



<https://portal.uea.ac.uk/uea-retirement-association>

## **The Newsletter of the UEA Retirement Association**

**No. 60  
JUNE 2019**

### **CHAIRMAN'S INTRODUCTION.**

Welcome to the latest issue of *Renaissance*.

So far this year, we have been fortunate with the weather for most of our walks, but we did all get rather wet on the short walk last Wednesday. We are all hoping for good weather for the overnight outing to Essex gardens, the Discovery Tour in the Cotswolds, the walking holiday and Discovery Tour on the Isle of Wight, and the outing to Cambridge Botanic Gardens.

I would like to thank Pat Gyte who will be leaving the Retirement Association Executive Committee at the AGM after serving for over twelve years. She had the difficult task of finding a wide range of interesting speakers for our talks for about ten years, and in the last two years was organiser of the Luncheon Group.

The Committee urgently needs some new members if we are to keep all the activities that we presently enjoy. The nomination form is at the back of this issue with the agenda for the AGM. If anyone would like to join us, either find a proposer and seconder, or just ask any member of the committee and we will gladly support you. I look forward to seeing as many of you as possible at the short AGM.

*John Johnson*

### **ANNUAL GENERAL MEETING**

**The 20th Annual General Meeting of the Retirement Association will take place before the talk  
"The life and songs of Howard Keel" by Martin Shults on**

**Tuesday, 25 June 2019 at 2:00pm**

**in the Costessey Centre, Longwater Lane, Costessey.**

*The agenda and a sheet for nominations for officers can be found at the end of this issue of Renaissance.*

## NOTICE BOARD

### GENERAL DATA PROTECTION REGULATIONS 2018

The new General Data Protection Regulations came into force on 25 May 2018. To comply with these new regulations, the UEARA Committee agreed a new Privacy Statement which can be viewed on the website. (Go to the website address below, click on How to Join, then click on Membership Form. A copy of the Privacy Notice is attached to the membership form).

### CONTACTS

Secretary:	Alison Ward	01603 452330
Membership Secretary:	Keith Woods	01603 810980
Website/Renaissance Editor:	Michael Slaughter	01362 858761

Email: [retired@uea.ac.uk](mailto:retired@uea.ac.uk)

Website: <https://portal.uea.ac.uk/uea-retirement-association>

### PARKING FOR UEARA PAVILION EVENTS

Members driving to any event at the Pavilion are reminded that they should display a Parking Permit in the windscreen of their car. The format of the permit has recently been changed at the request of the University Transport Department and includes their phone number. A copy of the permit may be obtained from the convenor of the event that you are attending.

*David Marshall*

### OBITUARY - Professor Derek Burke, CBE DL 1930-2019

Professor Burke, a member of this Association, died on 15 March 2019 at his home in Cringleford. Professor Burke was the third Vice-Chancellor of UEA, serving from 1987 to 1995, a period which saw him strengthen the University in both size and academic status.

Derek Burke was a distinguished academic scientist. Following the award of a PhD from Birmingham University he held a Research Fellowship at Yale before returning to the UK to work on anti-viral and anti-cancer projects at the National Institute for Medical Research. In 1969 he was appointed the first Professor of Biological Science at the newly formed University of Warwick. He then spent a period in the early 1980s as Scientific Director and Vice-President of a Canadian biotechnology company before coming to UEA. At home he was a family man and committed Christian: he was partnered by his devoted wife, Mary, who died in 2014 and they were an excellent and hospitable team. After his retirement from UEA he continued as a specialist science advisor to UK and European agencies and served as Chairman of the Norwich Society.

Much of the UEA we see today is the legacy of Derek Burke. The John Innes Institute grew and the Norwich Research Park came into being. New building initiatives saw the arrival of additional teaching buildings (Queens and Elizabeth Fry) and residence blocks (Nelson Court & Constable Terrace). Stronger links were forged with neighbouring Colleges in the region. And the foundation initiatives for the new Norfolk & Norwich University Hospital and UEA's Medical School taken.

Professor Burke was appointed Deputy Lieutenant of Norfolk in 1992 and awarded the CBE in 1994. On his retirement from UEA he received an Honorary Doctorate of Science and Emeritus Professorship of the University.

*Alan Jones & David Marshall*

## Prize Crossword Solution

David Marshall compiled another of his popular Prize Crosswords for our February issue of *Renaissance*. The first correct entry drawn from the hat was from **Margaret Ford** who should receive her prize shortly.

1	T	2	R	3	I	L	B	Y	4	A	5	G	6	G	7	R	8	I	9	E	10	V	11	E	
A		S		A					E		E				D				X						
9	C	U	R	I	N	G			10	V	O	C	A	L	I	S	T								
K		A		I						P		G			T									E	
		11	S	E	N	S	A	12	T	I	O	N	A	L	I	S	M								
			L		T		E		L		N		O												
13	B	R	I	D	E	S	M	A	I	D		14	I	N	T	O									
L						R		P		T		15	E											R	
16	A	L	S	O			18	H	E	L	I	O	T	R	19	O	P	E							
S		P				20	N		R		C		C		P										
21	P	E	R	S	O	N	A	L	S	T	E	R	E	O											
H		U		R																			22	P	
23	E	N	C	O	M	I	U	M			24	R	E	P	A	I	R								
M		E		A		R																			
25	Y	O	D	E	L	L	E	R			26	H	A	R	R	O	W								

If you would like the chance to win a voucher, David's latest competition can be found on page 21.

\*\*\*\*\*

## REVIEWS OF TALKS

*Tuesday, 26 February 2019:*     **The Accent on Dialects – David Poole**

With approx. 40 people attending David Poole gave us a very enjoyable and amusing talk. Following details regarding the formation etc. of accents and dialects, David invited us to try to learn an accent – for example Geordie. He held up cards for us to read: DEER, SEAR, CHEWS and Y I . Consequently, if a Geordie ever asks, “Will I see yus next week?”, we will be able to reply – “Y I, SEER CHEWS DEER!”. I have to say I don't think I've ever heard so much laughter at a UEARA talk before.

*Suzanne Cunningham*

*Tuesday, 26 March 2019:*     **The Norwich Society – Vanessa Trevelyan**

Around 40 people came to hear Vanessa Trevelyan speak about the Norwich Society – with the theme of ‘What has the Norwich Society done for us?’ We learnt that Mrs Trevelyan was a UEA graduate herself, having studied Art History 1971-74. The Society was founded in 1923 when its main aim was to save the Bishop's Bridge which had been endangered by a plan to make the main car entrance to the city from this direction. With its aims today of preserving the city's heritage and encouraging good civic planning, the Society has around 800 individual and 40 corporate members and is a registered charity, with its headquarters in the Assembly House. Monitoring planning applications; street layout and open spaces within the city; conservation and development and listing of local buildings not in conservation areas come under its remit. The Society has a biennial design award which began in 2003 with the Looses shop; the award this year will be the first time that the Society will join with the Institute of Architects and Civic Voice in making the award which will mean that the recipients will automatically receive national recognition as well as regional acclaim.

This was an interesting talk with a great deal of interesting insights and additionally we were able to see some of the Society's publications which had been brought along.

*Mandy Holland*

*Tuesday, 23 April 2019:*     **Glimpses of Hong Kong – Des King**

Des King was working in Hong Kong as a Construction Engineer before and after the handover to China on 1 July 1997. Before and since his retirement he has been a keen photographer and he showed us his photos as he told his stories of Hong Kong. Construction, the growth in population and the economy have been the driving forces for

the many years and the harbour-side roads and skyscrapers make for some stunning images. Constants like Victoria Peak, the Star Ferries and street markets remain alongside the HSBC, the Bank of China and new housing complexes. The famous old Kai Tak airport in the harbour was replaced in 1998 by the equally famous new airport on a reclaimed island, with tunnels and excellent links to the city. There were gasps from the audience at film of some hairy landings at the old airport. Hong Kong depends and thrives on its transport network, both local and international. All in all, a very entertaining exploration of Hong Kong.

