

Heybridge U3A News Sheet No. 2012/3 March 2012

Contacts: Peter Thorpe Chairman 01621 850828 Brenda Dewar Secretary 01245 400492

http://www.heybridgeu3a.org.uk

From the Chairman

Our AGM is upon us and it is time to reflect on the past year, as we simultaneously look forward to the coming year. If we were a business, we would be pleased that our income exceeded our expenditure. We would also be pleased that our growth indicated that our services were popular and of good value. Fortunately, we are not a business, our expenditure does not include salaries or offices and our member's subscriptions provide the income. We may be small as an organisation, but we take the business of our record keeping very seriously. Every member should be grateful to the committee for successfully guiding us to the end of our third year.

When I was younger (in my 40s) I genuinely did not understand "being old". It seemed that my ideas were often challenged by my seniors, questioning my exciting plans for "improvement". I now realise that no one can be taught what it feels like to "be old", you have to experience it. I also now know that you should spend your time wisely and try to enjoy every minute!

With that in mind, I would like to remind you that I mentioned Dr Syd Hiskey's survey at the last meeting. Dr Syd Hiskey is a local Clinical Psychologist who has approached me and asked for our help in his important study into the effects on mature people (over 65), from major events which happened in earlier life. The questionnaire is straightforward and you do not have to identify yourself. You can read more about this piece of work and complete the questionnaire on line at http://hiskeyresearch.com.

Our website has been enlarged and, I hope, improved. The Groups page is being upgraded with links to some new pages dedicated to the work of individual groups. There are also changes to the News Sheet page with a new layout for the News Sheet archive. Every one of our News Sheets is available to read online and I hope that this will be the basis of a historical record of our U3A (written in our members own words) for many years to come. I am grateful to members of the Technical Computing Group for their help with the improvements to our website.

We were lucky that Maureen Scollan made a return visit (by popular request) and continued her superb talk on the role of women in the Essex Police. Maureen rose to the rank of Inspector during her long career and continues to study the history of Essex policing in retirement. She gave her talk dressed as one of the first women police officers in a uniform made especially for her to a pattern created from an old photograph, but with her own collar number (44). I

regret that I did not think to take a camera to "capture" a photo for this news sheet.



Telegraph at Maldon

Author: Peter Thorpe

I look forward to being with you all again at our AGM meeting on Friday March 9th.

Email thorpe101@btinternet.com or phone 01621 850828.

Peter Thorpe.

From the Editor

Membership renewal is now due. The renewal form will be attached to this News Sheet if you get it by email. A printed copy will be available from the registration desk. Please see the Membership Secretary Section of this News Sheet.

The Diary on the last page has been updated to the end of April 2012. It is important that you, as COG's, members of Groups or just members of Heybridge U3A, keep me up to

date. If anyone has an interesting story, relevant pictures or anything that relates to The Heybridge U3A or the U3A movement as a whole, then please contact me with the information so that it can be included in the News Sheet. This is especially true when activities or visits relate in some way to their group.

Please may I have your copy by the last Friday of the month to enable me to assemble the News Sheet for delivery by email approximately five days before the Monthly Meeting.

Printed copies will be available, as usual, at each Monthly Meeting. Please continue to send details to me, preferably by email (see below) with 'Heybridge U3A' in the title. Alternatively talk to me at the Monthly Meeting.

Back numbers of the Heybridge U3A News Sheets can be read on our Web Site. The link can be found under U3A Logo on page1.

Email <u>ian.newman@tiscali.co.uk</u> or phone 01621 891184 Ian Newman.

Heybridge U3A Monthly Meetings

The next Monthly Meeting is on Friday 9th March starting at the normal time of 14.00, in the Plantation Hall, Heybridge. This month we have AGM followed by Helen Leonard with "Life in the Tower of London".

A list of other potential subjects for the following Monthly Meetings are as follows:

- April 2012: Oldies music Ray Spiller.
- May 2012: Air Ambulance.
- June 2012: Hyland Park.
- July 2012: Plume School Drama Department.

