



Swaffham & District u3a

NEWSLETTER

October 2024

Monthly Meeting:

Our next monthly meeting will be on

Thursday 7th November

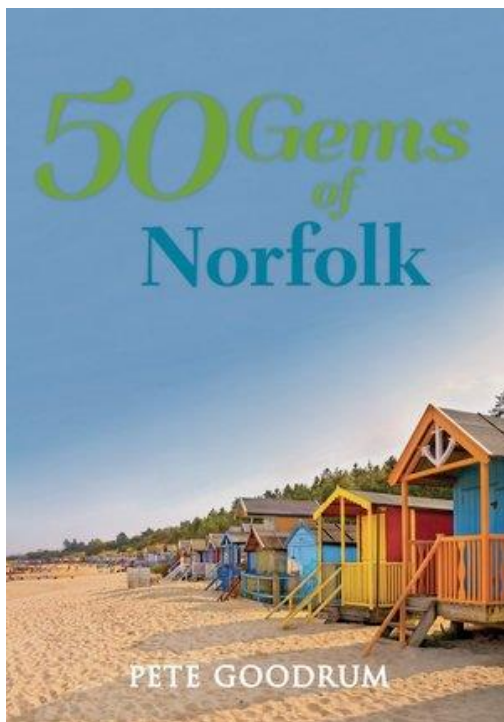
when our guest speaker will be

Peter Goodrum

a local historian, writer and broadcaster
whose talk is titled

'Gems of Norfolk'.

As usual, we will meet in The Pavilion at Holme Hale. Doors open at 9.45am for socialising and the meeting starts promptly at 10.30am finishing by 12 noon.



Please note that there will not be a monthly meeting in January 2025.

Last time:

At our meeting on Thursday 3rd October we had a return visit of 'Three's Company' with their new routine 'Tarts, Toffs and Traitors'. Once again they were extremely amusing and we had plenty of good laughs, but there were also moments of reflection and some 'food for thought'. A thoroughly entertaining presentation.

Rambling group:



On our rambles we often include places of interest such as churches, buildings or other features. Our August walk took us to the site of a wartime plane crash near Mundford, where there is a memorial



to the crew. The plane, a Lancaster, had taken off from Mildenhall in March 1945 with a 1000 lb bomb on board, but crashed two minutes after take-off with one engine on fire. Sadly all the seven crew, some of whom were only 19 years old, were killed in the crash. As well as the memorial, a huge crater left by the crash is still visible. In addition to enjoying our walk through the forest, we found it quite a moving experience to visit the memorial and reflect on the tragedies affecting so many young people during the war.

You would be most welcome to join us.

Cathie Marriage – Group Leader

cathiemarriage@gmail.com 01366 728153

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Archery:



As a school boy, I used to visit the local woods to select suitable saplings to make bows and arrows. The arrows were pretty basic but good enough to compete with the kit made by my friends. Eventually, I wanted to have better equipment so I replaced the bows and carefully selected the best split canes from a garden centre which were then carefully crafted to make sharp arrows with flights. During the school holidays, my friends and I competed to be the best shots in town!

When I joined the u3a, I organised many outings and events, one of which was a trip to Norwich where u3a members could take part in canoeing and archery. During the archery, I had a conversation with the instructor and was given the contact details of a local Archery Instructor who, I discovered, would provide all the equipment required. The Archery Group was formed twelve years ago.

Archery is a dangerous sporting activity and the equipment has to be used under close supervision. Our instructor ensures that all members of the group adhere to all the safety rules, with his whistle! The group is currently 12 strong and meets once a month indoors but if the weather is fine we meet outside. We practice until it is competition time! Like Wimbledon, the highest score wins a dish for the ladies and

a cup for the gentlemen. Photos are taken and printed for the next meeting. If you would like to join this group, please contact me.

Ian Clews – Group Leader
iclews@btinternet.com 01760 721247

Friday Table Tennis Group:

We are open to welcoming new players in our Table Tennis Group, which meets at 2pm every Friday in Swaffham Community Centre. We welcome beginners and experienced players to our very social and fun group. Interested? please contact me.
Bev Pitcher – Group Leader
bevpitcher21@gmail.com 01760 441164

Our other Activity Groups:

We have a total of 21 Activity Groups. Please see the attached Schedule for details.

I hope to feature some more of these in future Newsletters (having done Rambling and Archery this month).

Group Leaders' Meeting:

A reminder that there will be a Group Leaders' Meeting on Monday 4th November at 9.30am in the Tony Evans Centre, Holme Hale Pavilion.

Terrified of Technology?

Five of us have admitted it, so far! Please let me know if you would like to join us for the proposed sessions, designed especially for we luddites.

Christmas Lunch at The George:

Details and booking from Ian Clews –
iclews@btinternet.com 01760 721247

David Moncaster – Chairman
Swaffham & District u3a

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