

## May 2022

### Diary Dates

02.05.22	Country Dancing
03.05.22	Croquet
04.05.22	Walking
04.05.22	Bookworms
05.05.22	Creative Crafts
05.05.22	Blurr
06.05.22	Sailing
09.05.22	Country Dancing
10.05.22	Croquet
11.05.22	10 pin Bowling
13.05.22	Sailing
13.05.22	<b>Members Meeting</b>
16.05.22	Blurr
17.05.22	Croquet
18.05.22	Dining club
19.05.22	Wildlife
19.05.22	British History
20.05.22	Sailing
23.05.22	Gourmet Diggers
24.05.22	Croquet
25.05.22	10 pin Bowling
27.05.22	Sailing
01.06.22	Walking
01.06.22	Bookworms
02.06.22	Blurr
02.06.22	Creative Crafts
03.06.22	Sailing
06.06.22	Country Dancing
07.06.22	Croquet
08.06.22	10 pin Bowling
10.06.22	Sailing
10.06.22	<b>Members Meeting</b>

### HBu3a Committee Monthly Update

On the 8th April, Stephen Bradnock, manager of The Nancy Oldfield Trust, came to our meeting to tell us all about the work of this local charity which provides access to Boating, Sailing and other water based activities. He told us about how the charity was formed and the wide variety of people (including many of our fellow U3A members!) who use its services. An interesting and informative afternoon ended with us having raised over £50 donation to the trust from the proceeds of our raffle. Many thanks are due to the committee for their hard work, and to our members for coming along to enjoy the afternoon together.

At our next meeting at Hickling Barn, 2pm Friday 13th May, professional performer and musician Saffron Summerfield will come to present "When Birds Sing" An illustrated talk with birdsong recordings about how and why birds sing with latest scientific research on the state of our British songbirds. This promises to be another educational and entertaining afternoon.

Thank you, as ever, to all our brilliant cake bakers for providing such a smashing selection of home made cakes for our meeting - it really makes the difference and everyone enjoys them so much.

The committee will be a bit short handed for the May meeting with some of us away on well earned breaks, so we ask you for your patience if anything takes a little longer than usual, and will be grateful for any willing hands helping us to tidy at the end of the meeting



## News from our Interest Groups

### Group Contact Co-ordinator

*Susan Badger:*

I was reading Professor Carol Ryff's model of psychological well-being recently and it occurred to me that the 6 criteria defined by her model fits the U3A principle perfectly. In her model she states that **well-being is multidimensional and not merely about happiness or positive emotions**. A good life is balanced and whole, engaging each of the different aspects of well-being, instead of being narrowly focused. Self acceptance, personal growth, personal life, positive relations with others, environmental mastery and autonomy are her defining criteria. The U3A's 14 Interest Groups and the main monthly meeting provides an arena for all of these aspects. It resonates with my overall philosophy of life: the more you put in, the more you get out.

### Bookworms – Reading Group: 1<sup>st</sup> Wednesday (2:00 – 4:00 pm) various locations

*Kathy Cooper:*

Bookworms met up at Hickling Barn for our monthly get together. We discussed 'The Secret Life of Bees' written by Sue Monk Kidd which was Mary H's choice and this is Mary's review:

"The Secret life of Bees is the first novel of American author Sue Monk Kidd, receiving several awards and was a New York Times bestseller. Set in 1964 the story is about loss, betrayal and interracial problems during the civil rights era in the American South. Lily, a 14 year old white girl lives on a peach farm with her loveless father and has been led to believe by him that she had accidentally shot and killed her mother when she was just 4 years old. Lily herself had a very little memory of this.

An incident with Lily's coloured nanny, Rosaleen, led to her being beaten up by white youths and arrested but subsequently taken to hospital to deal with her injuries.

Lily finds some clues to her mother's past; an old photo of her mother and another one being a connection to a honey farm. She decides to spring Rosaleen from custody and the two run away aiming to try and find some connection her mother's past. They were lucky to find the honey farm owned by a black family of three sisters. It transpires later in the book that Lily's mother had stayed with the same family 10 years earlier when she ran away from her husband. During the course of Lily and Rosaleen's stay they learn a lot about her mother's life and also about herself.