Membership Secretary

Many thanks to those of you who paid your 2012-13 membership fee so promptly. Please remember to collect your membership card at the March Monthly Meeting. May I remind those who have not yet paid that subscriptions for 2012-13 are due by the end of March. Please complete the re-enrolment form (sent with the February newsletter) and either:

- put your completed form and payment in a sealed envelope marked with your name and hand it in at the March meeting
- or post your completed form and payment to me at the address on the form.

Membership cards will be available for collection at the following Monthly Meeting. If you would prefer your card to be posted to you, please enclose a stamped addressed envelope. If you decide not to renew your membership, please let me know so that I do not bother you for payment. Many thanks to you all for your co-operation.

If you are not a member and would like to find out more about the Heybridge U3A, you are welcome to attend a monthly meeting (held in the Plantation Hall on the $2^{\rm nd}$

Friday of each month at 14.00) as a guest. There is no need to book, just turn up and sign in.

For any queries regarding membership, please

Email jennyparker14@hotmail.com or phone me on 01621 843581.

Or, If I am not available, please

Email <u>angela.pleasance@hotmail.co.uk</u> or phone Angela on 01621 850310.

Jenny Parker.

Group Names, Co-ordinator, Contact Telephone

Group Name	Co-ordinator (COG)	Telephone Number		
Art (Painting)	Michael Kempen	01621 892974		
Ballroom Dancing	Joint with Maldon Jo Robson *	* 01621 828236		
Bird Watching	Maureen Lenoir	01621 869871		
Coastal & Marine	Brenda Dewar	01245 400492		
Coffee Morning	Margaret Brown	01621 854885		
Computer	Tina Abeysekera	01621 858635		
Creative Writing	Angela Pleasance	01621 850310		
Family History	Lesley Pomphrett	01621 817733		
French Conversation	Jenny Parker	01621 843581		
Gardening	Pat Yates	01621 892866		
Italian	Janice Slight	01621 853393		
Local History	Carol Greenhalgh	01621 840339		
Luncheon	Dave Mason	01621 858635		
Petanque	Barbara Barbrook	01621 855605		
Photography	Peter Thorpe	01621 850828		
Reading & Books	Ann Lees	01245 225153		
Scrabble	Ruth Tyler	01621 856212		
Technical Computing	Colin Mason	01621 854906		
Ten Pin Bowling	Janette Lett	01621 879697		
Theatre	Gill Bridle & Janet Morley	01621 892587 & 892626		
Threads & Fabrics	Anne Thorpe & Pat Newman	01621 850828 & 01621 891184		
Walking	Elizabeth Eastwood	01621 850618		
Weekenders	Marilyn Corbett	01621 817518		
Wine Group	Jackie Jones	01621 817117		

From the COGCo (Group Co-ordinator)

As all of the COGs now provide both interesting and amusing articles for the News Sheet, it leaves me very little to say. However, I am available for any help they may need. It is now two years since I took on this role and this has been very important to me in making new friends and taking on new interests.

Just one point that has been raised is that several new members, when asked to contact Gill (when one of the COGs was unavailable), did not realise who I am. I do try to meet all new members at the main meetings so, if I missed you, please make yourself known to me. As we have had such interesting speakers over the last two months I have not had to stand up at the Monthly Meeting. The next Monthly Meeting is the AGM where I will speak.

Email gillthorne2@hotmail.co.uk or phone 01621 852294.

Gill Thorne.

REPORTS

Art (Painting) Group

Information relating to the Art (painting) Group can be obtained from Michael.

Email m.kempen@sky.com or phone 01621 892974.

Michael Kempen

Bird Watching Group

This month we joined the Friday bird watching walk at the RSPB centre at Rainham Marshes. The volunteers run one every week and anyone can join them. They know everything about the birds and wildlife. We would have missed so much if they had not been with us. They point out and identify the birds that are only little dots in the sky.

The list of birds we saw this month is long, 45 different species in all but I will only mention some of them.