*Keith Woods*

*Tuesday, 28 May 2019:*

### **Witches & Witch Hunting in East Anglia – Mike Wabe**

Whilst witches were initially tolerated in their communities, unexplained events, such as the Black Death in the 14<sup>th</sup> Century, brought about a shift in perception. Someone had to be blamed – even for trivial misfortunes such as the curdling of food. Witches bore the brunt!

Elizabethan times resulted in 270 witches being tried. Of these, 23 were men, but most were vulnerable spinsters and widows who often kept a pet for company. In England hanging was the preferred form of punishment. The Scots preferred burning them alive. Social rank was no protector – and several noble ladies were accused, although not convicted. These included Alice Perrers, mistress of Edward III; Jacquetta of Luxembourg who was Edward IV's mother-in-law; and several of his mistresses.

East Anglia was a centre for witch hunting. In 1590 Margaret Read was burned alive in Kings Lynn's Tuesday Market Place. It is said that her heart burst from her body searing a permanent scar into the brickwork of No. 15/16, before bouncing into the River Ouse which bubbled like a cauldron. 1645-47 brought the reign of terror of Mathew Hopkins, the Witchfinder General. Starting in Manningtree he swept through Essex, Suffolk, Kings Lynn and Great Yarmouth, punishing almost as many as he accused. Great Yarmouth apparently needed a second visit.

One of the last to be accused under the 1735 Witchcraft Act was Helen Duncan, a Scottish medium who was convicted in 1944 of 'fraudulent spiritual activity' following a suspected leak of confidential military information. The Act was replaced in 1951 by the Fraudulent Mediums Act (which implies that a genuine medium would have a defence...)

Mike also told us how to ward off witches, showing us a fossilised cat removed from a wall in Norfolk that protected the occupants of the house from evil spells. Another method was to bury in a secret place a bottle filled with iron nails, hair, toenail clippings and urine. The audience departed hastily to prepare their defences ....

*Margaret Robins*

\*\*\*\*\*

### **RAMBLERS' REVIEWS**

*Tuesday, 12 February 2019:*

### **Around Little Walsingham**

27 of us gathered on a bright February morning in the Friday Marketplace of the venerable township of Little Walsingham. After a brief visit to the parish church of St Mary and All Saints (an ancient church reconstructed in the 1960s after a disastrous fire) Alan & Anne Jones led us past the Abbey Grounds, which were carpeted in the snowdrops for which they are justly famous and then through the enclosed area of the shrine, where Alan reminded us that the tradition of the Walsingham pilgrimage, halted at the Reformation, had been re-awakened as recently as the 1920s. The pilgrimage had attracted visitors from round the world, and accounted for the one-time wealth and size of the township still evident today.

Leaving the town, we climbed the valley-side of the River Stiffkey, which flows northward to the sea. Wide views around us gave us vistas over North Norfolk farmland. We turned briefly southwards along the valley, passing Walsingham below us, before descending down to Houghton St Giles: here some of us visited the "Slipper Chapel" (which recalls the habit of most pilgrims of removing their shoes and walking the last mile to the shrine barefoot). Remaining booted, our return was for a very satisfactory meal at the "Black Lion" was along the Pilgrims Way, a path made on the former Fakenham to Wells railway, which closed in 1964.

Thank you, Alan & Anne, for organising this walk, on such a bright Norfolk day.

*David Marshall*

*Tuesday, 12 March 2019:*           **Weston Longville**

34 of us gathered on a very windy day at the Parson Woodforde Pub in Weston Longville. The weather forecast was for rain, which fortunately didn't come until about half an hour before the end of the walk, but we did get quite wet. The three and a half mile walk was mainly around field margins with early signs of spring emerging, crops of oilseed rape flowering and some of us even saw a hare disappear quickly into the hedge. We returned past The 14th century church of All Saints, where Reverend James Woodforde was Rector in 1775-1803. He is the famous diarist (Diary of a Country Parson 1758-1802).

Thank you to Mandy and Dave for organising a very interesting walk and delicious lunch.

*Thelma Marshall*

*Thursday, 28 March 2019:*       **Short walk - The St Faith's**

On a cloudy but dry morning, 17 of us enjoyed a very pleasant, gentle, three mile walk starting from The Black Swan in Horsham St Faith's. We headed out of the village in a north-east direction and joined a footpath which took us past the 18th century Mill Farmhouse. We crossed the 'mighty river Hor' which flows into the Bure. The path followed a field boundary and scrubland with over-arching prunus trees full of white blossom. Farm tracks took us to Newton St Faith, from where we followed a wide field path south past the 17th century farmhouse and barn belonging to Middle Farm back to the River Hor. The oilseed rape was coming into flower and we heard a chiffchaff. We retraced our steps to The Black Swan, where we all enjoyed our excellent pre-ordered lunch.

Many thanks to John and Rosemary for leading the walk and organising the lunch venue.

*Alison Ward*

*Tuesday, 9 April 2019:*           **Norwich Riverside Walk**

On a bright and breezy morning 25 of us set off from the Nelson Hotel by Foundry Bridge along the City side for a gentle stroll mainly following the river Wensum, passing Pulls Ferry, and Bishops Bridge. At the new Jarrolds bridge we crossed over and passing Jarrolds printing museum continued up to Whitefriars Bridge. We crossed over to Quayside and up to and over Fye Bridge to walk by Friars Quay. Crossing over St Georges Bridge we started our return via Elm Hill to Fye Bridge. We turned right to re walk Quayside passing the Law Courts back to Jarrolds bridge. We crossed over and passed a pair of swans - one sitting on the nest and the other gathering nesting material. We walked around the old Mortuary opposite Cow Tower, then continued past the Yacht Station, back to the Nelson Hotel for lunch.

Many thanks to Sue and Jeremy for planning such an interesting walk and for a very well organized lunch.

*Jonathan Parnell*

*Tuesday, 14 May 2019:*           **Potter Heigham, Hickling Broad and Candle Dyke**

23 of us met on a warm sunny morning at the Falgate Inn, Potter Heigham for a pre-walk briefing from Mark Hassall who then led us through Potter Heigham Village passing the attractive church of St Nicholas before crossing a cornfield and wood edge to the Hickling Broad Nature Reserve. This is the flagship reserve of the Norfolk Broads and one of the oldest and most famous nature reserves in the UK. We joined the Weavers Way walking along the top of the flood defence bank adjacent to the reed beds lining Heigham Sound and Candle Dyke from where we could see sail boats gliding by on the Broad. The return section of the four-mile walk was a straight agricultural track alongside a grazing meadow before we headed back to the village and a pleasant lunch at the Inn. The timing of the walk had been chosen to coincide with the middle of the bird breeding season. With Mark's guidance, and that of one or two other experts in the party, we were able to enjoy and identify the songs of many of the birds present in the Reserve. The highlights were the sound and/or sight of marsh harriers, great white egrets and a magnificent fly past by a crane.

Many thanks to Mark for planning and leading a most enjoyable walk.

*Alan Jones*

**Wednesday, 29 May 2019: Short walk - Marsham**

Thirteen members met at the Plough Inn, Marsham on a cloudy day with rain forecast to arrive late afternoon/evening. We did a very pleasant 2.8 mile circular walk around the village either side of the main road, on wide paths with crops both sides, quiet lanes with a lot of wildflowers on the verges and a short section under overarching trees.

