

# Hickling Broad u3a August 2025 Newsletter



## Diary Dates: August 2025

Mon 04 August	Country Dancing
Tue 05 August	Croquet/Games
Wed 06 August	Walking
Thu 07 August	Creative Arts and Crafts
Fri 08 August	<b>Members' Summer Social</b>
Mon 11 August	Country Dancing
Tue 12 August	Croquet/Games
Thu 14 August	Crib
Thu 14 August	Discover the Broads
Mon 18 August	Blurr
Tue 19 August	Croquet/Games
Wed 20 August	Dining Club
Thu 21 August	Wildlife
Thu 21 August	British History
Mon 25 August	Gourmet Diggers
Tue 26 August	Croquet/Games
Mon 01 Sept	Country Dancing
Tue 02 Sept	Croquet/Games
Wed 03 Sept	Walking
Wed 03 Sept	Bookworms
Thu 04 Sept	Creative Arts and Crafts
Mon 08 Sept	Country Dancing
For sailing dates please see Sailing report	

## HBU3a Committee Monthly Update

At our next meeting on Friday 8th August 2pm at Hickling Barn, we will enjoy our annual summer social event. This is an opportunity to bring a plate of nibbles to share, reflect on our year of learning and friendship and enjoy a glass of something refreshing together! Our hard working interest group leaders will be providing displays, so if you're curious about joining a new group lots of information will be available. At our last meeting on the 11th July, Neil Hunt presented "On the Bottom". This talk covered Neil's work as a commercial diver which included underwater construction in the North Sea and the Middle East, as well as salvage in the dangerous tidal waters of the River Thames. Neil was one of the last British Divers to work using surface air supplied equipment - and he brought this along to demonstrate how difficult and dangerous this was. It was an informative talk and the equipment Neil brought along created a lot of interest. As always, your committee sends you its best wishes and our thanks as always to our stalwart cake bakers and magnificent kitchen team!

## News from our Interest Groups

### Group Contact Co-ordinator

*Helen Foster:*

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

*Kathy Cooper:*

Bookworms meet at Hickling Barn on the first Wednesday of the month 2 - 4pm. Members choose their books from the library list and the member who chooses the book to be discussed that month will lead the meeting. On 2 July the group discussed 'The Zig Zag Girl' by Ellie Griffiths which was chosen by Mary. (Bookworms have read almost all of Ellie Griffiths work, either in group or at home.) Here is Bookworms review: The Zig Zag Girl is set in the early 50's, just five years after the second world war. The main characters, Edgar Stephens, a young Detective Inspector and Max Mephisto a magician and the inventor of the Zig Zag girl magic trick, first met during the war when they were assigned to The Magic Men, an undercover unit created by the Armed Forces to deceive the enemy. Their paths crossed again after a young woman is discovered, cut into three pieces and left at a station's Left Luggage department. The two men proceeded to track down the killer and were shocked to discover the culprit! A good page turner and most of us said we would read the next book in the series. Overall, a score of 7/10 was given. Bookworms take August off but we will resume again on 3 September to discuss 'The Burning Chamber' by Kate Mosse. At 608 pages long, it should keep us occupied until September. Enjoy the summer, everyone!

## **BLURR – The Photography Group: 3<sup>rd</sup> Monday (2:00-4:00pm) at Hickling Barn**

**Contact:**

We meet every 3rd Monday at Hickling barn, 2 o'clock start.

## **British History: 3<sup>rd</sup> Thursday**

**Steve Whitby:**

For our August meeting we forsake the usual surroundings of the Barn and go on our traditional visit to a local site of historical interest. This year we are going to take a guided tour of the Wind Energy Museum at Repps with Bastwick at 2.00 pm on Thursday 21st August.

The museum houses many unique and sole-surviving examples of wind-powered machinery, offering a fascinating glimpse into the past. From ancient windmills to the early turbines, exploring the evolution of harnessing the wind's energy.

The Wind Energy Museum showcases a variety of historical windmills, engines, and artifacts that illustrate the development of wind power technology over the centuries.

Entry is likely to be £7 per head and refreshments are available at the Museum. The event is open to both members and non- members of the group. For further details or to book for the visit please contact Steve Whitby – details above.

At our July meeting Jackie gave a fascinating insight into "Greek Cypriots and the local immigrant community". We were treated to Greek food and Greek music which added to the enjoyment of Jackie's talk which gave a fascinating insight into the immigration of the Greek Cypriots particularly in the mid to late 50s when EOKA terrorists launched a campaign of violence against British rule in Cyprus in an attempt to unite Cyprus with Greece. Jackie leavened her talk by drawing on her personal experience from her past when she had a Cypriot boyfriend.