As the tide was out we started our walk along the Thames. There were not as many waders as we expected. However, there were Lapwing, Dunlin and five species of gull. On the lakes were lots of ducks including Gadwall, Teal, Shoveler, Tufted and Shelduck just to mention a few. The Canada, Grey Lag and the White Fronted Goose, which was not one we had seen before. We watched as the Lapwing and Dunlin took to the air in alarm. We had already seen a Buzzard, but this time it was the Peregrine Falcon on the lookout for a tasty lunch, perched high up on one of the pylons. We all got a good look at him as he stayed there long enough for us all to have a look through the scope; such a handsome bird. The Cetti's Warbler and Water Rail were both singing in the reeds but we never got to see them, perhaps next time.

We were now nearing the end of our walk and seeing more garden birds including the Dunnock, Linnet, Greenfinch, Goldfinch, Blue Tit and Long-tailed Tit to name just a few. We had enjoyed our time at Rainham and hope next month Tollesbury Wick will be just as interesting. We meet next

on Friday 23rd March. The warden, Jonathan Smith, will be meeting us at the Marina for a 10.00 start.

For further information, email symockturtle@yahoo.co.uk or phone 01621 869871.

Maureen.

Computer Group

Twelve people attended a very lively and animated group where we discussed creating and naming of files and folders. The discussion included both photographs and other aspects of any work, that any of us do on our computers, by including dates and descriptions of the files and folders generated.

As usual, we will meet again on third Thursday of each month in the Claydon Room in Plantation Hall. Any U3A members who want help or advice on how to improve their knowledge of computers will always be made most welcome.

Email <u>tina@tina832.orangehome.co.uk</u> or phone 01621 858635.

Tina Abeysekera

Coastal and Marine Group

We had a very interesting planning meeting. Thank you to everyone who came along with their ideas, and helping with getting the dates correct!

Friday 16th March: No meeting this month.

Friday 20th April: A visit to the Docklands Museum to uncover London's history as a port. There are many displays including more information about the Olympic site, which we should be able to see from Stratford station! The best way to travel is by train and the nearest station is West India Quay on the DLR. The Museum is free and open from 10 a.m. – 6 p.m. We can all meet up at the coffee shop. River boats run from Canary Wharf Pier.

The barge trip on 30th May is full: This is an all day trip leaving Maldon Quay at about 07.00 and back on the tide 12 hours later! I will let you know more when I have the confirmed details – timing etc.

I will put more details on the notice board nearer the dates at our monthly meetings at Plantation Hall. We can arrange car share either to the station or all the way. I do hope that you find the programme interesting. If you would like any further information, just give me a call.

Email <u>brendadewar@btinternet.com</u> or phone 01245 400492.

Brenda Dewar.

Creative Writing Group

We had another lively meeting in February. We discussed the new pages on our website and thanked Janice, and Peter in his absence, for all their work on this project. It was considered too much work to renew the pages on a regular basis but I hope that more items will eventually be added. Many of us had had difficulty with 'Disappointment' but the results of our efforts were not disappointing. We have set ourselves another difficult challenge by playing the 'fiction square' in March 2012 Writers' Forum magazine. Our project for March is to write something inspired by the characters of an estate agent and a therapist; the traits of gullible and desperately shy; the conflict of an over-bearing relative; the location of a bus stop and an object of a discarded car tyre. I am already finding it difficult to imagine a shy or gullible estate agent. The group might like to note that when I read the magazine article it does explain that these things are intended as a kick-start to your imagination, not a straightjacket. Phew!

Email angela.pleasance@hotmail.co.uk or phone 01621 850310.

Angela Pleasance

Discussion Coffee Morning Group

Last week we met at Gill Thorne's house where part of our discussion took us round the world, mainly talking about holidays past and future. Next months coffee morning will be held at Margaret Clarke's house at 11.00 on Friday 16th March. Details, as usual, will be available at the next Monthly Meeting.

Email mbandmeg@btinternet.com or phone 01621 854885.

