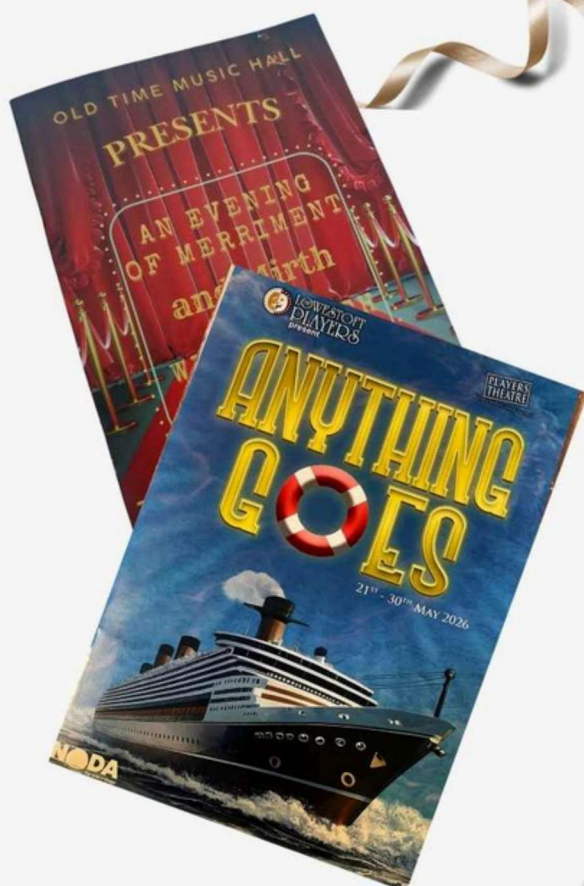
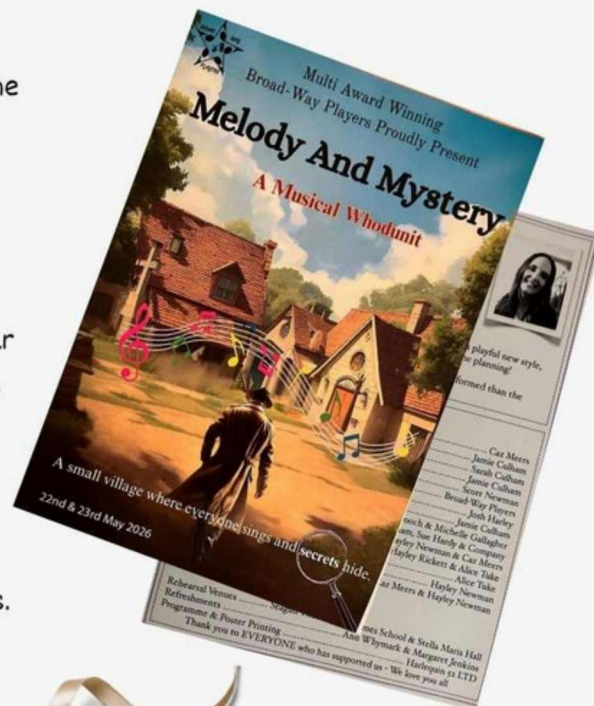
Melody and Mystery,

A group of Solo members attended the matinee performance of Melody and Mystery, staged by the Broad Way Players at the Seagull Theatre.

The Broad Way Players are a vibrant community of performers, bringing together people of all abilities and talents to share the joy of song and dance.

The show opened dramatically, with a black-bagged body being dragged off stage in near darkness—then suddenly the full cast appeared, and the singing began. I don't believe any of us guessed the murderer; we were all quite baffled by the unfolding mystery.

It was entertaining, it made us smile, and it certainly gave us plenty to talk about afterwards. Unbelievable, unusual, unique, special, and delightfully different.



Anything Goes

A group of Solo members attended a matinee performance of Anything Goes, by the Lowestoft Players at the Players Theatre (which was nicely air-conditioned on a hot afternoon).

