

September 2022

Diary Dates

Mon 05 Sept	Country Dancing
Tues 06 Sept	Sailing
Tues 06 Sept	Croquet
Tues 06 Sept	Sailing
Wed 07 Sept	Walking
Wed 07 Sept	Bookworms
Fri 09 Sept	Sailing
Fri 09 Sept	Members Meeting
Mon 12 Sept	Country Dancing
Tue 13 Sept	Sailing
Tue 13 Sept	Croquet
Wed 14 Sept	10 pin bowling
Thu 15 Sept	Wildlife
Thu 15 Sept	British History
Fri 16 Sept	Sailing
Mon 19 Sept	Blurr
Tue 20 Sept	Sailing
Tue 20 Sept	Croquet
Wed 21 Sept	Dining Club
Fri 23 Sept	Sailing
Mon 26 Sept	Gourmet Diggers
Tue 27 Sept	Sailing
Tue 27 Sept	Croquet
Wed 28 Sept	Cycling / 10 pin bowling
Fri 30 Sept	Sailing

HBu3a Committee Monthly Update

August 12th saw our Summer Social at Hickling Barn. Our interest groups put on displays about their activities and achievements this year and, as ever, our generous and kind hearted members brought along smashing snacks to share. The buffet table was sumptuous and a grand afternoon was enjoyed by all. Thank you to everyone who came along to make it such a lovely summer's afternoon of fellowship, chat and laughter.

On the 9th September at Hickling Barn at 2:00 pm our speaker, Dr Sue Gattuso, will present 'The discovery of the tomb of Tutankhamun'. Dr Gattuso is the Howard Carter curator at Swaffham Museum. She will talk about Howard Carter, who 100 years ago famously discovered the tomb of the ancient Egyptian Pharaoh Tutankhamun. Carter was a resident of Swaffham before he departed for Egypt and this talk will tell us many things about him that we did not know before.

Your September Newsletter

This month you can see a double page spread of photographs of our Summer Social which many of you attended. All of our interest groups are featured along with a photo of the superb buffet that you provided. All of the food was enjoyed and Moyra's parmesan biscuits were a firm favourite so we have included the recipe at the end of this newsletter. As always, the contact details for all of our groups are included so just contact the co-ordinator if you are interested in joining.

News from our Interest Groups

Group Contact Co-ordinator

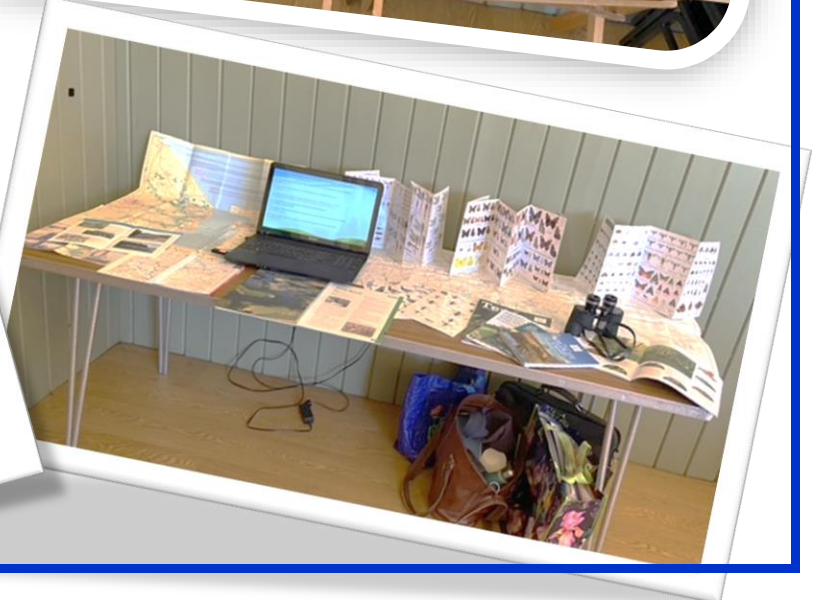
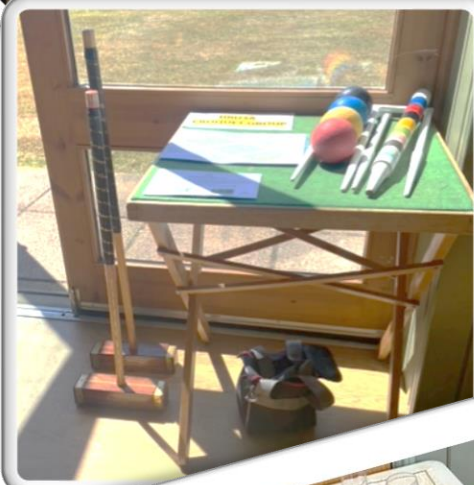
Helen Foster:

