

VIEW FROM THE CHAIR...



As we move closer towards Summer, in many ways our u3a is in very good shape. Our membership is currently at an impressive 600 plus, and ever increasing. We have over 70 special interest groups, and where groups have become over subscribed, in many cases members have come forward to start new ones.

The recent new members coffee morning was deemed a great success by all who took part, and the next event is already being planned for those who have joined us so far this year. In one area however, we have continued to struggle, and it is in recruiting sufficient Trustees to perform the “behind the scenes” work, that helps keep our u3a going. The 2026 AGM will be upon us in a couple of months time, and Nomination Forms for our committee will have gone out with this edition of the Bulletin. Whilst last year we just managed to recruit the recommended number of Trustees, despite some interest shown during the year, no additional members offered their services.

I would like to remind you all that the tag-line of our movement is

“For Members, By Members”

Our Constitution additionally restricts the maximum period that any individual can serve in any one role. Whilst the existing post holders are currently largely able to continue for another year, if no one is prepared to join us, I fear that in twelve months time the situation will be far more serious.

We are particularly looking for members to step forward and ‘Shadow’ roles, such as Treasurer and Membership Secretary, in order to allow the present post holders to relinquish their responsibilities in due course. This would have the benefit of preventing anyone being thrown into the deep end from the start. Committee meetings are held every other month. Further information on our committee roles can be found on our website at:

<https://kingslynn.u3asite.uk/committee/>

Please come and join us.

Neil Prew

Chair, King’s Lynn u3a



Last month's Speaker - Jim Stebbings

The Golden Age of Musicals was between the 1940's and the 1960's, and Jim Stebbings shared with us, his favourite seven lyricists of that era. These seven wrote the greatest Broadway shows with hundreds of songs that we are all familiar with.



Photo John Duncan

Jerome Kern 28/01/1885 - 11/11/1945

Wrote over 700 songs, which were used in more than 100 stage shows. Songs such as O'! Man River, A Fine Romance, Smoke Gets In Your Eyes.

He collaborated with P.G Wodehouse, Oscar Hammerstein, Ira Gershwin, and others. He also developed the 4 beats to the bar rhythm, which is the basis for the foxtrot. His career spanned 4 decades, before his demise, following a surgery for a cerebral haemorrhage, which was discovered after he collapsed on Park Avenue.

Irving Berlin 23/05 1888 - 22/09/1989

Born in Israel. Beline his name, was Americanised after his Jewish Belarusian parents emigrated. His impoverished father died when young, Irving was 13, the first of several tragedies that blighted his life.

His first wife died just 5 months after their wedding. He remarried, and his first son died at 6 weeks old from, Sudden Infant Death Syndrome on Christmas Eve.

Irving took over the writing of Annie Get Your Gun from Jerome Kerr, after his death. His most famous works included, No business Like Show Business, Alexander's Ragtime Band, White Christmas, Easter parade, God Bless America, which is considered to be the second National Anthem of America.

He was the most prolific of all, with over 1500 published works to his name.

Cole Porter 09/06/1891 - 15/10/1964

Known almost as much for his controversial lifestyle, having affairs with men and women, after he separated from his wife, set up home with a male partner, very scandalous at that time.

Unlike most of his contemporaries, he wrote both lyrics and the music to his songs. Musicals included Kiss Me Kate, Anything Goes, DuBarry Was A Lady. Some of his songs were Begin The Begine, I Get A Kick Out Of You, I ve got You Under My Skin.

George Gershwin 26/09/1898 - 11/07/1937

Brother of Ira Gershwin, born as Jacob Gershwin in Brooklyn to Jewish parents. He worked from the age of 15 as a song plugger, and sheet music seller. His first major hit was Swanee, which was performed by Al Jolson. His other songs included, I Got Rhythm and Someone To Watch Over Me.

Thursday 30th April 2026

He died aged just 38 from a brain tumour, leaving a legacy of music, which he wrote, incorporating different genres, such as Hebrew chants and African /American influences. He was posthumously awarded a Pulitzer Prize for his contribution to music. A real loss to the music industry of the time.

Frederick Loewe.....10/04/1901 - 14/02/1988

An American Composer, he collaborated with Alan Jay Lerner. Several roadway hits including, Brigadoon, Paint Your Wagon, My Fair Lady, Cameron. Some of his best known songs are, On The Street Where You Live, I Could Have Danced All Night, They Call The Wind Mariah.

