

Cromer pier, looking resplendent, snapped by a member of the Art Appreciation group during the walk round the Bigger Picture art trail.  
See full report inside.



Please send in more photographs. They need not have anything to do with groups' activities. They just have to be attractive!

## **FROM OUR CHAIR**

Welcome to another edition of our monthly newsletter with contributions from many compiled, edited and arranged by David and Sylvia. I hope you are all enjoying the vibrant array of activities and social opportunities that our Hunstanton u3a continues to offer.

For those perhaps new to our fold, or as a gentle reminder of the wonderful spirit that binds us, the u3a is a unique and inspiring movement. While its roots lie in lifelong learning, the u3a has evolved into a dynamic community where members come together to share interests, pursue hobbies, and enjoy companionship in their retirement years. There are no qualifications needed, no exams to sit, and no degrees to earn – just a shared enthusiasm for social engagement and discovery. It's a self-help, self-managed organisation where members draw upon their own experiences and passions to create and participate in diverse groups and activities.

Here in Hunstanton, our u3a truly embodies this "club of clubs" philosophy. We are a thriving community, fuelled by the diverse interests and talents of our members, forming a rich tapestry of u3a groups. From walking groups exploring our beautiful coastline & countryside to lively games of Petanque, from artistic pursuits to historical explorations, and from languages to board games – there truly is something for everyone. The true virtue of our u3a lies not just in the sheer variety of groups and shared activities, but in the connections we forge, the friendships we build, and the joy of shared experiences in a friendly, supportive environment. It combats loneliness, keeps our minds active through engaging pursuits, and enriches our lives in countless ways.

Continued...

However, the continued success and vitality of our Hunstanton u3a relies entirely on the energy and dedication of its members. All the wonderful groups, events, and administrative tasks that keep us running are managed by volunteers, and our dedicated committee. This is where you, our valued members, come in.

We are currently looking for new members to join our committee. No prior experience is necessary, just a willingness to contribute a little of your time and enthusiasm. Being on the committee is an incredibly rewarding experience. It offers a chance to meet fellow members, understand the inner workings of our u3a, and directly shape its future. Your ideas, your perspectives, and your efforts are crucial to ensuring our u3a continues to be a vibrant and welcoming place for everyone, supporting and growing our network of groups and activities.

Think of it: every group you enjoy, every event you attend, every newsletter you read – it's all made possible by the unseen efforts of your fellow members running group activities and/or serving on the committee. Now, it's your chance to be part of that vital engine room.

If you're interested in finding out more, or simply having an informal chat about what's involved, please speak to any current or past committee member, or contact me directly. We would be absolutely delighted to welcome new faces and fresh ideas.

Thank you for being such an integral part of our Hunstanton u3a.

Warm regards,

**Norman**

## **FROM OUR COMMITTEE**

### **Our Committee Members**

<b>Role</b>	<b>Name</b>	<b>email</b>
Chair	Norman Mitchell	<a href="mailto:chair@hunstantonu3a.org">chair@hunstantonu3a.org</a>
Vice Chair	Angela Blenkinsop	<a href="mailto:vicechair@hunstantonu3a.org">vicechair@hunstantonu3a.org</a>
Secretary	Virginia Young	<a href="mailto:secretary@hunstantonu3a.org">secretary@hunstantonu3a.org</a>
Treasurer	Pat Eckersall	<a href="mailto:treasurer@hunstantonu3a.org">treasurer@hunstantonu3a.org</a>
Membership Secretary	Annette Francis	<a href="mailto:memsec@hunstantonu3a.org">memsec@hunstantonu3a.org</a>
Events Co-ordinator	Verity Jowett	<a href="mailto:events@hunstantonu3a.org">events@hunstantonu3a.org</a>
Webmaster	Ian Holland	<a href="mailto:web@hunstantonu3a.org">web@hunstantonu3a.org</a>
Publicity / Noticeboard	Addie Thompson	<a href="mailto:publicity@hunstantonu3a.org">publicity@hunstantonu3a.org</a>
Speakers Secretary	Angela Blenkinsop (acting)	<a href="mailto:speakers@hunstantonu3a.org">speakers@hunstantonu3a.org</a>
Groups Co-ordinator	Jacquie Yaxley	<a href="mailto:groups@hunstantonu3a.org">groups@hunstantonu3a.org</a>
IT	Norman Mitchell	<a href="mailto:it@hunstantonu3a.org">it@hunstantonu3a.org</a>