We went into the large 13<sup>th</sup> century All Saints parish church, remodelled in the Perpendicular style in 15<sup>th</sup> century, where John told us some of its history. There is a carved and painted 15<sup>th</sup> century screen and from the same period a Seven Sacrament font. High up in the north aisle are two lovely fragments of medieval glass portraying an elephant and a unicorn! The hammerbeam roof is also of interest.

As we left the church the rain came down and the sky was dark grey. There was short cut back to the pub but most of the group continued with the planned walk round the western side of the village before reaching the Plough Inn, where we dried out and enjoyed our pre-ordered lunch.

Many thanks to John and Rosemary for planning and leading a delightful, short walk in an attractive area and for organising the lunch venue.

*Alison Ward*

\*\*\*\*\*

**FORTHCOMING OUTING & HOLIDAYS**

**Monday, 9 September, 2019: Outing - Cambridge and Botanic Garden**

We have reserved 20 places on an Easton's coach outing to Cambridge on Monday 9 September next. The coach will leave the Norwich area at around 08.30 and return around 18.30. It will go first to Cambridge centre where we can spend the morning and have lunch. After lunch, it will move on to the Botanic Garden where we can spend the afternoon. The cost will be **£28** per person.

If you would like to go on the outing, please contact Easton's directly on **01603 754155** quoting reference number **218915**.

They are holding these places for us until **Friday 14 June** so early booking is advised.

The coach will pick up at the following places and times:-

Eastons depot at Stratton Strawless 08:00  
Hellesdon Firs Bus Shelter 08.10  
Norwich Castle Meadow, Mall entrance 08.30  
Harford Park and Ride, 08.40  
HSBC bus stop, Church St. Attleborough, 09.10  
Chase Public House, Thetford, 09.30

**They will ask you where you will be boarding the coach when you book.**

Email. [coddington208@btinternet.com](mailto:coddington208@btinternet.com) or phone 01603 456855

*Alan Coddington*

**7-11 October 2019: Walking and Touring Holiday at Freshwater Bay, Isle of Wight**

We still have some spaces on the Walking Holiday for twin/double rooms.

Do let me know if you would like to join us – see phone & email below.

The single rooms are spoken for, but if you have a friend/relative to share with, that's OK.

The Touring (Discovery) Holiday is currently full.

This is a Monday to Friday holiday with walks on the Tuesday, Wednesday and Thursday. On this holiday we will have fully guided walks with HF Leaders and they will provide transport to and from the walks. The HF house at Freshwater Bay is at the foot of the famous white cliffs overlooking the bay on the west of the island. There are excellent walks straight from the door! It will also be possible to explore the island independently as "Self Guided" with HF accommodation and meals, including a packed lunch.

More details at [www.hfholidays.co.uk/country-houses/freshwater-bay](http://www.hfholidays.co.uk/country-houses/freshwater-bay)

The cost of the Guided Walking holiday is currently quoted at **£435** per person. A deposit of **£75** is required. If you need to cancel for any reason, you will lose your deposit, unless we can transfer the booking to another member of UEARA. The final balance will be due at the beginning of August 2019 and is not refundable.

Any queries please contact Keith Woods, email: [kandjwoods@waitrose.com](mailto:kandjwoods@waitrose.com) or phone: 01603 810980

*Keith Woods*

\*\*\*\*\*

### FORTHCOMING TALKS

*All talks begin at 2.15pm (unless otherwise stated) in the Costessey Centre, Longwater Lane, Costessey.*

No response slips are required – just pay £1 per person at the door which includes tea and biscuits. Each member may bring up to two guests.

*Tuesday, 25 June 2019:*

**Life and songs of Howard Keel - Martyn Shults**

(This talk will follow the AGM). Telling the story of a Hollywood legend interspersed with a live performance of some of his most well known songs.

*Tuesday, 24 September 2019:*

**What's happened to our rabbits and hares.....? - Professor Diana Bell**

Diana is a Professor in the UEA School of Biological Sciences. Her research, over many years, has followed the ups and downs of the rabbit family on the UEA campus. She has recently become involved in research on the decline in the hare population of East Anglia caused by the myxomatosis virus jumping species from rabbit to hare.

*Tuesday, 22 October 2019:*

**Norfolk in the Second World War - Neil Storey**

Norfolk in the Second World War is an illustrated talk about the county of Norfolk from the outbreak of hostilities in 1939 to VE Day and VJ Day in 1945. Profusely illustrated with numerous images from Neil's unique and nationally respected archive and his well researched narrative explores life both on the home front and dramatic events that shook the county during those years.

Neil Storey studies pre and post grad at UEA, he is the award winning author of over 40 books and now lectures all over the UK.

*Tuesday, 26 November 2019:*

**What was so special about Humphry Repton?' - Professor Tom Williamson**

This is a joint talk organised by the Garden Group. In 2018, 'Repton 200' celebrated 200 years since the great landscape designer Humphry Repton died and there were many events to mark the bicentenary. Repton is said to have carried out some of his finest work in Norfolk, including Sheringham Park and Catton Park. Tom Williamson is Professor of Landscape History at UEA and is co-editor of a book 'Humphry Repton in Norfolk', published in 2018. He previously gave a talk to the Retirement Association in March 2015 on 'Ancient trees in the Norfolk landscape', reviewed as a very lively and interesting talk.

*Margaret Robins*

## FORTHCOMING RAMBLES

All these walks start at **10.30am** (unless otherwise stated) but please arrive at the meeting place by at least 10.15am, especially if a pub lunch is planned in case we have to pre-order food.

Car sharing would be appreciated. Walking boots or sturdy shoes are recommended.

**These walks, and all other sporting and leisure activities, have inherent hazards associated with them. In spite of the safety of members of each walk being of paramount concern to its leader/leaders, accidents will occasionally occur. It is important therefore that, before taking part in any of our walks, every member appreciates that they each have an individual responsibility to be aware of possible hazards, and will each be expected to take all reasonable steps to minimise any potential for an accident to occur. i.e. each walker takes part at his/her own risk.**

Places on the walks must be booked by contacting the walk leader via email (where available) or telephone, by the deadline date shown. Please ensure emails contain your name, contact telephone number, number of places and, where appropriate, the number of lunches required. This is particularly important for walks with pub lunches so that the managers may reserve appropriate space for us. Please note that there may be limited numbers for some pub lunches, and these will be allocated on a strictly 'first come first served' basis (so it pays to contact the walk leader as early as possible!).

### **Tuesday, 11 June 2019: Dilham and Honing Lock**

Leaders: Steve and Joan Mosley

Tel: 01603 437176 Mobile: 07887399106

Email: s.mosley@talktalk.net

Deadline for receipt of emails and phone calls: **Tuesday 4 June 2019**

This is a walk of 5.25 miles starting from the Cross Keys pub at Dilham where we will have lunch. We walk from Dilham up to Honing Common, then continue along the Weaver's Way to Honing Lock. From here we follow the North Walsham and Dilham canal and make our way back to the start. The walk is mainly along grassy tracks and quiet lanes with only one stile. Please note that the sections along the canal can be muddy if there has been a lot of rain.

The Cross Keys pub serves a wide variety of lunches, baguettes and sandwiches, see

<https://www.crosskeysdilham.co.uk/> for details. For those preferring to take a picnic lunch there is a village hall and green close by.

Meet by 10.15 for a 10.30 start. We will order lunches before starting.

The Cross Keys, The Street, Dilham, North Walsham, NR28 9PS

Map Ref: OS Explorer OL40 33207 25116

### **Tuesday, 9 July 2019: Upton Fen and River Bure 5.5 miles**

Leader: Trevor Smith

Tel or text: 07493252794

Email trevskeyuk@gmail.com

Deadline for receipt of email or telephone calls: **Tuesday, 2 July 2019.**

This walk starts and ends, at the White Horse Pub, Upton. Where we can have lunch or if you fancy a packed lunch, there are picnic tables near the boat yard/dyke car park. The pub car park is used as the meeting place and start of the walk. Leaving the car park we pass through a carr woodland on to the Fen. From the fen we then follow the bank of the river Bure to Upton Dyke. Seeing a number of drainage mills before turning off and following the dyke back to the village/pub. It is possible to take a shorter walk, by following the route running from Tall Mill back to the White Horse pub.



