



<https://www.uea.ac.uk/about/working-at-uea/retirement-association>

UEA Retirement Association Newsletter
No. 71
February 2024

INTRODUCTION.

Since the October edition of Renaissance all activity groups have met on their usual monthly basis and regular talks have been enjoyed by members. Members also enjoyed a four night walking holiday in October at Bourton on the Water in the Cotswolds and the annual Christmas social and lunch early in December.

As we move forward in 2024 we have a varied programme of events and activities planned, further details of which are in this newsletter. For a quick view and check on dates see the 'Dates for Your Diary' page at the end of this newsletter. It is well worth remembering the hard work and planning that enables all these activities to take place, so please do try to support these events whenever you can.

Looking further ahead we have a four night walking holiday to come in October in Whitby. Bookings for this are already sufficient enough to enable the whole of the HF house to be allocated to us. If you are interested and haven't yet booked, please see the Holidays section for details. Note, non-walkers are also welcome.

Although encouraging that we have had several new members join in 2023, overall the number of members is still declining. If you know someone who is eligible, a former colleague at UEA or the Research Park, please encourage them to join us and help the Association continue to thrive; an application form can be downloaded via a link on the Association's welcome web page at <https://www.uea.ac.uk/about/working-at-uea/retirement-association> .

Once again a reminder that some of our committee members have been on the committee now for a number of years and are looking forward to the time when they might 'hand over the reins' to someone else. We also would like to have a couple more ex-officio members on the committee to help with running the Association and planning events etc. Without a strong committee it will be difficult to maintain a thriving Retirement Association. If you think you may be interested in this please contact a member of the committee.

NOTE FROM THE TREASURER

Membership Renewals 2024

Thank you all for renewing your 2024 memberships so promptly. The exercise is now completed and any members whose membership has lapsed do not receive this Renaissance. A few facts and figures (the figures in brackets are the comparable figures for 2023): -

175 (188) members renewed by 31st December 2023 with a few paying in January, so it was only necessary to send 23 (24) reminders to jog memories. On 19th January membership was 182 (193) which represents 76 (73) individual members and 53 (60) joint members. Although total membership numbers are still on the decline, it is encouraging that we have had several new members joining in recent months.

Christmas Social Charity Donation

Following discussion by the committee a charity pot was left out at the Christmas Social on 4th December for any members wishing to donate. The local charity nominated by the committee was Norwich Foodbank and I am pleased to report that a donation of £75.00 was made to them. Thanks to all who contributed so generously.

Denis Brown

NOTICE BOARD

GENERAL DATA PROTECTION REGULATIONS 2018

In order to comply with the General Data Protection Regulations 2018, the UEARA Committee has previously agreed a Privacy Statement, which is published along with the Membership Application Form on our website.

CONTACTS

Secretary:	Alison Ward	01603 452330
Membership Secretary:	Keith Woods	01603 810980
Website/Renaissance Editor:	Steve Mosley	01603 437176

Email: uearetired@gmail.com

Website: www.uea.ac.uk/about/working-at-uea/retirement-association

BACS PAYMENTS

Internet banking has been set up to access UEARA Bank Accounts and we are able to accept payments such as for subscriptions, outings etc by Bank Transfer as well as by cheque or cash. Should you wish to make payments in this way the UEARA account details are as follows:

Account Name: U E A Retirement Association

Sort Code: 20-62-53

Account No: 70487589

Please note that there are spaces between the U and E and A. This is important when typing in the name the first time as UK Banks carry out name checks to prevent fraud (called Confirmation of Payee) and if the spaces are omitted it will not be able to match the name.

OBITUARIES

Graham Kearn

We are very sorry to report the death, on January 4 last, of Graham Kearn. Graham was a Zoologist who specialised in Parasitology. He was one of the first lecturers to be appointed to the School of Biological Sciences. His lectures and particularly his practical classes, were highly appreciated by the students. They always achieved the highest marks in the annual course evaluation survey. Much to the envy of the rest of us! We extend our sincerest condolences to his wife, Margaret, and their two daughters.