A big thank you to Helen for taking on this role following the departure of Sue Badger. Helen is a new recruit to the committee, so these are really big thanks!!

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

Kathy Cooper:

Bookworms had a summer break in August but will resume on 7 September when we will be discussing 'The Carer' by Deborah Moggach. Our book for September is 'The Foundling' by Stacy Balls, chosen by Jeanne, which we will discuss in October.





Would you like to
join in one of our
interest groups?
Just contact the
co-ordinator

Our August Summer Social



British History

Steve Whitby:

The group had a break from our usual talks at the Barn and eight of us paid a visit to the Bridewell Museum in Norwich. Sited in the former prison and house of correction this museum was described by one group member as "a little gem" with its many displays and interactive exhibits chronicling the growth of industrial and commercial life in Norwich throughout the years.

On Thursday 15th September, at 2 p.m., we return to the Barn for our next meeting when Jackie will lead our session as we learn about "The Witchfinder General in East Anglia" - existing and prospective new group members are welcome.

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

Dinah Slatter:

Creative Crafts:

1st Thursday (2:00 – 4:00 pm)

Rose Pigula:

Whatever your interest in crafting, you are very welcome to join our small, friendly group and bring your project.

Croquet: Tuesdays at 10:00 am

Michael Steward:



The Croquet Group has grown to such an extent there is now a waiting list, until we commandeer another piece of the playing field for an additional Court and also buy more Croquet kit.

Another Court would also mean getting it cut which would not present a problem to Townsend Gardening Services as all their staff are fully committed.

The increase in playing members might be due to Mary Berry, as a recent article in one of the national newspapers reported that Mary and husband Paul are playing Croquet as it is good exercise for people of a certain age.

Golf Croquet certainly is an outdoor activity where members are able to enjoy gentle exercise in fresh air whilst playing a competitive but fun game.

So if you have been thinking you might like to give Croquet a go, even though there is a waiting list, please do come along at 10am on a Tuesday or contact Michael on 01493 509538 **OR** msteward1214@outlook.com for more information.

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

Keith Mursell:

Because of school holidays the next session will be on 14th September.

Voices of Hickling

Steve Whitby:

We will shortly be returning after our summer break although meeting dates are yet to be confirmed.



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

Dick Roberts:

We had lots of images to look at and assess on two subjects 'Rivers and Seascapes' and 'Flowers and Trees'.

Rivers and Seascapes rolled over from the missed previous meeting.

Time was at a premium so we had only a quick chat about image sizes and reducing them for emailing.

This is something we will return to in more detail. This month's subject is 'Birds' . I look forward to seeing many more great images.

