



Wroxham and District
Membership Number: 962/940/13

Chairman: John Long, 01603 722254 Secretary: Jan Barrington 01603 712150

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Newsletter for AUGUST 2018

Welcome to our new members, and we hope that you will find activities in this newsletter that appeal to you; or maybe you have another activity to offer where we could get a new group started.

Suggestions are: Flower arranging, Bridge, Introduction to Family History, Knitting and the History of Wool in Norfolk, Basic Computer skills (The Hub is now on WIFI), Walking, Gardening etc. All we need is someone with initiative to take a group on. Speak to Corrie Mould candrmould@gmail.com or our Chairman John Long.

On July 17th the General meeting was opened at 2:30 by John who welcomed Mike Weatherstone who was to speak to us about the Art of Defensive Driving.

Mike opened by introducing himself and telling us a little about his background, he was in the Police Force as a traffic officer and now undertakes risk assessments for professional drivers. He will tell us how defensive driving has its benefits. Although British roads are the second safest in the world, 5 people are killed every day on them.

Defensive driving consists of Concentration, Observation and Anticipation and following this, he says, 80% of accidents can be avoided. For instance the white lines in the middle of the road inform us of hazards. The long white dashes with cats eyes after each one warn of a hazard ahead, corners, junctions etc. and once it is less dangerous the white lines get shorter and the cats eyes after every other one, amazingly this is not taught during driving lessons.

When seeing danger ahead use your horn, it is one of the three most essential items in our cars!

If we are not sure of the speed limit where we are driving there are clues. Where there are street lights the limit is 30mph unless otherwise marked and where there are no signs the limit is 60mph, if the limit is 30, 40 or 50 there will be repeat signs. All obligatory signs are round and advisory ones triangular. There is only one sign that is an upside down triangle which is the Give Way sign, designed this way to make it obvious even in deep snow!



The biggest cause of death on the roads is tail gating, speed only causes 5% although the Government will not admit to this, the second cause is aggression. If convicted of causing an accident while using a hand held mobile phone and it is proved to be your fault you face going to prison for at least 5 years, even if it is not your fault you can face two and a half years. Mobile phones must not be used whilst driving.

Mike was thanked by John and proceeded to answer questions from the audience. I think we all learned something this afternoon.

FROM THE GROUPS

Photographic Group: Six members of the group spent an interesting tour of the Broads Museum in Stalham. Photography was varied, having to remember the Third Rule: Borders, Angles, Artificial Lighting and Reflections. There were some very small spaces where flash was not needed, so a good variety of skills needed by all members. With so much information on the wall finding that pivotal point that brought the Museum to life and make a good photograph was taxing.



Attached is a photograph of a man mending sails and using rough cords to edge the sails – a hard job for anyone, and he did not look too happy as I suspect the weather conditions were not favourable and toughened hands well calloused would be needed. It is not necessarily the most brilliant photo but one that depicts the era.

We will be meeting on **17th August 2.00 – 4.00** at Jan's home in Brundall 01603 712150 to discuss the Open Day on 18th September, and if you would like to join us please contact Mary Long 01603 722254 or maryel@btinternet.com

French Conversation Table: **Weekly Thursdays 15.00 to 16.30** at Bijou Wine Bar (opposite Hoveton station.) We have a regular core of about 6 people dropping in and out. We are comfortable with those who come just mainly to listen while they gain confidence. We encourage everyone to prepare a few words on a subject of their choosing. It might be a question of vocabulary, or you could bring a photo or an interesting object. If you give me your email address I can let you know of any changes, and I occasionally forward a snippet I have found on line. If I cannot be there the regulars meet anyway. I don't teach as such, but give advice, help with vocabulary and suggest on-line methods such as *Duolingo* which is free for those who want to improve their French. *Venez nous rejoindre, vous serez bienvenue(s)*. This group is dementia friendly, (as are all groups). Jane Monks 01603 782496

Bird Watching and Bird Banter Di Stagg is back, and we spent a happy hour or two catching up and looking at pictures of exotically coloured birds that she saw in USA. On **Saturday 4th August meeting at 10 am** at Di's home on the double roundabout in Hoveton, the expedition will be to Buxton Heath near Hovingham to see butterflies as well as any birds that might be around during the moulting season. The next Bird Banter will be on **Friday 17th August 10.30 – 12** at Bijou (opposite Hoveton Station) Di Stagg 01603 784214

Lunch Out We have yet to have our July outing to the Britannia Cafe on Mousehold in Norwich on **Friday 27th July at 12.30 pm**. Our August meeting will be at **The Butcher's Arms in East Ruston Friday 31st**

