

April 2022

Diary Dates

Mon 04.04.22	Country Dancing
Tues 05.04.22	Croquet
Weds 06.04.22	Walking
Weds 06.04.22	Bookworms
Thur 07.04.22	Blurr
Thur 07.04.22	Creative Crafts
Fri 08.04.22	Members Meeting
Mon 11.04.22	Country Dancing
Tues 12.04.22	Croquet
Weds 13.04.22	Ten Pin Bowling
Mon 18.04.22	Blurr
Tues 19.04.22	Croquet
Weds 20.04.22	Dining Club
Thur 21.04.22	Wildlife
Thur 21.04.22	British History
Mon 25.04.22	Gourmet Diggers
Tues 26.04.22	Croquet
Weds 27.04.22	Ten Pin Bowling
Mon 02.05.22	Country Dancing
Tues 03.05.22	Croquet
Weds 04.05.22	Walking
Thur 05.05.22	Creative Crafts

Your April Newsletter

Keen cyclists will be pleased to hear that the cycling group is to resume this year.

If 'Discovering the Broads' is something you would like to do, then you will be interested to read about some outings on the water that are planned for this summer.

Stress and anxiety have been affecting many people during this pandemic, but help is at hand. In the 'Members Corner' you can find out more and there are contact details.

Read on to find out more!

HBu3a Committee Monthly Update

At our meeting on the 11th March, Ben Craske from the Archant Local Recall Project came to tell us all about the work of this local history archive project run by Archant Newspapers. This is a treasure trove of local history and information, and Ben's enthusiasm lit up the room. We all had a really enjoyable afternoon and if you want to see all about it why not go to their website at

<https://www.localrecall.co.uk>

Our raffle collected £88 which was donated to the Red Cross to support their humanitarian refugee relief work. We also continued to enjoy the welcome return of home made cakes with tea - long may that continue!

At our next meeting at 2pm on Friday 8th April, Stephen Bradnock from the Nancy Oldfield Trust will come to tell us all about the diverse work of this local sailing and boating charity. Many of our members have returned to sailing or honed their existing skills with them and we are pleased to welcome Stephen to our meeting.

We have recently sadly learnt of the passing of Julie Liggitt. Julie was a stalwart member of our U3A, serving on the committee for several years. We would like to express our sincere condolences to her family and to her many friends in Hickling.



News from our Interest Groups

Group Contact Co-ordinator

Susan Badger:

Bookworms – Reading Group: 1st Wednesday (2:00 – 4:00 pm) various locations

Kathy Cooper:

Our Group met up at Hickling Barn on Wednesday, 2 March to discuss Ruth's book choice, 'Love is Blind' by William Boyd and the following is Ruth's review:

"Written by William Boyd, 'Love is Blind' was published in 2018. The majority of our readers agreed that the prose was of a good standard but the story itself was over-long and included unnecessary details about menus and the finer points of piano tuning.

Set around the turn of the twentieth century, the plot started well but soon became convoluted with the main protagonist (said piano tuner) becoming irritating and dull.

Some of our readers thought the other characters ill-conceived and unbelievable. However, the book did allow some lively banter to flourish. Birth control was touched upon and 'Dr Google' was consulted on the history of condoms which, I have to say, was very enlightening.

The book's connection to Anton Chekhov was explored and a lively discussion on whether the authors attempt to depict a 'femme fatale' was successful or not. The book received a very average score of 5/10"

The session closed with tea, cake and conversation. The book for discussion at our April meeting is 'The Secret Life of Bees' by Sue Monk Kidd and was chosen by Mary H.

Bookworms is currently closed to new members. However, as spaces become available I will add it in this section of the U3A Newsletter.



Country Dancing: 1st and 2nd Mondays (2:00 – 4:00 pm) in Hickling Barn


Dinah Slatter:

Origin and evolution of English Country Dancing:

While there are historical accounts of Queen Elizabeth enjoying country dancing, the first publication of John Playford's 'The English Dancing Master' wasn't until 1651. John Playford was born in Norwich though spent most of his life in London. It is reported that he was originally a war correspondent supporting the Royalists during the Civil War, was captured by Cromwell's army and 'persuaded' to alter his career. In London he published books on music theory, instruction books for several instruments, psalters with tunes for singing in churches and the now-famous English Dancing Master. One of the dances described in this publication was 'Picking of Sticks' which our group have recently added to their repertoire. A facsimile of this dance is produced below.