Lily falls for a coloured worker, Zachary, who had ambitions to become a lawyer, black lawyers being quite rare in 1960's America. However, we never found out whether Zachary and Lily ended up together.

The use of simile and metaphor in this book were very well done and each chapter was prefaced by information about the life cycle of the honey bee, a metaphor for human life. An easy read but a reminder of the changes in the Southern States of America since the 1960's and the racial problems of the time."

Most of the group enjoyed it the book and earned a score of 6/10. Next month we will be reading 'Brighton Rock' a Graham Green classic, which will be reviewed by Sue.

### Country Dancing: 1<sup>st</sup> and 2<sup>nd</sup> Mondays (2:00 – 4:00 pm) in Hickling Barn

*Dinah Slatter:*

### Creative Crafts:

#### 1<sup>st</sup> Thursday (2:00 – 4:00 pm) at Hickling Barn

*Rose Pigula:*

There's a lot of creative talent in our little group with various skills. Daffy makes the most amazing things from knotting cord. Key ring fobs, Christmas baubles, bracelets and much more. Here's a very seasonal little Easter chick made entirely from knotting yellow cord around a small, lightweight ball. Clever stuff!

Come along with your project and join our friendly group for a couple of hours.



## BLURR – The Camera Group:

**3<sup>rd</sup> Monday (2:00-4:00pm) at Hickling Barn**

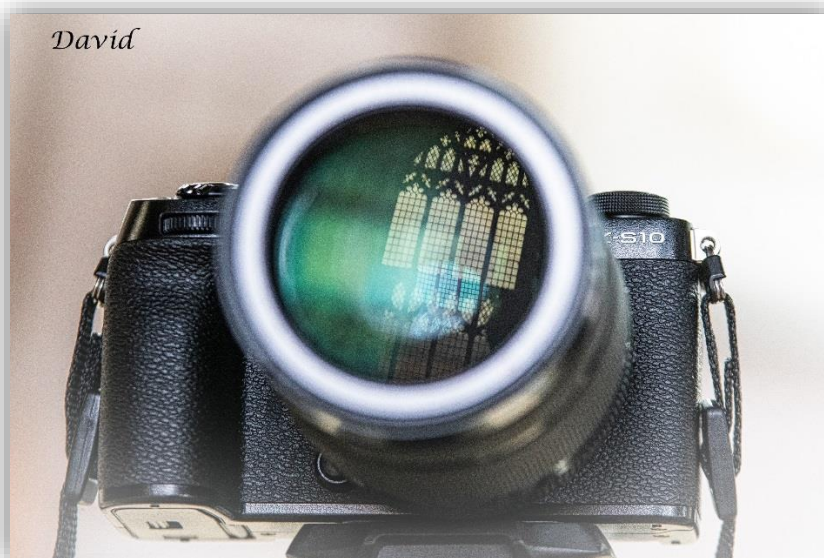
*Susan Badger:*

We began by looking at a few shots taken during the studio session, featuring Jessica as the model. Though only 3 members attended, the activity was thoroughly enjoyed as we navigated our way around the lights and props. 34 images were submitted for the main theme which was **Reflections**. Members were asked to write their 2 main criteria for judging a reflection image and followed up by perusing the submissions, selecting a few which, in their opinion, matched the criteria. Each proffered an image and explained their choice. It was widely accepted that some images, though well-constructed and pleasing to look at, did not meet the theme's brief. The images selected for this month's newsletter were: David's shot of the windows in Cromer church, captured through Jennie's camera lens; John T's sharply focused old Kodak camera; Janet's well-seen orange buoy with fragmented reflection and John T's excellently captured skylight reflection in his coffee cup.

John gave his long-awaited presentation of his wildlife photography, mostly of birds, which was greatly admired. His knowledge, understanding and passion for conservation, particularly for ornithology was emphatic. He gave a strong defence of progressive farming practices which work closely with conservation requirements, giving examples of the expansion of bird species such as bitterns, egrets and red kites.



*Janet*



*David*



*John T*



*John G*

## Cycling

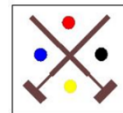
*Roy Smith:*

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

Please contact me at: tel 01692598060 mobile 07933981007 for further information

## Croquet: Tuesdays at 10:00 am

**Michael Steward:**



The 2022 Croquet season has started off well with good attendance and great weather, long may both continue.