August at 12.30 pm. Since you are in the vicinity you might like to visit the Old Vicarage Gardens afterwards. Please let Corrie know if you are coming on either of these dates. All are welcome. Corrie Mould 01603 782755 candrmould@gmail.com

Classical Music: This group meets fortnightly at the home of Brian Keane who has an apparently inexhaustible supply of varied music. Sometimes he asks members to present a programme. All are welcome to his home at Prior Thatch, Beech Road, Wroxham on **Wednesday 1st, 15th and 29th August from 2.30 – 4.30 pm.** Tea and cake kindly supplied by Brian! Brian Keane 01603 782774

Evening Dining takes place once a month and in August we will be meeting at the White Horse in Neatishead on Wednesday August 22nd at 6:30pm. Any one wishing to attend please contact Maggi Flatman on 01603 783091

Poetry Reading: It seems that all present at our July meeting enjoyed the experience. The nine poems chosen were varied, many triggered reminiscences or were old favourites. We are finding our feet as a group. All ideas for our proceedings are welcome.

VENUE: The Horse and Groom, Tunstead.

CONTACT: I plan to email a summary of each meeting shortly afterwards and a reminder of the next a few days before the date, always **the first Tuesday of the month 2.00 – 4.00.** I personally contact members who do not use email at all. I have members' phone numbers for last-minute changes: mine is Jane Monks 01603 782496 jane@youatt.co.uk

TIMETABLE: I suggest no summer break as U3A members take holidays throughout the year! There will be no meeting on Tues 1st Jan 2019.

SUGGESTIONS: It was suggested that we read our choices twice, as this gives us a chance to appreciate each poem more. Poetry is by its nature often quite intense and not always easy to understand at first hearing. It was also suggested that we might like to see the poems that were read. Rather than produce printed copies we are trying the idea of a list after each session so that if we wish we can look the works up on line. *Poemhunter.com* is a good website to try. (We will probably not find Allan Junior's, so Elaine will make photocopies). We are trying the idea of a **theme** for each meeting. Having listened to "There's Wisdom in Women" with some puzzlement, the suggestion for August is **Women**. The group is dementia friendly.

NEXT MEETING: The 7th August is the day after Bank Holiday. It would be useful to know who can/can't make it.

History Group

On June 28th our History group met for lunch at the Cathedral Refectory followed by a conducted tour of the Cathedral.

We viewed with new eyes our Cathedral's previously unnoticed treasures, particularly enjoying the photo enlargements of the famous, medieval roof bosses, which showed, in detail, many best loved Bible stories. All this including our guide's many interesting snippets from the Cathedral's history.

Our July 26th meeting is an end of term celebration lunch at the Britons Arms followed by a visit to the Strangers Hall.

Although there is no formal meeting in August our keen members are walking a farmer's field in the wake of Franz and his metal detector in the hope of discovering treasures of old!

Our September meeting is a guided walk in Norwich, details to follow.

New members always welcome.

Brenda 01603 738788 and Frances 01603 737110

NEW ART GROUP: Start Date TUESDAY 25TH SEPTEMBER, 2.00 – 4.00 PM, The Hub small room.

This may extend to 3 hours in the future. Meetings will be monthly on the 4th Tuesday of the month.

FIRST MEETING: Bring two or three of your paintings, and talk about them. What medium did you use? Why did you choose that medium? What made you decide on the subject you painted? Do you paint from life, from a photograph, or out of your head. Do you paint in your living room, kitchen, or purpose built art studio? Do you display your work or sell it? Have you turned your paintings into cards? Are you a member of SAA? What equipment do you have? What sort of art group do you want? Constructive criticism will always be welcome.

Liz says "I am a self taught artist and have only been painting since March 2017." She has already had two exhibitions and sold one painting, and says if she can do it you can: come and join the new art group and see what we can do together. Perhaps we could put on our own exhibition next year. Liz Smith 01692 670468

COMMUNICATION SKILLS FOR PEOPLE WITH ACQUIRED HEARING LOSS

Mary Long has been able to organise for this group to begin on **Thursday 2nd August, and every Thursday throughout August from 2:00 -3:30pm, namely 9th, 16th, 23rd and 30th August.**

This has been possible through two of our new members who have offered the use of their conservatory.

A huge "Thank You" to Mary and Merrion Thomas, whose home is at 2 Bircham Close, Wherry Gardens, Wroxham, NR12 8FD (the new houses at the south of Wroxham). Call Mary Long for further information 01603 722254

There will be no meeting in August and our next meeting on **September 18th** at the Hub will be the **OPEN DAY**, from 11:00am to 3:00pm.

PLEASE COME AND SUPPORT US AND BRING YOUR FRIENDS!