Alan Coddington

OUTINGS

Thursday 2nd May. Visit to Waterloo Park

Norwich, Angel Road, Norwich, NR3 3HX

A group visit has been arranged to this Grade 2 listed park for the afternoon of 2nd May, starting at 2.00pm.

Waterloo Park is one of four parks designed by Captain Arnold Edward Sandys Wunsch and opened in its present form in 1933. It features some of the longest, if not the longest, herbaceous borders in a public park in the country. These are managed by Norwich City Council. The beds near the Pavilion, including dry and natural dye beds, are cared for by the Friends of Waterloo Park. The Friends have also recently established a wildflower meadow on one of the old bowling greens. More information can be found on the Friends of Waterloo Park website.

The Chair of the Friends will give a short talk about the history of the park in the Sandys Wunsch room above the café run by The Feed, who will provide catering. There is a lift to the room. There will be a charge of £10 to cover room hire, catering and a donation to the Friends.

Directions: The main gate and car park are on Angel Road. Buses 21, 22, 28, 29, 36 and 39 stop near the park. The meeting point will be in the wildflower meadow, which is the first turning to the right on entering from the main gate, or up a curved slope to the left from the car park.

If you would like to go on this visit, please complete the booking slip at the end of this newsletter and return to Barbara Dewing by Friday 12th April.

Possible outing to JIC Church Farm - Thursday 11th July

I am proposing a visit to the JIC experimental farm at Bawburgh where they conduct trials mainly on wheat, oilseed rape and peas and have a field station that has labs, seed storage and a machinery store. We would be able to learn about the different trials taking place; see the wildflower meadow and other areas for wildlife and a newly planted heritage orchard.

We will take our own cars as it is not far, sharing where people do not have their own transport as we did when we visited Wells last year. A morning visit starting around 10am, where we will have a short tour of the field station then head outside on to the fields with a tour of this year's trials in pea, wheat and oilseed rape noting wildlife friendly measures at the farm. Footwear for rough ground is recommended. The proposal is to start with tea and coffee, and I suggest that after the visit some of us might like to have lunch together at the King's Head which is nearby.

In order to facilitate this, would you let me know if you are interested in joining the visit; how many of you and whether you will drive and can offer a lift to anyone; email mndholland76@gmail.com. Please note there is a maximum of 20 people for the visit. They do not charge for these visits, but suggest a donation which would go towards further research.

Mandy Holland

Possible outing to Mancroft Ringing Discovery Centre

It is worth mentioning that another visit to the Mancroft Ringing Discovery Centre could be arranged if there is sufficient interest. See the Music Group section for details.

HOLIDAYS

Walking Holiday at Whitby 14-18 October 2024

Our Holiday in 2024 will be at Whitby on the Yorkshire coast for Walkers and non-Walkers. This is a Monday to Friday holiday with walks on the Tuesday, Wednesday and Thursday. On this holiday we will have fully guided walks with HF Leaders and they will provide transport to and from the walks. More details under “Version 1” of the Itinerary at:

<https://www.hfholidays.co.uk/holidays-and-tours/4-night-north-york-moors-guided-walking-holiday>

We have booked the whole house, which is slightly bigger than the houses we have used in recent years. We will have space for non-walkers too. The HF house, Larpool Hall YO22 4ND, is on the edge of Whitby with a bus service a short walk away.

The cost of the holiday is currently quoted at £554 per person. All rooms are en suite. The price includes bed, breakfast, packed lunch for everyone and an evening meal. We will organise a coach from Norwich and share the cost between all the passengers.

Booking the whole house has great benefits for us, not least we don't pay single or other supplements! However, we do have to pay our deposits very early to secure the whole house.

Please do ensure you have appropriate travel insurance. If you need to cancel for any reason, you will lose your deposit. The final balance will be due at the beginning of August 2024 and is not refundable. Please contact us for availability and the booking form.