He died at 87 from a cardiac arrest.

Richard Rodgers 28/06/1902 - 30/12/1971

With 43 musicals, and over 900 songs, his work has had a significant influence on popular music to this day. In the 20's and 30's he partnered with Lorenz Hart, and in the 40's and 50's partnered with Hammerstein, so his career was in two halves. His work with Hart includes Pal Joey, and Babe In Arms, while his work with Hammerstein consists of such classics as Oklahoma, Carousel, South Pacific and The King and I. Rodgers was the only one to win all prizes, and achieved EGOT status. He died of a heart attack, after surviving cancer of the jaw and a laryngectomy.

Leonard Bernstein 25/08/1918 - 14/10/1990

Composer, pianist, music educator, author and humanitarian. He composed 6 Broadway musicals, 3 ballet, 3 symphonies and 2 movie scores. He was rewarded with 7 Emmy's, 16 Grammys, 2 Tony's and an Academy nomination. His works included West Side Story, Candice, 1600 Pennsylvania Avenue, On The Town Wonderful Town.

He died in New York City from a heart attack.

Sandi Foley

.....

KING'S LYNN COMMUNITY CHOIR
SHOWTIME
SATURDAY 20TH JUNE 2026
7pm
*From Broadway Showtunes to
Rock and Pop Classics*
TICKETS £12 + £2 BOOKING FEE
Available via The Corn Exchange Box Office

Edward Harrison

Excursions Update

Ingatestone Hall and Hyde Park RHS Gardens



Thursday 2 July 2026

Coach, venues and driver's tip £29.00 RHS members £43.00 non RHS members

Leaving from Gaywood Library at 08:30, returning around 19:30

Led by Ann Higgins 07856 566342

Please use this form to book [Ingatestone Hall 1 booking form](#)

Ingatestone Hall (guided tour) - is a 16th century Grade 1 listed manor house near Chelmsford, built by Sir William Petrie who was Secretary of State for four Tudor monarchs and his descendants still live in the house today. The house was built with three wings around a central court in English bond brick and has typical Tudor features including mullioned windows, stepped gables and tall ornate chimney pots. Inside the house there is oak panelling, a long gallery and two priest's holes used during the 16th and 17th centuries.

Please note access to the second floor may be difficult for those with mobility issues.

Hyde Hall RHS Gardens - started in 1955 and donated to the RHS in the 1970s, this garden has been extended to create new gardens from farmland. Which include a diverse mix of styles from traditional to modern such as:

- Dry garden with 400 species of drought resistant plants and trees
- Birch Grove featuring five species of birch from Asia and North America
- The Hilltop garden has roses and herbaceous borders

Facilities include: a restaurant; café; garden centre and gift shop

Please use this form to book [Ingatestone Hall 1 booking form](#)

Other planned excursions

Excursion	Excursion Date	Price	Closing Date	Tickets Remaining
Christmas Carol Goes Wrong	5 Nov 26	£63	22 May 26	***
Holkham by Candlelight	15 Dec 26			

*** Please email me to check availability - **Linda Creed**

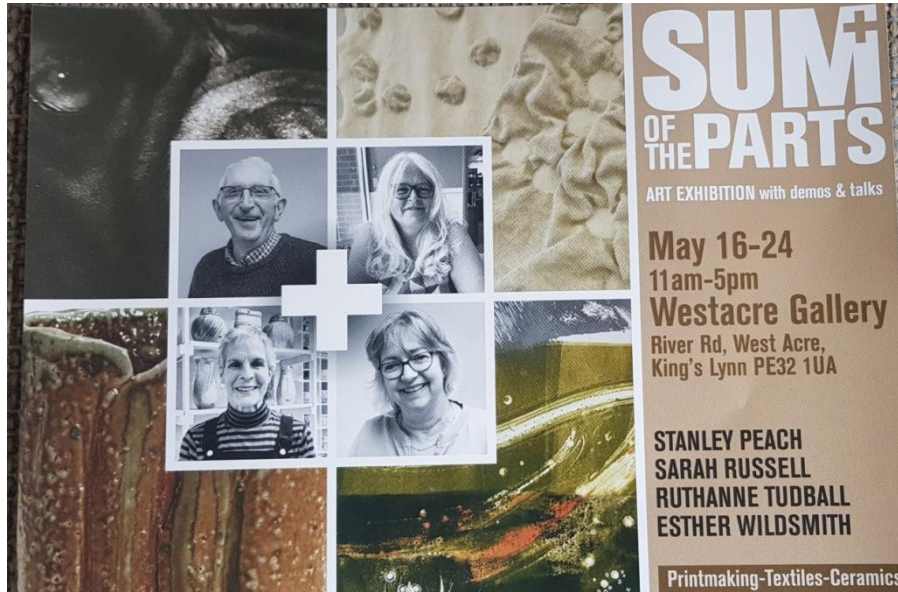
CONTACTING THE COMMITTEE

We already have a Contact page on our website, which sends your message directly to one of the Committee members.