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

**Dinah Slatter:**

## **Creative Arts and Crafts:**

**1<sup>st</sup> Thursday (2:00 – 4:00 pm)**

**Rose Pigula:**

We are a small, friendly group who enjoy a range of different art and crafts including knitting, crochet, embroidery, needle felting, textiles, painting and sketching. Whatever your interests are you are very welcome to come along and join us.

We usually meet in Hickling Barn. If you would like to join us just contact Rose on the above email.

## **Crib: 2<sup>nd</sup> Thursday, Hickling Barn (2:00 – 4:00 pm)**

**Roy Smith:**

During the summer months Crib normally goes quiet but this month there were 12 of us- a really good turnout . During the winter we will meet twice a month.

If you would like an afternoon playing Crib join us. Contact Roy at for further details

## **Croquet/Games Group: every Tuesday**

Five weeks of Croquet without the interruption of rain, just a heatwave! Despite some members being on holiday, three of four courts were used each week and we welcomed two new members. At the same time, games were played in the Barn. If you would like more information or would like to join us, please contact either Diana or Keith.

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

***Diana Fossett:***

We had a break in July while members were on holiday but we recommence in August. Kate Fletcher will be organising the lunch at The Pleasureboat Inn, Hickling on Wednesday, 20th August 12.45 for 1.00 p.m. If you would like to join the Dining Club or require further information, please contact me.

## **Discovering the Broads/Norwich: 2<sup>nd</sup> Thursday**

***Chris Foster:***

July saw the group hire Albion, the last black sail wherry still sailing on the Broads. We started at Oulton Broad so furthered our discovery of the Southern Broads. A sunny day with lightish winds meant we had a relaxing day. Many of the group took their turn at the helm and we helped with raising and lowering the sails. The Albion crew kept us entertained with interesting facts and historical stories and all returned safely with big smiles.





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

*Jane Brooker:*

*Kate Fletcher:*

How are we all doing with our Leek growing for this years competition? Struggling, is the general feeling, but it's good that we all take part.

Jobs To Be Done In The Garden in August, was the next topic. Always lots to do. Deadheading sounds easy, but there's more to it that just chopping off the flower head.

Garden Jargon. Bolt, Blind plant, Chelsea Chop and many more, what do they all mean? We discussed them all.

Finally, we talked about our own gardens and what we had done in them in the month of July.

We have now come to the end of our cooking through the alphabet and I couldn't expect any one to do X or Z so produced a trio of Y, but did a bit of research for the other letters. A couple I found were Xavier soup (a simple clear soup with Parmesan & parsley dumplings), Ziti (a type of pasta), Zander (a species of Easter European fresh water fish).

For the letter Y, I made mini Yorkshire puddings with a slice a beef and horseradish cream, Yorkshire curd tart and little oat cookies using yoghurt. All seemed to go down very well.



## IT and Computer Learning

*Kate Fletcher:*

At this month's IT meeting Maggie ran through the elements of on-line selling, primarily on eBay. Tips included pricing, presentation of your items, and the pros and cons of delivery and collection. Keeping your information safe and avoiding scams also featured.

Mike rounded out the session with an explanation of the use of QR codes; how they can be used to quickly access websites and information. Again, the potential dangers of scammers and what to look out for were explained.

Due to the Bank Holiday there will be **NO MEETING IN AUGUST.**

The next meeting will be on Monday 22 September, 12:00 in the Barn. We will be talking about using phones and tablets for maps, navigation and other GPS related uses.

If any IT attendees have any other IT related issues, primarily on phones and tablets, they are encouraged to raise them for the group to discuss and, hopefully, resolve.



## Sailing: Every Tuesday and Friday

*John Stacey:*

This year we have welcomed a number of new members and the sailing group now has four boats out on most of our sailing days, but we would still welcome more members.

This summer season seems to have suffered from above average strong winds with gusts often around 30mph. The instructors at The Nancy Oldfield Trusts carefully monitor the weather conditions and if it was unsafe we would not be allowed out. I guess this is the consequence of climate change.

On the 22nd July the wind was a little bit too strong to sail on Barton Broad and instead we sailed up the River Ant towards How Hill. The trees along the water's edge protect the boats from the gusty conditions. This was a challenging sail due to the wind being very unpredictable and the number of tourist boats we encountered. As you can see from the photograph things don't always go quite to plan, it is too easy to end up in the river bank. Although the helmsman (no names) is hiding his face in shame, every sailor ends up here at some time. This is all part of the fun and experience of sailing.