(12)

Picking of sticks Longways for six ♪ ♪ ♪



Leade up all a D. forwards and back ♪. That again ♪. First man change places with the 2. Wo. then with the last man ♪. Leade up as before, then the Wo. change as the man did, every Cu. doing thus.

Sides all ♪. That again ♪. The first Cu. slip downe betweene the 2. they slipping up, then the 2. slip downe, and the first up ♪. All this again the last Cu. crossing over below, go up and cross above, fall to your places ♪. Then the four last slip, and first Cu. crosse about ♪.

Armes all ♪. That again ♪. The We. stand still, men going the Hey betweene them, the last man going about the middle Wo. doe thus three times over, then gae quite round about all the We. to your places ♪. The We. as much ♪.

BLURR – The Camera Group:
3rd Monday (2:00-4:00pm) at Hickling Barn

Susan Badger:

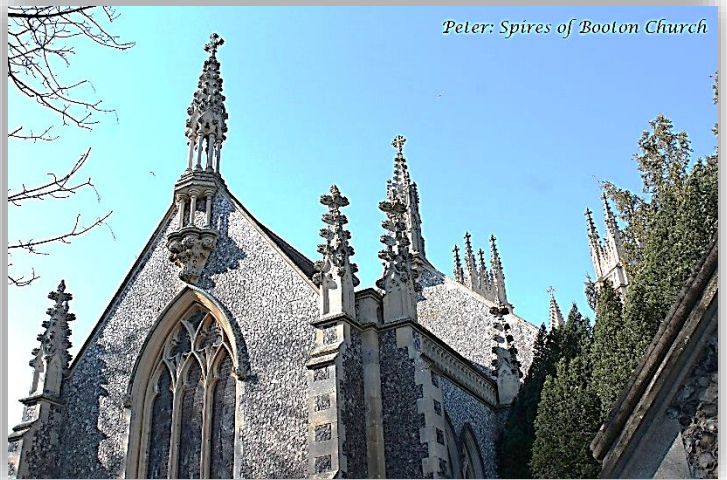
The theme of the group's location shoot and the main meeting was Churches and Architecture. Several members visited the churches in Booton and Salle; the former has been described as "an exuberant oddity" with its highly ornate decorations and slender twin towers, with an equally fantastical interior with carved angels and heavily stained glass. In direct contrast the Salle church had plain glass and poorly maintained carvings, although some of the carvings on the choir stalls were delightfully expressive.

The discussion and display of the images roamed around the difference between 'Record' shots, where, by and large, what you see is what you show and 'Creative' shots in which the images are personalised by deliberate choice of angle, light and shade and selective processing. Some, of course, fall into both categories, being described as 'Creative Records'.

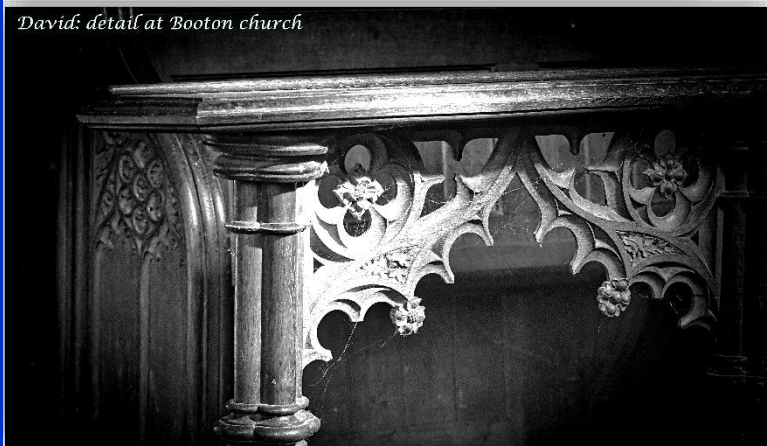
The choices for this month's newsletter include Ted's record shot of the ruined church at East Somerton, the creative shots from David and Jennie, both taken at Booton, and Pete's Creative Record, also of Booton.



Jennie: detail of stained glass window at Booton church



Peter: Spires of Booton Church



David: detail at Booton church



Ted: Interior of St Mary's church, East Somerton

Creative Crafts:
1st Thursday
(2:00 – 4:00 pm)
at Hickling Barn

Rose Pigula:

Come along and join in
the fun!



Croquet: Tuesdays at 10:00 am

Michael Steward:



The Croquet session starts on Tuesday 5th April and runs through until Tuesday 25th October 2022.