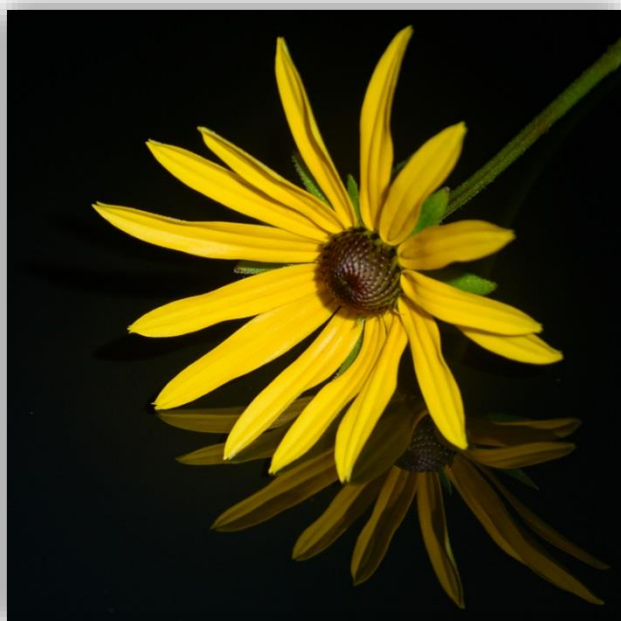
A selection of Flowers and Trees

Love by Joan Burton,

New growth by Peter Reynolds

Yellow on black by Jennie Mursell

Close up by Jane Crossley.



Dining Club: 3rd Wednesday (various locations)

Diana Fossett:

In August, the Dining Club met at the Cantley Cock; a busy traditional pub with a good choice of food. There were 21 of us and it was good to see everyone chatting and enjoying the company.

Our next venue is the Cross Keys Pub, Dilham on Wednesday, 21st September 12.15 for 12.30 p.m. If you are able to come or require further details, please contact Diana.

Discovering the Broads

Chris Foster:

Our last trip out this year was a little special. We met at the Museum of the Broads in Stalham, which is a very interesting visit in itself with many different historical aspects of the Broads illustrated and explained. We then were ferried to Barton Broad aboard Falcon.

Falcon was built in 1894 by Simpson and Strickland in Dartmouth for Sir Edmund Lacon, the owner of the Great Yarmouth Lacon's brewery. Originally a pleasure boat on the Norfolk Broads, Falcon was requisitioned by the Royal Navy during World War One and then worked as a hire vessel at Cobholm before moving to Thrower's boatyard in Wroxham. During World War Two, she towed naval boats to Great Yarmouth. In 1997 Falcon was donated to the Museum where the volunteers restored both her and her steam engine back to service.

At Barton Broad we met Passenger Wherry Norada and had a very enjoyable spin around Barton and then returned home for a coffee and chat at the museum.

Built in 1912, smaller and more slender than the other Wherry Yachts, Norada is the only wherry with a boom - her sail is not 'loose-footed' as are all the others. Named after a famous racing yacht, Norada was built by Ernest Collins in 1912 with a more slender hull compared to previous wherries. Collins designed Norada this way to enable the new craft to pass under the low bridges at both Ludham and Potter Heigham, following problems there with her sister wherry Olive.



Cycling: 4th Wednesday (various locations)

Roy Smith:

Our August cycle ride started at the Banningham Crown and took us along quiet lanes, through lovely countryside and with a stop for tea and cake at Aylsham. We finished up back at the 'Crown' where we all enjoyed an al fresco lunch and good company.



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

**Jane Brooker: and
Kate Fletcher:**

The Gourmet Diggers annual barbecue was held this month, Nikki, one of our members hosted the event in her newly designed garden, which was amazing.

We all brought along a selection of food from kebabs, sausages, roast lamb, salads and desserts, all this made for a lovely afternoon. Thank you Nikki for hosting a lovely time. Surprise, surprise it did not rain.

If you would like to join the Gourmet Diggers for a light hearted afternoon please contact Jane Brooker or Kate Fletcher.



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

Chris Foster:

This month we had a guided walk around Thorpe Marshes with the brilliant and enthusiastic Chris Durdin as our leader. Chris has intimate knowledge of this recently evolving reserve (established in 2013) and he visits so frequently he knows which leaf to turn over to reveal a rare bee or a mating damselfly. He can hear a bird, identify it and locate it in his telescope before you have even established which tree it is in. His knowledge extends to all things wild. On our visit in August it was the plants that were the main headliners and the variety of marsh plants was dazzling.