Meeting place is the White Horse Pub car park. 17 Chapel Road, Upton, Norfolk, NR13 6BT.  
Grid reference: TG 396127

**Thursday, 25 July 2019: Short walk - Morningthorpe**

Leaders: John and Rosemary Johnson Tel: 01603 456465  
Email: j.johnson@uea.ac.uk

Deadline for receipt of emails and phone calls: **Wednesday, 17 July 2019**

This three mile walk is on field paths and quiet country lanes between Long Stratton and Morningthorpe. At about the half way point, we will visit the round tower church in Morningthorpe. We will meet in the public car park at 10.00 in Long Stratton, where there are public toilets. Coming from Norwich on the A 140, turn right into Swan lane and then immediately left into the car park.

Lunch will be arranged in the Chip Inn, which is a good fish and chip parlour. For those who prefer an alternative choice, the Past and Present vintage tea room is next door. When replying, please state your choice of lunch venue.

Map ref: OS Explorer 237 TM 197923 for car park.  
Post Code NR15 2XG for the Chip Inn

**Tuesday, 13 August 2019: Janice Darch – Bayfield, Wiveton Downs and Langham Circular**

Leader: Janice Darch Tel: 01263 649423 Mobile: 07796932595  
Email: janicedarch@gmail.com

Deadline for receipt of email or telephone call: **Monday, 12 August 2019.**

Meet in the car park at Natural Surroundings Wildflower Centre at 10.30am NR25 7JN Bring a picnic. Distance 8-9 miles. Our walk will take through the water meadows of the River Glaven to the ford at Glandford and then up to Wiveton Downs and over to Langham, Field Dalling, Saxlingham and back through the woods and fields to Natural Surroundings where we can stop for a cup of tea and cakes. The paths are good and there are no stiles. There are facilities at the start and at The Bayfield shops and gallery.

Grid reference: OS Explorer 251 TG 052408

**Tuesday, 10 September 2019: Walcott - Broomholm - Bacton – Keswick**

Leaders: Jonathan & Sally Parnell Tel: 01603 811849 Mobile 07847830531  
Email: sally.jon2522@gmail.com

Deadline for receipt of emails, phone calls and orders for lunch: **Monday, 26 August 2019.** (This is early due to holiday commitments)

This is a walk of 5 miles with short cuts of 3 and 2 miles, starting from the Poachers Pocket public house which has an extensive menu where we will return for lunch. It is mainly on footpaths, tracks and quiet lanes through villages and hamlets, taking in Broomholm Priory, Bacton Church and parts of the coast line. There are no stiles.

When signing up for the walk please state if you are staying for lunch. To order your lunch go into web site (<https://bacton-norfolk.co.uk/page11.html>) nearer the deadline when by then the menu will have been updated.

Meeting place is the Poachers Pocket, Walcott Road, Bacton Norfolk, NR12 0LS at 10:00am.  
Grid reference: OS Explorer 252 354332

**Wednesday, 25 September 2019: Short walk - Trowse Newton**

Leader: Alan Coddington.

Tel: 01603 456855 Mobile: 07531037831  
Email: coddington208@btinternet.com

Deadline for receipt of calls and emails. **Friday, 20 September 2019**

This short walk, of around two and a half miles, starts and finishes at the Crown Point Tavern in Trowse where we will have lunch. We will first go eastwards into Trowse Wood and then through the parkland of the old Whitlingham Hall estate down to Whitlingham Broad. The walk then takes us along the Broad to the River Yare where it joins the Wensum, before going out to the road and back to Trowse via Trowse Meadow opposite the Church. The scenic route back to the pub goes through Trowse Wood. It is very up and down and involves climbing steps. The less adventurous can simply walk back to the pub via the village!

Please be at the Tavern by 10.00 to pre-order lunch, before we set off at 10.30

It is on Kirby Rd. at the far end of the village. Postcode, NR14 8RN.

**Tuesday, 12 November 2019: Binham Priory walk**

Leaders: Sue and Bill Rhodes

Tel: 01362 697053  
Email: sueandbill27@btinternet.com

Deadline for receipt of emails and phone calls: please let us know by **Tuesday, 22 October 2019** if possible (we are on holiday 24<sup>th</sup> October to 6<sup>th</sup> November).

A circular walk of 5 miles around Binham with spectacular rural views and with the option of a shorter 3 1/2 mile walk. This is a delightful walk in gentle rolling countryside along farm tracks, meadows and quiet country lanes. This is rural Norfolk at its best. Approximately 3/4 mile of road walking is necessary for the shorter walk but there are wide verges and some footpaths along this stretch. Binham Priory and The Little Dairy Shop are well worth visiting after lunch.

Walk summary

Surfaces: Footpaths, meadows, grassy tracks, roads and 2 stiles (1 with gate beside possibly open)  
Muddy sections possible after rain

Parking/toilets/lunch: Chequers Pub in Binham.

Post code: NR21 0AL

Map ref: O.S. Explorer 251 TF 982396

Please meet at the Chequers at 10.00 to order lunch, and be ready to leave at 10.30.

\*\*\*\*\*

## ART GROUP

The Art Group meets on the **third** Monday of the month (except Bank Holidays) at 2:00pm at the Colney Lane Pavilion. Refreshments will be provided, but please bring your own painting and drawing materials with you. Brenda Mace has kindly agreed to act as mentor to the group. The Group will meet on the following dates:

The Group will meet on the following dates:

**17 June 2019**  
**15 July 2019**  
**19 August 2019**  
**16 September 2019**  
**21 October 2019**  
**18 November 2019**  
**16 December 2019**

\*\*\*\*\*

## BOOK GROUP

Informal meetings, lasting about one and a half hours, will be held in the Colney Pavilion at 2pm on the **second** Monday of the month. Books to be discussed are listed below and all titles are available in paperback and from the library, some as downloads.

*10 June 2019*            **Poetry on the subject of Water**

*8 July 2019*            **'The language of kindness' by Christie Watson**

*12 August 2019*        **'The Librarian' by Salley Vickers**

*9 September 2019*     **'Before we were yours' by Lisa Wingate**

*14 October 2019*      **'Lab Girl' by Hope Jahren**

*11 November 2019*    **Poems by Simon Armitage, Poet Laureate**

Anyone is welcome to come along and join us and to suggest titles for future sessions. There is no charge and tea, coffee and biscuits are served. For more information please contact Janet Havers ( [janet.havers@btinternet.com](mailto:janet.havers@btinternet.com) or tel: 01603 759644).

*Janet Havers*

\*\*\*\*\*

## FILM GROUP

This small, lively group meets once a month, on a Monday, at Cinema City. Whenever possible we go for a late morning/early afternoon screening to allow time afterwards for refreshments and to discuss the film before going our separate ways.

New members are most welcome.

For more information please tel: 01603 743464 or email: [evelyn.mould@ntlworld.com](mailto:evelyn.mould@ntlworld.com)

*Evelyn Mould*

\*\*\*\*\*

## GAMES AFTERNOONS

Games afternoons are held on the third Tuesday of the month starting at 2.00pm at the Pavilion. We have regular tables for Cribbage, Dominoes and either Whist, Rummikub or Scrabble. Additional board games and cards are available at each session with the opportunity to learn something new.

The emphasis at games afternoons is on enjoying playing games rather than skill and you are welcome to bring your own games for other members to try. Refreshments are provided.