This was a very polished and professional performance of this musical. The sets were true to the London stage show (a film of which is currently showing on BBC I-Player). A very enjoyable musical with great Cole Porter songs!

Marilyn Booth.

Artificial Intelligence



Recently, I took part in a free, online, u3a course on Artificial Intelligence (AI). I joined out of curiosity, hoping to understand a little more about this fast-moving technology, its benefits, its drawbacks, and everything in between. It has turned out to be both fascinating and, at times, completely mind-blowing.

I'm certainly not an expert, and I know there are members of our Lowestoft u3a who understand AI far better than I do. Even so, I thought some of you might enjoy hearing about one of the tasks we were set which was: "Upload a photo or picture and ask AI what it can tell you about it."

I decided to choose a photograph from the old box my mother kept.

My question to the AI Chatbot was: If I give you a photo can you tell me about it?
the chatbot replied

Absolutely – if you upload a photo, I can tell you about it.

The tutor had warned us to be cautious not to give too much information to the chatbot (clues) and not to believe everything we were told as AI may make mistakes. So with this in mind I uploaded my photograph. It was (as you can see below) a very old, very faded sepia photo that was not in good condition.

Within seconds the chatbot gave a lengthy two page reply explaining how it had calculated the date (from what the people were wearing), where the photo was taken (from the surrounding architecture) and much, much more, a precis of which is below:



Chatbot:*The photograph likely dates from 1895–1910, based on the family's clothing: the woman's Edwardian blouse and hat, the man's boater hat and summer trousers, and the child's tunic-style outfit. The house's features – elevated stumps, deep veranda, timber railings, VJ walls, and corrugated iron roof – strongly suggest a Queenslander-style home, indicating the photo was probably taken in Queensland or northern New South Wales, Australia. The family's neat white clothing and formal pose imply they were middle-class and proud of their home, possibly newly built.*



Artificial Intelligence -continued

Architecture & Location Clues

The house provides a very specific clue about the location. This looks like a "Queenslander" style home, which suggests this photo was likely taken in Australia (specifically Queensland or Northern New South Wales).

- *Elevated Structure: The house is built on "stumps" or stilts. This was done to allow air to circulate under the house for cooling and to protect against termites and flooding.*
- *The Veranda: The deep, shaded veranda with timber railings is a classic feature designed for sub-tropical climates.*
- *Materials: The vertical timber "V-joint" (VJ) walls and the corrugated iron roof (hinted at by the pitch) are staples of early Australian timber cottage construction.*

General Observation Summary

- *The family appears to be well-to-do or at least "middle class" for the era, given their crisp, clean white clothing and the fact they could afford a formal photograph. They are posing proudly in front of what may have been a relatively new home at the time.*
- *Would you like me to try colorizing this photo or enhancing the clarity so the faces are easier to see*

My answer was of course "Yes please!" and within a few minutes it returned the picture below.



Now you may have already noticed that AI has its faults- the most obvious is that it has an American bias to its descriptions and spelling and can be repetitive. I would be among the first to admit that AI certainly can make mistakes, but in the case of this photograph I can confirm that it was surprisingly accurate. I know because the photograph was one of my great uncle and his family who emigrated to Brisbane Queensland, Australia in 1912. It took me ages to find this information by the normal Family History route and had AI been around then this photo could have made the journey easier.

You may have a Chatbot on your computer without realising it's there



Watch out for more opportunities to find out about AI with the u3a online courses.

Bookworms



During our Bookworms session, each month we meet and discuss the book we have read over the previous few weeks. Once quite recently Bridget, one of our members, was unable to attend and sent in a written review of the book. We all agreed that it was a great review and covered most of the groups views and thought we would like to share it with you.