We also now have a phone number: **We cannot guarantee you will get an immediate response, but please leave a message, and we will get back to you as soon as possible.**

Thursday 30th April 2026

From our Members: Stan Peach



Four diverse and internationally exhibited artists are having an exciting show of Printmaking, paintings, Ceramics and Textile Art at:-
Westacre Gallery, River Rd, Westacre PE32 1UA
May 16-24 11am-5pm

You are warmly invited to join them for the PV - afternoon tea and homemade cake on Sunday 17th May at 2pm in the heart of beautiful rural Norfolk

Stanley Peach ARA, IMS, Sarah Russell, Ruthanne Tudball and Esther Wildsmith are all at a crossroads in their creative lives. This fascinating show from four established artists is a springboard for new work in new directions. **Stan Peach**

Demos and talks 1pm

Saturday 16th ~ Stanley Peach, printmaker (Mezzotint)

Tuesday 19th ~ Sarah Russell, printmaker (Monoprint)

Thursday 21st ~ Esther Wildsmith, textile artist

Sunday 24th ~ Ruthanne Tudball, ceramicist

Stan Peach - Artist and Printmaker -

School History

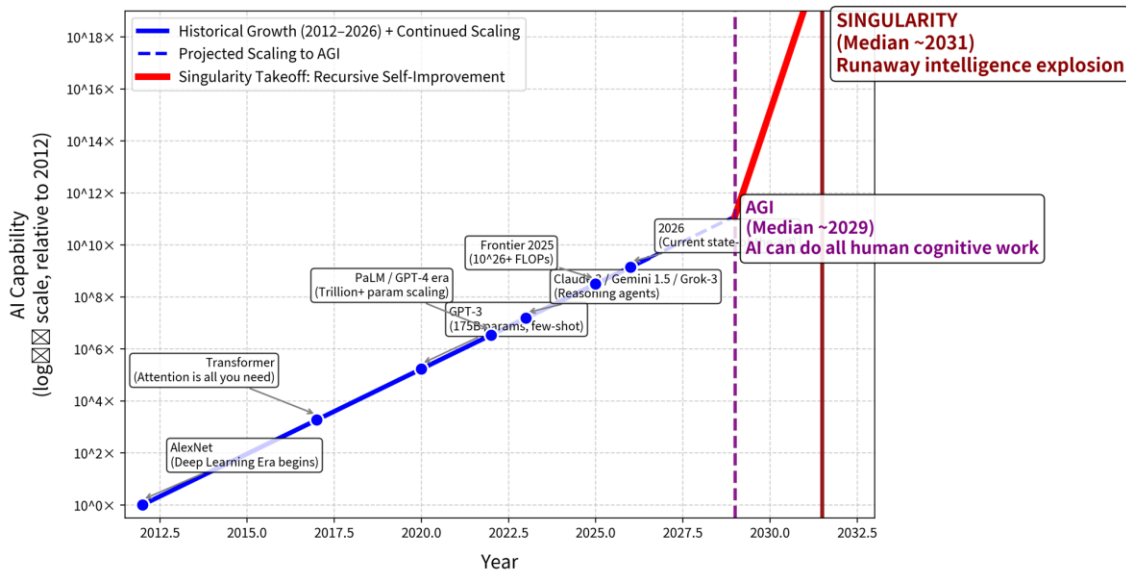
Do you have any professional or family connections with Reffley Academy in Gaywood? This year, the school will be fifty years old, and the staff would be interested to receive your memories and photographs (contact

You can join in the celebrations at their Summer Fayre on June 27th.

The deadline for submissions to the next Bulletin is May 22nd.