Keith & Jan Woods. Tel: 01603 810980, **NEW! Email: woods521@icloud.com**

History and Future of UEARA Walking Holidays with HF

The initial list to 2007, was collated by Alan Coddington and Susan Penswick. We have brought it up-to-date. You may not be aware, but we have to book 18 months in advance, so we're now looking at locations for 2025! We have visited nearly all the houses in England and Wales. We normally have 30 to 40 guests, so we would have to share the larger houses (eg. Isle of Wight) with other people. If you have a suggestion for next year, please email Keith & Jan at the email above.

2005	Malhamdale	2015	Dolgellau
2006	Dovedale	2016	Exmoor
2007	Derwent Bank	2017	Church Stretton
2008	Whitby	2018	Coniston
2009	Malhamdale	2019	Isle of Wight
2010	Brecon Beacons	2020	None - Covid!
2011	Sedbergh	2021	Sedbergh
2012	Whitby	2022	Lulworth Cove - closed now
2013	Alnmouth	2023	Bourton-on-the-Water
2014	Abingworth	2024	Whitby

TALKS

All talks begin at 2.15pm (unless otherwise stated) in the Costessey Centre, Longwater Lane, Costessey (NR8 5AH).

No response slips are required, just pay £1 per association member and £2 per guest at the door, which includes tea and biscuits. Each member may bring up to two guests.

Tuesday, 27 February **'Curious Characters from Cathedral History' by Nick Brewin**

In 1096, the Cathedral was created as a pile of stones reaching towards the heavens. For nine hundred years, the life of the Cathedral has been intertwined with that of Norwich itself. The talk will illustrate this rich tapestry by describing some of the colourful characters and curious incidents that have enriched the narrative. Nick Brewin was an emeritus fellow at the John Innes Centre, and he is currently a guide at the Cathedral.

Tuesday, 26 March **'Cairo to Cape Town – by Bicycle' by Martin Philpot**

Cycling the length of Africa was an amazing adventure and, as you can imagine, an enormous physical and mental challenge. I cycled the 7500 miles alone with well-packed panniers, encountering contrasting cultures and terrain.... and, of course, the odd wild animal or two!

Tuesday, 23 April **'Seahenge and her sister: 25 years of research into Bronze Age timber circles' by David Robertson**

The discovery of Seahenge, a Bronze Age timber circle on Holme-next-the-Sea beach, has resulted in than twenty years of research. David Robertson will give an illustrated talk on Seahenge, the neighbouring second circle, and the dating of both to the 2049 BC. He will explore how they might have been used and their importance to the study of prehistoric timber circles in the British Isles.

Tuesday, 28 May **'American Landscape: Thomas Cole and the Hudson River School Painters' by David Peters Corbett**

The talk will deal with this first great group of US landscape painters in the C19th. David will concentrate on themes related to US national expansion, its representation in painting and popular visual culture, and related debates at the time about environmentalism and exploitation.

Tuesday, 25 June **'A Skip to the Future' by Elizabeth Talbot (preceded by AGM)**

"A Skip to the Future" by Elizabeth Talbot, a Director of TW Gaze Diss Auction Rooms, is a timeline of auction house evolution, 1985 - 2024; a talk presented from her personal perspective across the years. It incorporates interesting insights into changes and developments within the industry, and contrasts them with how the profession once worked. It will touch upon how auctions are compiled and marketed; what defines and influences value; the impact of legislation, and the power of media, modern technology and communications. For better or worse, things are certainly different.

Margaret Robins

WALKS

Walks are generally around 5 miles, but occasionally longer or shorter walks are arranged and wherever possible there are shortcuts available **All walks start at 10.30am (unless otherwise stated) but please arrive at the meeting place by at least 10.15am**, especially if a pub lunch is planned in case we have to pre-order food. Car sharing would be appreciated. Walking boots or sturdy shoes are recommended.

Places on the walks must be booked by contacting the walk leader via email or telephone, by the deadline date shown. Please ensure emails contain your name, contact telephone number, number of places and, where appropriate, the number of lunches required. This is particularly important for walks with pub lunches so that the managers may reserve appropriate space for us. Please note that there may be limited numbers for some pub lunches, and these will be allocated on a strictly 'first come first served' basis (so it pays to contact the walk leader as early as possible!).