Girl, Woman, Other - Benardine Evaristo

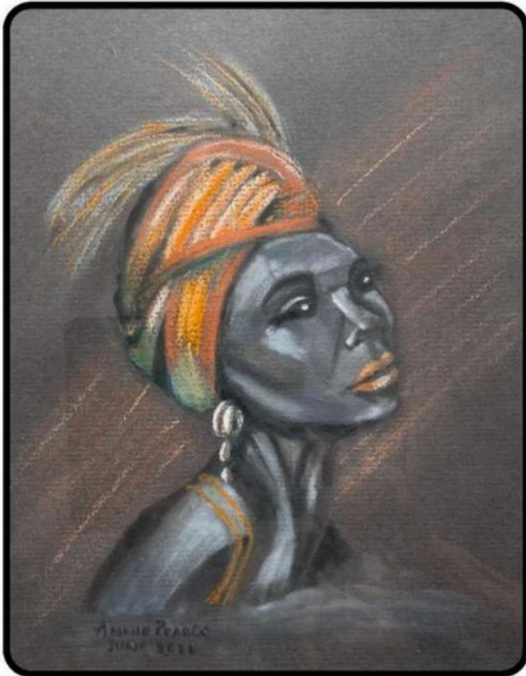


Illustration by Annie Pearce

I had never read this author before and it certainly wasn't an easy read to begin with, as there are so many characters to get your head around, but it was interesting and I was intrigued by the poetic form and structure in which it is written. That alone was enough to keep me going.

The book follows the interconnected lives of twelve primarily Black, British women, spanning different generations. Numerous themes are explored in the characters' lives including racism, feminism, politics, patriarchy, gender and sexuality to name but a few, illustrating a huge variety of identities and experiences across time.

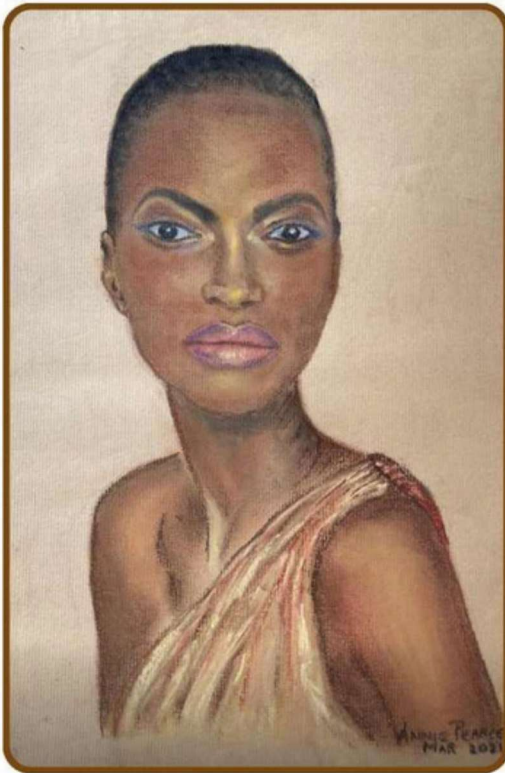
There is so much information to take in and a lot 'not to be missed' and for that reason I think it is very likely one of those rare, special books that is worthy of more than one read. But, for me, it did feel like one big discussion with numerous viewpoints, multiple voices, all shouting to be heard at the same time. Interesting yes, but hard to keep track of and frustrating at times.

The book is divided into four chapters and in each of the chapters we are introduced to a new group of characters, all interconnected in one way or another. The problem I had was that I never felt that I had enough time to connect or identify with the first set of characters before moving on to the next group. It moved on too quickly and each chapter felt like a new story. Thankfully, I did eventually catch up with the flow of it once I was able to see how their lives intertwined and at that point I began to enjoy it. The novel felt more cohesive and I could appreciate how the different lives intersected.

I was also drawn to the way Evaristo continued to raise questions about identity and belonging right up to the end, which added another layer of interest without feeling forced.



Bookworms cont.



Writing a book of this scale must have been a monumental task and I can see why it received so much recognition. I'm glad to have discovered her work. Although I found the reading experience demanding at times, it was rich with ideas and perspectives worth returning to. Out of curiosity, I may try another of her novels to see how her other writing compares.

