

July 2026

Hunstanton u3a Magazine

learn, laugh, live

Keeping our members in touch



*An autumn aerial
view of Pensthorpe
Natural Park,
visited by the Art
Appreciation group
in June. See full
report inside.*

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

From our Chair

First a big thank you to Ian who has guided me in the role of Chair. Having had six months of being "joined at the hip" as Joint Chairs, I am now going to take over as Chair, my other duties having become less. Apologies up-front for any mistakes I make!

I have been on a walk with the Strollers Group, a lovely set of people who enhanced my day with their friendliness and chat. Of course, walking in the Norfolk countryside is good for the soul, seeing the multi-coloured fields, hearing the bird song and feeling the sun and the wind on your face.

Our conversation came round to the difficulty some people have with remembering faces, let alone names! My friend calls it "face blindness", the official diagnosis is Prosopagnosia. I remember in my teaching career it took me at least a week to be able to recognise the children in my class when the school year started. Even then there were always a couple of children that I could not tell apart and often went by their clothing! I have always hoped that I would not be called on by the police to identify someone or to describe their features, an almost impossible job for me.

And no, I have not been diagnosed with Prosopagnosia, but I do have trouble distinguishing strangers or differentiating between faces. I was pleased to learn from the Strollers that it is not just me. I do remember that when I was u3a Treasurer, about fifteen years ago, people used to come up to me in the street or in Sainsburys and greet me by name and start a conversation. I had no idea who they were but learned to realise that they were probably u3a members (a friendly bunch) who recognised me from my monthly reports standing up in front of them. I did not recognise them as they were one of a hundred faces looking at me in the meeting!

Continued...

So, please excuse me if I look blankly at you when you greet me, it is just that I do have a difficulty differentiating faces. Perhaps you could drop the word “u3a” into the conversation to help me!

And as for remembering your name – well that is another story!!

Enjoy your summer!

Hilary

From our Committee

Our Committee Members

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Magazine Editor (co-opted)	David LeMoir	newsletter@hunstantonu3a.org
Long-Standing Member (co-opted)	Sylvia Pratt	

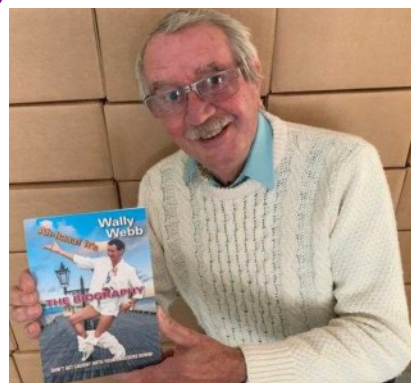
By clicking on any email address in this list, you can email the committee member directly. Remember that you can also contact any member of the Committee by going to the Hunstanton u3a website and clicking on “Contact Us”.

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.

Please note that, whenever a Committee member changes, the email address (and all past and future email correspondence) for their post goes to their replacement. This means that you need to change the entry in **your** email app’s address book (or contacts list), otherwise the old name will show up on all future email correspondence!

June 2026 Members’ Meeting

Wally Webb spoke about Ghosts of the Norfolk Broads. Former Radio Norfolk broadcaster Wally Webb, cruised the Broads for a number of years while gleaning tales of love and greed ending in tragic deaths never to be forgotten. We listened to vivid accounts of cheating, beating, murder and revenge that are truly shocking. The spirits were restless and the anniversaries of these foul acts has resulted in the sight of blood running down the stone bridge at Acle, lonely vigils, violent pursuits or a steady drum tattoo played by the young soldier who fell through the ice on his way to meet his love.



Famous historical names – King Canute, William the Conqueror – were mentioned and other stories were connected to visitor sites such as the ‘Wedding Cake Church’ of Burgh St Peter and the marina at Beccles.

We were totally engaged by Wally’s compelling stories and at the end Speaker Secretary Ann McKimm thanked him for a most enjoyable presentation. This was followed by loud applause.

Your u3a Needs You!

I’m sure that you’re all aware that, at the AGM in October, our Groups Coordinator, Jacquie, will be standing down. We are now looking for an enthusiastic volunteer to take on the role. There is no set job description, the role is what you make it. The main role is to:

Support the Group Leaders by assisting with their queries

Adding new members to groups

Setting up new groups

Closing redundant groups

Liaising with the Webmaster and/or their Assistant when changes are required to the website

Much of the above requires using our Beacon system which is very easy to use. Training would be provided.

In terms of time, Jacquie estimates that the role only involves on average 1-2 hours a week. She will remain responsible for the Members Handbook, annual groups audits, monthly groups listings, monthly slideshow and all other IT related tasks she currently undertakes. Jacquie would work with the new Coordinator until they are “bedded in”

Jacquie is quite happy to discuss the role with anyone who may be interested, so if you’d like to “give something back” and help our u3a grow and prosper then do drop her an email on groups@hunstantonu3a.org, or contact any member of the committee with your questions.