Being an outdoor activity Croquet members are able to enjoy gentle exercise whilst playing a competitive but fun game. We do stop for coffee and cake.

We have grown in numbers almost to the maximum number of players that can use the two newly created Croquet Courts totalling 1,040sq yards of playing area. So, if have been thinking you might like to give Croquet a go just come along at 10am on a Tuesday or contact Michael on msteward1214@outlook.com for more information.

Cycling

GROUP RESUMING

Roy Smith:

I am restarting the cycle group. If there is anyone interested please contact me, it will be on the fourth Wednesday of the month.

Please contact me via the website contact for further information

Dining Club: 3rd Wednesday (various locations)

Diana Fossett:

Sue Badger:

The next Dining Club will be on Wednesday 20th April at The Boathouse, Ormesby, NR29 3LP. Tables are booked for 12.30, Dining Club members should plan to arrive at 12.15.

Gourmet Diggers: 4th Monday (2:00-4:00 pm) at Hickling Barn

Jane Brooker: and

Kate Fletcher:

As this years competition is to see how many main crop potatoes can be got from growing 2 seed potatoes. We discussed how they were getting on, some of us had already planted ours, some were still chitting them. Companion planting for vegetables and the benefit of banana skins round roses (is this an old wives tale or not?) was talked about.

As spring has truly sprung (well, this week it has) we talked about the many jobs to be done in the garden this next month.

The gardening that we had all done in our gardens this last month were discussed, some of us doing a lot, some of us not.

Food for this month was provided by Donna and Sharon. It was both savoury and sweet. For savoury, we tasted Cheese Balls which included soft cheese and grated cheese mixed together with spring onions, red and green peppers. This is then rolled into a ball and coated in seeds; we had sunflower, all spread on crackers for tasting. Very nice. Then they gave us Ambrosia, a mixture of whipped cream and fruit yogurt added to which was a selection of meringue, fresh fruit, marshmallows and chocolate flakes etc. Very easy to make and very good. I will be adding these to our Recipe collection.

Next month's Gourmet Diggers is on Monday 25th April, 2 - 4pm at Hickling Barn.



Ten Pin Bowling: 2nd and 4th Wednesday (10:00 am) at North Walsham

Keith Mursell:

Ten Pin Bowling is booked for the 27th April only as we do not have the special rate during school holidays and bank holidays, I will not be there as I'm on holiday, following that the next one is the 11th May,

Walking: 1st Wednesday (10:00 am) Various locations

Roy Smith:

Twelve of us (plus a few well-behaved dogs!) joined in for the March walk starting at Thurne. We set off, on a dry but rather overcast day, for a 6 mile walk through farmlands and lanes via Oby and back along the River Bure. There were already some boats cruising on the river, and plenty of wildlife and farm animals to see, with Thurne Mill marking the end of our lovely walk.



Wildlife Group: 3rd Thursday (10:00 am) Various locations

Chris Foster:

This month the wildlife group visited the NWT Centre at Cley. It was a breezy but gloriously sunny day with a real taste of spring. A small group set out to walk the outer loop of the reserve while others remained closer to the centre and used the near by hides to spot the birds. A great list of species was recorded reading something like – Little Egret, Grey Heron, Curlew, Skylark, Cormorant, Marsh Harrier, Avocet, Ruff, Lapwing, Mallard, Greylag Goose, Pale-Bellied Brent, Red Kite, Shelduck, Shoveler, Oystercatcher, Brent goose and Red-Breasted Goose. There was a great mixture of experienced birders and almost complete beginners so all enjoyed a fine sharing of information and much learning in the group. We finished off in the café with lots of good food and good cheer as it really felt that summer was on the way!

Our next meeting is a Hickling NWT centre on the 21st of April. Many of us have already booked the morning boat trip but we will also gather at about 12.00pm in the picnic area by the visitors centre. All welcome as usual.



The rare red-breasted goose has been spotted in the Cley and Salthouse Marshes in north Norfolk. - Credit: Henry Wyn-Jones

Members Corner

This is a space for all of our members to use. If you have anything to tell us, maybe something you've done, or an event that's coming up that you think other members would enjoy, or perhaps you have something to sell or donate that someone else might need. Email Rose at hbu3anews@gmail.com with a brief description and maybe a photo. Space permitting, we will include it in a subsequent newsletter.

The following message has been received via our website. It is reproduced here for members to pursue as they feel appropriate.

