

February 2022

Diary Dates

Weds 02.02.22	Walking
Weds 02.02.22	Bookworms
Thur 03.02.22	Blurr
Thur 03.02.22	Creative Crafts
Mon 07.02.22	Country Dancing
Weds 09.02.22	Ten Pin Bowling
Fri 11.02.22	Members Meeting
Mon 14.02.22	Country Dancing
Weds 16.02.22	Dining Club
Thur 17.02.22	Wildlife
Thur 17.02.22	British History
Mon 21.02.22	Blurr
Weds 23.02.22	10 Pin Bowling
Mon 28.02.22	Gourmet Diggers
Weds 02.03.22	Walking
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Fri 11.03.22	Members Meeting

On the 14th January we saw a pre release screening of the documentary film "Forever Young" directed by Guy Martin from Reel Connections. The film is a compilation of East Anglian news archive footage from the 70's showing the lives and lifestyles of young people through the lens of the news camera. We were very privileged to have this film on pre release. It was interesting to see the different reactions and views of people at the time, and the film clips showed that whilst we have seen great change over the past 40 years, some things never change!

At our meeting at 2pm on the 11th February, Captain Jon Warren will come to tell us all about his career as a commercial sea captain on the South Seas - his talk is called "Around the World with Bank Line - or Tales of the South Pacific" and we very much look forward to welcoming him to our meeting

HBu3a Committee Monthly Update

January began with a good number of us braving the cold and coming out to the monthly meeting. It was really good to see all those that attended and we hope to see you all again this month, perhaps with a few more! Our groups are continuing to thrive and meet on a regular basis, with numbers growing in some, which is excellent news. We are also attracting new members; welcome to all those joining, we hope you will enjoy our meetings, groups, and the friendship of our members.

With the changes in COVID restrictions we are still asking members to wear masks if possible while entering the Barn. Once seated we are happy for masks to be removed. We are also hoping to bring back home made cake to serve with tea/coffee. If anybody would like to do some baking and contribute we would be most grateful.

We look forward to seeing you all on 11 February.



News from our Interest Groups

Group Contact Co-ordinator

Susan Badger:

Richard Osman, when interviewed on the radio earlier this month, commented that the inspiration for his first novel, *The Thursday Murder Club*, came from meeting the residents in his mother's retirement home, observing they were an extraordinary diverse group of people holding between them a rich wealth of knowledge, experience and insight. In my travels around HBU3A's Interest Groups, I am equally impressed by the vast range of skills, talents and imagination of our members. This sharing of knowledge and understanding is the heartbeat of our society, to be supported, respected and encouraged.

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

Kathy Cooper:

Bookworms met up for our first meeting of the New Year on Wednesday 5 January 2022 to discuss 'Hawthorn & Child' by Keith Rodgway which was chosen by me and this is my review:

The story revolves around the two characters of the title, London police officers and their day-to-day working routine. There seemed to be little consistency as the storyline jumped from one set of circumstances to the next and then back again leaving the reader (me) a little confused. Some parts were difficult to read and left several of us feeling uncomfortable.

Although not a popular book it gave us a good discussion. We agreed to give this book 3/10.

Our book for discussion on 2 February is the classic 'The Colour Purple' by Alice Walker chosen by Mary N."

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

Dinah Slatter:

Jane Austen and Regency dancing: "Fine dancing, I believe, like virtue, must be its own reward."

So comments Mr George Knightley in Jane Austen's novel *Emma*, written in 1814, in the Regency era. Some of the dances performed by our U3A are taken from Regency times when dancing was considered a necessary social skill. It was not always the sedate affair portrayed in some films: it was often performed in a longways set – the Cotillion – and was lively and bouncy, the steps ranging from simple skipping to more elaborate movements. Later in the Regency period came the Quadrille and the Waltz. Jane Austen's niece Fanny danced quadrilles and in their correspondence Jane mentions that she finds them much inferior to the cotillions of her own youth.



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

Rose Pigula:

We had a good turnout again for our January meeting and a new member, Judi, who brought a new craft to our group with her sketching. Other members bring knitting, crochet, felting, sewing and knotting. If you would like to join us with your favourite craft please come along to Hickling Barn at 2:00 pm on the first Thursday of the month. You will be most welcome in our friendly group.