We are always looking for members willing to lead walks so if you have a favourite walk which you are willing to share with others, please contact Alan Jones at jonesalan9@hotmail.com

Alan Jones

These walks, and all other sporting and leisure activities, have inherent hazards associated with them. In spite of the safety of members of each walk being of paramount concern to its leader/leaders, accidents will occasionally occur. It is important therefore that, before taking part in any of our walks, every member appreciates that they each have an individual responsibility to be aware of possible hazards, and will each be expected to take all reasonable steps to minimise any potential for an accident to occur. i.e. each walker takes part at his/her own risk.

Tuesday 13 February

Leader: Alan Jones

UEA and Earlham Park

email jonesalan9@hotmail.com

Tel 01362 860423

Mobile on the day 07845 963213

Deadline for the receipt of emails or telephone calls: Monday 5 February 2024

This walk, around the UEA campus and Earlham Park, will start from Eaton Park NR4 7AZ- the West car park near the pitch and putt, off South Park Avenue at the Bluebell Road end. There is a parking fee of £2 payable only by card.

From the car park we will cross Bluebell Road to enter the campus, take a path along the far side of the UEA Broad and then via the Colney Lane playing fields towards the Sainsbury Centre. The walk continues around Earlham Park and then back to the Sainsbury Centre. The return section of the walk is on the near side of the Broad. Total distance up to 4 miles but shorter options are possible.

Lunch will be at the Red Lion, Eaton.

Tuesday 12 March

Leaders: Steve & Joan Mosley

Wreningham and Ashwellthorpe

Email: s.mosley@talktalk.net

Tel: 01603 437176

Mobile on the day: 07887399106

Deadline for receipt of emails or telephone calls: Friday 1 March

This is a circular walk approximately 5.25 miles long starting from the Bird in Hand pub car park, Wreningham. The walk is mainly along grassy tracks at the edge of fields with a short distance on minor roads. There are no stiles and it is generally good underfoot, although it could be muddy in places if there has been some rain. From the pub we walk to Ashwellthorpe where all being well we should have time to look inside the church. From the church we head northwards past Ashwellthorpe Lower Wood (mentioned in the Doomesday Book) and up to the community planted Long's Wood east of Wreningham. We then cross a disused railway line (Swedes and Swimmer's line). Note, there are some steps down and up the embankment here but the steps are good with a handrail. We then walk back to the start passing through Wreningham village and past Wreningham church to arrive at the pub.

A menu for lunch at the Bird in Hand will be circulated to those opting for a pub lunch about 10 days before the walk so that we can inform the pub of our choices about a week before. There is ample parking at the pub and toilets will be available before we start.

Grid ref OS Explorer TM 16648 98799, Post code for Bird in Hand NR16 1BJ

Tuesday 9 April

Leaders: Vernon & Linda Clarke

Thompson, Thompson Carr, Pingos

Email: vernclarke55@gmail.com

Tel: 01603 759349

Mobile on the day: 079448813233

Deadline for receipt of emails or telephone calls: Friday 29 March

Our circular walk is about 5 miles long. Starting and finishing at The Chequers Inn, Thompson, where there is a car park but it's not huge, so please park sensibly. The route uses footpaths, lanes and tracks where some parts are likely to be muddy. There are no stiles or shortcuts. Toilets will be made available prior to the start of the walk. I will circulate copies of the menu and any further info to all concerned nearer the time.

Please arrive in good time for a 10.30 start.

The Chequers Inn, Griston Road, Thompson, Thetford. IP24 1PX

Tuesday 14 May**Hingham**

Leaders: Richard Aldridge and Julie Houghton

Email richard.v.aldrige@gmail.com

Tel 01603 811303

Mobile on the day 07753545440 (Julie)

Deadline for receipt of emails or phone calls: Friday, 10 May

This is a circular walk around Hingham, approximately 4 miles in length. The route uses pavement, footpaths, and some small sections of reasonably quiet roads.