By clicking on any email address in this list, you can email the committee member directly. Remember that you can also contact any member of the Committee by going to the Hunstanton u3a website and clicking on "Contact Us".

If you have an issue or query that you would like discussed at the next committee meeting, or wish to see the minutes of a particular committee meeting, please contact the Secretary with your request along with your full contact details.

## **FROM OUR GROUPS**

### **Art Appreciation**

#### **A Jester, a Skater and the young Hercules in Cromer**

Every outing with the Art Appreciation group is a treasure hunt so there we were this time in Cromer to discover some highlights from the National Galleries of Scotland. Arrayed in cool summer wear topped with hats and smeared with suncream we set off with our wonderful guide Ellie to explore the corners, high and low, of the town. From our starting place we took a few steps to admire the elegant gowns of The Ladies Waldegrave (Sir



Joshua Reynolds – *see left*), the reality of the time struck with the discussion of the use of pomade (beeswax, lanolin, and petroleum jelly or maybe oily lard) and powder to create the high, wiglike hairstyles which would be atop their heads for days, possibly weeks; let's hope they stayed out of the heat! As we walked and talked, we continued to be educated and impressed by the skill and beauty of the pieces and the stories that accompany them.



We enjoyed a great variety of subjects, media and sizes from the majestic *Monarch of the Glen* by Landseer (*right*) to a small linocut of dancers who appear to be boogieing on down.

For some of us this was a triple treat as after lunch we experienced the *Sculpture@TheGrove*, a bizarre collection of contemporary pieces, my favourite was the clear, acrylic cast of a pair of feet in a small water tank (*right*), followed by a visit to the Artspace on the Prom to see preliminary models of sculptural works where I particularly liked the otter.



The *Bigger Picture* is an art trail around the town with paintings digitally reproduced at life size.

A final word from Picasso – There are painters who transform the sun to a yellow spot, but there are others who, with the help of their art and their intelligence, transform a yellow spot into sun.

**Claire Todd**

## Climate Change and the Environment



Within the u3a there are several Climate Change and Environment Groups, and they produce some excellent and useful information. The King's Lynn and Downham Market Groups have produced a booklet which gives guidance on many environmental issues and climate change. The booklet includes a monthly guide of practical advice that could be used by individuals to reduce their impact on the environment.

The link to the booklet is below:

<https://kingslynn.u3asite.uk/wp-content/uploads/2025/02/CLIMATE-MATTERS-CALENDAR-BOOKLET-3.pdf>

[The Hunstanton CC&E group contacted the Kings Lynn and Downham Market Groups, and they agreed that we can include a link to their document for the use of the Hunstanton members.]

The Hunstanton Climate Change and Environment Group is small, and we do not have the resources to match the output from King's Lynn or Downham Market, therefore our programme is more modest. The next meeting of the Group will be on the 15th September 2025, and the subject will be Wave and Tidal Power. On this occasion several members will research some aspect of the subject and share our results for discussion.

Normally we act as a self-learning group where each member research a subject of their choosing and present the results for discussion.

We meet on the third Monday of the month from 10.00 a.m. till noon.

For more information contact the Climate Change and Environment Group Leader via the Hunstanton website.

**Ken Hamilton**

## Ukulele



Well, it's hard to believe that it's just ten months since HUG (Hunstanton Ukulele Group) first met. In that time there has been a certain amount of coming and going but we have settled down to a group of 12 happy strummers!