The two newly created Croquet Courts are being cut by a local Gardening Contractor which has proved to be a great success, although we still need a few bumps flattened out.

Being an outdoor activity Croquet members are able to enjoy gentle exercise in fresh air whilst playing a competitive but fun game. As you can see we do stop for coffee.

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 01493 509538 **OR** [msteward1214@outlook.com](mailto:msteward1214@outlook.com) for more information.



*Happiness is  
croquet shaped*



## Dining Club: 3<sup>rd</sup> Wednesday (various locations)

**Diana Fossett:**

**Sue Badger:**

On Wednesday 20th April, 14 members attended The Dining Club lunch at The Boathouse, Ormesby. We were in the restaurant part and this worked out well as we could all chat away. Everyone appeared to enjoy the experience and the staff were friendly, helpful and attentive.

The next lunch is being organised by Sue Badger. The next Dining Club meeting will be on Wednesday 18th May at the Wroxham Hotel. This lunch date will be organised by Sue Badger. Please let her know if you would like to attend.

## Gourmet Diggers: 4<sup>th</sup> Monday (2:00-4:00 pm) at Hickling Barn

**Jane Brooker: and**

**Kate Fletcher:**

Unfortunately, the April meeting was cancelled but please come along and join us at the May meeting on Monday 23 May.

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

Keith Mursell:

## Walking: 1<sup>st</sup> Wednesday (10:00 am) Various locations

Roy Smith:

We met for our How Hill Walk on Wednesday 6<sup>th</sup> April and Adam, our How Hill House guide, gave us a very interesting talk on the work of the farm. We saw the orchards and learnt about the holly which is farmed and sent out to wholesalers each Christmas. We had time to explore the lovely garden before setting off on the remainder of our walk. The distance was 4 miles, including walk around How Hill Farm Garden. Points of interest along the way were the wild ponies and view over Buttle Marsh, Turf Fen Drainage Mill on River Ant, Toad Cottage, part of How Hill Estate and How Hill Secret Garden.



*Helen inspecting one of the Water Garden's fascinating artefacts.*



*Wild ponies on Buttle Marsh*



*Adam presenting the thatched barn with its pending new thatch.*

## Wildlife Group: 3<sup>rd</sup> Thursday (10:00 am) Various locations

**Chris Foster:**

Appropriately the Hickling Broad u3a Wildlife Group spent the morning of Thursday the 21<sup>st</sup> of April on Hickling Broad. We were blessed with blue skies and a fresh easterly breeze. For me the trip was evocative of the long history of the Broads with known peat digging taking place at least as far back as the times of the Vikings. We learnt how the local population exploited and adapted to the environment for survival and then economic gain. More recently the exploitation is by the Norfolk Wildlife Trust with the aim to encourage biodiversity and species protection. This was clearly illustrated by the continuous aerobatic displays we observed of the Marsh Harriers. Before the war there was one breeding pair left in the UK, now Hickling supports at least ten pairs and there are over 500 nationwide. The breezy conditions also reminded me of the many hours spent sailing on the Broad during my younger years.

15 members attended so we required two boats. Pleasingly the boats are electric and built following the traditional design so they could operate in a mere 18 inches of water and take us places inaccessible to other craft. Both boats were expertly manned by experts who knew where to go and what to see. They identified a wide range of birds, some on their migration north either to Iceland or the Arctic Tundra. We saw a pair of Egyptian Geese showing off their two-day old brood. We also saw a couple of Swan pairs readying the nest and then the males patrolling up to 30 juvenile swans to ensure peace and quiet for their better halves.



### 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](mailto:hbu3anews@gmail.com) with a brief description and maybe a photo. Space permitting, we will include it in a subsequent newsletter.*

#### **What's on at your next monthly meetings .....**

Friday 15 May 2022	Saffron Summerfield: When Birds Sing
Friday 10 June 2022	Gareth Davies: The Fall of Yarmouth Suspension Bridge
Friday 15 July 2022	AGM and Voices of Hickling
Friday 12 August 2022	Summer Social

**All items for the newsletter should be sent to: [hbu3anews@gmail.com](mailto:hbu3anews@gmail.com)**