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Dear All

What's New

Well, you may be wondering who that interesting fellow is on the left. Well it is Autumn, a painting by Arcimboldo. He painted the four seasons. I am not an art buff but our daughter painted a copy for her Art A level. It took her simply hours but with an impressive end result.

I continue to hear how branches are embracing Zoom, so well done everyone. High Wycombe branch have written a short piece on their experiences which appears in this issue.

It is pleasing to know that a vaccine is now not too far off and that plans are well underway to deliver it to folk. We have to continue to be patient for the time being. It will be a different Christmas this year, but the most important thing is, of course, to stay fit and well if we can. We are continuing our walks here although if we go to one of our local parks it is very muddy underfoot.

I am planning to do just one South East News in December – the Christmas Edition. I am pleased to say that I have received some excellent contributions to it so far and I hope you will enjoy reading it when it reaches you.

In the meantime, as always, keep well and take care.

Update on Live Talks

Numbers continue to grow with 581 present at our last talk. I am pleased to confirm that the talks will continue in the present format in 2021. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience.

Remember replays are now available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live. After the talk has finished this same link can be used for 7 days to watch a replay of the talk on demand.

Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will get an email with a link to click at the start of the talk. Details of the next talk are shown on page 6 of this newsletter. The next 3 talks planned are:

- | | |
|-------------------|---|
| 1 Dec. – 10.45am | A Christmas Entertainment – Sun Jester |
| 15 Dec. – 10.45am | Tis the Season to be Jolly- Kath Reynolds |
| 29 Dec. – 10.45am | You're Never Too Old to Rock 'N' Roll – Vince Eager |

Suffolk West Nordic Walking Group

Pat Bullock



Suffolk West has a good number of members' groups such as the Book Club, History Group, Rambling Group, Genealogy Group, Photography Group, Gardening Group and Knit and Natter. One other group is Nordic Walking. We have six members at present who have been enjoying a weekly walk, usually at Ickworth Park, which is a beautiful National Trust park just a step away from our meeting place in Horringer village, a short way from Bury St. Edmunds.

Nordic Walking is a whole-body workout using poles to support the joints. If interested you should enrol on a course to learn the technique, and in the past our Suffolk West branch has had two excellent talks from a qualified Nordic Walking instructor.

Due to Covid-19 our groups where possible are on-line. After the first lockdown we were able to start our Nordic Walking again, but now during the second lockdown we must walk alone, but nevertheless still getting our exercise.

Leslie Lipson, "The Committee"

Oh, give me your pity!
I'm on a committee,
Which means that from morning to night.

We attend and amend
And contend and defend
Without a conclusion in sight.

We confer and concur,
We defer and demur,
And reiterate all of our thoughts.

We revise the agenda
With frequent addenda
And consider a load of reports,

We compose and propose,
We suppose and oppose,
And the points of procedure are fun;

But though various notions
Are brought up as motions,
There's terribly little gets done.

We resolve and absolve;
But we never dissolve,
Since it's out of the question for us
To bring our committee
To end like this ditty,
Which stops with a period, thus.

Ed: My thanks to Jo Henderson, Editor of Redbridge and Waltham Forest Branch's newsletter for drawing my attention to the little bit of fun on the left!
However.....

Branch Committee members please remember that if you have any concerns at all about branch matters, you can contact Central Office, me as Development Officer for the South East or your Regional Representative.

We are here to help.

As we get closer to Christmas please remember:



- ✚ Beware of all scams, especially online.
- ✚ We have a Benevolent Fund. Please contact me or Central Office for more information.
- ✚ To check out any benefits or possible grants you might be eligible for please visit www.turn2us.org.uk or call 0808 802 2000.

Hardley Windmill

A history kindly provided by Keith Fulleylove of Norwich Branch

One hundred years ago windmills working alongside our rivers to drain the adjoining marshes were a common sight. Hardley Windmill was one such drainage pump operating beside the River Yare in Norfolk. The windmill powered an Appold turbine (similar to the impeller on your central heating) capable of raising twelve tons of water per minute via a twelve-foot-high vertical shaft, five feet in diameter. One revolution of the sails, with the gearing, gives an increase of 10.7 on the turbine.



The mill as it stood in 1930

The History of Drainage Windmills:

- 13th century Marsh reclamation started. Sea levels at that time were about a metre below present. Sheep grazing predominated.
- 16th century Many areas had been reclaimed through improvement to existing flood banks, driven by increases in sea level rise and a wish to increase agricultural production. There was a move towards cattle production in preference to sheep.
- 18th century Most grazing marshes had been drained by the 18th century. They were still grazed predominantly by cattle. Transient flooding occurred frequently due to the inefficiency of land drainage pumps.
- 19th century Drainage became ever more efficient and flooding became rare, from this time onward.
- 20th century Further major improvements to drainage were achieved through technological developments. In 1913, the first diesel pump was installed. During the 1930s the Internal Drainage Boards came into existence. During the late 1930s and 1940s highly efficient electrical pumps became widespread.
- 21st century In March 2005 the government introduced a new Environmental Stewardship scheme, to replace most other agri-environment schemes, including the Environmentally Sensitive Area scheme (ESA).