Margaret Brown.

Family History Group

Unfortunately, Chris was unable to attend our meeting to show us the Legacy Website, but Norman stepped in. He talked about the SEAX site, which is run by the Essex Records Office showing us on computer the Genes Reunited site and Deceased On-line site, where you can trace burials. Sharon went onto the Finds My Past site and Ancestry venturing onto the National Archive site, which is huge. None have yet tried to use it. She talked about the 1911 Census, probate and looking into trades, all of which can give you clues to your past.

I am afraid there will not be a meeting in March, although with the above information I think we have plenty to think about!

In April, we will not be meeting at my house. Five members of the group are linking up with Blackwater Family History Group for a visit to Essex Records Office in Chelmsford.

For our May meeting Kay, from Blackwater, will join us again to show us the Roots Website and to re-visit Family Search. So any Group Members with problems (which I think is all of us) make sure you bring names and dates with you in May.

Please phone if you need information or directions.

Email <u>lesleypommy@hotmail.com</u> or phone 01621 817733.

Lesley Pomphrett.

French Conversation Group

We spent the first part of the morning exploring a day in the life of an au-pair newly employed by a French family with very badly behaved children and the idea that all household chores were the girl's responsibility. She was so exhausted by the end of the day that the next morning, when she woke up, she packed her bags and left. The exercise was made amusing by cartoon pictures showing the children's antics. It was a good exploration of the workings of past tense. Personally I think that the verb which describes ironing (repasser) is very apt as it involves passing the hot iron over the cloth time and time again. Then we looked at a newspaper article on the recent liner shipwreck where an interview with one of the French survivors gave a slightly different slant than the articles in our press. Again the morning sped by. Thank you Jenny.

We meet regularly at 10.00 on the second Wednesday of the month.

Pat Newman and Jenny Parker.

For further information please:

Email <u>jennyparker14@hotmail.com</u> or phone me on 01621 843581. Jenny Parker.

Gardening Group

A cold, but beautiful, sunny day was enjoyed by 23 members of the walking and gardening groups on our visit to Marks Hall gardens. In spite of my dire warnings about 'wellies', it was not at all muddy. A cosy tea-room provided the perfect end to a very enjoyable bracing winter walk.

Our first visit this year will be to the Beth Chatto gardens on Monday 26th March. Entrance £6. Meet at the tearoom at



the earlier time of 14.00. I will send travel directions via e-mail to the Garden Group. Please let me know if you would like a lift.

Snow Drops at Marks Hall

Email pat.yates@tesco.net or phone 01621 892866.

Pat Yates.

Italian Conversation

We met at Gill's on the 20th for our Italian Conversation meeting. Even though only a few of us could make it we had an enjoyable time, doing a couple of Italian crossword puzzles and trying to use Italian wherever possible.

An extra date is planned in order to meet four members of Blackwater U3A who are interested in joining us to learn Italian. Depending on their knowledge and experience, we may decide it is better to run two smaller groups, one for beginners and one for those with a little more fluency.

We will meet once a month, on the third Monday at 10.00, so our next meeting is on the 19th March.

Email janice.slight@tiscali.co.uk or phone 01621 853393 Janice Slight.

Local History Group (LHG)

The Local History Group next meets on Tuesday 20th March for a talk on Beacon Hill and Great Totham. Please contact Carol for more information if you are planning to come.

We plan to be visiting Stow Maries in April and the Essex Police Museum in May.

Email george.smeed@virgin.net or phone 01621 840339.

Carol Greenhalgh

Luncheon Group

There was no lunch in February but we meet again on 2nd March for lunch at the 'Royal Oak', Fambridge Road, Hazeliegh, CM9 6PE at 13.00. I have also booked the lunch for 30th March at the 'White Swan', Bicknacre, CM3 4EX again for 13.00. Looking forward to seeing both old and new faces.

Email <u>tina@tina832.orangehome.co.uk</u> or phone 01621 858635.

Dave Mason.

