



Wroxham and District  
Membership Number: 962/940/13

Chairman: John Long, 01603 722254    Secretary: Sue Badger 01603 737572

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## **Newsletter for April 2018**

### **General Meeting**



On Tuesday we were entertained with a talk by Marta Wellner, a Registered Homeopath on Minerals, Trace Elements, Enzymes and Cell Salts, and about 33 people were fascinated with all she had to tell us about this subject. She began with an introduction about herself and how she came to the area to be a scientist at the Reserch Park in Norwich, and although she is now a holistic therapist but all her interests have been around food.

She stated that all the things our grandmothers used to tell us are now being found to be true. Nobody needs a special diet, our bodies tell us what we need to put into them. For instance in March, a month of wind and lent, we should keep warm with hot drinks; ginger biscuits are good for circulation. Rice is very good for you this month, healthier than potatoes which are now almost at the end of their season with their vitamin content much lower.

Our bodies always need Vitamin C, D and calcium which are available in our food or in supplements. Most of the Vitamin D comes from sunshine so get out in it as much as you can this time of year. We also need calcium and magnesium to help absorption: this is found in the highest content in dark chocolate, so we need no excuses there! Marta also spoke about other minerals and trace elements in our diets; water is essential but there is no set amount to drink as everybody's needs are different, and water is obtained from the food we eat as well.

Sugar and salt are essential to life and dehydration is at the root of many health problems, but we need both sugar and salt to keep the electrolytes balanced.

Our Grandmothers always said home-made chicken broth was good for us and this is backed by science: it can help to prevent and sometimes even reverse osteoarthritis, digestive distress, autoimmune disorders and more.

Marta also spoke about enzymes and homeopathy, and she left us with a recipe for a green drink:

- Wild Garlic a few leaves
- Water cress a handful
- Cucumber a half

Cider Vinegar a teaspoonful

Water 300ml

A pinch of Salt

Honey, apple juice or maple syrup added for taste.

Just blend all the ingredients and drink.

After the speaker John spoke about the AGM next month and told the meeting there will be a speaker afterwards Carolyn Williams talking about the True Meaning of Nursery Rhymes. He also reminded all group leaders to send their reports to Jan ([janbarrington1@sky.com](mailto:janbarrington1@sky.com)) before the meeting.

## **Activities**

**History** The History Group is due to visit the Time and Tide Museum in Gt Yarmouth on **29th March**, and the Great Hospital in Norwich on **4th April**. For details ring the numbers below. The next regular meeting will be at Bijou on **Thursday 26th April at 2 pm**. Visitors and new members very welcome. Brenda and Frances 01603 738140 and 01603 747100.

**Photography** Mary Long write "The Photographic Group met on Friday 16th March starting at The Hub where we discussed Night time Skies, Cloud Formation and Snow as that was in abundance. There were not many clear night skies in February and early March, so Night Sky photography will wait for another time. Some members had superb cloud formation photos that had been brought from their archives.

We went down to Roys car park and played in the puddles – had we been younger we would have worn willies and splashed around! The River Bure was choppy, so reflections were difficult, but the puddles and huge lake that had formed provided superb opportunities which we all enjoyed immensely. We packed up at 4 pm freezing cold but with rosy complexions! Some really good



photographs were taken and we look forward to seeing them and discussing our settings etc that we used at our March meeting on **20th April at 2 pm** at The Hub when the topic is Reflections Through the Glass, which is challenging, but the group will rise to it superbly I am sure." Mary 01603 722254

## French Conversation Table

Bijou Wine Bar\* Weekly Thursdays 15.00 – 16.30

Group leader – Jane Monks            01603 782496            jane@youatt.co.uk

Anyone can turn up without needing to contact me.

We have a regular core of about 6, with others dropping in and out. We are comfortable with people who come and mainly listen while they gain confidence. We encourage everyone to prepare a few words on a subject of their own choosing. It might just be a question about vocabulary, or they could bring a photo or an interesting object.

Where I have email addresses I occasionally share a snippet I have found on line. I can also warn people this way if I am prevented from being there. The regulars usually meet with or without me.

I don't teach as such, but give advice, help with vocabulary and suggest on-line learning methods such as *Duolingo*, which is free, for those who want to further improve their French.

*Venez nous rejoindre, vous serez les bienvenus(e)s*

\*Bijou Wine Bar at Bouchon, opposite Wroxham Station

Station Road Business Park, Horning Road West Hoveton, NR12 8QJ,

**Classical Music** - Brian Keane hosts this group fortnightly at his home, Prior Thatch, Beech Road, Wroxham. He seems to have a bottomless supply of recordings of all sorts, even a 1914 recording of Dame Nelly Melba! He encourages members to contribute a session occasionally for a change. The dates this month's meetings will be **11th and 28th April, starting at 2.30 pm** (note the time has reverted) All welcome. Brian 01603 782774

**Bird Watching** The weather has been most unkind for bird watching this winter - every date outside it has rained or snowed or blown a storm! Di is hoping to be off to USA to see her son and family, so as far as she knows the last meeting until July will be on **6th April at 10.30 am** at Bouchon for talking about birds over a cup of coffee. There is time to attend this and then come on to the Lunch Out at 12.30, and Di says she could give anyone a lift from one to the other. Di 01603 784214

**Lunch Out** We had hoped to go to "The Crown" in Smallburgh, but the lady who runs it is closing down. Therefore for our March meeting we are going to "The Crosskeys" in Dilham on **6th April at 12.30 pm** moved on from our usual last Friday of the month because that is Good Friday. For April we will try "The New Forge" on the Norwich –Cromer road, just this side of Aylsham NR11 6UD on **27th April at 12.30 pm**. As always, let Corrie know by 2 days before either date if you want to come, so she can book. Corrie 01603 782755 [candrm@gmail.com](mailto:candrm@gmail.com)

**Play Reading** meets the first Tuesday of every month in Bouchon ie **3rd April at 2.00 pm** They would welcome more participants. Jane Monks 782496

**Evening Dining** The next evening will be on **Thursday 19th April meeting at 6.30 pm** at the Cafe Britannia on Mousehold in Norwich. All welcome. For details contact Maggi Flatman on 01603 783091.