Bridget Newbery

Illustration by
Annie Pearce

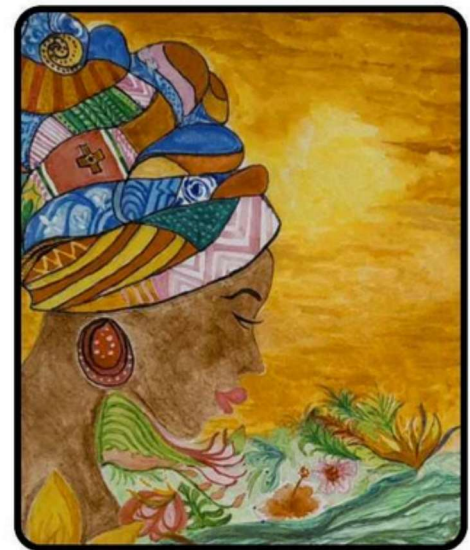


Illustration above by
Lily Siggins

Bookworms & Writers Group



Irene Sergent

Since the last newsletter, both the Bookworms and Writers Groups have welcomed new leaders. After many years of dedicated service, Irene Sergent has decided she has "done her bit" and stepped down. Her shoes have been filled at Bookworms by Debbie Gilbert, who moved to the area just a year ago and has quickly become an active member of both the community and the u3a. Meanwhile, Sarah Lovett has stepped up to lead the Writers Group.

Thank you for your service, Irene; and good luck, ladies!





Art Appreciation



People often ask what we do in Art Appreciation. Well, periodically, one of us will research a particular artist in whom they have an interest and present that research to the rest of the group: talking about their life and their career. Obviously this research takes a lot of time and we are a relatively small group so for the rest of our sessions we have what we call Bring and Show (the Americans call it Show and Tell). This means everyone brings in something of interest to show the rest. It could be something they have at home or something interesting they have seen or read. Recently we have started having a theme for these sessions with everyone giving their own take on the subject. So back to our last session on the theme of SAFE SPACE. And what a diverse session that turned out to be! (Due to possible copyright infringement, we cannot display all the pictures.)



We had the SAFETY OF A MOTHER'S
ARMS depicted in a detail of a
painting by Ford Madox Brown.



Next we looked at SHELTER FROM HARM in a set of beautiful, intricate line drawings by Henry Moore showing the use of Tube Stations as Bomb Shelters during the Blitz. He had seen scenes like this when travelling home by tube one evening.

Henry Moore Shelter Drawings<https://henry-moore.org/press/the-shelter-drawings-1940-1941/>
The influence of these drawings can be seen in his later sculptures, particularly his family groups and reclining figures.

The idea of HOME AS A REFUGE was clearly illustrated by 2 paintings by Vanessa Bell. The first is a view from an open window into a secluded garden surrounded by a high wall. The second shows the artist's daughter sitting reading in a comfy armchair in a cosy looking room filled with books. Just the place on a winter afternoon!

View into a Garden by Vanessa Bell
The Artist's Daughter by Vanessa Bell

Art Appreciation cont.

Then there is the notion of SAFE HARBOUR illustrated by Samuel John Lamorna Birch who took on the name Lamorna (to distinguish himself from another similarly named artist) after Lamorna Cove shown below) which became his home. We also saw a painting of the artist with his daughters.



Old Quay Lamorna by Samuel John
Lamorna Birch

Lamorna Birch and His Daughters by
Laura Knight

This SAFE HARBOUR was also illustrated
by a painting of a damaged destroyer
coming into harbour by John Duncan
Fergusson.

Damaged Destroyer by John Duncan
Fergusson 1918

And finally, we looked at a series of paintings and sculptures by 9 artists fleeing Nazi Germany for Sanctuary in Britain.



Miracle in the Internment Camp by
Martin Bloch



Recumbent Boy by Georg Ehrlich.

This was a very interesting and lively session. We have discovered that having a theme that is open ended allows everyone free rein to explore and discover new ways of looking at things and brings a new dimension to our appreciation of art.