Hilary (Chair)

From our Groups

Arty Facts

Visit to Woolmarket House, Kings Lynn

If you go to Booking.com you will find this house listed as a B&B. However, we were not there to stay overnight in this ancient, mediaeval house in Kings Lynn that is now home to Paul Barratt and Paul Vater.

No, we had come for the art! What else, being the group we are?

The front door of the house opens directly into an art space and every month there is a new mini exhibition featuring Norfolk artists. We have arrived!

Through the art space is a living area where we were invited to sit amongst objects and paintings on shelves, tables and walls.

People’s stories are the stuff of life.

Today we listened to the story of what had brought Paul Barratt and Paul Vater to Kings Lynn and, moreover, why at this time in their lives.

They have had big careers in the international art world, working with organisations like the Tate, but they felt it was time to put into practice a concept that is important to them.

This is the idea that art can be displayed in a domestic environment – meaning one that includes other creative objects set in a non-gallery space. These objects can be furniture, craft, textiles – all which in the past have not necessarily been regarded as art.

Times and opinions are changing, and Paul and Paul are demonstrating this in what I will call their 'art house'.

Using their joint experience they have created a place that is both stimulating and exciting. Underlying their current expressions of imagination is the ghost of Gustav Metzger (1926-2017). He lived here at Woolmarket House from 1953-59.

A refugee who had witnessed the Nazi parades, he was sent over from Germany on one of the last Kinder transport trains. He was a visionary artist and radical thinker who developed the idea of auto destructive art. Whilst in Kings Lynn he joined the campaign to save the fishing heritage of North End from total destruction. He later wrote:

Everything I know about activism I learned in Kings Lynn.

This mention of Metzger as Paul Barratt opened his talk, pointed towards another avenue I decided to explore later.

As Paul continued to share their story my gaze fell on a dark painting hanging behind him. It mystified me. I couldn't make out what it was saying.

What was its appeal to the two Pauls?

Next to it was a small painting which I immediately related to – a quiet seascape. I wondered why I could relate to one and not the other.

Paul Barratt was now talking about links in art and that he could see a link in the work of the two current artists displaying in their art space.

I wondered if there was a link between those two paintings I was looking at and if so where was it?

When we respond to a work of art what is it within us that is responding and why?

The artist reveals her/himself through their chosen medium, but it is in our individual response that the communication happens.

As Paul's talk ended, we moved back to the art space where Liz McGowan is showcasing her work. She describes her way of working as follows:

I work in conversation with the Norfolk landscape, exploring the meeting points between inner and outer landscapes. My inspirations are the detail, pattern and processes – reed, mud, wind, wave, erosion, tideline – that combine to form a particular environment.

My personal concerns are about containment and expansion, about cycles of growth, change and decay, and about the shifting relationship between us and the world in which we are immersed.

Several of us, standing in front of her work, were asking ourselves about the materials she uses and how she manages to manipulate them to produce the finished work.



She is an artist who feeds curiosity and provokes the viewer to engage. I was left not only with an admiration for her thought processes and her skills but also her understanding of the exquisite. This struck me as a rare quality in an artist.

As I am writing this, I am reminded again how a pursuit of my interest in art has led me to so many rewarding places. It feels extraordinary that just down the road in Kings Lynn are two people who have opened their doors to feed our minds with the nourishment of art.

I recommend a visit Woolmarket House – it will certainly leave you with a sense of something revealed and a curiosity about what your response to the artist has told you about yourself.

Margi Blunden

Military Matters

Visit to the Shuttleworth Collection



The Shuttleworth Collection was established by Richard Ormonde Shuttleworth and now maintained and cared for by the Shuttleworth Trust. The Collection is a treasure trove of **airworthy vintage aircraft** from 1909-1950, as well as historical agricultural and steam exhibits, veteran cars, classic motorcycles, bicycles, vintage buses and carriages. It is located near Bedford, a two hour (ish) drive from Hunstanton.



Four of us set off. It was a bright sunny still day and we hoped that some of the collection would be in the air!



Arrival and sadly only one biplane aircraft was taking flight (it was at distance hence no photo).



The aircraft date back to the late 1800s and were like large kites with fabric stretched over a wooden frame - albeit with an engine and a very exposed bench on which to sit to pull on a few wires to operate the control surfaces. Scary!



No creature comforts here either - just look at the most exposed position on a very basic bench.



Now things are looking a little more familiar...



However, some work still needed on the aerodynamics!



Now we are talking; a Spitfire (Supermarine Spitfire Vc)...



...and Hurricane (Hawker Hurricane Mk XIIA).

The Shuttleworth Collection is well worth a visit. The aircraft and other exhibits all operate - and the planes fly! For a working museum everything is pristine with full details of every aircraft available. It also has a 'Swiss Garden' – a Regency Garden consisting of some beautiful grounds, plants, trees, water features and quirky structures.

Norman Mitchell

Environment

At recent meetings of the Environment Group, we have been looking at current reports on bird population changes to establish how useful the data is as an indicator of environment change. This article considers bird population changes and their habitats.