We have an outdoor croquet session once a year (which this year took place in May) and a special thank you goes to Jeremy Kitchener who organised it.

Future dates are:

**18 June 2019**  
**16 July 2019**  
**20 August 2019**  
**17 September 2019**  
**15 October 2019**  
**19 November 2019**  
**17 December 2019**

Contact Details: Denis Brown Tel: 01603 409905 e-mail: lizden144@btinternet.com

*Denis Brown*

\*\*\*\*\*

## GARDEN GROUP

Garden Group meetings are normally held every two months throughout the year, actual dates are given below and in the Renaissance diary. Activities include talks, open gardens and garden visits.

Please pay £1 per person at the door for talks, including tea and biscuits. This payment goes towards the cost of speakers and refreshments.

### ***Recent events:***

Monday, 4 March 2019: **Talk - 'The Plant Hunters' by Kathy Gray, Norfolk Plant Heritage**

When you next grumble about being stuck in a traffic jam on the way to a Garden Centre, or find they haven't got the plant you want once you get there - minor inconveniences in the greater scheme of things, spare a thought for the brave and dedicated plant-hunters who risked everything to discover, collect and introduce a vast array of plants that we now take for granted, and some of which include their names e.g. Banksia, Massonia and Douglas fir.

In Kathy Gray's fascinating and skilfully illustrated talk, she brought to our attention the lives and work of a series of men, from Joseph Banks in the 1760s to a current day (reputedly eccentric) collector, Tom Hart Dyke, and opened our eyes to the lengths they went to in order to discover and introduce to our country literally thousands of the plants we now enjoy in our gardens. The four men she described in detail were Joseph Banks (1743 - 1820), Francis Masson (1741 - 1805), David Douglas (1799-1834) and Ernest "Chinese" Wilson (1876 - 1930). Kathy not only outlined the voyages of discovery taken by these men but also gave us a snapshot of their characters and the adventures they had.

Joseph Banks, for example, was one of the wealthiest men of his age and was so fascinated by plants that, rather than follow fashion and do "The Grand Tour", he paid £10,000 to circumnavigate the globe with Captain Cook and in this, and other voyages, he collected 1330 specimens and found 110 new genera; no mean feat in an age when there was no air travel and the only means of preserving plants was the use of a Wardian case (mini green house).

Such was Joseph's wealth and charm he also persuaded the King, George III, to turn Kew into a research-orientated garden. His charm did not, however, extend to persuading Captain Cook to take an orchestra and his greyhounds on a later voyage! Instead Francis Masson, a Scottish gardener working at Kew travelled with Cook

and continued the good work, discovering yet more specimens including protea and strelitzia, the highlight of his trip to South Africa.

David Douglas, another Scot from Glasgow botanic gardens was sponsored by Veitch Nurseries and went to America and western Canada. In spite of his many discoveries, Kathy described him as an unlucky and unpopular man with all kinds of mishaps besetting him. He is said to have died (suspiciously perhaps) in an animal trap!

Ernest Wilson's link with Sheringham Park in Norfolk was of particular interest to us, as was the fact that he discovered, among many other well known plants, the Rhododendron. His nickname "Chinese" related to his various trips to China where he was to be seen exploring in his houseboat with his team of loyal native Chinese men.

Proving to us that adventurous, brave, dedicated and unconventional men are not just people from the past, Kathy finished her talk by introducing us to the name of Tom Hart Dyke from Lullingstone Castle in Kent and encouraging us to take a visit there to see his world garden outlined in the shape of the world and planted with appropriate plants from each region.

*Kathie Gray*

*Monday, 1 April 2019:*      **Talk - "Gardening in the Shade" by Jim Paine of Walnut Tree Garden Nursery**

Jim Paine gave a brief overview of his talk before proceeding in more detail, outlining his 21 year connection with the Walnut Tree Garden Nursery (based at Rocklands, near Attleborough), their affiliation with the Norfolk Nursery Network and entry in the RHS Plant Finder book. He approached the subject from a scientific perspective to reveal why some plants thrive while others do not. Jim also brought an intriguing display of shade tolerant plants for us to see and purchase, mainly varieties of Epimedium which are currently flowering and whose leaves make wonderful ground cover in shady woodland areas.

The Walnut Tree Garden Nursery is home to hundreds of trees, shrubs and plants, with over 1,500 different types being sold each year. They also have a 3/4 acre garden adjacent to the nursery where established plants can be seen growing to their potential size and scale, very useful when choosing something for a domestic plot. The nursery has an interesting website and sells throughout the UK and abroad, specialising in flowering dogwoods (hardy shrubs) and crab apples, a versatile and profusely flowering fruit tree.

An interesting photographic slide show illustrated Jim's talk. Graphs and diagrams explained the effect of seasonality - the earth's orbit, day length, latitude and intensity of sunshine and shadow length - all of which influence the way plants grow. The vital ingredient to a plant is light, to sustain photosynthesis enabling the plant to convert starch in their leaves for growth and to remain strong and disease-free. Scientific research has shown that plants are sensitive to the colour of light (variations in this directly affects photosynthesis). Plants actively seek light and require water to thrive, balancing intake of water and nutrients with transpiration through leaves. Plants may be tolerant (tolerators) of shade, for example the shuttlecock fern, and Solomon's seal which can survive under permanent shade. Some plants (adaptors) adapt to shade by delaying their development, inhibiting germination until conditions are suitable, or having the ability to give a rapid response to light flecks (where minute flashes of sunshine are enough to stimulate growth within an otherwise shaded habitat).

We learned that there are differing degrees of shade, from dappled light (seasonal shade), to complete lack of sunlight (permanent shade), and in addition to this the quality of shade might be dry or damp. It was suggested that attempting to ameliorate a shaded area in a garden should be a three-pronged approach: firstly, select the right plant for the conditions, secondly ensure good soil management by applying moisture-rich compost and nutrient-rich manure, and thirdly, if appropriate, raising the crown of larger trees thereby allowing more light into the area beneath the canopy. Plants that thrive in dry shade include the flowering currant, *Ribes speciosum*, and hardy Geranium, both of which provide attractive foliage once the flowers have faded, or the creeping *Cornus canadensis* which provides attractive ground cover.

Our thanks to Julie Lane for arranging this thought-provoking talk, and to Jim Paine for giving us a fascinating insight into the life of plants and their place in our gardens.

*Elizabeth Slaughter*

*Monday, 27 May 2019 (Bank Holiday):*      **Open Garden, Little Melton**

Keith and Jan Woods made 40 of us very welcome in their garden in Little Melton. En route, the way was beautifully signposted and Keith was on hand to direct us for parking. The weather was changeable and at times we were huddled under umbrellas on the one or two occasions while a shower went over. After chatting and touring

their beautiful garden, we had a very nice lunch and were then invited to visit the organic garden next door where Keith & Jan's neighbours, John and Rebecca, had kindly provided us with a list of trees, soft fruit, vegetables, ponds and other items of interest. Both gardens showed the rewards of hard work and careful planning. We then returned to Keith & Jan's for tea and an extraordinary choice of delicious cakes.

An enormous thank you to Jan & Keith for their hard work and hospitality.

*Thelma Marshall*

*Editor's Note* - Jan and Keith would like to thank all those who helped with the lunch preparation and garden furniture. Many thanks too for the clean-up afterwards.

#### ***Future dates:***

#### **Friday 2 August 2019: Visit to Tudor Lodgings, Pales Green, Castle Acre, PE32 2AN**

Here we have an opportunity to visit the garden of Gus and Julia Stafford Allen, the National Garden Scheme County Organiser for Norfolk. A private visit has been offered for Friday 2 August, starting at 2pm. The cost is **£7.50** a person, which includes tea/coffee and cake.