Our next theme is CROSSROADS. Looking forward to what that brings. (No mention of Motels we hope.)

Jeanne Sole

(Please take the time to look up the paintings and sketches and artists whose work we were unable to show - due to copyright.)

Lily's Kitchen

MACKEREL PATE

6 to 8 portions

150ml double cream

350g (12ozs) rich kiln roasted mackerel

125g (4ozs) soft cheese

125g (4ozs) melted butter

2 to 3 tablespoons lemon juice

1. Remove the skin and bones from mackerel and mash.

2. Add all the ingredients and mash together.

3. Divide into portions and refrigerate or freeze.

Lasts in freezer for six months, please defrost in fridge.

Top tip: it's faster with a hand held blender.



Quiz Time

Quick Quiz

1. Which Cat sang about loving his dog?
2. What was the name of the first Blue Peter dog?
3. What book is the musical Cats based on?
4. Cartoon dog that loves a snack and a mystery.
5. A bouncy big cat
6. What was the name of the real first dog in space?
7. What were the names of the cats in Lady & the Tramp?
8. Who was Mutley's travelling companion?
9. Martial Arts detective dog
10. Where did Top Cat's crew live?
11. This dog was once a planet
12. Bernie Winters starred at the Sparrow's Nest in the 80's with his St Bernard dog. What was the dog's name?

Sudoku

		9	2	3	1	4		
	4			6			2	
6			8		5			9
	6	8				1	4	
5		4				6		2
	1	3				9	5	
4			3		6			1
	9			5			3	
		6	1	9	2	5		

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Art for All

Recently Art for All was invited to display artwork in the window of the old Tesco's building in Lowestoft, now known as The Forum. A group of our members wanted to take part, so I contacted a lady called Faye by email, to ask for the details.



She explained that we would need screws and fishing wire to hang the pictures. I told her I wasn't remotely qualified for that, and she kindly offered to hang the artwork herself.

Later, she asked for samples of the pictures we planned to submit and said they would be voting on which ones would go into the window. I wasn't happy about this, as it hadn't been explained at the start, and I didn't want to let anyone in our group down. Since this project was meant to support health and wellbeing, I explained that the situation was causing me stress. Faye was very understanding and agreed that we could have a whole window to ourselves and display all our pictures.

As I don't drive one of our members, Sue Trott, kindly offered to help me deliver the artwork. It was something the whole group could participate in, and personally, it was lovely to see my own pictures on display. Faye later told me the exhibition was a success and that people had responded well. We were then invited to The Forum finale, where we were offered refreshments — champagne was flowing and there were lots of delicious cakes. In the end, it was worth the effort.



Above: Watercolour by Lily Siggins



Above : Watercolour by Les Prettyman

Another Day in Great Yarmouth

We decided to visit Yarmouth by bus! Started off well, arrived at the Police Station in Yarmouth where a lot of passengers alighted, we were quite puzzled by this. Sat for a while, next minute drivers were being changed. We set off again and in the next few minutes, to our horror we found that we were on our way to Norwich! We hastily pressed the stop button and managed to get off just before Asda, before we got to the Acle Straight, the bus driver then told us the bus station had been closed for a few months, and buses could not stop there, but we had no idea!

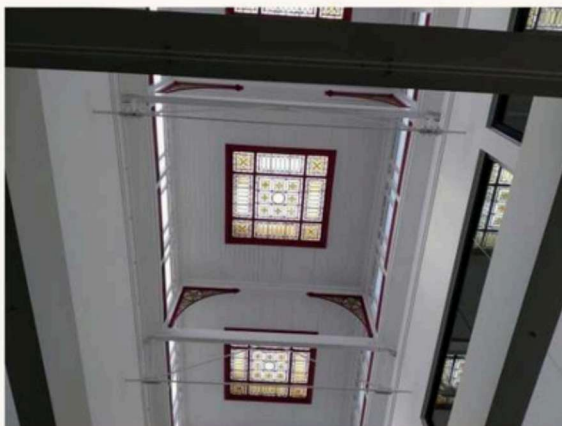
After a walk back into Yarmouth we had a coffee, reflecting on what had happened, thinking again of our last trip here by bus

We decided to visit the new Library, which is call "The Place." We were invited to go on a short tour by a lovely girl to look around the downstairs. The Place was home to the famous and much- loved Palmers department store from 1837 to 2021. The enamel sign was donated by Mr. Bruce Sturrock the 7th generation of the Palmer family. It was used by locals as a target for practising air gun shooting which explains the pockmarks.