The review revealed that the total bird population of the UK has declined by about 18% from 1970 to 2025. This single geographical indicator, however, hides a significant variation in the species and environments.

The overall population changes in England for the following environments are a better guide to the changes taking place in England:

Farmland	62% decline
Woodland	36% decline
Wetland	11% decline
Seabirds	14% decline
Upland birds	13% decline
Wintering waterbirds	92% increase

The overall population changes in Scotland indicate an increase of 12% with the following environmental variations:

Woodland	62% increase
Urban	25% increase
Farmland	10% increase
Upland	20% decline

Click to see full report [here](#).

Ken Hamilton

Art Appreciation

Visit to Pensthorpe Natural Park

On Wednesday 10 June, twenty-one members of the Art Appreciation group visited Pensthorpe Park near Fakenham. Members travelled by car. I was taken by Jill, who had organised the visit. As we travelled there was a heavy thunderstorm, but luckily it stopped as we arrived. We got together in the café for coffee to start with. Jill had kindly arranged a group discount for us. With the ticket, we were given a map so everyone chose their own route around the park.



As I find walking difficult I had arranged to hire a mobility scooter, so I chose my own route meeting friends here and there. The grounds are extensive with many lakes. I decided to head for the cranes and flamingos while the weather was good.

Heading through the wildlife habitat, I enjoyed the many flowers in bloom and trickling stream. Going into the grassy area, I encountered large numbers of greylag geese and some mallard ducks roaming about. The path led through a gate which, on my scooter, I could not open so waited for others to catch me up and kindly open it. Approaching the crane and flamingo area I had the same problem again. I believe the gates are necessary to keep out foxes.



I enjoyed the stately red-crowned cranes, which had two youngsters, and also the beautiful crowned crane as well as the swallows that were nesting in the roof of their hide. Next, on to the flamingos, many of which were nesting in a group. They build up mounds of soil to make the nests. Some were also bathing and showing off their beautiful bright pink underwings. Always interesting to watch.

After spending some time with the flamingos, I travelled through some woodland and over the Monet style bridge to the millennium garden. The variety of flowers and foliage and pleasing layout of paths I thoroughly enjoyed. I returned to the main building over the main

bridge and enjoyed tufted ducks and pochard on the water.

After a very pleasant morning we assembled at the courtyard café for a pleasant lunch with a good choice of options. I chose crab salad which was excellent.

My next priority was to look at the art work in the gallery. This was a variety of landscapes and seascapes by Claire Frances Smith, all of which I enjoyed.

Following that, I made my way into the aviary. This is a delight to me although it is a bit sad to see the birds flying and unable to get out. Wonderful to get close views of birds that are normally very shy and watch their behaviour. There were nesting avocets, displaying ruffs, flying bearded tits and turtle doves as well as black-tailed godwits and garganey ducks.

Another shower meant spending some time in the viewing gallery looking out at the pleasant lake. We were lucky to escape too many showers, and I hope everyone enjoyed the day as much as I did.

Marian Rowe

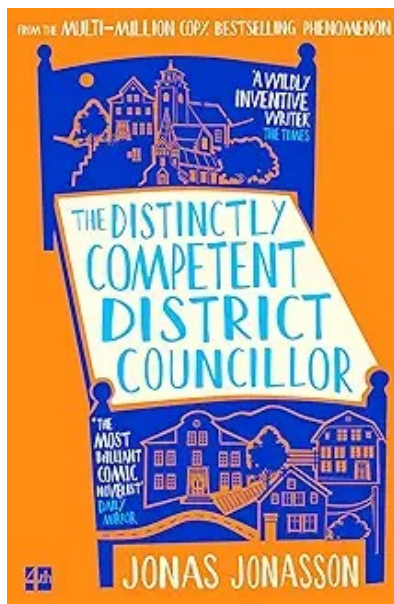


Marian (right) with Chris Taylor. Two long-standing members keeping active with the u3a.

Book Reviews

Book group 1

The Distinctly Competent District Councillor by Jonas Jonasson



In the author's usual quirky style this little book has a slightly unbelievable story where you never quite know what is going to happen next.

It follows Julia Back, a dynamic young mayor of a declining Swedish town that desperately needs regenerating after the closure of a tyre factory and the loss of 800 jobs throughout the town. She attempts to seal a deal with the largest German bedding manufacturer but, to do this, she needs help and this is where a ragtag task force comes in to form a crazy and absurd plan that includes opening a beer house in an empty swimming pool, opening a German School run by a ten-year-old and pensioners, and renaming a Roundabout the Angela Merkel with German flags flying, all to make the Germans feel welcome.

Believe me, it is a brilliant book – balancing comedy with thoughtful, and heartfelt themes about community and connection.

If you have enjoyed Jonasson's other books you will definitely love this one too. *The Hundred-Year-Old Man who Jumped Out of a Window and Disappeared* and *The Prophet and the Idiot* to name but two.

