



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

UEA Retirement Association Newsletter

No. 69

June 2023

INTRODUCTION.

Since the last edition of Renaissance Art, Book, Knit and Natter, Film, Games and Lunch groups have all met on their usual monthly basis. Monthly walks have been enjoyed in various locations around Norfolk and we have had well attended talks by visiting speakers. Also two well attended visits to the Bell Ringing Centre at St Peter Mancroft were organised by the Music Group.

Looking forward to the summer months there is a varied programme of activities planned. Further details of all events are in this newsletter and for a quick view and check on dates see the 'Dates for Your Diary' page towards the end of the newsletter. Please do try to support these events whenever you can.

There are two holidays to come, A Discovery tour based at Malhamdale in June (now fully booked) and a walking holiday at Bourton-on-the-Water in October with one room for one or two people still available (see Holidays section for details).

Although encouraging that we have had several new members join this year, 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. A Members 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>

We also would like to have a couple more ex-officio members on our committee to help with running the association and planning events etc. If you think you may be interested in this please contact a member of the committee

Crossword/ puzzle competition etc – Your views needed

You may have noticed that we have not published a crossword competition for several issues now. If you did enjoy doing the crosswords and would like to see this or maybe some other type of puzzle published here then please let us know (see contact details in Notice Board section). We would of course need a volunteer to create the crossword or puzzle which might be a limiting factor. If you have any other suggestions on how to make Renaissance more interesting then also please get in touch.

ANNUAL GENERAL MEETING

The 23rd Annual General Meeting of the Retirement Association will take place before the talk 'Restoration of Ketteringham Hall Icehouse' by Mary Parker on

**Tuesday 27 June 2023 at 2.00 pm
in the Costessey Centre, Longwater Lane, Costessey.**

The agenda and a sheet for nominations of officers can be found at the end of this newsletter.

OBITUARIES

John Roper

Sadly, John passed away recently. He joined UEA in the late 60's and was instrumental in setting up the Computing Centre. It was then primarily a science resource for programming in FORTRAN. He saw the introduction of, what is now called, the Internet with ever wider online services to the whole of UEA. Away from UEA, he was a very keen sailor and walker. Our thoughts are with his family.

Roy Ballard

We are very sorry to report the death of Roy Ballard in April 2023. Roy was the Radiation Protection Officer at UEA in the early years of UEA, based in the School of Chemical Sciences, after two years experience at Harwell Atomic Energy Research Establishment.

As a member of the Retirement association, he was an occasional attender at our Lunch Group meetings in local pubs and restaurants and also participated in our garden outings and non-walking holidays. He led some interesting short walks usually in woodland or historic settings. One of his walks started with coffee in the English Whisky Centre at East Harling and finished with a tour of the Distillery.

Roy was also a poet. He composed over 150 published poems, see link below
<https://www.poemhunter.com/roy-ernest-ballard/poems/> .

We extend our sincere condolences to his wife Lorna and her family.

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. The Privacy Statement is also included on a separate page towards the end of this newsletter.

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.

Denis Brown

HOLIDAYS

Walking Holiday at Bourton-on-the-Water 23-27 October 2023

One room left!

We have one room available for this holiday, which can be a single or double/twin.

The HF House is central to the beautiful village of Bourton on the Water. Walks will be guided by HF Leaders. All the walks are optional (!) and you are welcome to explore the area by yourself, if you prefer. HF provide half board plus a packed lunch. The cost is £565 per person, plus the shared cost of a coach, if you wish.

To book the room please telephone Jan or Keith Woods on 01603 810980 and then complete the booking form printed towards the end of this newsletter.

A deposit of £75 is needed. 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 2023 and is not refundable. Please contact us if you're interested and need more information.