We have an excellent mix of experience, some of us have been playing for years while others didn't even own a ukulele when we started. We meet every other week to practice and learn technique and generally enjoy building on our skills playing an ever-expanding repertoire. At present we feel we can't take in any new members but this may well change in the future, so if you feel this may be for you, we'll be happy to add you to the waiting list.

In the meantime I think we'd all agree that we are coming along very nicely – well I hope we are because we have our first performance booked! To give us something to aim for we will be entertaining (?) the residents of Nightingale Lodge later this year. And, who knows, after Nightingale Lodge we may well be looking for other gigs - u3a Christmas party?

**Ian Bell** Group Leader

## Arty Facts

### The Great Reveal

Lying deep in rural Norfolk, well off most beaten tracks, is a slice of England revealing more than two thousand years of constant civilisation in the body of a previously abandoned church, an abandoned village but now with a worldwide heritage.

We are not in the large military areas of Norfolk – which have their share of abandoned villages, churches and re-created war zones – but not far from the A47, and within spitting distance of former wartime US airbases that used the church as a navigational aid.

Following on from a fascinating Saturday morning illustrated talk for u3a Arty Facts group in Hunstanton Conservative Club, a group of around 15-20 met at St Mary's Church, Houghton on the Hill near Swaffham to see for ourselves the recently revealed Saxon/Norman wall paintings, art in the UK that approximates in time to the making of the Bayeux Tapestry, and probably the oldest in existence in the UK.

The 'slice of England' was revealed to us by Sue Gatuoso our guide at the church. We saw far more than her illustrated talk could cover. Outside the church, which originally had a round tower later turned into a square one, the evidence of two thousand years began to reveal itself.

Previously existing Iron age barrows were close in on the site, and a Roman villa. Beautifully cut stones from the villa – one still decorated – were in evidence as the Saxons built the church with the remains of the villa. Interspersing the flint, the levels are maintained with red Roman tiles. There is a Saxon built window in the North aisle. Outside the North aisle, were found bones which may have belonged to people outside the mainstream society, criminals, unbaptised people or suicides.



The church was rescued from its overcoat of ivy by a local churchwarden, Bob Davey. According to Bob's obituary – he died in 2021 - his late wife Gloria had discovered the church on a Women's Institute walk in 1992. On gaining entry she 'found symbols of Satanic worship, a pagan altar, the number 666 scratched on the wall and a goat-headed image on another.'

Bob decided to clear the churchyard – and this led on to the church itself, removing the ivy, repairing the walls and propping up the tower which had been damaged during WW1 by a bomb dropped by a Zeppelin. This led Bob to spend the next 25 years to restore the church, roof, floor, windows and missing stones, to something approximating what we see today.

In 1996 a patch of plaster fell. Said Bob: 'The first thing I saw was the head of an angel.' His obituary continues: "As subsequent investigations were to reveal, the Victorian plaster covered a series of important wall decorations, as Simon Knott describes on his website. There were painted texts dating from the reign of Queen Elizabeth I, then numerous wall paintings from the 12th, 13th and 14th centuries. But to the amazement of the country's leading heritage organisations, they found some of the best sequences of late Saxon wall-paintings known in western Europe."

And so we were treated to the interior. The church today is much smaller than it had been previously but is full of atmosphere. The original paintings depict God, Jesus on the Cross, and the Holy Spirit as a dove with a halo in a triple mandorla. To have God depicted is rare. There are other faces and people – some with two eyes if they are good people, or one eye if not, and there are devils. On the South wall, there is a Wheel of Fortune, (possibly the UK's earliest depiction) and a devil enjoining visitors as they leave under the West wall and tower to keep to the 'straight and narrow.' On the North Wall is the Creation of Eve and Noah's Ark.



The obituary continues: "In 1998, Houghton-on-the-Hill church – jointly with the Windsor Castle restoration – won a building conservation award from the Royal Institution of Chartered Surveyors. In that year, Mr Davey was made MBE... Cambridge conservator Tobit Curtis worked on the wall paintings in 2006."