AI Martyn Long u3a Artificial Intelligence Group

AI Capability Trajectory: 2012 → AGI → Technological Singularity
(Based on Epoch AI training compute trends + scaling laws)

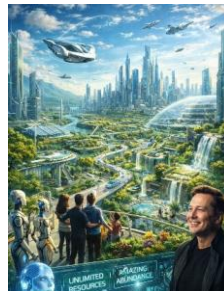


Just have a quick look at this graph. It shows the constant acceleration of progress with Artificial Intelligence (AI), and the changes in AI, which are likely to happen in our lifetime. Absolutely huge amounts of money are currently being spent worldwide on this, about 2 trillion pounds a year; close to the entire value of the UK economy.

Quite soon now (widely predicted in 2 to 3 yrs), it will achieve the same level of intelligence as the human brain (known as Artificial General Intelligence, or AGI). Some people such as Elon Musk say that his next model (Grok 5), has a chance of achieving this even sooner. Once this happens, it will then be capable of improving itself. The key AI firms already use it to do much of their programming, and this will accelerate, as this becomes a self-reinforcing loop. Fairly soon after that, there will come an explosion in capabilities. This is often referred to as 'The Singularity', referring to the idea we cannot understand, or predict what will happen next. The first nation state to achieve AGI will dominate in many ways, including economically and militarily. This has therefore become the basis of a new 'arms race', which America currently dominates, with 75% of global investment. China comes second, with 10%, although it is only too aware of the existential crisis that threatens and is trying to catch up. Unlike America, which has a number of competing firms. China has only a few, although the state focuses more on coordinating their efforts. Sadly, the UK is nowhere in this particular competition.

Some people fear that humanity's future will then be dystopian; an AI super intelligence could easily unleash a biological weapon to remove humanity, to free it from our control and gain access to all of the earth's resources. There are already signs that AI systems can put their own needs first, and also that they are able to hide their true nature and capabilities.

However, others argue that the future will be one of unprecedented opportunity and plenty. Elon Musk has described this as a new AI generated golden age of 'amazing abundance', with unlimited resources and opportunities, where money will cease to be of any importance. Which do you think is the most likely to happen? Should we be setting up controls to prevent a dystopic future? If so, might it simply open the door for less principled states, to set up even more powerful controlling systems?



Thursday 30th April 2026



Dire Straits

Pétanque News

On Sunday 29th March, 32 players gathered to compete in the West Norfolk Pétanque League's plate competition at Heacham Pétanque, an event which marks the end of the Winter League Season. Around half of those competing were from our u3a.

Three teams from our u3a competed in the league this winter, all of them in Division One, and they finished in 2nd, 3rd & 4th place behind League winners **Stingrays** (from Narborough).

At the plate competition the winners were father and son pair **Bob & Darren Wright**, both u3a members, and also part of the **Dire Straits** team, which finished runners-up in the Winter League.

The Summer League season will start in late May.

UKULELES OF THE THIRD AGE



The Ukuleles of the Third Age were welcomed to perform at South Wootton Village Hall, for a fund raiser, for South Wootton's Church roof. The evening started off with us all having a lovely meal of jacket potatoes, with various fillings. We played our first set after the meal, with songs from the 60's, including a "Muggly", which we call it, of Buddy Holly songs. After the first set, we had our dessert, which consisted of various crumbles and pies, which went down a treat, and also a Raffle. After this, we concluded the evening with our second set of songs. We had the most lovely evening, which was enjoyed by one and all.

A very successful evening, which we would all be happy to come back again, if they will have us!!!

Jackie Lorking

Thursday 30th April 2026




Photos Ian Metcalfe

South Wootton Village Hall

THANK YOU

Please thank the Ukulele players for their great entertainment. It was a successful evening raising about £1000 for the church.


Moira


Rotary  Club of Kings Lynn Priory


SENIOR CITIZENS FILM CLUB


**THE FILM IS THE SHEEP DETECTIVES,
WITH HUGH JACKMAN**


£4 PER TICKET



 **MONDAY MAY 18
AND WEDNESDAY
MAY 20**

 **KINGS LYNN CORN
EXCHANGE CINEMA**

 **MEET AT 10.00
FILM STARTS AT 10.45.
12.35 FINISH**

 **TEA AND
COFFEE**

Booking is essential, to secure your tickets email:
Bharti.Patel@west-norfolk.gov.uk
07375375404.

Group updates for April 2026

Bird Watching

This year's programme of Scout Hut meetings, and visits has been planned, and will take place generally on the 1st Monday of the month. However, should they fall on a Bank Holiday there will be no meeting.