Keith & Jan Woods

OUTINGS

Bowls and History at the Victoria Bowling Club

Thursday 31 August 2023 at 2.00pm

The Victoria Bowling Club has occupied its 'secret garden' site in Trafford Road, close to the centre of Norwich, since its foundation in 1870. After a century and a half as a gentlemen-only institution, in 2023 the Victoria's rules have fast-forwarded into the 21st Century, and the Club has welcomed its first women members. To celebrate this development, Richard Beck has arranged a session at the Club exclusively for the UEA Retirement Association. He will give a short illustrated talk on the history of the Victoria and its local area, after which there will be an opportunity for all to try out the game of lawn bowls with guidance from members of the Club. Refreshments will be provided in the Clubhouse, and parking is available. (For those travelling by public transport, the VBC is a 10 minute walk from Norwich Bus Station.)

The Victoria has always seen itself as 'a social club where we play bowls'. It doesn't take part in leagues or compete against other clubs. There is no 'dress code'; members bowl in ordinary clothes just as their predecessors always did. However, participants will need to wear flat shoes with no heels (guidance on which will be provided

nearer the time for those signing up to play).

There will be a charge of £5 per person. Numbers are limited, so get your name down in good time.
To book a place contact Richard Beck – telephone 01603 625871 or email richard.jrlbeck@btinternet.com

Richard Beck

Proposed visit to Ware Hall House

Following the very interesting March talk 'Miss Savidge moves her house', the committee has suggested it would be interesting to visit the house - Ware Hall-House - which is now situated just outside Wells-next-the-sea.

Our proposal is to organise a visit on a Thursday or Friday in September. I have not yet approached the owner, but would like to hear from those of you who would be interested in a visit. The plan is to go in our own cars, offering lifts to those who are unable to make their way under their own steam.

Could you please contact me a.s.a.p at mndholland76@gmail.com if you would like to come, stating:

1. How many people wish to go;
2. If you will take a car and if you are willing to take other member(s) (stating no. of places available);
3. If you wish to have a lift.

At the moment, I am unsure of the cost involved.

Mandy Holland

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 June 2023 (AGM) 'Restoration of Ketteringham Hall Icehouse' by Mary Parker

When part of Ketteringham Park was purchased for gravel extraction in the 1980s, the new owners had no idea that a tatty brick building on the edge of an old pit was an abandoned Victorian icehouse built for Sir John Boileau after he purchased the Hall in 1836. The reclaimed land was gifted to the parishes of Ketteringham and East Carleton and is now known as Ladybelt Country Park. This talk describes the restoration of the Grade II icehouse **The talk will be preceded by the AGM starting at 2pm.**

Tuesday, 26 September 2023 'Why is growing food important for young people' by Matt Willer

Matt is the founder of the Papillon Project and the 2018 RHS School Gardening Champion of the Year. The aim of the Papillon Project is to work with secondary schools and sixth-form colleges in Norfolk to inspire young people to grow their own food for themselves and their local community.

This is a joint talk organised with the Garden Group.

Tuesday, 24 October 2023 'Forty Years at BBC Radio Norfolk' by Wally Webb

Wally Webb is a founder member of BBC Radio Norfolk. Over forty years he presented almost every programme including over 350 Village Voice documentaries. He travelled Norfolk almost daily with the radio car and took listeners on a world tour. In his time mobile phones and the internet changed broadcasting and the BBC moved into the Forum. He also got to meet many celebrities and has many amusing tales to tell.

Tuesday, 28 November 2023

'Exploring Norfolk and the Norwich School of Painting through the eyes of James Stark'

by Professor Andrew Watkinson

Andrew is an Emeritus Professor in Environmental Science at UEA. He was the Director of the Tyndall Centre for Climate Change Research at UEA. After retiring he has become very interested in local history, particularly through paintings.

Tuesday, 23 January 2024 **'Healthier Foods - Healthier Minds'** by Professor Anne Marie Minihane

Anne Marie is Professor of Nutrigenomics at Norwich Medical School and Head of the Nutrigenetics group within the Department of Nutrition and Preventive Medicine.

Margaret Robins

WALKS

There are both short walks of 2 to 3 miles and longer walks of around 5 miles, but occasionally longer although shortcuts are sometimes possible. 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.

Longer walks

Tuesday 13 June.