Tudor Lodgings is a 15th century house, the grounds of which incorporate part of the Noman earthworks of the village of Castle Acre. The two acre garden contains an 18th century dovecote, abstract topiary, lawns and a 'Mondrian' knot garden plus ornamental grasses and a hot border. Tudor Lodgings featured in *The English Garden Magazine* 2018. Further information on Tudor Lodgings, including a map, is available on the NGS website ([www.ngs.org.uk](http://www.ngs.org.uk)).

Castle Acre is a lovely ancient village, with plenty to see and explore for a day out. For general information see [www.castleacre.info](http://www.castleacre.info). Places to visit include the 11th century castle earthworks (which is across road from Tudor Lodgings), the Priory and the medieval church of St James the Great.

If arriving earlier in the day, you may wish to have lunch in the Ostrich Inn in the centre of the village. The Ostrich Inn is open from noon and, as Castle Acre is a popular tourist village, they suggest booking a couple of weeks in advance (on 01760 755398 or via their website) to save disappointment.

If you would like to go on this garden visit, please complete the booking slip at the end of this newsletter and return to Julie Lane by **Wednesday 24 July**.

Directions: Castle Acre is off the A1065 Swaffham to Fakenham Road, 4 miles north of Swaffham. Although the garden is further than some of our garden visits, it is a straightforward drive, some 40 minutes from Norwich. Tudor Lodgings is the first house on the left as you come into the village (from Swaffham), off Bailey Street. Any further directions and parking arrangements will be provided to those booking on the visit.

#### **Monday 30 September 2019: Talk – 'My 46+ Years at Blickling' by Stephen Hagon**

Our speaker will be Stephen Hagon, currently the Deputy Head Gardener at Blickling, but soon to be retiring after more than 46 years at Blickling.

The talk will start at 2pm in the UEA Colney Lane Pavilion. Just a reminder that there is limited parking for talks at the Pavilion. Please remember to display your parking permit (a permit can be obtained at the door on arrival).

Please do bring along any surplus plants you may have, donations to help Garden Group funds.

**Tuesday, 26 November 2019:                   Talk – ‘What was so special about Humphry Repton?’ by  
Professor Tom Williamson**

In 2018, ‘Repton 200’ celebrated 200 years since the great landscape designer Humphry Repton died and there were many events to mark the bicentenary. Repton is said to have carried out some of his finest work in Norfolk, including Sheringham Park and Catton Park.

Tom Williamson is Professor of Landscape History at UEA and is co-editor of a book ‘Humphry Repton in Norfolk’, published in 2018. He previously gave a talk to the Retirement Association in March 2015 on ‘Ancient trees in the Norfolk landscape’, reviewed as a very lively and interesting talk.

This will be a joint talk at the Costessey Centre, Longwater Lane, Costessey, starting 2.15pm.

I circulate occasional emails about Garden Group events and gardening activities. If you would like to be included in this circulation, or for general enquiries about the Garden Group, please contact Pam Janacek (pamjanacek@googlemail.com).

*Pam Janacek*

\*\*\*\*\*

## **HISTORY GROUP**

### ***Recent events:***

**Tuesday, 26 February 2019:   The Accent on Dialects – David Poole**

Please see a review of this talk in the “Talks” section on page 3.

**Friday, 17 May 2019:           A visit to the Dad’s Army Museum, Thetford**

### ***Future Events:***

**Friday, 6 September 2019:   Visit to the Rosary Cemetery**

This tour of the Rosary Cemetery will take place on Friday 6 September. We will meet at the Chapel, in the Cemetery, at 2.00pm. The visit will begin with a short talk on the history of the cemetery, followed by a walk to look at some of the more interesting graves. The tour will be led by Nick Williams, author of ‘Buried at the Rosary’.

Cost: **£2.50** per person to be donated to the Friends of the Rosary. Maximum 20 persons.

Deadline **23 August 2019**. To book a place please email [evelyn.mould@ntlworld.com](mailto:evelyn.mould@ntlworld.com)

**Friday, 29 November 2019:   Tour of Norwich Cathedral**

This tour of Norwich Cathedral takes place on Friday 29 November. We will meet at the Hostry at 2.00pm. The tour will be led by Jan King. We will walk along the cloisters and look at some of the bosses but also (weather permitting) take in the exterior of the cathedral at the east end plus the Lower Close.

Cost **£2.50** per person. Maximum 20 persons.

Deadline **20 November 2019**. To book a place please email [evelyn.mould@ntlworld.com](mailto:evelyn.mould@ntlworld.com).

*Evelyn Mould*

## KNIT and NATTER GROUP

We are a small group who appreciate the company, friendship and fellowship of meeting with like-minded people. We have people knitting a variety of pieces from garments and baby items through to novelty items and toys; tapestry making; felting; fresh lavender bags; Christmas decoration construction and beading/jewellery making. It is interesting to see what other people are doing and to help each other with our projects. Some of our group have been knitting items for charity which are delivered via the Norfolk Knitters and Stitchers to whom we are affiliated.

If anyone is interested in coming along (you don't have to commit to every month) we meet at the Colney Pavilion, 2-4pm on the **third** Monday of the month.

The Group will meet on the following dates:

**17 June 2019**  
**15 July 2019**  
**19 August 2019**  
**16 September 2019**  
**21 October 2019**  
**18 November 2019**  
**16 December 2019**

If anyone would like further info., please contact me [mndholland76@gmail.com](mailto:mndholland76@gmail.com)

*Mandy Holland*

\*\*\*\*\*

## LUNCHEON CLUB

**Thursday, 11 July 2019: East Hills Café – Bistro, Brundall Bay Marina**

Please meet at noon for 12.30 pm. East Hills has a car park and is close to Brundall station, or you can come by bus and walk down to the Marina. This lunch will need pre-ordering so I will send out an up-to-date menu beforehand. If you would like to attend, please email [sue.kitchener@ntlworld.com](mailto:sue.kitchener@ntlworld.com) or phone 01603 610708 by

**Thursday, 4 July.**

*Sue Kitchener*

**Thursday, 5 September 2019: The Rushcutters, Thorpe St Andrew**

Please meet at noon for 12.30 pm. There is a large car park. Buses along Thorpe Road are Firstbus routes 14 and 15 and Konectbus routes 5, 5a and 5b, all from St. Stephens and Castle Meadow. If you would like to attend, please email [j.johnson@uea.ac.uk](mailto:j.johnson@uea.ac.uk) or phone 01603 456465 by **Thursday, 29 August.**

*John Johnson*

**Wednesday, 2 October 2019: Venue to be determined.**

Please meet at noon for 12.30 pm. Details will be sent to regular participants and can be obtained by email from [john.purabi@ntlworld.com](mailto:john.purabi@ntlworld.com) or phone from 01603 455412.

*John Boulton*

**Thursday, 7 November 2019: Venue to be determined.**

Please meet at noon for 12.30 pm. Details will be sent to regular participants and can be obtained by email from [p.gyte@sky.com](mailto:p.gyte@sky.com) or phone from 01603 458099.

*Pat Gyte*



## MUSIC GROUP

In addition to planned events, information about musical activities in Norwich is circulated from time to time to members who have shown interest. If you would like to be included in this circulation or wish to publicise any concert or musical event, please email Verity at [vj.lyall@outlook.com](mailto:vj.lyall@outlook.com) or phone 01603 613698.