Many of the original features have been kept and stained-glass windows uncovered. One of The Rows were a series of narrow, cramped streets in Great Yarmouth which date back to the 12th Century. Row 54 once ran through where The Place building stands today, the position which is indicated by the lighter coloured carpet.

Elaborately decorated panels were uncovered on the ceiling of what is now the Ceremony Room. They were made of pressed metal rather than the more usual plaster. Original stained-glass windows add to this lovely wedding venue.



Another Day in Great Yarmouth

In the main part of the Library, which is well set out in different sections, including a learning centre for adults, seating areas, part of the upper floor has been removed and if you look up there are stained glass windows for the public to see.

Reference books and old newspapers were laid out for people to read and a display cabinet full of information. At the end of each book case old photographs are displayed showing the history of the town.

The Children's Library is set apart and is a welcoming bright and colourful space for young children to come and enjoy the different activities. Among other things, offering Baby Weighing, and Changing Facilities, and is a Breast-Feeding friendly space. Lots of different areas to enjoy.



We were not able to visit the top floor as it is being used by Colleges and Universities for medical training. After our tour we were offered tea and coffee and this was another lovely area, people enjoying making a jig-saw puzzle and chatting. There isn't a café area, but plenty of spaces to sit and enjoy looking at books. Well worth a visit if you are in Yarmouth, so well thought out and carefully preserved a real credit to all concerned.

We enjoyed lunch at Kirsty's Cakery before catching the bus home agreeing that this has been a really good unplanned day out.

Joan Porter and Marian Baldwin 2025

Quiz Answers

1. Cat Stevens sang 'I love my dog.'
2. Petra was the first Blue Peter dog.
3. Old Possum's Book of Practical Cats by T.S. Eliot.
4. Scooby Doo.
5. Tigger (from Winnie the Pooh).
6. Laika. A stray mongrel from the streets of Moscow.
7. Si and Am the Siamese cats.
8. Dick Dastardly from Wacky Races.
9. Hong Kong Fooey Martial Arts detective dog.
10. In bins in Hoagy's Alley Manhattan New York.
11. Pluto, now a minor planet.
12. His St Bernard dog, was called Schnorbits

Sudoku solution

7	5	9	2	3	1	4	6	8
8	4	1	7	6	9	3	2	5
6	3	2	8	4	5	7	1	9
9	6	8	5	2	7	1	4	3
5	7	4	9	1	3	6	8	2
2	1	3	6	8	4	9	5	7
4	2	5	3	7	6	8	9	1
1	9	7	4	5	8	2	3	6
3	8	6	1	9	2	5	7	4

T
O
W
N

Downtown

Knee
Lights

Neon Light

YOUJUSTME

Just between you
and me

Travel
ccccccc

Travel overseas

Des
Des

Despair



Once upon a time

Summer BBQ

Despite the thundery showers, the barbecue held at Parkhill Hotel on 10 June in the marquee, went extremely well and was very well attended. Our food was cooked outside on the barbecue but due to the weather conditions, the hotel staff served us inside the marquee. Parkhill Hotel pulled out all the stops to ensure we had a lovely time.

Entertainment was by The Austin Beats, who did an excellent 45-minute set. There were lots of toes tapping and the dance floor was certainly put to good use.

Steve, our quiz master, produced another tricky quiz, which resulted in an equally tricky tie-break. Our lucky ticket winner was June Manship, who won an afternoon tea voucher for two at The Coach House. We finished the afternoon with a raffle.