Saxmundham, Suffolk

Leaders: Eleanor Cockerton and Stephen Morgan.

email eleanorcockerton@yahoo.co.uk

Tel. 01728 604154

Mobile 07811052252 (Eleanor's)

Deadline for receipt of emails or telephone calls: Monday 5 June 2023

This is a walk of just over 4 miles which begins and ends at the Poacher's Pocket in Carlton. Heading south from the pub along Sandy Lane we turn left onto a footpath beside Gull stream, over the playing field and into Saxmundham. We then walk for a short way along North Entrance before joining a path beside the railway. Two well maintained stiles take us over the tracks where we cross a field to turn right along Clayhill Road. In a short distance we rejoin the footpath along the edge of fields until reaching Lowe's Hill, taking us into Kelsale. A short detour will allow you to see the church. Continuing across the B1121 we take Rosemary Lane heading back to the pub.

Please arrive by 10.30 to order lunch and be ready for a 10.45 start.

Grid ref OS Explorer 212 648378, Post Code for the Poacher's Pocket is IP17 2QS

Tuesday 11 July

Northrepps and Overstrand

Leaders: Steve and Joan Mosley

Tel. 07887399106

Email s.mosley@talktalk.net

Deadline for receipt of emails or telephone calls: Tuesday 27 June 2023

This walk of approximately 5 miles begins and ends at the village hall in Northrepps. From Northrepps the walk heads along quiet tracks and lanes to the coast at Overstrand where there is an opportunity for a short refreshment stop and use of the public toilets. From Overstrand we then head southwards and back to Northrepps. There are no stiles on route. Lunch can be taken at the Foundry Arms in Northrepps, or for those wishing to picnic there is a churchyard nearby with several benches.

Please indicate when responding whether or not you require lunch at the pub so that tables can be reserved. Links to the current menu will be circulated after the booking deadline and you will be asked for your menu choice during the week before the walk.

Please arrive by 10.15 for a 10.30 start.

Grid Ref OS Explorer 25 TG 243393 Post code NR27 0LB

Tuesday 8 August

Thwaite Common and Alby –Picnic Walk

Leader: Janice Darch

Tel.: 07796 932595

Email: janicedarch@gmail.com

Deadline for receipt of email or telephone call before Monday 7 August

This is an 8 mile walk with a picnic lunch partway. We meet in the layby at Cromer Road, Alby, Norwich NR11 7QE which is almost opposite Alby Crafts and Café and beside the Shell filling station and Downtide Caravans and Leisure on the A149 Cromer to Norwich road. Please note that this walk is fully accessible via public transport using the Sanders X44 bus from Norwich to Sheringham

Our walk will take us to Alby and across Thwaite Common to Erpingham and over to Blickling Park where we will eat our lunch beside the northern part of the lake. After lunch we will head north towards The Saracens Head inn before returning to Alby Crafts via Calthorpe and Erpingham. For those who wish we can have afternoon tea in the excellent café at Alby Crafts. See the following website for details about the common

<https://friendsofthwaiteco.wixsite.com/thwaitecommon>

Please arrive by 10.15 for a 10.30 start.

OS Explorer 252 Grid Ref TG 208324 Post code NR11 7QE

Tuesday 12th September 2023

River Ant and Ludham

Leaders: Sue and Bill Rhodes

email: sueandbill27@btinternet.com

Tel. 01362 697053

Deadline for receipt of emails or telephone calls Friday 25th August. Sorry this is early, but we will need to pre-order meals at the Dog Inn before we go on holiday in September.

This is an easy walk of approx. 4 ½ miles on flat ground with no stiles along the River Ant, farm tracks and mostly quiet roads. Where the road is busier there are footpaths. There will be far reaching river and countryside views and the possibility of seeing marsh harriers or crane and of hearing bittern. We will visit St Catherine's church with its beautiful Tympanum as well as a dragon legend.

There is an option to visit How Hill (un-escorted) and return via the same route along the River Ant if a shorter walk (of 2-3 miles) is preferred.