Christine Earnshaw

Book Group 2

Bel Canto by Ann Patchett



I had never read anything by Ann Patchett before, but I was immediately drawn into this story. I enjoyed the writing style and felt that the descriptions of the locations, occasions and characters really brought the narrative to life for me.

Music, particularly opera, is the link running through the story and, in the opening chapter, one of the main characters attends an opera for the first time as a child – a life-changing experience. Ann writes “It was during that performance of Rigoletto that opera imprinted itself on Katsumi Hosokawa, a message written on the pink undersides of his eyelids that he read to himself while he slept”. A wonderful mental image – I was hooked in.

The main drift of the story is that a diverse group of people from many different nationalities, cultures and backgrounds are taken hostage in a palatial presidential house in a small African country by a group of local freedom fighters. They believed that the President would be there and they could kidnap him, but he isn't; watching the latest episode of the local soap opera had taken precedence for him and he had stayed away. (There are many moments of humour in this book!).

The guerillas had no Plan B so a stalemate develops and over the months that they are all trapped in the house the relationships between ‘the captives’ and ‘the captors’ change, talents emerge and all become entranced by opera. For many the fear, that was initially caused by their hostage situation, instead becomes focused on their reluctance to return to their old lives, careers and families. “It even occurred to him that he might be able to escape now if he wanted to, simply walk down the front path to the gate at night and set himself free. He did not want to.”

As I approached the end of the book, I was aware that for the story to have any realistic structure there could be no happy ending, so I was prepared to some extent for the dramatic events that occurred with very little warning.

What I wasn't prepared for, and wish I hadn't bothered to read, was the Epilogue. I have tried to rationalise it and can only conclude that perhaps she was trying to imply that after such a life changing experience it would be difficult to have a meaningful relationship with anyone who hadn't been through something similar.

In conclusion, for me that was the only negative element of the book and it has encouraged me to try another book by Ann Patchett soon.

Rosemary Bell

Crime Book Group

The Fine Art of Uncanny Prediction by Robert Goddard

Set in Japan, the story begins with an incident that occurs at the end of the second world war and which becomes very relevant to the plot. The story then continues in two different time-lines, 1995 and 2022.

In 2022 we are reintroduced to Umiko Wada, a middle-aged widow who is running a one-woman detective agency. She began her employment as a secretary but, when her old boss Kodaka died under mysterious circumstances, she inherited the business from him. Keen to avoid a similar fate she chooses her cases carefully, usually dealing with low level divorces.

She is approached by a wealthy businessman who is unable to contact his son, and believes he is avoiding him deliberately. As it seems a very straightforward case, she agrees to take it on.

In 1995 her old boss Kodaka was also approached by a businessman. He wanted to find out why his recently deceased father had been paying 25 million yen into an unnamed account for many years.

It soon becomes apparent to Wada that both cases are deeply entwined and involve blackmail, murder and links going back to the chaos of the second world war.

During her investigations, she discovers a further connection between both cases, involving the Kobe Sensitive. She was a woman who allegedly could predict earthquakes, but whose identity was never discovered. This information takes her search to America where she finds more evidence of corruption and abuse of power.

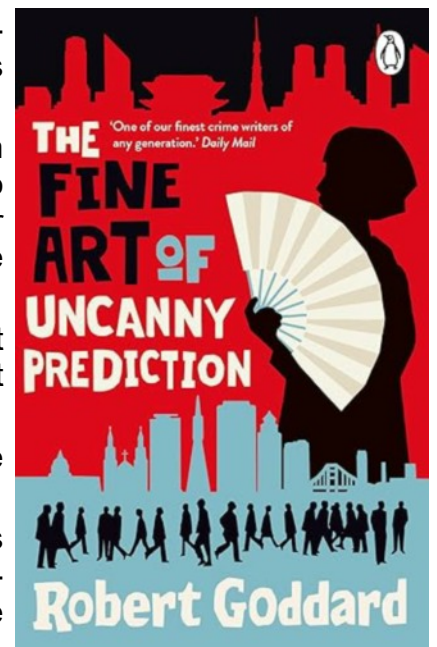
By now Wada realises that a very powerful person has gone to great lengths to keep the past hidden and, though she finds herself in great danger, she becomes determined to put an end to his manipulations.

Wada is a likeable character with a strong ethical approach to her life and work, someone not easily deterred from the path she has chosen.

This is the second book about the Kodaka Detective Agency and, as with all the Robert Goddard books that I have read, it is a well-researched and fascinating story. It describes many aspects of Japanese life and history including some of the more shameful periods.

A useful addition is the glossary of Japanese names and a short description of each person. I found it very helpful on keeping track of all the characters.

Heather Beacham



From our Members

My Life as a Lightning Pilot

There is a certain amount of luck in life, and I certainly have had my fair share. After a couple of years attempting to become a Chartered Accountant, I joined the RAF in 1956. I was immediately offered a commission and was told that I would be going to Canada to learn to fly. So I had a wonderful eighteen months in Canada.