We will meet at the Lincoln's Tea and Coffee Shoppe on The Fairland. We aim to start the walk from Lincoln's Cafe at around 10.30.

The route is anti-clockwise, initially heading south to the old Mill. We turn north via a public footpath to cross the Norwich Road to the east of the Eco Housing estate. We then head to the surgery and primary school via Hardingham Road and on to Folly Street where public footpaths will take us through the fields in the general direction of Hardingham. Before reaching Hardingham we take a left turn towards Manson Green Farm and head back towards Hingham via the footbridges.

On reaching the outskirts of the town, the walk turns right through the allotments to the Dereham Road and then left back towards The Fairland. If time permits, there is the opportunity to visit the large parish church, which includes the Lincoln family memorial.

There are no stiles but there are open sided plank bridges over drainage ditches near to Manson Green Farm, all safe to cross. If the weather is not on our side, it could be muddy in a couple of the field sections.

There is parking on The Fairland near the café and in the Market Square. The Lincoln's Café opens at 10.00, so a pre-walk coffee is a possibility for those who are interested. Toilets are available in the café and there are reasonable public toilets in the Market Square. [Please note: Lincoln's Café has recently moved into new premises and we have been advised that they may not have an alcohol licence in place at the time of our visit.]

Please arrive by 10.15 to pre-order lunch.

Lincoln's Tea & Coffee Shoppe, Fairland Court, The Fairland, Hingham, NR9 4HN

Tuesday 11 June

Saxmundham, Benfield and the Layers

Leaders: Eleanor Cockerton and Stephen Morgan

Email eleanorcockerton@yahoo.co.uk

Mobile on the day 07811052252

Deadline for receipt of emails or telephone calls: Monday 3 June

This is a walk of just over 5 miles (with a slightly shorter option). We meet at the Bell Hotel in the centre of Saxmundham and we suggest you park in the town car park (50 yards away).

From there we head east and up Church Hill to turn south following a footpath through agricultural land reaching the edge of Sternfield via a sunken lane. We then take a quiet road into Benhall, crossing the ford and having an opportunity to explore the small community nature reserve. Continuing through the village we cross the B1112 taking footpaths across The Layers to return to Saxmundham for lunch at The Bell. There is a ditch to scramble through but this can be avoided by taking the shorter route back to the town.

Please arrive by 10.15 to order lunch and be ready for a 10.30 start.

Grid ref OS Explorer 212. 648387, Postcode for the Bell Hotel is IP17 1AF

Tuesday 9 July

Cley next the Sea

Leader: Anne Guyon

Tel: 07950 680303 (text preferred)

Email: akguyon@gmail.com

Expressions of interest by Tuesday 2 July. Confirmation by Friday 5 July.

Planning for this circular walk is at an early stage. The walk will start and end at the Norfolk Wildlife Trust Cley Marshes Visitor Centre. Further details will be provided nearer the time.

This will be a picnic walk. Food and drink are also available from the Visitor Centre Café and there is outdoor seating. Parking is free for Trust Members (remember to bring your permit}. There is a small charge for non-members.

Please arrive by 10.15 for a 10.30 start.

Map: OS Landranger 133. Postcode NR25 7SA

ART GROUP

The Art Group meets on the **third** Monday of the month (except Bank Holidays) at 2:00pm at the Colney Lane Pavilion. Refreshments will be provided, but please bring your own painting and drawing materials with you. Brenda Mace has kindly agreed to act as mentor to the group.

The Group will meet on the following dates:

- 19 February**
- 18 March**
- 15 April**
- 20 May**
- 17 June**
- 15 July**

Brenda Mace

BOOK GROUP

Informal meetings, lasting about one and a half hours, will be held at 40 Brettingham Avenue, Cringleford at 2pm on the **second** Monday of the month. Books to be discussed are listed below and all titles are available in paperback and from the library, some as downloads.