Petanque Group

The Monday Petanque games will be starting weekly on March 12th (except for the April and May Bank Holidays). For those new members wishing to join us we play from 14.00 to 16.00 on the Terrain at Maldon Prom with drinks at the kiosk afterwards if you wish. Please phone me if you have no Boules but would like to try and play a game. We can bring extra ones for you.

I hope that the regulars are ready after three months of rest and will come on that date starting with a meal at the Ship and Anchor at 12.00 for a get together (weather permitting). Look forward to seeing you all and a Happy New Year to you all.

Email c.barbrook@sky.com or phone 01621 855605.

Barbara Barbrook.

Photography Group

We decided last November that February would be a good month to choose "winter" as our photography assignment subject. How were we to know that January was going to be sunny with blue skies? Several members chose cosy indoor close-ups or shots of flowers and shrubs, whilst others caught "hairy-frost" or visited foreign parts with guaranteed snow. The range of images was wide and interesting. A few days after our meeting, Maldon, Essex

and most of the UK was covered in a thick blanket of snow, which lasted several days!



Winter

Author: Linda Wilks

Our next assignment subject for March is "still life". We did agree at our last meeting to have assignments every other month for a while. We will then be able to concentrate on discussions about improving our knowledge of: cameras; lighting; composition; editing etc. in the meetings between assignments.

If you are interested in digital photography, come and join us. Our aim is to enjoy and to improve our photography, together.

Email thorpe101@btinternet.com or phone 01621 850828.

Peter Thorpe.

Reading and Books Group

We had a very lively meeting this month. Our book 'A Thousand Splendid Suns' by Khaled Hosseini was greatly enjoyed by us all. He is an Afganistani who now lives in America but who retains contact with, and has a great love of, his native country. Some of us have now read the book twice and were happy to do so. This does not happen often!

The story tells of the life of two women married to the same man in war torn Afganistan. It gives us some insight into the history and social structures in Kabul city. We all struggled with the subjugation of woman and the violence they experienced at the hands of their husbands and men in general.

It is an unforgettable story of a sad and wounded country. Plus a deeply moving story of family friendship and sacrifice with true love triumphing over death and destruction. It was without doubt an energetic and thought provoking read.

We now have our tickets for the Essex Book Festival in March and are all looking forward to hearing from the Essex novelist Barbara Erskine.

There are now 12 of us in the group with room for only two more members. If the library is to supply us all with books we will have to keep the number in the group to a maximum of 14. So if there are two people who wish to join us there is room for you at the moment.

Our next meeting is on 21st March at Plantation Hall Heybridge at 14.30. If you wish to join us please ring Ann.

email: annlees@yahoo.com or phone 01245 225153.

Ann Lees.

Scrabble Group

At our February meeting today, the 28th, we had our highest turnout of fourteen, which included Judy Armstrong, joining us for the first time. Four boards were in play and making the headlines was Gill, who sitting quietly, produced a seven letter word, which ended the game and attracted an extra 50 points. This left the other players with some hefty scores of unused letters, which were added to her score, to make a total of 236 points in a game that had been rather average. Well done Gill.

Email r.tyler936@btinternet.com or phone 01621 856212.

Ruth Tyler

Technical Computing Group

The fourth meeting of the Technical Computing Group had to be cancelled. The next meeting takes place on Thursday the 8th of March.

Email colin@mason20.wanadoo.co.uk or phone 01621 854906.

Colin Mason.

Ten Pin Bowling Group

Our group is ever increasing which is wonderful. Gill held the fort on Valentine's day as I was sunning myself in Gran Canaria. Thank you Gill. You are much appreciated. Eleven members turned up for the session, including three new members who intend to keep attending. Two groups played three games and the other only played two as they had a lot of trouble with scores, balls not being returned and having to change lanes. There were five scores of over 100 and one of 99 with the highest score from one of the lady players.

Our next meeting is 13th March at 13.45. Please come and join us at Madison Heights. No need to book.