On returning to the UK in 1957, I was selected to fly fast jet aircraft and, in 1958, joined No 74 (Tiger) Squadron which was then based at RAF Horsham St Faith (now Norwich Airport) and equipped with the Hawker Hunter. So I was now a Fighter Pilot! In 1959 the Squadron moved to RAF Coltishall (now a prison), and we were informed that next year (1960) we would be the first Squadron to get the English Electric Lightning –



an aircraft capable of twice the speed of sound. Thankfully the Squadron had some very experienced pilots who were able to keep an eye on young lads like myself. Especially as (then) there were no two seat trainer versions of the Lightning. I will never forget the final words of the briefing before my first flight in the Lightning: "...it's just like a Hunter but twice as fast!".

As we were the first Squadron to be equipped with the Lightning, we were on show much of the time. There were multiple visits from TV and the Press, and we were tasked with displaying the aircraft at Farnborough and the Paris Air Show, and also at numerous RAF 'Battle of Britain' Shows.

In 1963 I moved to No 19 Squadron, based at Leconfield near Beverley, equipped with the next version of the Lightning and left the TV visits behind and started to use the aeroplane for its intended purpose. I spent many hours sitting on the end of the runway on two minutes standby – i.e. we could get airborne in less than two minutes if scrambled. A task that was not that unpleasant on a nice sunny day, but in the middle of winter on a cold wet night it could not be described as enjoyable!



As the Lightning was permanently short of fuel, it was often necessary to refuel in the air. Taking on fuel from another aircraft at three-quarters of the speed of sound is challenging! In order to match our speeds, the tanker aircraft would need to fly as fast as it was able, and we would fly as slow as we could. My time at Leconfield was not without incident. On 15th October 1963 the nose wheel on my Lightning would not lower for landing so the only option was to land using only the main wheels.

In 1964 I married Canny who had to get used to me working rather odd hours. We had only been married a few weeks when I had to fly to Cyprus (just under 5 hours with multiple in-flight refuelling sessions) where I remained for just over a month. Back in the UK we flew by day, at night and at the weekends, and of course, had to sit on the end of the runway from time to time.

In 1965 I was moved back to RAF Coltishall and became a Lightning Instructor and, for the next couple of years, worked more normal hours teaching people how to fly the Lightning. So more normal working hours meant a much more normal family life. In 1968 I moved to Wales and taught University Students to fly the Chipmunk which was great fun and finally ended up at the Ministry of Defence in Whitehall.

Canny had to get used to me working very odd hours, and sometimes very long hours, and often at very short notice. I remember once phoning home to say I will not be home this evening; we were now working 24 hours on / 24 hours off, and I was on the first 24 hours on shift. We also had to get used to moving house quite often. We were married in 1964 and I retired from the RAF in 1976. During that time we lived in no less than eleven different houses, which played havoc with children's education, but it taught them one thing: life is full of surprises and different exciting opportunities.



I have often heard people ask others what they would change if they could live their life again. If I was asked that question the answer would be: Nothing!

David Jones

Lynne Kerr, 1941 - 2026

I only knew Lynne for the last twenty odd years of her life, but we hit it off as soon as we met on a Lochs & Glens holiday in Scotland, where four of us shared a table! She had many friends and I was very glad to be one of them.

But she had sent me a letter to welcome me to Kings Lynn Ramblers when I transferred from the Northampton Ramblers, as she was Secretary. She was a fellow member of the WI where, as a County Adviser, she met Queen Elizabeth a few times at the January Sandringham WI meeting. She also had joined the u3a and we had some hilarious pétanque games, and later some fun times at the Rock Music group, as she was an avid fan and extremely knowledgeable about so many hard rock groups.



Lynne (right) with Jilly

She was very kind, thoughtful and efficient, and these must have been excellent qualities for a long nursing career. She trained in London, but worked in Kings Lynn and was involved with nursing duties at Porton Down. She became a Marriage Registrar later on in life, with many anecdotes! She

produced some beautiful quilts and always enjoyed whatever she was doing.

After the sudden death of her husband seventeen years ago she was absolutely devastated, but when she felt like picking up her now very different life she still wanted to travel, and fulfil the bucket list she and Ian had planned. I was a willing companion and we travelled to Europe a few times, Chile and Easter Island, South Korea, Route 66 across the USA, cruised to Iceland and Greenland, Australia and the Far East. We also met up in Sydney for lunch when we were both in Australia visiting our children!



She moved down to Basingstoke about five years ago to be nearer to two of her children and spent the last weeks staying with her daughter, but she came back to Norfolk to see friends last December and to pay her annual visit to Thursford, which was the last time I saw her.

I will miss her so much, but when I last spoke to her about six weeks before she died, she was resigned to the diagnosis of her lung cancer being terminal, and said how wonderful her life had been, and she didn't regret a minute of it.