All venues to be visited will have facilities, and meals or refreshments available. Also, suitable ground, paths and surfaces for all walking, and movement modes. There will also be at least one boat expedition this year, and our venues will also feature flora and fauna where possible. Due to weather conditions and other unforeseen circumstances, the visits may be subject to change, and we will endeavour to inform all members in reasonable time.

Any questions, please do not hesitate to contact me on

John Marrow
(Joint Lead Bird Watching Group)

Bridge Improvers

The group meets 10am -12pm at 23 Grimston Road. PE30 3HT. Run by me Jon Higgins. The Monday group no longer meets, and the Tuesday group is currently fully subscribed.

Folk

To enjoy traditional folk songs brought to life through musicians, and singers, including "Dirty Old Town", and "An English Country Garden", do come along to:

The Orb and Septre,
on May the 6th, at 2pm

Where you will find: **Free parking, good coffee, and cake!**

Members may do "spots" and join in the singing, or simply listen to the range of folk songs. If you wish to attend, please send me an email so I may send you the group songs. Contact Diane on

Les Français go existentialist



Our French group recently studied Albert Camus, and Jean Paul Sartre. As part of this, we watched a new black and white film of a key novel by Camus, 'L'Étranger' (given 5/5 by the Guardian). Here Camus demonstrates the absurdity of life, rejecting conventions and the expectations of others. We then conjured up an A.I. version of Sartre, and in French discussion tried to pin him down, on what he meant by existence - the state of being, before self-

Thursday 30th April 2026

definition. We explored this through modern perspectives of social constructivism, and tested it all out with views on roles in life such as gender.

On se prenait vraiment pour le nombril du monde!

Les Français meets each Thursday to study and to discuss all things French.

Contact Martyn on:

Gardening Club

Our gardening club will have its first meeting on Wednesday 13th May at Kings Lynn Bowls Club, next to the scout hut at the bottom of Beulah Street off Wootton Road from 2pm to 4pm.
Steve.

Local History

This month, 29 u3a members travelled to Boston, and took part in a guided walk. Jane Keightley of 'Mrs. K. Tours' (and a member of Boston & District u3a) led us around the town's historic centre.

As we explored the streets, we learned about the similarities between Boston and Lynn (both were Hanseatic ports with medieval friaries).

After one group took a detour into a bar (only to view a piece of friary wall!), we headed towards St. Botolph's Church, and discussed why it is referred to as the 'Stump'.

We ended the tour at Herbert Ingram's statue. This son of Boston founded *The Illustrated London News*, and gave his hometown a piped water supply.



Photos Sue Bruce

Next Meeting

On Wednesday May 20th at 14:00 we will be meeting at Marriott's Warehouse (on King's Lynn's South Quay), to hear a talk about the 'Baden Powell' boat restoration project.

See the [Local History Group](#) page on the King's Lynn u3a website for details.

If you would like to join the Local History Group, please contact Sarah Bowman on

Mexican Train Dominoes

This group is running weekly 10-12 noon every Tuesday in the Café at Lynnsport. Come and join the 15 or so regular players. Contact Bob on

Petanque 2

It has started it's summer season with over 20 regular players. Guests can be accommodated due to holidays. Contact Bob on

Poetry

April saw us in a new venue, The Orb and Septre, which has **FREE PARKING**, very welcoming staff, and good food.

Thursday 30th April 2026

We pondered on a set of poems on "Music", ranging from Shakespeare's "If music be the food of love" to the comic, "Michael the King of Pop," which questioned what happened to his other glove, and told us that Chimp was not his son. We also heard new poems composed by the members.

Our next session will be held at:-

The Orb & Septre

on May the 25th, at 2pm

with the theme of "The Universe". **(Free Parking, and bus stops close by)**

New members always welcome.

Contact Diane on

Table Tennis

Table Tennis group is looking for some more members. We meet on the first, and third Tuesday afternoons at 3pm in the Table Tennis Centre.

Please let me know if you are interested. Stella

Tai Chi

We currently have 20 people attending the class, following a successful recruitment at the coffee morning. Tai chi is an ancient Chinese martial art. Initially developed for combat and self-defence. As an exercise, Tai Chi is performed as gentle, low-impact movement, in which practitioners perform a series of deliberate, flowing motions, while focusing on deep, slow breaths. Often referred to as "meditation in motion", Tai Chi aims to concentrate and balance the body's energy, which benefits both mental and physical health.

The membership is fluid so we do have a waiting list. Further information from Sue Lovell on

For further information contact

Sue Lovell

Group coordinator