The group will meet on the following dates.:

12 February	'Lessons' by Ian McEwan
11 March	'The Marriage Portrait' by Maggie O'Farrell
8 April	'The Queen's Gambit' by Walter Tevis
13 May	Poetry on the theme of peace and happiness
10 June	'Foster' by Claire Keegan
8 July	'I, Julian' by Claire Foster-Gilbert

Anyone is welcome to come along and join us and to suggest titles for future sessions. There is no charge and tea, coffee and biscuits are served. For more information please contact Janet Havers (janet.havers@btinternet.com or Tel. 01603 759644).

Janet Havers

FILM GROUP

This small, lively group normally meets once a month, on a Monday, at Cinema City. Whenever possible we go for a late morning/early afternoon screening to allow time afterwards for refreshments and to discuss the film before going our separate ways.

New members are most welcome.

For more information please Tel. 01603 743464 or email: evelyn.mould46@gmail.com

Evelyn Mould

GAMES AFTERNOONS

Games afternoons are held on the third Tuesday of the month starting at 2.00pm at the Pavilion. We have regular tables for Cribbage and Rummikub and additional board games and cards are available if required. If you don't know how to play any of the games, we'll teach you.

The emphasis at games afternoons is on enjoying playing games rather than skill and you are welcome to bring your own games for other members to try. Refreshments are provided.

Future dates are:

20 February
19 March
16 April
21 May
18 June (Croquet)*
July – No Games Session

Contact Details: Denis Brown Tel. 01603 409905 Email lizden144@btinternet.com

***Croquet Session on 18 June**

This event which is organised by Jeremy Kitchener will be held at Eaton Park starting at 2.00pm and finishing at 4.00pm. Balls and mallets will be provided, and the only requirement is that flat shoes or trainers are needed. The green is located near the boating pond and there will be a charge of £5.00 (which includes refreshments). There is a room for storing coats as well as a loo facility.

The Car Park is operated by Norwich City Council and there is a charge of £2.00 for up to four hours (NB – their website states Eaton Park only offers contactless payment and will not accept cash payments).

If you want to come or require further information, please contact Jeremy on 01603 610708 (or email him at q6jk@outlook.com) to book your place.

Denis Brown

GARDEN GROUP

Here is the first part of the garden Group events for 2024. The programme is reduced from previous years because we need more help from members – please volunteer – you will only be asked to help organise one or two events per year.

Tuesday 30 April Talk at Colney Pavilion ‘Cottage Favourites’ by Andrew Sankey

Andrew is a **garden** designer/landscaper and nurseryman specialising in cottage **gardens** & borders. He is the author of the 2021 book ‘The English Country Garden’.

The talk will start at 2pm in the UEA Colney Lane Pavilion. There is a larger car park now. To avoid paying the parking fee, please remember to display your parking permit (a permit can be obtained at the door on arrival). Please bring along any surplus plants that you may have, for donations to help Garden Group funds.

Please pay £2 per association member and £3 per guest at the door. The payment goes towards the cost of speakers and refreshments.

Thursday 2 May Visit to Waterloo Park, Norwich

A group visit has been arranged to this Grade 2 listed park for the afternoon of 2 May, starting at 2.00pm. See the Outings section earlier in the newsletter for full details. If you would like to go on this visit, please complete the booking slip and return to Barbara Dewing by Friday 12 April.

Thank you to Anne Guyon for arranging this visit.

Thursday 4 July Visit to Highview House, Norwich Road, Roughton, Norwich NR11 8NA

A private group visit has been arranged for the afternoon of Thursday 4 July. This is a 2-acre garden featuring a large range of herbaceous borders. Over 120 salvia varieties feature through the planting of over 10,000 plants. Interesting garden structures include a Japanese pagoda garden and large decked area. Pathways take you through each area of the garden. Refreshments are available.

Full details and the booking slip will appear in the June edition of Renaissance. Thank you to Anne Guyon and Barbara Dewing for arranging this visit.