Jilly Hall

Lavender View in Hunstanton

Lavender View is for people who are in need of some extra support with their health and mobility problems and I feel that many of you may not be aware of its purpose. It is built by NCC for people who need assistance and they are RENTED, not bought, no extra monthly charge for upkeep. That means your inheritors will have no monthly charges to pay until it is sold.

Tony and I are moving into one of their two bedroomed apartments in late September. The apartments are excellent, beautifully decorated and carpeted, with a lot of thought having gone into the facilities needed for a disabled person. I am really excited to be moving; not so sure about Tony at the moment but he will be OK when we are installed.

Also, there is 24-hour care available (extra cost), necessary when you need help after a fall etc., cleaners, carers, visits to the doctor etc. can all be arranged for you. A café, hairdresser, spa, lounge, storage and power for mobile scooters are also available.

You may not be interested for yourself, but maybe someone you know might be. Please give me a call if you want more details or visit the site.

Sheila Taylor



Forget the headlines – the real work of an MP

Having just watched the startling BBC programme* on Sir Jeffrey Donaldson, the ex-leader of the Democratic Unionist Party in Northern Ireland, and his convictions for eighteen counts of sexual abuse, we could ask how many more secrets lurk within the cupboards of Westminster?

From 1997, for seven years I ran the constituency office of a Labour MP in the East Midlands. During that time, I met and managed visits from numerous government ministers, including Tony Blair. In 1998 I remember hearing of Donaldson walking out of talks supporting the Good Friday Agreement, threatening that landmark event under the new Labour Government which we were so proud to see completed early in the new Government term.

During my Westminster induction, we learned that the work of an MP in representing constituents was to cover matters that were directly connected to the national work of Government, and to assist the MP to hold that Government to account on behalf of their constituents.

However, we were unable to avoid the local avalanche of ordinary people's social, economic and health problems that landed by post, in person and at MP's advice surgeries. The work I did, and the work done by my MP on the train, or whilst cooking her family's dinner at the weekends, was a personal crusade on behalf of each individual person, to ensure at least some sort of reasonable outcome or even, occasionally, resolution.

I watched from the sidelines as my MP became a Minister herself and, knowing her, the work she did remained as meticulous as ever, and for myself by end of seven years, completely exhausting.

Hearing some of the gossip that originated in the Palace of Westminster, I could scarcely imagine that any MP or Government minister ever had time to even turn around, the pressure being so great with their individual commitments to Committees, voting, unsocial hours, not to mention travel, their families, and – yes, the constituents.

Sir Jeffrey Donaldson's convictions shine a light. I know of other MPs who have also been disgraced, some of whom I have met. But within that pressure cooker world of Westminster, there exists a majority of honest and decent people spending seven days a week at the behest of their constituents, holding the Government to account – and getting an enormous amount of good work done.

Politics has an undeservedly poor reputation in 2026. The Donaldsons of this world are an exception. Had it not been for his brave victims, two ordinary constituents coming forward, his behaviour may never have been revealed to the nation.

Martin Chown

**BBC NI Spotlight, available on iPlayer now*

u3a Getaways



Hilary, our Chair, felt that the new u3a Getaways service could be of great interest to many of our members. Here is their latest communication:

Take a trip to the South Coast

You and your members are invited to join the first *u3a getaways* trip – *The Agatha Christie Story* – from 14-18 September 2026. You'll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.

u3a getaways is a new programme of bespoke holidays exclusively for u3a members and friends. Find out more on the [u3a getaways website](#).

“Have You Met Someone Famous?”

In the 1980s, Heather Beacham once attended a celebrity Clay Pigeon shoot. Her husband, Ian, was Editor of a Gun magazine and was there in an official capacity. Heather went around with her camera, snapping the rich and famous. So this edition of “Have You Met Someone Famous” is more a case of “Can you recognise someone famous from their forty-year-old photograph?”. Some are easy, but others are fiendishly difficult. No clues!

Answers are at the end of this Magazine.



A The couple in the foreground



B



C



D



E



F



G The lady on the left



H



I The man standing on the left

Positive report regarding the NHS

I'm sure some people are aware of this but, as one who was not, I thought the information was worth sharing. I recently decided to get my hearing tested and looked for free hearing tests. Instead of getting a referral from my GP I looked online for free hearing tests. I came across this website:

www.norfolk-nhs-audiology.com

Yes it's funded by the NHS. I contacted them on 18th June, I was offered an appointment the very next day, attended and left an hour later with hearing aids with an app downloaded onto my smart phone linked to the aids. No cost involved. How 's that for a positive experience?

I went to the Fakenham clinic. It is open to everyone, however the only proviso is that they can't deal with you if you are already being covered by the QE2 at King's Lynn.

Barbara Brown

Editor's note: Here is what Jilly Hall wrote last month about the new bus services for Hunstanton:

Useful New Bus Routes for Hunstanton

Monday 1st June was when Hunstanton had two new bus routes added to the four other routes to Kings Lynn and I do hope members will find them useful – for instance if you live by the lower areas near the sea, you can now get a bus up to the library and the Doctors' surgery, which will save the walk up the hill.