Parking (probably in the camping field) and lunch will be at The Dog Inn NR29 5NY. Toilets may be available there before the walk, if not Public Conveniences near Ludham Bridge will be open. Lunches will need to be ordered in advance. Details to follow.

Please arrive by 10.15 for a 10.30 start.

Ordnance Survey grid ref: TG380192. Post code for Dog Inn NR29 5NY

Shorter Walks

No shorter walks are planned this summer

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 June

17 July

21 August

18 September

16 October

20 November

18 December

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 June	'The Soul of Discretion' by Susan Hill
10 July	'French Braid' by Anne Tyler
14 August	'Lessons in Chemistry' by Bonnie Garmus
11 September	'Two Women in Rome' by Elizabeth Buchan
9 October	'Under the Greenwood Tree' by Thomas Hardy
13 November	Poetry on the Seasons
11 December	'Stoner' by John Williams

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.mould@ntlworld.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, Dominoes and either Rummikub, Whist or Scrabble. Additional board games and cards are available at each session with the opportunity to learn something new.

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 June (Croquet)
18 July
August No games session
19 September
17 October
21 November

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

Croquet Session on 20th June 2023

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 ample parking and a room for storing coats as well as a loo facility. Numbers are limited so it will be on a first come first served basis.

If you want to come or require further information, please contact Jeremy on 01603 610708 (or email him at q6@ntlworld.com) to book your place.

Denis Brown

GARDEN GROUP

Garden Group meetings may be held throughout the year, actual dates are given below and in the Renaissance diary. Activities include talks, open gardens and garden visits.

Please pay £1 per association member and £2 per guest at the door for talks, including tea and biscuits. This payment goes towards the cost of speakers and refreshments.

Thursday 27 July 2023. Visit to Brick Kiln House, Priory Lane, Shotesham, Norwich NR15 1UJ

A private group visit has been arranged for the afternoon of Thursday 27 July, starting at 2pm. The price is £8 per person, this includes tea and cake. All proceeds from our visit go to the National Garden Scheme (NGS).

The NGS describes Brick Kiln House as a 2-acre country garden with a large terrace, lawns and herbaceous borders. There is a contemporary designed pergola garden, sculptures and a stream running through a diversely planted wood. This is a return visit for the Garden Group, the previous visit being in 2017. Thank you to Anne Guyon and Barbara Dewing for organising this visit. Further information about Brick Kiln House is available on the NGS website, including a map.

Directions

Brick Kiln House is some 6 miles south of Norwich in the village of Shotesham St Mary. From Shotesham All Saints Church, turn onto Rogers Lane. After 200m turn right onto Priory Lane, where you will find Brick Kiln House on the right. Parking is down the drive into a small field behind the house.

By kind permission of Jim and Jenny Clarke.

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 7 July**.

Monday 4 September 2023. Open Garden visit

John and Rosemary Johnson have kindly offered to hold an Open Garden at their house in Eaton from 2-5pm. Please contact John and Rosemary at j.johnson@uea.co.uk or 01603 456465 by Friday 18 August if you would like to attend and they will provide directions. Numbers may need to be limited; donations on the day to Garden Group funds please. Also, offers to bring cakes for afternoon tea and garden chairs would be appreciated, please let John and Rosemary know if this is possible.

**Tuesday 26 September 2023 Talk at the Costessey Centre – Matt Willer
'Why is growing food important to young people'**

This will be a joint talk at the Costessey Centre, Longwater Lane, Costessey, starting 2.15pm.

Matt is the founder of the Papillon Project and the 2018 RHS School Gardening Champion of the Year. The aim of the Papillon Project is to work with secondary schools and sixth-form colleges in Norfolk to inspire young people to grow their own food for themselves and their local community.

Pam Janacek

HISTORY GROUP

We are arranging a visit to St Edmund's Church Costessey to follow their 'Heritage Trail'. We propose a visit in September. Please contact Suzanne or Evelyn if you are interested in this event, email s-d-cunningham@hotmail.com or evelyn.mould@ntlworld.com . We will email details as soon as they are available.

