

**Newsletter**  
*September 2025*

This is the garrison gate on St Marys in the Scilly Isles, snapped by Jacquie Yaxley when she was there recently. She says it was quite a climb to reach it!



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

## FROM OUR CHAIR

### Change is the Only Constant

At our **September meeting**, we will hold a **Special General Meeting (SGM)** to vote on a change to our constitution. The proposed change is to remove the term limit for Committee Members and increase the total maximum years of service to 12. If passed the revised wording of the constitution will go to the Charity Commission for approval prior to final adoption. Please note that these terms of office are maximums and not a target. If you wish to join the committee for just a year, say, then you are at liberty to do so.

Our **Annual General Meeting (AGM)** will take place at the **October meeting**. The current committee's term will end, and we will hold an election for a new committee. Technically the whole committee stands down and a new committee is elected. You will receive a formal notice and a call for nominees. You should consider standing for election. You will get all the tools, support and assistance that you may need to have a successful fun time on the committee.

### Do Something Brilliant Today

u3a is one of the largest member organisations in the UK. There are over 1,000 local u3as in the UK with a total membership of over 400,000. Hunstanton u3a has roughly 400 members; and a committee of twelve. It is a fantastic organisation, and you could play a more active role as a member of a group, a group leader and/or member of the committee.

Continued...

**"Learn, Laugh, Live"** is the well-known motto of the u3a movement. It's a simple phrase that encapsulates the core philosophy and mission of the organization.

**Learn:** This is the heart of the u3a. It's about a commitment to lifelong learning, not for qualifications or career advancement, but purely for the joy and stimulation of acquiring new knowledge and skills. It reflects the u3a's "self-help" principle, where members form interest groups to learn from and with each other.

**Laugh:** This highlights the social, fun, and informal nature of the u3a. It's about the pleasure of learning and the enjoyment that comes from shared interests and friendships. The u3a is a social network as much as an educational one, and the "laugh" part emphasizes the well-being and companionship that members find.

**Live:** This speaks to the broader impact of the u3a. It's about living a full, active, and engaged life in retirement or "the third age." By staying mentally and physically active, and by connecting with others, members enhance their overall health and well-being. The u3a provides a sense of purpose and belonging that is crucial for a fulfilling life after full-time work.

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.

### **Mobility Scooters**

I have packs of information that may interest scooter owners or those thinking of acquiring one. There's an information guide, A4 sheet and reflective stickers. Supplied by Surewise insurance company.

Please contact me if you want a pack.

**Virginia** Secretary, Hunstanton u3a [secretary@hunstantonu3a.org](mailto:secretary@hunstantonu3a.org)

## FROM OUR GROUPS

### Doddington Hall

I decided to visit the Hall with the Art Appreciation Group as it had a Sculpture Trail (I'm not into Historic Houses!), and yet I spent more time in the house than walking round the gardens and parkland admiring the sculptures.

There were two reasons for this.

First, the house was full of paintings. From the portrait of Tommy Taylor, who commissioned the house in 1595, to the current owners (The Birch Family). The house is only one room deep at the centre but very wide as you can see from the photo of the back garden. Almost 200 paintings line the walls of the many rooms on the three floors. Most are unattributed except there are two Joshua Reynolds.

When Rhoda Delaval inherited the house in 1749 from her mother, she gave her patronage to Arthur Pond, (1705 -1758) an artist and engraver, who also taught her to paint. There is one painting of her six children in which she painted the faces and another artist completed the picture. There is a portrait of the Duke of Cumberland in one room by him and I'm pretty sure several reproductions were probably by him. Portraits of James 1st and Charles 1st probably copied by him. Charles 1st is very like the Van Dyke portrait.



The Earl of Mexborough



Francis Delaval

My second fascination with the house was that that it was owned by Rhoda, wife of Captain Francis Delaval of Seaton Delaval Hall, which I visited as a boy a few miles north east of Newcastle upon Tyne. It was a huge mansion with massive parklands at Seaton Sluice (a bit like Holkham). It is now a National Trust property if you are ever up in Northumberland. The guides in the house called them De laval; we Geordies just called them Delaval!

I didn't do justice to the gardens and parkland as there were over 300 sculptures. They were strategically placed to their best advantage, and ranged from metal, stone construction to wood. One even made of nuts and bolts and figures cleverly made from metal netting. Some of the animals were incredibly life-like and others abstract.

It was a long trip, as it is near Lincoln, but well worth it.

**Martin Peacock**



The house

## **FROM OUR MEMBERS**

### **Welfare Officer**

Karen has been our Welfare Officer for many years sending appropriate cards when families are experiencing difficult times through bereavement, and ill health. I know first hand how a card from our friends cheers one up as I've just been in Hospital for a week. Thank you Karen for my card and your cheerful message inside.