The 33A starts at the Bus Station in an anti-clockwise direction and stops at Oasis Way, Lavender Chase, Lyndhurst Court, goes via Park Road on to the Cromer Road just by the surgery car park, then continues along past the new houses and turns down Lighthouse Lane and the coast road back to the Bus Station.

Stay on the bus and you can get off at Tescos, but this bus turns into the 33B and goes to Ringstead and to Old Hunstanton and then back via the coast road to the Bus station.

At the moment these routes are two-hourly, Mondays to Fridays, but that is better than nothing, and if they are well used then hopefully Lynx will think about increasing their frequency! SO PLEASE USE THEM

Jilly Hall

The photograph shows u3a members using one of the the services as soon as it appeared. Even if we don't need to, it may be a good idea for us to use the busses occasionally. That way, not only should Lynx maintain the services, but the company may even increase their frequency! - Ed.



Where there's a will, there's a way



As anyone who knows me will testify, I like to keep busy doing things I enjoy that include playing table tennis, mahjong and rummykub, gardening, cooking and baking etc. Every day of the week I am busy and 'on the go' so you could say it was a bit of a surprise to receive just four days' notice that I was going to have a 2¼ hour operation on my foot. This was then followed by 7 weeks in plaster, crutches and not being able to weight bear, to be followed by 2-4 weeks in a special boot – I can't wait!! A full recovery is expected to be within 6-12 months.



Anyway, through boredom and frustration, I decided to attempt to make some cheese scones. Hubby carried a dining room chair through to the kitchen which would allow me to kneel on it with the plastered leg, enabling me to prepare the mixture. Not realising how much my good leg would ache, I had several spells of having to sit on the chair – on one occasion I made the most of it by grating the cheese, and another of greasing and flouring the baking tray.

The whole process took much longer than it normally would, although the end result was rewarding, and they tasted delicious.

This just proves that where's there a will there's a way!

Debbie Peel

The Scallop by Maggie Hambling



The scallop is a 2003 work by the British Artist Maggi Hambling. It is located on Aldeburgh Beach in Suffolk in an Area of Outstanding Natural Beauty and is a tribute to the composer Benjamin Britten who lived in Aldeburgh

It stands nearly 4 metres tall and is formed of two halves of a broken shell made from fabricated steel by a local business. One half stands upright and faces the sea and is polished and shimmers in the sun while the other half lies prone on the beach.

Maggi Hambling raised the money for the scallop herself for all to enjoy. It certainly didn't please everyone when it was first unveiled as many people felt it didn't belong on this stretch of unspoilt beach. Indeed, it has been vandalised and covered in graffiti in protest several times over the years, always to be cleaned by the local

council

When I first saw it, I did think it looked out of place and wondered what Benjamin Britten would have thought of it. However, I recently visited Aldeburgh again and enjoyed a walk along past the Tudor Moot Hall and the wonderful Wentworth Hotel, towards the "House in the Clouds" in Thorpeness. As the scallop came into view as you can see in the photo, it has mellowed and gleamed in the sunlight I thought it had settled in to its surroundings and looked good. What do you think?

Val Garner

Beat the Scammers

I thought this month I'd focus on a different type of fraud which in some ways is worse than just robbing you of your money – Romance and Dating Fraud. Dating online is now one of the most popular ways to find new relationships, romance and love. Unfortunately amongst the genuine profiles are fraudsters who are only after you money, not your love.

The fraudsters are very flattering and appear to be really interested in you within a short space of time. If you become interested in them and suggest you meet, they will give you a range of excuses as to why they can't see you e.g. they have a family emergency or a problem with their business. First step.

They then start asking for money to help them with their problems, assuring you they will pay you back as soon as they can. Second step. **DO NOT DO IT!**

They are masters of manipulation playing on your good nature and emotions to ultimately steal your money. It is easy to be flattered and that is what they want you to be.

How to Protect Yourself:

Keep all the communication on the dating site you are using. Print out all the emails they send and your replies too.

Don't be taken in by the profiles you're sent. They may look handsome or beautiful but how can you tell that it is really photo of themselves?

Do your own research. E.G. are they members of other social networking sites? Can you confirm what they are telling you about themselves, such as where they work (phone their workplace), where they live (check their address – does it exist, are they on the electoral roll)?

Never send or transfer money to someone you have not met in person and even then be very wary. Why do they not get a bank loan?

Talk to family and friends for advice and be suspicious if they want you to keep the relationship secret.

Be wary of continuing the relationship away from the dating site you initially made contact on.

And think why are they so quick to declare their love for you? How do you know they are telling the truth?

These people are meddling with your emotions! Be very careful.

Latest Scam Alerts from Norfolk Trading Standards

Cold Calling Alerts: Telephone calls re Loft Insulation.