If anyone wishes to join us or just give it a go, please contact us for more information.



## Voices of Hickling

*Steve Whitby:*

Although the group no longer meets regularly, and has no meetings currently planned, we have made two significant steps forward this month

Firstly, our request for a £250 grant from Hickling Parish Council has been approved. This will enable us to fund our Voices of Hickling website - <http://www.voicesofhickling.co.uk> - for the next 2 years.

Secondly, we are now in a position to lodge our remaining audio files and transcripts at the Norfolk Records Office where they can provide a useful resource for students, historians and other parties interested in the local history of our area.

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

*Roy Smith:*

Our walk was scheduled for the day that the hot spell was to end, and much needed rain arrive. Dutifully armed with our anoraks we set off from a pub, Nelson Head, Horsey across fields on a circular walk of about 4 miles.

Having braved a field of bullocks (who were totally disinterested), our route crossed the road at Horsey Mill, past it's Mere and followed the path running parallel to the New Cut. The single file nature of the narrowed path did nothing to diminish the usual social chatter.

Turning away from New Cut, the path took us beside more fields to All Saints church with its flint walls, thatched roof, and round tower. The tower is topped with an octagonal bellstage; apparently they were often added to round towers at the end of the medieval period (the church and original tower are believed to be early 13<sup>th</sup> Century). We explored the interior, described elsewhere as "rough and ready", and admired the coloured glass in some of the windows.

The walk terminated back at Nelson Head, where we enjoyed a convivial lunch.

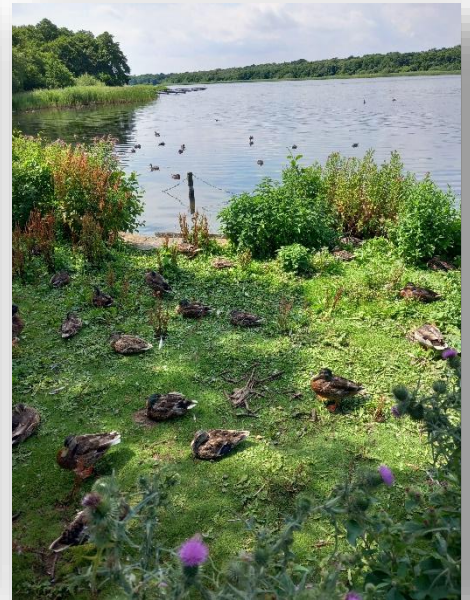
Despite the forecast, there were only minor spots of rain on the walk, some of us didn't even don our anoraks.



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

*Chris Foster:*

This month we investigated the Trinity Broads. Being cut off from the main rivers and broads and with very limited human activity on these waters, wildlife can flourish mostly undisturbed. There are a couple of car parks and view points where it is possible to sit and enjoy the environment. We visited both and enjoyed a variety of birds, dragon and damsel flies getting with their busy lives. Recently many people have asked where have all the coots gone and others have muttered about otters, speeding boats etc.... we were pleased to see a flock of about 75 coots on these quiet backwaters. The group finished off at Waterside, Rollesby for a very pleasant lunch.



## Members Corner

*Do you have something of interest to our members? A local event perhaps. Space permitting I will post it here in the next newsletter. Please send your entry to the email address below.*

### What's on at our next meetings:

#### **August 8th - Summer Social**

Come and join your friends at our u3a summer social to share a plate and talk about our year of activities and learning together.

#### **September 12<sup>th</sup>: Norfolk Wherry Yacht Charter - Judith Keogh**

Trustee Director Judith will come to tell us all about the Wherry Yachts her charity keep afloat, including their history and how the continue to work in the present day.

#### **October 10<sup>th</sup>: TBC**

#### **November 14<sup>th</sup> : Stephen Poulter - Stories and Myths from Supernatural Norfolk.**

As the evenings draw in, Stephen will come to tell us all about the supernatural myths and legends from our county. Prepare to be well and truly spooked!

#### **December 12<sup>th</sup>: Share a Plate Buffet with Jane's Table Quiz**

As a finale to our year, we will enjoy our share a plate celebrations along with Jane who has kindly agreed to return with her popular, challenging and fun fact filled table quiz.

#### **2026**

#### **January 9<sup>th</sup>: Andrew Pettit NWT**

In the finale of his trilogy of presentations, Norfolk Wildlife Trust Hickling Project manager Andrew Pettit returns to tell us how their strategic development of the Hickling Estate has progressed.

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