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 June**
- 17 July**
- 21 August**
- 18 September**
- 16 October**
- 20 November**
- 18 December**

Mandy Holland

LUNCH GROUP

12 members enjoyed a good lunch at the Eagle in Newmarket Road in March. 10 members attended the lunch at the Wine Cellar in Norwich in April and there were 20 at the lunch at the Red Lion in Eaton in May.

Thursday 1 June The Queen's Head, Hethersett

Lunch has been arranged at the Queen's Head, 12 Norwich Rd, Hethersett, Norwich NR9 3DD, meeting at 12.15 for 12.30. There is a reasonable sized car park. There is a route 15 bus from Castle Meadow (stop CU) at 11.45 to Hethersett, Churchfields. Just after the Farm Shop on the main road, the bus turns right. Get off here, go back to the main road and walk past the church to the road on the right to the Queen's Head.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Thursday 25 May.

Wednesday 5 July. The White Heron, Brundall

Lunch has been arranged at the White Heron, Station Road, Brundall NR13 5PL, meeting at 12.15 for 12.30. There is a large car park. The pub is just over the level crossing at Brundall Station (with a regular service from Norwich Station). The 15 and 15A buses from Castle Meadow have a stop on the main street near Station Road. It is then a short walk down Station Road.

If you wish to attend, please email j.johnson@uea.ac.uk or phone 01603 456465 by Friday 23 June.

Future dates for the Lunch Group are:

Thursday 7 September
Wednesday 4 October

Details of these lunches will be sent to members who are on the list of occasional attenders. If you would like to be added to this list, please email j.johnson@uea.ac.uk.

John Johnson

MUSIC GROUP

Visit to St Peter Mancroft bell ringing Training Centre

This event belongs under history as much as music but the two groups who were able to take advantage of it enjoyed both aspects very much. Many thanks to Nikki Thomas who was a mine of information about the history and practice of bell ringing and also the new computerised training facilities, one of only three examples in the world. There are a number of people who were not able to join either group so there may be enough interest for another visit to be arranged later in the year.

Next UEA Chorus and Orchestra concert Thursday 23rd November 2023

No information about the programme for this event has been published yet but look out for more in the next Renaissance

If you are interested in musical events at UEA, see the Music Centre's 'What's on' web page via the link below, or email musicevents@uea.ac.uk . There is also a link on the web page to book and purchase tickets.

<https://www.uea.ac.uk/uea-life/campus-life/campus-facilities/music-centre/whats-on>

N.B. in addition to any 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 of your own, please email Verity at vj.lyall@outlook.com or phone 01603 613698.

Verity Lyall

Please book me on the Bourton-on-the-Water Walking Holiday: 23-27 October 2023

Name(s) :

Telephone :

Mobile:

Email:

Postal Address:

Accommodation preferred (please tick) Twin (), Double (), Single ()

I would prefer to travel by Coach (), Car (), Either ()

Walking Programme – please indicate the grade of walk which you are likely to choose:

Harder (), Medium (), Easier ()

Any Special Requests, e.g. dietary requirements:

**Please post this form to Keith Woods, 113 School Lane, Little Melton, Norwich NR9 3LA.
or email to: uea.ra@icloud.com**

Cheques:

Please make cheques payable to:
UEA RETIREMENT ASSOCIATION

I enclose a cheque for £
(£75 per person deposit)

BACS Payments:

Account Name: U E A Retirement Association
Sort Code: 20-62-53
Account No: 70487589

Please note 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.

I have paid £ by BACS
(£75 per person deposit)

BOOKING FORM FOR GARDEN GROUP VISIT

Visit to Brick Kiln House on Thursday 27 July 2023 at 2.00 pm

I would like to book place(s) at £8.00 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 Brick Kiln House: 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 7 July** to:

Barbara Dewing, 29 Magnay Road, Drayton, Norwich NR8 6BT

DATES FOR YOUR DIARY 2023

Booking/decision deadline dates are shown where appropriate.