### *Recent events:*

*Friday, 26 April 2019: Lunchtime Recital - Karen Smith and Stephen Cox (piano duets)*

Karen Smith and Stephen Cox treated us to a varied and entertaining piano duet recital at the UEA Music Centre on Friday 26<sup>th</sup> April. The programme included Faure's 'Dolly Suite', Schubert's 'Fantasie in F Minor', which "is acknowledged to be the finest of his works in the piano duet genre" and finally the very descriptive 'Mother Goose Suite' by Ravel. Stephen remarked that many works in the piano duet genre are seldom heard, even those by well known composers, as they are rarely performed or broadcast. We – and other members of the audience, judging by the enthusiastic applause – very much enjoyed the recital. As a learner it was interesting to observe that the skill of playing duets not only involves playing the right notes (in the right order!), but also pedalling (2 pedals) and the positioning of legs, arms and hands out of the way of the other pianist! Thank you Karen and Stephen for a most enjoyable lunchtime concert.

*Carol Stephens*

### *Future events in 2019:*

*Saturday, 22 June 2019: Music for a Summer Evening*

**Academy of St Thomas, Salle Church, 19.30**

Those who have bought tickets for this are looking forward to enjoying a wonderful evening of music in this glorious venue. Let's hope the weather is kind enough to let us enjoy the picnic beforehand as well.

### *Looking forward to the autumn:*

*Saturday, 14 September 2019: St Andrew's Church, Hingham, 19.30*

**Academy of St Thomas - A concert of English and American music**

**Vaughan Williams:** Five Variants on Dives and Lazarus

**Butterworth:** On the Banks of Green Willow

**Samuel Barber:** Knoxville: Summer of 1915

**Copland:** Quiet City

**Rachmaninov:** Vocalise

**Saint Saens:** Symphony No.2

**Matthew Andrews** – Conductor

**Catherine May** - Soprano

An evocative programme featuring Anglo-American connections highlighting the links between Abraham Lincoln and the Parish of Hingham.

Soprano Catherine May teams up with her husband Matthew Andrews for Barber's haunting Knoxville: Summer of 1915.

As yet no plans have been made for a Music Group visit to this concert as transport can be a problem for some people. However if you like the look of this interesting and rather unusual programme, please contact me as soon as

possible. If there is enough interest and enough cars are available I would be very happy to arrange something. Tickets go on sale from 21<sup>st</sup> June so please let me know directly, email [vj.lyall@outlook.com](mailto:vj.lyall@outlook.com).

**Wednesday, 18 September 2019: Lunchtime Recital, 13.00, Strode Room, UEA music centre**

Our next lunchtime event, again kindly arranged by Stephen Cox, will feature a flute, cello and piano trio. **Dexterity Trio** has given concerts throughout the country and has performed in recital series, church concerts, as well as the BBC Good Food Show, ITV 40<sup>th</sup> Birthday celebration, Historic Houses and hotels. With a broad repertoire of music from Baroque to modern day, the trio present a varied programme of Classical and lighter music- something for everyone to enjoy.

As usual there will be a charge of **£5 pp**

I shall forward details of the programme as soon as I know more.

**Saturday, 12 October 2019: St Andrew's Hall, 19.30**

**Academy of St Thomas**

Piers Lane returns to Norwich to perform Beethoven's Piano Concerto No.1

**Beethoven:** Piano Concerto No.1

**Tchaikovsky:** Music from Swan Lake

Tickets for the West gallery are **£17pp** and once again Alan Coddington has kindly volunteered his help. If you would like to join the group, please send cheques payable to UEA Retirement Association to Dr A Coddington, by **23<sup>rd</sup> August**. The group will meet before the concert for refreshments in Cinema City bar.

**Saturday, 9 November 2019: St Andrew's Hall, 19.30**

**Norwich Philharmonic Orchestra and Chorus**

**Holst:** Ballet Suite: The Perfect Fool

**Bridge:** 'The Sea', Suite for Orchestra

**Finzi:** Intimations of Immortality

If you would like to join a Retirement Association group seated in the West Gallery, Alan Coddington has kindly volunteered to purchase tickets at **£18pp**. Please send cheques payable to UEA Retirement Association to Dr A Coddington by **15<sup>th</sup> July**. The group will meet before the concert for refreshments in Cinema City bar.

**NB** Groups of 10 or more may claim 10% discount

*Verity Lyall*

\*\*\*\*\*

## DATES FOR YOUR DIARY 2019

Booking/decision deadline dates are shown where appropriate.

June	10	Book Group	Poetry on the subject of Water	
	11	Walk	Dilham and Honing Lock	
	17	Art	Art Group	
	17	Knitting	Knit & Natter Group	
	18	Games	Games Afternoon	
	21	Garden Group	Visit to Peter Beales Roses, Attleborough	
	22	Music Group	Music for a Summer Evening	
	25	AGM/Talk	AGM followed by the talk "Life and songs of Howard Keel" - Martyn Shults	
	July	1-5	Holiday	HF Discovery Tour at Bourton-on-the-Water
		8	Book Group	'The language of kindness' by Christie Watson
9		Walk	Upton Fen and River Bure (Deadline 2 July)	
11		Lunch Group	East Hills Café – Bistro, Brundall Bay Marina (Deadline 4 July)	
15		Art	Art Group	
15		Knitting	Knit & Natter Group	
16		Games	Games Afternoon	
23-24		Garden Group	Outing – Essex Gardens	
25		Walk	Short walk – Morningthorpe (Deadline 17 July)	
Aug		2	Garden group	Visit to Tudor Lodgings, Castle Acre
	12	Book Group	'The Librarian' by Salley Vickers	
	13	Walk	Bayfield, Wiveton Downs and Langham Circular (Deadline 12 August)	
	19	Art	Art Group	
	19	Knitting	Knit & Natter Group	
	20	Games	Games Afternoon	
Sep	5	Lunch Group	The Rushcutters, Thorpe St Andrew (Deadline 29 August)	
	6	History Group	Visit to the Rosary Cemetery (Deadline 23 August)	
	9	Book Group	'Before we were yours' by Lisa Wingate	
	9	Outing	Outing - Cambridge and Botanic Garden (Deadline 14 June)	
	10	Walk	Walcott - Broomholm - Bacton – Keswick (Deadline 26 August)	
	14	Music group	Academy of St Thomas - St Andrew's Church, Hingham	
	16	Art	Art Group	
	16	Knitting	Knit & Natter Group	
	17	Games	Games Afternoon	
	18	Music Group	Lunchtime Recital, 13.00, Strode Room, UEA music centre	
	24	Talk	What's happened to our rabbits and hares? - Professor Diana Bell	
	25	Walk	Short walk - Trowse Newton (Deadline 20 September)	
	30	Garden Group	Talk – 'My 46+ Years at Blickling' by Stephen Hagon	
	Oct	2	Lunch Group	Venue to be determined.
7-11		Holiday	Walking and Touring Holiday at Freshwater Bay, Isle of Wight	
12		Music Group	Academy of St Thomas - St Andrew's Hall (Deadline 23 August)	
14		Book Group	'Lab Girl' by Hope Jahren	
15		Games	Games Afternoon	
21		Art	Art Group	
21		Knitting	Knit & Natter Group	
22		Talk	Norfolk in the Second World War - Neil Storey	
Nov		7	Lunch Group	Venue to be determined.
		9	Music Group	Norwich Philharmonic Orchestra - St Andrew's Hall (Deadline 15 July)
	11	Book Group	Poems by Simon Armitage, Poet Laureate	
	12	Walk	Binham Priory walk (Deadline 22 October)	
	18	Art	Art Group	
	18	Knitting	Knit & Natter Group	
	19	Games	Games Afternoon	

Continued overleaf - PTO

	26	Talk	'What was so special about Humphry Repton?' by Professor Tom Williamson
	29	History Group	Tour of Norwich Cathedral (Deadline 20 November)
Dec	2	Social	Christmas Social gathering
	16	Art	Art Group
	16	Knitting	Knit & Natter Group
	17	Games	Games Afternoon

**And finally .....**

Those members who attended the Garden Group talk "The Plant Hunters" by Kathy Gray on March 4<sup>th</sup> may remember the refreshments included some very tasty biscuits made by Margaret Ford. I heard many members on the day saying, like me, how much they enjoyed them and wanted to know what they were. Margaret told me they were Anzac biscuits, and has kindly given us her recipe below, so we can make our own and enjoy them again!