Garden Party

Over the years since March 2013 that Pam Janacek has been organising the Garden Group activities, there have been Open Gardens of group members. A popular feature has always been the opportunity to meet with friends and colleagues with outdoor seating and plentiful tea and cakes. The garden sub-committee would like to hold a Garden Party where the tea and cakes is the main feature, but we need one of your gardens please. There will be lots of help from members – John and Katherine Gray will provide the cups, saucers and plates, members will provide a variety of cakes, others will bring chairs and tables. Please volunteer – a large garden is not needed, just room for about four or five tables.

If you willing to volunteer or want more information, please email me at j.johnson@uea.ac.uk or phone 01603 456465..

John Johnson

HISTORY GROUP

There are no events organised at present.

Suzanne Cunningham & Evelyn Mould

KNIT and NATTER GROUP

We are a small group who appreciate the company, friendship and fellowship of meeting with like-minded people. We have people knitting a variety of pieces from garments and baby items through to novelty items and toys; tapestry making; felting; fresh lavender bags; Christmas decoration construction and beading/jewellery making. It is interesting to see what other people are doing and to help each other with our projects. Some of our group have been knitting items for charity which are delivered via the Norfolk Knitters and Stitchers to whom we are affiliated. If anyone is interested in coming along (you don't have to commit to every month) we meet at the Colney Pavilion, 2-4pm on the **third** Monday of the month. If anyone would like further information, please contact me mndholland76@gmail.com

The Group will meet on the following dates:

- 19 February**
- 18 March**
- 15 April**
- 20 May**
- 17 June**
- 15 July**

Mandy Holland

LUNCH GROUP

Wednesday 6 March The Queen's Head, Hethersett

Lunch has been arranged at the Queen's Head, 12 Norwich Road, Hethersett NR9 3DD, meeting at 12.15 for 12.30. There is a medium size car park plus parking on the road. Buses from Castle Meadow on routes 13 -16 stop either near the church or at the first stop in Churchfields. From Churchfields walk back to the main road and turn right towards the church. Then continue onwards and turn right into Norwich Road for the Queen's Head.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Tuesday 27 February.

Thursday 4 April The SugarBeat Eating House, Swainsthorpe

Lunch has been arranged at the SugarBeat Eating House, Ipswich Road, Swainsthorpe NR14 8BU (formerly the Dun Cow), meeting at 12.15 for 12.30. There is a large car park. Buses from Castle Meadow on routes 36, 36A stop opposite the SugarBeat.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Tuesday 26 March.

Future lunches will be arranged for Wednesday 1 May and Thursday 6 June. Details will be sent to members who are on the list of occasional attenders. If you wish to be added to this list or have suggestions for future lunch venues, please email j.johnson@uea.ac.uk.

John Johnson

MUSIC GROUP

The Mancroft Ringing Discovery Centre - another chance to visit

Another chance to visit the Mancroft Ringing Discovery Centre is being arranged. It will probably be after Easter when the ringers are less busy.

The visits last about 90 minutes and are led by Nikki Thomas who runs all the visits and training sessions for the church. The cost is £10pp on the day, payable by card or cash, minimum number 5 people

There is a spiral staircase of about 25 steps to access the training floor. This is not hard and has both a handrail and a rope. There is a further spiral staircase to the ringing floor but please don't be put off by this. Last year only one person was unable to manage this, due to a very recent hip replacement and even they were able to see and hear what was going on through the internal video link. Those members who were unable to attend the tours last year will be contacted directly in the hope they will have better luck this year. If you are not on the list from 2023 please use the contact details below.

UEA Chorus and Symphony Orchestra

Both the November concert and the Carol concert were very well received and indeed SOLD OUT! However now that we have lost the use of St Andrew's Hall, Stuart Dunlop, the UEA Director of music, and Tom Primrose have arranged an exciting event to fill the gap this spring.

Felix Mendelssohn - Elijah
Saffron Hall, Saffron Walden
Saturday 2nd March 2024, 19.30pm

This is a collaboration with the Cambridge Philharmonic Society, also conducted by Tom. We will learn the work at UEA and meet for a couple of rehearsals at Saffron Hall before the performance. It's going to be hard work but a very exciting challenge!