2023

Jun	1	Lunch Group	Queen's Head, Hethersett
	12	Book Group	'The Soul of Discretion' by Susan Hill
	13	Walk	Saxmundham, Suffolk (deadline 5 June)
	19	Art Group	
	19	Knit and Natter	
	20	Games afternoon (Croquet Eaton Park)	
	26-30	Holiday	Discovery Tour, Malhamdale
	27	AGM & Talk	'Restoration of Ketteringham Hall Icehouse' by Mary Parker
July	5	Lunch Group	White Heron, Brundall
	10	Book Group	'French Braid' by Anne Tyler
	11	Walk	Northrepps and Overstrand (deadline 27 June)
	17	Art Group	
	17	Knit and Natter	
	18	Games afternoon	
	27	Garden visit	Visit to Brick Kiln House, Shotesham (deadline 7 July)
Aug	8	Walk	Thwaite Common and Alby –Picnic Walk (deadline before 7 Aug)
	14	Book Group	'Lessons in Chemistry' by Bonnie Garmus
	21	Art Group	
	21	Knit and Natter	
	31	Bowls and History at the Victoria Bowling Club (2.00pm, talk followed by opportunity to play)	
Sept	4	Open garden visit	Visit to John and Rosemary Johnson's garden
	7	Lunch Group	
	11	Book Group	'Two Women in Rome' by Elizabeth Buchan
	12	Walk	River Ant and Ludham (deadline 25 Aug)
	18	Art Group	
	18	Knit and Natter	
	19	Games afternoon	
	26	Talk	'Why growing food is important to young people' by Matt Willer
Oct	4	Lunch Group	
	9	Book Group	'Under the Greenwood Tree' by Thomas Hardy
	16	Art Group	
	16	Knit and Natter	
	17	Games afternoon	
	23-27	Walking holiday	Bourton on the Water
	24	Talk	'Forty Years at BBC Radio Norfolk' by Wally Webb
Nov	13	Book Group	Poetry on the Seasons
	14	Walk	(deadline 7 Nov)
	20	Art Group	
	20	Knit and Natter	
	21	Games afternoon	
	28	'Exploring Norfolk and the Norwich School of Painting through the eyes of James Stark' by Professor Andrew Watkinson	
Dec	4	Christmas Social	
	11	Book Group	'Stoner' by John Williams
	12	Walk	(deadline 5 Nov)
	18	Art Group	
	18	Knit and Natter	

2024

Jan 23 'Healthier Foods - Healthier Minds' by Professor Anne Marie Minihaue

UEA RETIREMENT ASSOCIATION

ANNUAL GENERAL MEETING

The 23rd Annual General Meeting of the Retirement Association will be held on Tuesday 27 June 2023 at 2.00 pm in the Costessey Centre, Longwater Lane, Costessey.

AGENDA

1. Apologies for absence
2. Minutes of the 22nd Annual General Meeting held on 28 June 2022
3. Matters arising from the Minutes
4. Statement from the Acting Chairs, in lieu of Chairman's report
5. Statement of Accounts and fixing the annual subscription for 2024
6. Election of Officers and Committee Members (see Notes 1 and 2 below)
7. Recruitment of new members
8. Any other business

Notes:

1. In connection with item 6, the following Officers and Committee members are willing to continue in office if re-elected:

Chairman	
Secretary	Alison Ward
Treasurer	Denis Brown
Membership Secretary	Keith Woods
Newsletter Editor	Steve Mosley

Committee Members	Alan Coddington
	Chris Harvey
	Mandy Holland
	John Johnson
	Alan Jones
	Verity Lyall
	Brenda Mace
	Evelyn Mould
	Margaret Robins

2. A nomination form for the election of the officers and members of the Committee is attached at the end of this newsletter.

**NOMINATION FORM FOR 2023 ELECTION OF OFFICERS
AND OTHER COMMITTEE MEMBERS OF THE UEA RETIREMENT ASSOCIATION**

Post	Nominee	Proposed by	Seconded by	Nominee's signature
Chairman	-----			
Secretary	-----			
Treasurer	-----			
Membership Secretary	-----			
Newsletter Editor	-----			
Committee Members	----- ----- ----- -----			