Our April meeting, on the 10th, is at 10.00 until 12.00 with a meal afterwards at Izumi's.

Email lettsnooks@talktalk.net or phone 01621 879697.

Janette Lett.

Theatre Group

There is no Theatre News this month. Gill.

Email dennis-morley@tiscali.co.uk,

gillianbridle@btinternet.com or phone 01621 892626.

Threads and Fabrics Group

On the day of our February meeting the sun came out and melted enough snow for the meeting to go ahead with our kinder members picking up those of us who have transport difficulties. With much traffic direction by our hostesses' husband everyone got in and out of their narrow cul-de-sac safely. It was one of those afternoons which turned into a spontaneous mutual problem solving session. Anne showed us how to make fabric flowers and it will be interesting to hear at our next meeting how we have all got on. The picture this month is of an intricate geometric quilt. Perhaps later in the year we may have a flower garden.



Angela's Quilt

Author: Anne Thorpe

If anyone is interested in joining us on the first Tuesday of each month please contact Anne Thorpe or Pat Newman.

Anne by Email anne.thorpe@btinternet.com or phone 01621 850828.

Or Pat by Email ian.newman@tiscali.co.uk or phone 01621 891184.

Walking Group

The next walk is 'A castle at Pleshey' on Thursday 8th March. For detail, go to www.theaa.com/walks/a-castle-at-pleshey-20426 We will meet at village hall free car park at 14.00. Please let me know if you can join us and if you need or can share transport.

See also Gardening Group entry.

Email <u>e.m.e@talktalk.net</u> or phone 01621 850618. (mobile 07581 029816).

Elizabeth

Weekenders Group

Five of us had an enjoyable evening meal at the 'Raj Mahal' Indian restaurant in Tiptree on Friday 10th February and the following day we met up at 'Oliver's' for our Weekenders coffee morning. The venue had to be changed due to the snow so, for our next meeting on March 10th we will be trying the 'Cafe Snug' at Hatfield Peveral. There were quite

a few ideas for trips with Stan's Coaches and for those of you who haven't read my emails I will put sheets out at the next U3A Monthly Meeting. The tickets are now available for 'Guys and Dolls' and for those of you going I would like your £12.50 at the next Monthly Meeting.

Dates for your Diary:

- Saturday 10th March monthly coffee morning at 'Café Snug' at 10.00.
- Saturday 14th April monthly coffee morning at 'Hyde Hall' at 10.30 (Note Time).

Email mars42@btinternet.com or phone 01621 817518.

Marilyn Corbett.

Wine Appreciation Group

The next meeting will be on Wednesday 21st March when we will be looking at the way German wines are produced. They are mainly white and fruity in colour and style, low in alcohol, rarely oaked and often off-dry or sweet. As the most northerly major wine-producing country in Europe, the climate is cool so red grapes do not ripen adequately, which is the reason most German wines are white. We will learn how to determine how sweet a German wine is by looking at the label and compare two different styles, including a dessert wine. As usual the meeting will be at my house. In April we will be taking tapas with Rioja, looking at the different wine regions of Spain and making plans for a visit at the end of May to the Colchester Wine Company. Please add your name to the list or email or telephone me for more information.

Email jachjones@tiscali.co.uk or phone 01621 817117.

Jackie Jones.

Update Re. Essex Association Study Day

The date has been fixed. The Study Day will be on Wednesday, 31st October at The Plume School, Maldon.

If there is anyone who would still like to lead a group or wish for more information please contact lan or Joyce.

On the Notice Board

The following items of News can be seen on the Notice Board at the next Monthly Meeting or have been available at a recent Monthly Meetings.

Every month we receive information from Head Office keeping our Group informed of events happening throughout the UK.

We have a "Shared Learning Project" with Eltham Palace and Gardens, English Heritage. This involves exploring Eltham Palace Gardens identifying and cataloguing flora, fauna and wildlife. Interested? Visit; http://www.english-heritage.org/daysout/proerties/eltham-palace-and-garden/visitot-information The team will meet fortnightly 18th April to 27th June. Closing date 16th March.