**Sylvia**

### **Volunteering**

Having served Queen and Country for 28 years I retired at the age of 55, and to ease the process of becoming a civilian again I took the advantage of a Resettlement Course. When I left my Secondary Modern school at the age of 15 I wanted to work in a Library but did not have the necessary qualifications for the County Council ones.

So I requested my resettlement course to be done at King's Lynn Library. I spent a month there seeing all aspects of the work, but the one that really interested me was The Books on Wheels Service. This was a scheme run by the Council and the WRVS for people who had been regular readers but could no longer get to the library or even into the Mobile one.

Shortly after finishing my course, I was contacted by Hunstanton Library to see if I would set up a Books on Wheels service from there. The Librarian gave me a list of people whom they knew would benefit from the service, so I paid these people a visit to find out what type of books they liked to read and if they would like us to call.

The Library had already found a small team of volunteers to work with me. A further chat with the Librarian and the team and it was decided we would visit our readers every other week. The Library usually opened to the public at 10am, but the staff started work at 9am, so we agreed to join the staff at 9am to start selecting the books for our customers and were generally away by 10am.

It was up to each volunteer how long they spent with their readers. Some time was necessary to get feedback from them. Some stayed to have a cup of tea with them. As we were visiting once a fortnight we decided that six books at a time should be sufficient, remembering that many of the books may be Large Print adding to the weight we had to carry. We certainly met some very interesting people. One lady in her 90s wanted books about dinosaurs to enable her to be able to have conversations with her grandchildren.

A few weeks later Dersingham Library asked for me to help set up a scheme from there. Again this was based on the same system as the Hunstanton one.

The pleasure the Books on Wheels scheme gave was immense and also gave many lonely people a chance to have a good chat with someone.

We were able to claim petrol expenses from the WRVS.

**Sylvia**

### **Riviera Travel**

This company is advertised in the u3a Matters Magazine and has been used by several of our members who have been delighted with their holidays.

If you book a holiday with them and mention that you are a member of Hunstanton u3a we get a 10% of the value for our funds.

Among other things this would help pay for speakers who may be increasing their travel costs.

## Forthcoming Meetings

All meetings at 2:00pm unless otherwise stated

- 15th September**      **Special General Meeting** followed by a talk about the **RNLI** by Kate Craven.  
The Special General Meeting is to seek members' approval to a Change of Constitution to remove Trustee serving time limits of 3 years and the maximum serving time from 9 to 12 years.
- 20th October**      AGM 2025
- 17th November**      **Apple Histories**, a talk by Joanna Crosby  
If members have a heritage apple tree that they would like to be identified they need to bring three apples from the same tree and Joanna will attempt to identify it.
- 15th December**      **Christmas Party**. STARTS 1:00pm. Booking necessary.

## QUIZ

### Weather

by **Jacquie Yaxley**

1. What are lines of equal barometric pressure called on a weather map
2. What type of cloud produces rain, thunder and lightning
3. What is chionophobia
4. How many sides does a snowflake have
5. What does an anemometer measure
6. What is the windless area near the equator called
7. What does the Beaufort scale measure
8. What is the name of the scale used to measure tornado intensity
9. Which country has the most tornadoes per year, per square mile
10. What type of air pressure is associated with depressions
11. What is anti-cyclonic gloom
12. What is a fear of thunderstorms called
13. What type of weather is measured by a Campbell-Stokes recorder
14. Where on earth has the most rainfall
15. What term was used to describe the thick fogs in London prior to the Clean Air Act
16. What do Americans call Autumn
17. What is the primary cause of ocean currents
18. What is the date of the first day of summer in the UK according to meteorological records
19. Name the shipping forecast weather area directly south of Ireland,
20. At what temperature are both the Celsius and Fahrenheit scales exactly the same

*Answers at the end of the Newsletter*

## 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 13th OCTOBER 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 or 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 as that causes us problems! No PDFs please.

## 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. Isobars
2. Cumulonimbus
3. Fear of snow
4. Six
5. Wind speed
6. The doldrums
7. Wind speed
8. Fujita scale
9. England
10. Low pressure
11. High pressure with associated cloud
12. Brontophobia
13. Sunlight
14. According to Guinness World Records, the place with the highest average annual rainfall is the village of Mawsynram in northeastern India, which receives nearly 12,000mm of rain per year (Cardiff, in comparison, receives just 1,150mm).
15. Peasoupers
16. Fall
17. The primary cause of ocean currents is wind patterns, which create friction on the ocean surface, driving water movement in a particular direction. These currents are influenced by the Coriolis effect due to Earth's rotation, temperature variations, and the arrangement of continents, all of which play a role in the complex system of ocean currents that regulate global climate.
18. 1st June
19. Fastnet
20. Minus 40