Summer BBQ



Groups Schedule

<u>Monday</u>			
Writers Group ***	10.00 - 11.30	Colville House	2nd & 4th Mondays
Scrabble	10.00 - 12.00	St Marks Church O.B	2nd & 4th Mondays
Social History	10.00 - 12.00	Colville House	3rd Monday
Talking Sport	10.00 - 12.00	Coach House NR33 8BL	1st Monday from 7th Sept
Art for All	13.30 - 15.30 group 1 13.30 - 15.30 group 2	Colville House	1st & 3rd Mondays 2nd & 4th Mondays
Bookworms	14.00 - 15.30	Colville House	2nd Monday
Table Tennis	14.00 - 16.00	United Reform Church	Weekly
Computer Clinic	14.00 - 16.00	Leader's Home	1st & 3rd Mondays
<u>Tuesdays</u>			
Walking Group 2 ***	10.15 - 12.00	See website	2nd & 4th Tuesday
Country Dance	10.00 - 12.00	St Marks Church O.B	1st & 3rd Tuesdays
Spanish	10.30 - 12.00	Online	Weekly
Lunch Group ***	12.00 - 14.00	Various	1st Tuesday
Bridge	13.00 - 15.30	Colville House	Weekly
Canasta	14.00 - 17.00	Colville House	Alternate Tuesdays
Family History	14.00 - 16.00	Baptist Church	2nd Tuesday
<u>Wednesday</u>			
Short Mat Bowls ***	13.15 - 15.30	Colville House	Weekly
Mixed Craft	13.30 - 15.30	Colville House	Weekly
Talking Books	10.00 - 12.00	The Coach House	1st Wednesday
Monthly Meeting	10.00 - 12.00	Avenue Hall	Last Wednesday (not Jul, Aug & Dec)
		Continued	

Groups Schedule cont.

<u>Wednesday cont.</u>			
Jigsaw Swap	10.00 - 10.30	Avenue Hall - just before start of monthly meeting	Last Wednesday October to March
Pilates	13.30 - 14.30	Oulton Community Centre	Weekly
<u>Thursday</u>			
French improvers	10.00 - 12.00	Colville House	Weekly
Music Appreciation	10.00 - 12.00	St Margret's small hall	Weekly
Walking group 1 ***	10.15 - 12.00	Various (see website)	2nd & 4th Thursdays
Whist Drive	14.00-16.00	Colville House	1st Thursday
Quiz Group	14.00 - 16.00	Colville House	3rd Thursday
<u>Friday</u>			
Art Appreciation	10.30 - 12.00	Colville House	2nd & 4th Fridays
Rummikub	13.15 - 15.30	Colville House	Weekly
Bridge	13.30 - 15.30	Colville House	Weekly
Solo	14.00 - 16.00	Colville House	2nd Friday
Short Mat Bowls	13.15 - 15.30	Colville House	Weekly
<u>Saturday</u>			
Coffee morning	10.30 - 12.00	Kensington Gardens Cafe	1st Saturday
***Indicates group full . Waiting list available			
Floating Groups			
Cinema		East Coast Cinema	By arrangement
Digital Gardening		Online Group	

If you are not already a member of any of the groups but would like to give them a try, please contact Paul, our Groups Coordinator first - either via the website contact page or by phoning him on 07767 431565 so that he can let the group leader know you will be attending.

Monthly Meetings



30th September 2026

Tracey Mackness, an inspiring woman who overcame a troubled past, including prison, to build the successful, award-winning Giggly Pig Company



28th October 2026

AGM and a talk on archery with Willy Rackham



25th November 2026

A Christmas Carol : fun, festive entertainment with Mike Wabe



No Monthly Meeting this month but join us on

9th December 2026

Christmas Breakfast at Rookery Park Golf Course
Tickets available in September

Contact Details

Committee Contacts		
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Vice Treasurer	Vacancy	
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Trips Organiser(s)	Vacancy	
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