The Rhythms of Life! How our biological clocks tick! Presentation by Prof. Foster, in London on 22nd May.

Tickets £14.50. Apply to Third Age Trust and see our notice board.

This year is the 30th anniversary of the U3A in Britain! So many ways to celebrate, there will be some National events, but will there be any local ones? Please see the Notice Board for more comprehensive details.

Summer School 1 is being held at Harper Adams University College Newport, nr Telford. Monday 16th July to Thursday 19th July 2012.

Summer School 2 is being held at the Royal Agricultural College, Cirencester. Monday 20th August to Thursday 23rd August 2012.

The programmes for both these Summer Schools are extremely varied in content, and are residential. Full board in ensuite accommodation costs £315 per person, and can be booked now, deposit £70. Final balance is due by 30th April 2012. If you would like a copy of the programme, please let me know. Details will be on the notice board.

If you are interested in anything and would like further information please contact me:

Email <u>brendadewar@btinternet.com</u> or phone 01245 400492.

Brenda Dewer

If you are planning to put something on the notice board that is not group related, and it is available prior to the first Friday of the month, the Editor would be pleased to include it in this section of the News Sheet. If it is something that takes a whole page this can easily be sent out with the Monthly News Sheet.

Other Notices

If you are interested in helping children with their reading, Maldon Primary School may well be interested in you. You will need to be able to commit to a regular afternoon and to train for the role. A CRB check will be necessary.

In the first instance please contact Carol Greenhalgh or Joyce Woodham. Both are Heybridge U3A members and both are governors at the school.

From Maldon U3A

I am organising a four day holiday to East Anglia, based in Norwich, commencing 3rd July.

The Hotel 'The Brook Hotel', Bowthorpe, Norwich costs £273 pp. There is a Single Supplement of £45 and Insurance is optional at £16. The itinerary includes Sutton Hoo, Bressingham Steam & Gardens, Fairhaven Woodland & Water Garden, East Ruston Old Vicarage, Somerleyton Hall, Dunwich, Southwold and a free morning to explore Norwich.

Further details from Jan Robertson, 01245 225657or email: Jan8085@aol.com

Diary of Meetings and Visits.

For details see articles and co-ordinators above.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Commencing							
5th March	5	6 Threads 14.00	7	8 Technical Computing 14.00 Walking 14.00	9 Monthly Meeting 14.00	10 Weekender Coffee at Café Snug at 10.00	11
12th March	12 Petanque 14.00	13 Ten Pin Bowling 13.45	14 French Conversation 10.00	15 Computer 14.00	16 Coffee Morning 11.00 Painting 14.00	17	18
19th March	19 Petanque 14.00 Italian group 10.00	20 Local History 14.00	21 Book Group 14.30 Wine Tasting 14.00	22	23 Painting 14.00 Bird Watching	24	25
26th March	26 Petanque 14.00	27 Scrabble 14.00	28 Creative Writing Group 14.30	29	30 News Sheet Copy to Editor Painting 14.00 Luncheon TBC	31	1 st April
2nd April	Petanque 14.00	3 Threads 14.00	4 Committee Meeting	5 Photography 14.00	6 Painting 14.00	7	8
9th April	9	10 Ten Pin Bowling 10.00 (April Only)	11 French Conversation 10.00	Technical Computing 14.00 Walking 14.00	13 Monthly Meeting 14.00	14 Weekender Coffee at Hyde Hall 10.30	15
16th April	16 Petanque 14.00 Italian group 10.00	17 Local History 14.00	18 Book Group 14.30 Wine Tasting 14.00	19 Computer 14.00	20 Coffee Morning 11.00 Painting 14.00 Coastal and Marine	21	22
23rd April	23 Petanque 14.00	24 Scrabble 14.00	25 Creative Writing Group 14.30	26 Family History 10.30	27 News Sheet Copy to Editor Painting 14.00 Bird Watching Luncheon TBC	28	29