Royal visitors have included the late Princess Margaret and King Charles as Prince of Wales. But our visit, on 19 July 2025, was a visit that will remain a special experience that took us within the space of a couple of hours over a period of 2000 years. We saw evidence of Rome, of the Saxons and Normans, the Reformation, of three centuries of covering and re-covering of these unique paintings. The Iron Age barrows have gone, the medieval village that served the church disappeared in the eighteenth century, and the church almost followed it in the twentieth.

We thank the late Bob Davey and his wife, both buried in the churchyard, and today the tireless volunteers that keep the church open and conserved, and Sue Gatuoso for introducing our Hunstanton Group to such a treasure.

Websites: <https://www.houghtonstmarys.org.uk>

[www.simonknott.co.uk](http://www.simonknott.co.uk) The *Norfolk Churches* site

<https://www.roundtowers.org.uk/obituary-bob-davey-saved-remote-norfolk-church-and-extraordinary-wall-paintings-for-future-generations/>

**Martin Chown**

## **FROM OUR MEMBERS**

### **Kind Samaritans and Coincidences**

After leaving the post office in Old Hunstanton, I crossed the road, tripped up the kerb, and smacked down head first onto the pavement. I didn't want to move immediately until an assessment of the damage had registered. Was I leaving a part of my skull there? It was then that a kind voice asked me if I was ok and could she help me up. Her husband joined her and both got me on my feet, indicated the cut on my temple, and we found out that I could walk, though still a bit shakily, apparently no bones broken. These Samaritans then drove me home,

fortunately not too far out of their way, and after a wash, a painkiller, and several elastoplasts, I began to feel achy but healthy.

My senses hadn't totally left me and I had asked for the names of my new friends before leaving their car. Earlier that morning I had had one of my monthly online get-togethers with a friend in Germany. She used to be an artist though she concentrates now on her music, playing trumpet in brass bands or private sessions, and sometimes conducting. We spend a lot of time talking about music and art. I can perform neither to much degree but try to appreciate and learn about both. It turned out that one of my helping hands when I fell was artist Barbara King, also a Hunstanton u3a member. Her exhibition in 2024 concerned looking for the symbiosis between visual art and musical terminology to discover a crossover between the two disciplines. Her "concerto" of paintings was set out in movements including a "Crescendo" of Rosebay Willowherb along with "etudes" from sketchbooks showing the initial ideas for the paintings, and poetry by her husband, Michael.

I love this coincidence of art and music popping up twice in one day and I conveyed this news to Susanne in Germany. She liked the art and was amused by the coincidence. I will also be visiting the next exhibition of Barbara's and two other artists' work at Ringstead Village Hall from August 22nd – 25th. You can check out her website at: [barbaraking.co.uk](http://barbaraking.co.uk)

Thank you again, Barbara and Michael.

**Carolyn McDermid**

## **Forthcoming Meetings**

**August**            **No Meeting**

**15th September** **Special General Meeting** (*see notice on final page of this Newsletter*) followed by...  
*RNLI* by Kate Craven.

To save lives, education is the key...

**20th October**    **AGM 2025**

**17th November** *Apple Histories*, a talk by Joanna Crosby

...and if members have a heritage apple tree that they would like to be identified they need to bring 3 apples from the same tree and Joanna will attempt to identify it.

## **QUIZ**

### **General Knowledge Quiz**

1. Was Charles Lindberg the first to fly the Atlantic?
2. Who is quoted as saying "The report of my death was an exaggeration"?
3. What is longest word in the English language?
4. Bambi and who?



5. Who or what were Pip Squeak and Wilfred?
6. Again. Who or what were Pip Squeak and Wilfred?
7. Is this the world's biggest chocolate bar at 26 miles and 385 yards?
8. Who was Popeye's girlfriend?



9. A 'Cackle' is a collective noun for what ?
10. Who lived at 23 Railway Cuttings, East Cheam ?
11. Who is the missing Marx Brother? Groucho, Chico, Harpo, Gummo
12. Coca Cola was invented by...?