Personally I was especially interested in how the enthusiastic naturalists of Norfolk are recording the changes in species as a result of climate change. Chris and others who explore the marshes have been the first to record some continental species that are spreading into the county. One example of this was spotting the bee wolf (wasp) which is new to Thorpe Marshes.

These meticulous records that have been and are being collected by specialists and local experts once again illustrated the impacts of climate change on the natural environment. They also offer undisputed evidence of these changes.

<http://www.honeyguide.co.uk/thorpemarshes.htm>

Chris keeps a constant record of all the happenings at Thorpe Marshes so if you are interested in his work or want to see some great photographs, need tips of what to look for (most of the plants etc. can be found in and around Hickling) or are thinking of a visit, do click on the link.

Entrance to the Marshes is free and Chris offers monthly wildlife walks through NWT which I would highly recommend.

We also saw four Migrant Hawkers hanging from a willow, a Black-tailed Skimmer, Red-eyed Damselflies, mating Common Blue Damselflies, Banded Demoiselle, also Red Bartsia bees were still present. Birds included Whitethroat, Chiffchaff, the Robin in autumn song, Great Spotted Woodpecker, Long-tailed tits, juvenile Stonechat, Cormorant and Buzzards.



Sailing: Every Tuesday and Friday, Newbies on alternate Thursdays

John Stacey:

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

Roy Smith:

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.

Moyra's Parmesan Biscuits

Method

Everyone enjoyed these so much at the Summer Social we thought you would like the recipe so here it is:

- Preheat the oven to 180c/350f/Gas mark4

Ingredients

100g/3.5oz cold unsalted butter, cut into chunks.
100g/3.5oz plain flour, plus extra for flouring.
Pinch of salt.
Pinch of black pepper.
1 heaped tsp mustard powder.
50g/1.75oz finely grated mature cheddar cheese.
50g/1.75oz finely grated parmesan, or similar vegetarian hard cheese, plus a little extra.
1 egg, beaten.

- Place the butter and flour into the bowl of a food processor with the salt, pepper, mustard powder and cheese. Process together to begin with, and then finely pulse the mixture in short spurts as you notice the mixture coming together. The mixture will eventually bind without the need for egg or water. Wrap in cling film and leave to chill in the fridge for at least 30 minutes.
- Lightly flour a work surface and gently roll out the pastry to a thickness of two pound coins. Cut out the biscuits to the size and shape you wish- anything between 3cm/1.25in and 5cm/2in, depending on the occasion. Lay them out on a greased baking tray about 2cm/3/4 inch apart. You may need more than one tray.
- Carefully brush the surface of each biscuit with the egg and sprinkle over a little finely grated parmesan. Bake for 10 minutes, or until they are a gorgeous golden-brown colour; the superb smell will also let you know they are ready.
- Carefully lift the biscuits off the tray using a palette knife and place on a rack to cool. Although the biscuits will keep well in a sealed container for a few days, Moyra has never known this to happen, as they appear to evaporate!

IMPORTANT NEWS ABOUT SUBSCRIPTIONS

Members are reminded that renewal of their subscription fell due on 1st September. If you are not yet one of the 70 + who have paid their £7 to renew membership until 31st March you can do this by

1. Electronic Funds Transfer to Hickling Broad U3A - account 53118193 sort code 20-62-53. Please quote your name and/or membership number.
2. Payment by cash or cheque at the next HBU3A monthly meeting on 9th September.

What's on at your next monthly meetings

Friday 09 September 2022	Dr Sue Gattuso The discovery of the tomb of Tutankhamun
Friday 14 October 2022	Peter Laurence - Reading The Timbers – A Study of East Anglian Timber Framed Houses
Friday 11 November 2022	Maggie Prettyman – A History of Hickling Broad and its thatched boathouses

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