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

Two short presentations on the 2 workshops were given: Bokeh from December and Dogs in Motion from January and it was interesting to compare the camera settings for both activities. The monthly theme was Winter and 36 images were submitted, displayed and critiqued. The images selected for the newsletter are: David's bokeh, Jane's 'diving dog', Dorian's depiction of Haworth Station and John's Barn Owl.

Members were asked to propose monthly themes for the coming months and the popular choices have been circulated. It was suggested that workshops could be linked to an approaching theme, investigating certain techniques to apply in the field. HDR in churches is an obvious example.



British History: 3rd Thursday

Steve Whitby:

It might be stretching British History slightly (the game was invented in America) but Steve presented this month's topic - The Real Story of Monopoly. Rather a case of life imitating art as the story involves possible copyright theft, big organisations eliminating competition and several court cases for good measure. Afterwards the discussion was, as usual, far ranging as group members remembered playing board games with their children. Not surprisingly the benefits of board games versus today's video games came up in discussion.

Our next meeting is on Thursday 17th February at 2:00 pm in the Barn. Maureen will present "The role of women in the Metropolitan Police". All are welcome

Dining Club: 3rd Wednesday (various locations)

Diana Fossett:

Sue Badger:

The Wayford Bridge Inn was the venue for the Dining Club's first lunch of 2022 and it was generally agreed that it was a pleasant start to the yearly meetings. 19 members attended, the large dining room was given over to our sole use, the seating was comfortable and an amiable atmosphere prevailed. Anton was our chef and, while the menu was quite basic, ("Chips with Everything") both the preparation and presentation was high quality.

Situated next to the River Ant, the Wayford Bridge Inn began life as a small pub in the 1930s and only saw expansion at the turn of the century. Since then, dining rooms and terrace have been added, and the hotel now accommodates 29 rooms. Until recently the celebrity chef Marco Pierre White owned the hotel.

The Dining Club's next venue will be at the Filby Bridge restaurant on Wednesday 16th February. Anyone is welcome to join the feast; those wanting to should contact Sue on 07870 414870 or email susanbadger70@gmail.com.



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

Jane Brooker: and

Kate Fletcher:

Lots to discuss in this month's Gourmet Diggers. We started with talking about the way gardening might go in 2022. The main theme was to be more natural in our gardens, helping wildlife and ourselves by letting the grass grow and leaving wild flowers to flourish and not to be too fussy in keeping our gardens pristine. No Dig Gardening was also on the agenda which sounds very appealing to us oldies. How and when to prune clematis, always a mystery to most people, was talked about. Finally the jobs to be done in the month of February, sounds good on paper, but when it's cold and damp and you would rather stay indoors by a warm fire, it all seems rather daunting.

Ending on a more cheery note, we were all pleased to see signs of spring bulbs poking through the earth

The food section of our first meeting of the year started with a demonstration with the theme Easy Meals:- Easy Teriyaki Chicken.

Cooked in one pan on the hob the cooking time is about 15 minutes, and the chicken is cooked with honey, soy sauce and grated ginger which gives it an almost sweet and sour flavour. It was served with rice and everyone seemed to enjoy it. You can find the recipe at the end of this newsletter.

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

Keith Mursell:

Ten Pin Bowling is on the 2nd and 4th Wednesday of the month, starting at 10:00 for a two hour session at JR's North Walsham. Still plenty of room for anybody wishing to have a go, its a nice form of gentle exercise. It does give immense satisfaction to see all the pins fall down and if they don't then to get a spare (that's knocking down all the remaining pins) is the next best thing. We have the special rate of £8.95 for our two hours so it shouldn't break the bank. I would like if possible people to email me if they are going in case I need to book two lanes, thank you.

Voices of Hickling

Steve Whitby:

We did not meet in January and, as yet, have no date for our next meeting. We are currently waiting to hear whether our bid for a grant to fund our website has been granted by Hickling Parish Council - we believe that the matter will be discussed at their February meeting.

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

Roy Smith:

The January walk started in Winterton village and took us along footpaths through countryside and up to the beach at Winterton. Grey seals were basking in the dunes leading to the beach and so we took a route through the nature reserve, back to the village where we enjoyed lunch at the Fishermans Rest.