13. The Pequod was what?
14. "You'll never walk alone" comes originally from which musical?
15. Alaska's state capital is called...?
16. Archibald Leach was better known as who?
17. What would you be eating if having "A meaty gumboot"?
18. For what is the America's Cup awarded?
19. Who invented the English Keyboard layout?

*Answers on the next page*

## **FROM OUR EDITOR**

### **Welfare**

If you know of any member who is ill or has recently suffered a bereavement please contact Karen, our Welfare member. Karen will then send a suitable card from the u3a. Email [welfare@hunstantonu3a.org](mailto:welfare@hunstantonu3a.org)

### **Change of Circumstances**

If you change your address, telephone number (landline and/or mobile) or email address please ensure that you pass the new details to [memsec@hunstantonu3a.org](mailto:memsec@hunstantonu3a.org)

### **Newsletter Copy Date**

Items for the next newsletter are required by MONDAY 8TH SEPTEMBER 2025. Please send them to **BOTH** Sylvia at [newsletter@hunstantonu3a.org](mailto:newsletter@hunstantonu3a.org) **AND** David at [subeditor@hunstantonu3a.org](mailto:subeditor@hunstantonu3a.org). You will receive an acknowledgement of your contribution.

Please submit them in WORD, odt (e.g. from Libre Office) as email attachments. If you are including photographs, we need them as separate files – please do not embed them in the document – that causes us problems! No PDFs please.

### **All readers without email, please note:**

For those members who do not have an internet connection or email, here is a chance for you to submit items for our newsletter. A hand-written or typed article can be sent by post to Sylvia Pratt at her **new** address The Gables, 22 Post Office Road, Dersingham PE31 6HS. **Could everyone else please inform any member they know who does not have email?**

### **Thank You to.....**

Our thanks to all who have contributed to this month's newsletter. Group Leaders: please encourage your members to tell us about one of your meetings. Please don't leave it to just a few groups to let us know what is happening.

## Answers to the Quiz

1. No, just the first to do it Solo
2. Mark Twain
3. Smiles. There is a mile between first and last letter.
4. Thumper
5. "Pip, Squeak and Wilfred" refers to a set of three World War I campaign medals
6. Pip, Squeak and Wilfred was a British strip cartoon, published in the Daily Mirror from 1919 to 1956: Pip was a dog, Squeak was a penguin. and Wilfred was a rabbit.
7. A Marathon
8. Olive Oyl
9. A pack of Hyenas
10. Tony Hancock
11. Zeppo
12. John Stith Pemberton in 1886
13. Captain Ahab's whaler in Moby Dick
14. Carousel
15. Juneau
16. Cary Grant
17. Beef Wellington
18. Yacht racing
19. Christopher Latham Sholes in 1884

# Hunstanton u3a

## Notice of Special General Meeting

2pm on September 15<sup>th</sup> 2025

at

Hunstanton Community Centre  
Avenue Road Hunstanton PE36 5BW

### Subject

Change of Constitution to remove Trustee serving time limits of 3 years and the maximum serving time from 9 to 12 years. Two clauses are involved, namely 16 (7) & 16 (8)

### Proposal

#### Clause 16 (8)

This means that a trustee can serve on the committee for up to 9 years but must change roles after 3 years. A trustee cannot serve in the same role (either officer or non-officer) for over 3 years without taking a year off in between.

#### Delete Clause 16 (8)

(8) No-one may hold any specific officer position or be an ordinary (non-officer) trustee for a continuous period in excess of 3 years without an interval of at least 1 year between the periods of service.

### Change Clause 16 (7)

The changes are to delete 9 years and adding 12 years; and adding the text in blue below

The new text is as follows: (7) The maximum total period of service of any trustee shall be 12 years in any combination of roles whether or not the periods of service are contiguous.

**If insufficient nominations are received to fill the vacancies for Officers and/or Committee members, a majority decision can be taken by The Committee to ask the retiring officer(s)/member(s) to remain in post until the next AGM**

### Voting

A simple voting majority, by a show of hands of those attending the meeting, will Adopt the Proposal