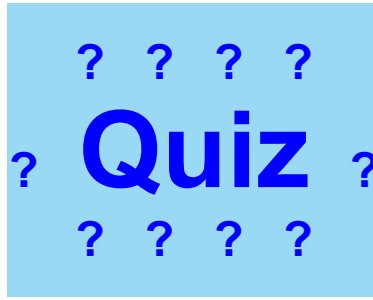
Doorstep calls re Solar Panels and some claiming the panels needing inspection.

Callers offering roofing work.

Scam Alert: Emails claiming to be from BT

For further info. visit the Consumer Alert page@ Norfolk CC Trading Standards Scams

Sue Hutcheson



Life in the UK by Bill Freitas

This quiz is based on the “Life in the UK Test required for UK Citizenship

1. Which British Prime Minister is the only one to have been born outside of the United Kingdom?
2. Which English county is home to the **Uffington White Horse**, a prehistoric hill figure formed from deep trenches filled with crushed white chalk?
3. In British history, who is the only person to have been awarded the **Nobel Prize in Chemistry twice** (in 1958 and 1980)?
4. Which UK National Park is the only one in the country to be located entirely within the boundaries of a single county?
5. Which 12th-century Welsh clergyman and chronicler wrote the influential works *Topographia Hibernica* and *Itinerarium Kambriae*?
6. What is the official name of the London skyscraper popularly known as **"The Gherkin"**?
7. Which English monarch was the last to lead their troops into battle, doing so at the **Battle of Dettingen** in 1743?
8. The **Lizard Peninsula**, the southernmost point of mainland Great Britain, is located in which county?
9. Which UK city is the most northerly to have a population exceeding 200,000?
10. Who was the primary architect of the **Palace of Westminster** after the original building was largely destroyed by fire in 1834?
11. The **River Trent** and the **River Ouse** combine to form which major estuary in Northern England?
12. Which royal residence, located on the **Isle of Wight**, was built for Queen Victoria and Prince Albert as a summer home?
13. In which Scottish city would you find the **Cramond Lioness**, a large Roman-era sculpture discovered in a riverbed in 1997?
14. Which British author wrote the 19th-century novel **The Moonstone**, which is widely considered to be the first detective novel in the English language?
15. Which UK city is home to the oldest **Botanic Garden** in Great Britain, founded in 1621 as a physic garden?
16. Which British scientist is credited with the discovery of the element **Neon**, as well as Krypton and Xenon?
17. The **Wandle**, a tributary of the River Thames, flows through which part of London?
18. Who was the first woman to be appointed as a **High Court judge** in the United Kingdom, in 1965?
19. Which English city is famously home to the **Jewellery Quarter**, an area that still produces an estimated 40% of all jewellery made in the UK?
20. [PICTURE QUESTION] Identify this landmark: This 170-metre tall observation tower, located in Portsmouth, is shaped like a billowing sail and was opened in 2005.

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Answers are at the end of this Magazine



Forthcoming Meetings

All meetings start at 2:00pm

- 20th July** **Antarctica** by David Pinion. He first went to Antarctica in 2023 and his talk his experiences and impressions of this incredible continent.
- August** No meeting
- 21st September** **My Creative Journey in Fashion** by Amanda Sutherland. Film, television and theatrical costume design, and an accessories business...
- 19th October** Annual General Meeting. Further arrangements to be confirmed.

For more detailed information about these meetings, please visit the Events page of the Hunstanton u3a website: <https://hunstanton.u3asite.uk/events/>

Admin...

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

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

Magazine Copy Date

Items for the next magazine are required before **MONDAY 10th AUGUST 2026**. Please send them to David at newsletter@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. Or you can simply type your text into an email, and I will extract and format it for publication. **No PDFs** please.

Photographs are more than welcome, on their own or accompanying articles. Just attach them to an email.

Thank you to everyone who has contributed to this issue.

More please!

Answers to the Quizzes

Have You Met Someone Famous?

- A** Prince (at the time) Andrew and Sarah Ferguson
- B** Rick Wakeman
- C** Selina Scott
- D** Gerald Harper (played Adam Adamant)
- E** Sean Connery (the only one to pose for the photo)
- F** Lord Litchfield (Royal photographer)
- G** Princess Anne
- H** Billy Connolly
- I** Barry Gibb

Life in the UK

1. Andrew Bonar Law (Born in New Brunswick, now part of Canada).
2. Oxfordshire.
3. Frederick Sanger.
4. North York Moors (located entirely within North Yorkshire).
5. Gerald of Wales (or Giraldus Cambrensis).
6. 30 St Mary Axe.
7. George II.
8. Cornwall.
9. Aberdeen.
10. Charles Barry (assisted by Augustus Pugin).
11. The Humber.
12. Osborne House.
13. Edinburgh.
14. Wilkie Collins.
15. Oxford (University of Oxford Botanic Garden).
16. Sir William Ramsay (or Morris Travers).
17. South London (specifically Croydon, Sutton, Merton, and Wandsworth).
18. Elizabeth Lane.
19. Birmingham.
20. The Spinnaker Tower.

That's All Folks!