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

Chris Foster:

The wildlife group this month decided on a warm and cozy meeting in the Barn. Covid having wiped out the December meeting we had lots to catch up on. We reviewed our visit to Stubbs Mill and the raptor roost where Marsh Harriers were seen as well as Storks. We also discussed our Fungi Foray and then enjoyed a quick quiz - Are you a fungi geek? The fungi expert in the group led the way with 14/15 - but it was educational as well as bit of fun. We then reviewed the Horsey Seal season and updated on the impact of the storms pre-Christmas. This then evolved into a discussion about the wider issues for the seals such as the erosion of the beach, the dunes and the impact of ever-increasing visitor numbers. We also had a quick look at the incredible adaptations of Marram grass which is so important for the creation of sand dunes. We then looked at the geese we might see this winter in North Norfolk. The NWT write "One of Norfolk's great wildlife spectacles is the sight and sound of huge flocks of pink-footed geese in winter".

After a discussion we decided that the February meeting (17th) will be at the NWT Centre at Cley. Those wishing to complete the walk will meet at 10.00am and for others we will congregate in the café at 12.00 pm. As always, all welcome.

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.

Gift Aid

By attending a meeting of U3A Treasurers late last year we became aware that other U3As had registered and were claiming Gift Aid on Members Subscriptions. We checked with HM Revenue & Customs as to whether HBU3A was eligible and, just before Christmas, they informed us that we were.

The advantage of claiming Gift Aid is that HMRC will enhance any annual subscription (which is effectively a donation towards running costs - as speakers are paid from raffle proceeds) by 25%.

So if members pay us an annual fee of (say) £15 your HBU3A can benefit by £18.75 **IF**

1. You paid UK Income Tax or Capital Gains Tax in the year - **AND**
2. You complete a simple, one off form authorising us to claim Gift Aid on your payment.

There is no cost to you in doing this and HBU3A will benefit by an estimated £150-£200 a year.

Although no membership subscriptions will be due from existing members until 1st September, you will shortly be receiving a form asking you to consent to us claiming on your payments – past, current and future – to HBU3A. Under the rules of the Gift Aid scheme we can claim Gift Aid on future payments and we can also back date a claim for up to 4 years.

Whilst the choice of whether you allow us to claim Gift Aid is entirely yours, we would urge you to grant us permission to claim on your behalf if you are eligible. You need do nothing more than reply to an email which will be sent in the next few days and there is no cost to you.

If you are unsure or need more information please contact Steve Whitby at:
whitbyfamily2003@yahoo.co.uk

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

Friday 11 February 2022	'Tales from the South Pacific'. Captain Jon Warren will tell us about his career as a commercial Captain in the South Seas.
Friday 11 March 2022	Ben Craske from the Archant local recall project will be coming to tell us all about the work of this local history archive project.
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	To celebrate our AGM, our very own Voices of hickling will be making a presentation about their work and the social history of Hickling.

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

GOURMET DIGGERS Recipe:- EASY TERIYAKI CHICKEN

Serves 4

INGREDIENTS

2 tbsp toasted sesame oil
6 skinless and boneless chicken thighs, sliced
2 large garlic cloves, crushed
1 thumb-sized piece ginger, grated
50g runny honey
30ml light soy sauce
1 tbsp rice wine vinegar
1 tbsp sesame seeds, to serve
4 spring onions, shredded, to serve
sticky rice, to serve
steamed bok choy or spring greens, to serve

STEP 1

Heat the oil in a non-stick pan over a medium heat. Add the chicken and fry for 7 mins, or until golden. Add the garlic and ginger and fry for 2 mins. Stir in the honey, soy sauce, vinegar and 100ml water. Bring to the boil and cook for 2 - 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.

STEP 2

Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and steamed veg.



We have received the following which may be of interest to Members. **Please note that this group is independent and is not part of Hickling Broad u3a.**

FRENCH CONVERSATION GROUP

Message from Julie Osbourne:

I have read with interest your January newsletter. Having previously attended a U3a French conversation group which operated in connection with the Wroxham group, I started an 'independent' group meeting roughly every 2 weeks in Fleggburgh Village Hall on Tuesday afternoons. As a fairly new group (September 2021 start) of currently intermediate speakers and above, we would like to make your members aware of the opportunity to join us as advertised in the NR29 Magazine.

We are a very friendly, supportive group and now enjoy chatting while we have a hot drink in a small meeting room where free wifi is available to help us learn. Together we cover the room hire cost, resulting in a charge of a few pounds for us each.

I am happy to give any further information via email, but could also be contacted by phone: 07780844224