Free online mindfulness course

Are you over 65, live in either Suffolk or Norfolk and would like to learn about mindfulness? In partnership with the Gatehouse charity, clinical psychologist Adele Pacini with a wealth of experience gained in the NHS, is delivering a free 10-week online mindfulness course for people who would like to learn about managing stress, anxiety, low mood and ease pain. The course feedback has shown improvements in overall wellbeing, attention and concentration and is a great way to take care of yourself, especially during uncertain times. The course will be starting on 3rd May. Places are free but limited and can be booked via :<https://www.adelepacini.co.uk>
For any queries, please contact raechel@adelepacinimindfulness.co.uk

IMPORTANT INFORMATION FOR ALL MEMBERS

This message used to be included in the newsletter. It is also printed in the current Membership Form. However some members who joined some time ago will not have seen it on their forms when joining. Please take a little time to read it. If you have any questions, please see one of the Committee.

In following the guiding principles of the U3A Movement, Hickling Broad U3A is a mutual aid organisation, with a self-help ethos. These principles inform our participation in our various activities. Members are expected to behave responsibly, help each other and look after each other's interests and welfare; under the guidance of the Group Contact leading the group.

Some basic advice follows:-

Please provide your Group Contact with an emergency contact number.

Ensure that your Group Contact is made aware of any medical issues relevant to the group activity.

Ensure that you are sufficiently fit to participate in any physical activities whether indoors or outdoors.

Ensure that you are equipped with suitable clothing and footwear for the activity and/or weather conditions.

Mobile phones can be useful for some outdoor activities, but please exchange numbers before you start!

If in doubt, speak to your Group Contact in advance.

What's on Next at your Monthly U3A Meetings in Hickling Barn




Friday 8 April 2022	Stephen Bradnock, manager of the Nancy Oldfield Trust, will be coming to tell us all about the work of this local sailing and boating charity.
Friday 13 May 2022	When Birds Sing: An illustrated talk with birdsong recordings about how and why birds sing. A Wren sings 25 notes a second! Mozart taught a pet starling tunes!
Friday 10 th June 2022	On 2 nd May 1845 the suspension bridge at Great Yarmouth collapsed killing 78 people, mostly women and children. What happened? Why? The legacy to today.

All items for the newsletter should be sent to: hbu3anews@gmail.com

Hickling Broad u3a – **DISCOVERING THE BROADS**

- Please e-mail chrispfos@outlook.com to secure a place(s).

We are planning a series of visits on the water to explore the wonderful Norfolk Broads. Unfortunately most of the providers of the craft listed below are charities run by volunteers and they seem to close down for the winter and I have not been able to firm up on all the timing and dates. This means we may have to be a little flexible with dates. As this is a bit of an experiment we have also gone for the most obvious opportunities and kept things simple and gone with places I am familiar with. Hopefully over time we can spread our wings a little more. For this first season the provisional timetable will operate as ---

Date	Time	Activity	Approx - Cost per head	
May 5th	10.00am To 5.00pm	A day out from Potter Heigham in a self-driven picnic boat. We will explore Hickling Broad and Horsey Mere by water. Stop off at Horsey Mill (National Trust). The boat has a toilet and tea and coffee making facilities. You can bring a picnic or pick up simple snacks from Horsey Café if it is open.	£30	 <div>9 people, but can book other boats.</div>
June 2nd	10.00am 2 hour sail	Enjoy sailing traditional half decker dayboats – built and designed in the 1920's – an ideal way to discover the Broads. We will sail from Hunters Yard - https://www.huntersyard.co.uk/our-boats/half-deckers/ - which is based near Ludham. No experience is required as skippers can be supplied. Toilets at the boatyard – seats to have picnic lunch on return.	£25	 <div>Groups of 4/5 –if you are happy to self-skipper let me know. Plenty of boats available</div>
July 7 th	2.00pm to 5.00pm	Half a day sailing on the Wherry Albion starting from Ludham - https://www.wherryalbion.com/ Tea and coffee making facilities plus toilet. Picnic tea might be nice!	£25	
August 4th	10.00am to 12.30pm	The Museum of the Broads, Stalham - https://www.museumofthebroads.org.uk/ There will the opportunity to look around the museum which has recently been extended as well as a boat trip to Barton Broad The Museum of the Broads, Stalham - https://www.museumofthebroads.org.uk/ There will the opportunity to look around the museum which has recently been extended as well as a boat trip to Barton Broad.	£15	