Thank you, Margaret.

*Editor*

**Recipe for 'ANZAC' Biscuits (as at Garden Club talk 4.3.2019)**

<b>1 cup rolled oats</b>	
<b>1 cup coconut</b>	<b>4oz butter or margarine</b>
<b>1 cup sugar</b>	<b>1 tbsp syrup</b>
<b>1 cup chopped walnuts</b>	<b>1 tsp baking soda</b>
<b>¾ cup plain flour</b>	<b>3 tbsps boiling water</b>

Set the oven to Gas Reg 1 (Electric - 140 degrees C)

Put rolled oats, coconut, sugar, nuts and flour into a large bowl.

Melt margarine or butter and syrup in a saucepan.

Dissolve the soda in the 3 tbsps boiling water and when frothing, mix into the contents of the saucepan.

Stir into the dry ingredients.

Place small balls of the mixture onto a greased baking tray leaving room for spreading.

Bake for about 25 mins.

Remove from oven and allow to cool.

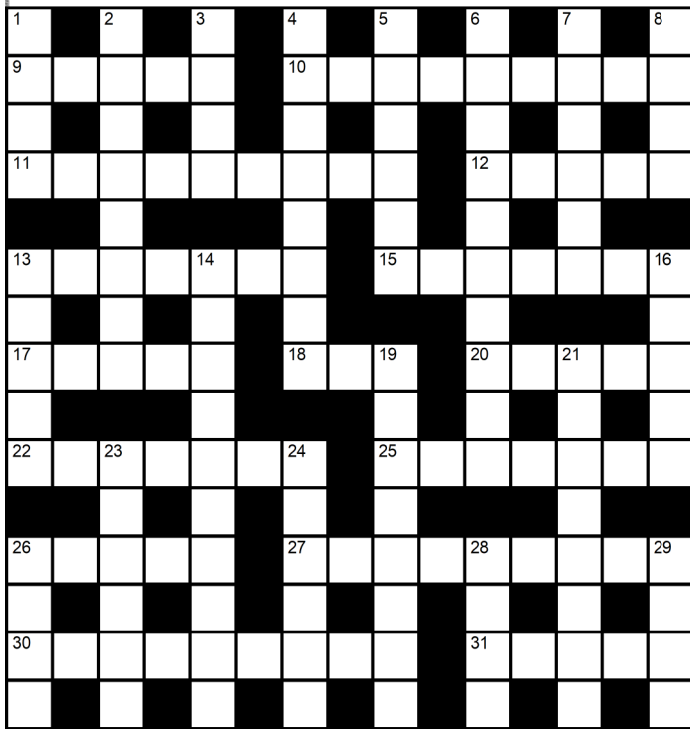
N.B. Using a teaspoonful sized measure of the mix can produce around 80 small biscuits!

\*\*\*\*\*

## Prize Crossword

David Marshall has kindly compiled another crossword for our prize competition. As usual, there will be a prize for the first correct entry drawn from all entries received. Closing date: **30 September 2019**.

Please send your solution to: M.Slaughter



with special thanks to Anne Jones for editorial assistance

### Across

- 9 Daggers for use by literary folk. (5)
- 10 Teach hero how to be every one. (4,5)
- 11 Mugs not my favourite weapons, but could become so! (5,4)
- 12 Gorse: a natural habitat for Shrek and friends. (5)
- 13 Catamarans, when armless, make for an exciting card game. (7)
- 15 Glen, etc., not looked after properly. (7)
- 17 Spode, when broken, assumed position. (5)
- 18 Book festival fed to livestock? (3)
- 20 Latvian, without it, became related to warships. (5)
- 22 Micronesian with no name became sharp cutter. (7)
- 25 Red cats revised for deleting. (7)
- 26 Track made spoilsport that split? (5)
- 27 Points of order (with no pies) re-assigned to entrance. (5,4)

### Across (continued)

- 30 Invert hog from dusk to dawn. (9)
- 31 Saw if any orphans would appear. (5)

### Down

- 1 Nocturnal mammal surrounds ring and then floats about. (4)
- 2 Norwich once had three! All came to a finish. (8)
- 3 One of the three (see 2d), but now just promoted. (4)
- 4 Leave for someone else. (8)
- 5 Plays a part. (4,2)
- 6 Bondage got to be exciting as we went downhill at speed. (10)
- 7 One of the three (see 2d) but still going. (6)
- 8 Scar reformed into curves. (4)
- 13 Ford model once inhabited by Gracie Fields? (5)
- 14 Address tin re-delivered in North Norfolk. (10)
- 16 Relates to family of Swiss archers? (5)
- 19 David Copperfield lived on the beach for a while. (8)
- 21 The third of the three in 2d. Cairo on it? (8)
- 23 Metal-plated European capital found on North Norfolk coast? (6)
- 24 Ground beef, if bondless, can give you somewhere to hide! (6)
- 26 Strange description of Pea Soup? (4)
- 28 Nowt here but a reconstructed built up area. (4)
- 29 Light biscuit that served as US Secretary of State. (4)

Entry from .....



**RESPONSE SLIP FOR GARDEN GROUP VISIT**

**Visit to Tudor Lodgings, Castle Acre:      Friday 2 August 2019**

Name(s): .....

Address: .....  
.....

Telephone number: ..... Mobile .....

Email address: .....

I enclose payment for .....place(s) at **£7.50** per person.

Cheque enclosed for £.....payable to **'UEA Retirement Association'**

Are any of the places for guests (i.e. non Retirement Association members), required for insurance purposes. Yes/No .....(name(s) if Yes)

Please return by **Wednesday, 24 July 2019** to:

**Julie Lane**

✂-----





## UEA RETIREMENT ASSOCIATION

### ANNUAL GENERAL MEETING

The 20<sup>th</sup> Annual General Meeting of the Association will be held on Tuesday, 25 June 2019 at 2.00pm in the Costessey Centre, Longwater Lane, Costessey.

#### AGENDA

1. Apologies for absence
2. Minutes of the 19<sup>th</sup> Annual General Meeting held on 26 June 2018
3. Matters arising from the Minutes
4. Statement by John Johnson, Chairman of the Association
5. Statement of Accounts and fixing of the annual subscription for 2019
6. Election of Officers and Committee Members (see Notes 1 & 2 below)
7. Any other business

#### Notes:

1. In connection with item 6, we list the Officers and Committee Members who are willing to continue in office if re-elected:

Chairman	
Secretary	Alison Ward
Treasurer	Denis Brown
Membership Secretary	Keith Woods
Website/Newsletter Editor	Michael Slaughter
Committee Members	Alan Coddington
	Olwyn Furze
	Margaret Higham
	Mandy Holland
	Pam Janacek
	John Johnson
	Alan Jones
	Julie Lane
	Verity Lyall
	Brenda Mace
	David Marshall
	Margaret Robins

2. A nomination form for the election of the officers and members of the Committee is attached.



**NOMINATION FORM FOR THE 2019 ELECTION OF OFFICERS  
AND OTHER COMMITTEE MEMBERS OF THE UEA RETIREMENT ASSOCIATION**

Please return the form with your nominations to:  
Mrs Alison Ward

<b>Post</b>	<b>Nominee</b>	<b>Proposed by</b>	<b>Seconded by</b>	<b>Nominee's signature</b>
<b>Chairman</b>				
<b>Secretary</b>				
<b>Treasurer</b>				
<b>Membership Secretary</b>				
<b>Newsletter Editor</b>				
<b>Committee Members</b>				