The venue may pose transport problems for some. There is transport being arranged for Chorus and Orchestra members but it is unclear as yet if some will be available for audience. Information about this will be forwarded to members of the music group as soon as it is available. If you want to be added to the email list for this, please use contact details below.

In addition to planned events, information about musical activities in Norwich is circulated to members who have shown interest. If you would like to be included in this circulation or wish to publicise any concert or musical event yourself, please email Verity at vj.lyall@outlook.com or phone 01603 613698.

Verity Lyall

BOOKING FORM FOR GARDEN GROUP VISIT

Visit to Waterloo Park on Thursday 2nd May 2024 at 2.00 pm

I would like to book place(s) at £10.00 per person.

Payment may be made by cheque or Bank Transfer (see NOTICE BOARD section of this Renaissance for UEARA account details):

I enclose a cheque for £.....payable to 'UEA Retirement Association'

or

I have paid £..... direct by Bank Transfer. Payers name on transfer.....

Name(s).....

Address.....

.....

Telephone number.....

Email address.....

Are any of the places for guests (i.e. non-Retirement Association members), required for insurance purposes.

Yes/No(name(s) if Yes)

Do you require a dairy or gluten free option for the tea?.....

Lifts to Waterloo Park: Barbara will kindly try match people as follows:

I am willing to offer a lift to people Yes/No

I/we would like a lift to the garden Yes/No

Please return this booking form by **Friday 12th April** to:
Barbara Dewing, 29 Magnay Road, Drayton, Norwich NR8 6BT

DATES FOR YOUR DIARY 2024

Booking/decision deadline dates are shown where appropriate.

2024

Feb	12	Book Group	'Lessons' by Ian McEwan
	13	Walk	UEA and Earlham Park (deadline 5 Feb)
	19	Art Group	
	19	Knit and Natter	
	20	Games afternoon	
	27	Talk	'Curious Characters from Cathedral History' by Nick Brewin
	Mar	6	Lunch Group
11		Book Group	'The Marriage Portrait' by Maggie O'Farrell
12		Walk	Wreningham and Ashwellthorpe (deadline 1 March)
18		Art Group	
18		Knit and Natter	
19		Games afternoon	
26		Talk	'Cairo to Cape Town – by Bicycle' by Martin Philpot
Apr	4	Lunch Group	SugarBeat Eating House, Swainsthorpe
	8	Book Group	'The Queen's Gambit' by Walter Tevis
	9	Walk	Thompson, Thompson Carr, Pingos (deadline 29 Mar)
	15	Art Group	
	15	Knit and Natter	
	16	Games afternoon	
	23	Talk	'Seahenge and her sister' by David Robertson
	30	Talk – Garden Group	'Cottage Favourites' by Andrew Sankey (Colney Pavillion)
May	1	Lunch Group	Venue to be arranged
	2	Outing	Visit to Waterloo Park(deadline 12 April)
	13	Book Group	Poetry on the theme of peace and happiness
	14	Walk	Hingham (deadline 10 May)
	20	Art Group	
	20	Knit and Natter	
	21	Games afternoon	
	28	Talk	'American Landscape: Thomas Cole and the Hudson River School Painters' by David Peters Corbett
Jun	6	Lunch Group	Venue to be arranged
	10	Book Group	'Foster' by Claire Keegan
	11	Walk	Saxmundham, Benfield and the Layers (deadline 3 June)
	17	Art Group	
	17	Knit and Natter	
	18	Games afternoon	Croquet
	25	AGM	
	25	Talk	'A Skip to the Future' by Elizabeth Talbot (preceded by AGM)
Jul	4	Garden Group	Outing to Highview House gardens
	8	Book Group	'I, Julian' by Claire Foster-Gilbert
	9	Walk	Cley next the Sea (deadline 5 July)
	11	Visit	JIC Church Farm
	15	Art Group	
	15	Knit and Natter	
	16	No Games afternoon	