



**Committee Members**

Chairman - Bruce McDowell  
Secretary - Glyn Stokes  
Treasurer - Hazel McDowell  
Membership - Liz Elmore  
Groups - Ken Gardner  
Speakers - Brendan Hallisey  
Catering - Henry Shaw  
Newsletter - Jane Cusworth

**LIVE**  
**LAUGH**  
**LEARN**  
**(TOGETHER)**

**Ramsey U3A Officers**

Welfare Officer - Fran Holland

**Publicity Officers**

Enid Hubbard: Aspire  
publicity@ramseyu3a.org.uk  
Dave Cusworth: Posters

Sheila Gilbert-Hill: Website  
www.ramseyu3a.org.uk

**NEXT MEETING - Tuesday 9th April**

**Annual General Meeting of Ramsey & District u3a**

**Speakers — Ramsey Neighbourhood Trust**

**MARCH MEETING**

A reminder that annual subscriptions are now due and they are being held at £17 per person. The general meeting charge is being reduced to £1 per member and £2 for visitors.

What an entertaining afternoon we had on 12th March. Our chairman Bruce, back from his travels, gave out the housekeeping notices. Jane then advised those members going on the Houses of Parliament day trip on 23rd March the pick-up points and times. Members were reminded to sign up for two more day trips this year (details on the reverse). Bruce then introduced our speaker, Mike Wade, to give us the history of the Town Crier, with his talk 'That Rings a Bell'. Mike is Town Crier for Watton in Norfolk and his voice has been measured to a level of 112 decibels. He talked of the origins of town crying and explained the difference between The Night Bellman and the Town Crier (one for the night and one for the day). There are now only about 250 town criers in the country, when once upon a time every town and city had one.

We were subjected to the 'bell' and to Mike's 'Oh Yay, Oh Yay'. He also made us laugh when, for the Norwich Gay Pride day, he calls 'Oh Gay, Oh Gay'!!!! His next important event is the Watton Town Crier Competition on 18th June - we wish him well.

**MEET & GREET**

The date for the next Meet & Greet Meeting is Friday 17th May and will be for all new members. An invitation will be sent out from the Groups Co-ordinator, Ken Gardner, when he returns from his travels.

The Meet & Greet is an opportunity for new members to see what Group Activities are all about and we try to get as many Group Leaders as possible to have a table to 'show their wears'. They will be on hand to talk briefly about their group, answer any questions members might have, and also to encourage new members to join their groups and benefit from the u3a adage 'to live, laugh and learn'. Group Leaders please note this date in your diary.

There will also be an introduction to the Ramsey & District u3a website as well as tea and cakes.

**WELCOME TO OUR NEW MEMBERS**

A warm welcome to our new members this month, Ann Deaville, John Oram and Autumn Daw. We hope they will enjoy their time with us and take full advantage of the groups on offer and continue to Live, Laugh and Learn .

**WELCOMERS** are available in the foyer at general meetings to help visitors. If you feel you could help, please let Liz (Membership Secretary) have your name and she will make you a badge.

## DAY TRIPS for 2024

### **Wroxham Barns & Great Yarmouth - Thursday 4<sup>th</sup> July - £28pp (£10 non-refundable deposit. Balance due by 12th June)**

We will leave from Ramsey at 8am and should arrive at Wroxham Barns between 10-10.30am. This is a leisure and shopping complex with boutiques, craft studios, as well as a kids' farm, funfair and restaurant. At 12.30 we will leave to continue on to Great Yarmouth where you can enjoy fish & chips, two piers, funfairs, beautiful gardens along the promenade, a model village and so much more before we return home at 3.30pm.

### **National Memorial Arboretum - Thursday 5<sup>th</sup> September - £27.50pp (£10 non-refundable deposit. Balance due by 18th July)**

#### **Optional Land Train Tour : £6.50pp**

We will leave the Ramsey Clock at 8am for our journey to the National Memorial Arboretum. An Act of Remembrance service takes place each day at 10.50am in the Millennium Chapel for FREE for those who want to attend. The Land Train has been booked for 12 noon for those who opted for this facility. Wheelchairs and mobility scooters are FREE to hire but you will have to book in advance if you want one. Otherwise you will be able to explore in your own way. There are a wide variety of cafes and restaurants for you to enjoy drinks and lunch, or you can take your own picnic to eat in the beautiful grounds. Return to the coach for 4 pm to journey home to Ramsey.

**Payments:** Whenever possible payment should be by Bank Transfer using **Wroxham or NMA** as the reference, made to **Ramsey u3a Travel**, Lloyds Bank, Sort Code: 30-99-50 A/C No: 75226568. Only when this is not possible, payment may be made by cheque payable to Ramsey U3A Travel or cash. Only fully paid up U3A members can take part in day trips.

Sign-up sheets will be available at general meetings or contact Jane Cusworth 01487 814984

## ACTIVITY GROUP NEWS

**Group news and dates can be found on the Ramsey & District u3a website, on the notice board at General Meetings and in the Aspire magazine.**

**Harmonica Group** - Adrian Kempster has put forward the suggestion of a Harmonica group. A sign-up sheet will be at the General Meeting for anyone interested or speak to the Groups Coordinator.

If you find it difficult to attend any of the activity groups, have you considered looking at the [Online Learning Events](#) - these are mainly Zoom presentations. Recently David and I signed up for *David Hockney and the Theatre*. We just sat back in our armchairs and enjoyed the learning experience. We also joined the *AI News* event, which demonstrated how a number of u3as are using AI (artificial intelligence) to help them with ideas for their various group activities. I feel less threatened now by AI than I did prior to this interesting presentation.

If you are interested, follow the link above or go on the National u3a website and look at 'Events'. There are lots of subjects covered and can all be done from the comfort of your own home.

**Please let me know what your group is doing so I can include details and even photographs in the monthly Newsletter.**

## OBITUARY

It is with great sadness that we report the death of Bryan Allen. He had been a member since 2013 and with his wife, Ann, always enjoyed attending the general meetings and going to dinner with members of the lunch club.

Our thoughts are with his wife and family at this difficult time.

## EAST OF ENGLAND and U3A NATIONAL NEWS

The National u3a Festival for 2024 is being held between 18-20 July. Further details will be issued as they are available.

**For more information, visit our website: [www.ramseyu3a.org.uk](http://www.ramseyu3a.org.uk)**

## JOKES

How did the barber win the race? He knew a shortcut.

I gave up my seat to an elderly person on the bus. And that's how I lost my job as a bus driver.

If you have six oranges in one hand and eight bananas in the other, what do you have? Big hands.

Apparently, you can't use the words "beef stew" as a password. It's not stroganoff.

What do you call a bear with no teeth? A gummy bear!