Hardley Mill was built for Sir Thomas William Brograve Proctor-Beauchamp of Langley Hall (now Langley School) 4th Baronet of Langley and Sheriff of Norfolk, in 1874 by the Ludham millwright Dan England. It operated until around 1950/51 when it was tail winded and badly damaged. It was abandoned by the Internal Drainage Board and, like most other drainage windmills, replaced by the electric drainage pump.



First tractor connected through the door

However, during the floods of 1953 Hardley Mill was used, powered by two tractors to help clear the flood water from the fields back to the river.



The second tractor through the back w

In 1991, with the mill derelict, volunteers under the inspirational leadership of Norfolk born architect and mill enthusiast Peter Grix started work on restoration. By 2005 structural work on the tower was complete. With the award of funding from Leader+ in 2007/08 work on the cap and sails moved on swiftly. The cap was lifted on to the top of the tower in April 2009 and the sails finally turned on 9th October 2009.

The Leader+ grant also allowed for the construction of a visitor centre and moorings. These were both completed in 2009.



The internal workings were completed in 2013 with the mill pumping water again under sail power for the first time in over 70 years. Due to the use of phosphates by farmers and, in many places, there are embankments to prevent flooding it is not possible to pump the water back into the river, so there is a small culvert in the mill race to direct the water back into the dyke.



Hardley Windmill is the only drainage mill on the south side of the River Yare and lies on the Wherryman's Way – a popular footpath which winds its way along the Broads and through picturesque Norfolk, between Great Yarmouth and Norwich.

The Mill is run as a Trust and relies on donations for its maintenance. We have around 30 volunteers including 4 engineers, who keep the mill running. We also use a millwright for advice and knowledge as to how certain things are to be done, like giving the mill a sort of MOT, to ensure it is safe to use.

Because the mill is open, just about every day except Wednesday, in the season (April – September) we have to ensure the Health and Safety for visitors, including Risk Assessments and to a lesser extent COSSH records. There are a lot of moving parts as well as steps, ladders, and height restrictions. Almost like being back at work!

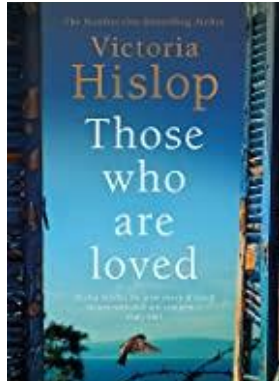
For more information and a short video showing the mill's sails moving please visit www.hardleywindmilluk.org



Editor's Book Choice

Those who are loved – Victoria Hislop

Athens, 1941. Nazi forces occupy Greece ... and a nation falls apart. Victoria Hislop's NEW *Sunday Times* Number One bestseller takes you into the darker days of Greek history and, through the eyes of its extraordinary heroine, illuminates the courage it takes to live in peace.



After decades of political uncertainty, Greece is polarised between Right- and Left-wing views when the Germans invade. Fifteen-year-old Themis comes from a family divided by these political differences. The Nazi occupation deepens the fault-lines between those she loves just as it reduces Greece to destitution. She watches friends die in the ensuing famine and is moved to commit acts of resistance.

In the civil war that follows the end of the occupation, Themis joins the Communist army, where she experiences the extremes of love and hatred and the paradoxes presented by a war in which Greek fights Greek.

Eventually imprisoned on the infamous islands of exile, Makronisos and then Trikeri, Themis encounters another prisoner whose life will entwine with her own in ways neither can foresee. And finds she must weigh her principles against her desire to escape and live.

As she looks back on her life, Themis realises how tightly the personal and political can become entangled. While some wounds heal, others deepen. This gripping new novel from bestselling author Victoria Hislop sheds light on the complexity and trauma of Greece's past and weaves it into the epic tale of an ordinary woman compelled to live an extraordinary life.

If you know of a book you would like to see featured in SE News please do let me know. Ed



Don't forget the M25 Group. We hope to be able to get up and running again as soon as we are clear of Covid 19.

The days of digital watches are numbered.

I used to own a chicken dating agency, but it was a struggle to make hens meet.

Parallel lines have so much in common. It is a shame they will never meet.

What did the pirate say when he turned 80? Aye Matey.

Somebody actually complimented me on my driving today. They left a little note. It said, 'Parking Fine.'

What did the right eye say to the left eye? Between you and me, something smells.

Fairly Easy Who Said What Quiz

Answers – last SEN issue

1. Albert Einstein
2. Winston Churchill
3. Margaret Thatcher
4. Prince Philip
5. Mohammed Ali

'Birthdays are good for your health. Studies have shown that people who have more birthdays live longer.'



This day in History - 26 November



1942 – the film "Casablanca" set in the Vichy-controlled Moroccan city of Casablanca during World War II, starring Humphrey Bogart and Ingrid Bergman, has its world premiere at the Hollywood Theatre in New York. The movie goes on general release in January the following year. The film was nominated for 8 Oscars and wins 3 Oscars including Best Picture.



Committee members deep in thought – Joy is second left, top row

High Wycombe Branch Zooming into the Future

Joy Kay



Well what can I say about the Zoom meetings? There was a delay in getting them up and running for various reasons. However, our branch paid for a year's use of Zoom in October, used it for a committee meeting and then had a practice meeting for those members who were unfamiliar with Zoom and for me, as host, to practise. There was a lot of me shouting, "Freda (or whomever), turn your mike on! Gina, turn your camera on! Click on the picture of the mike.....and so on" After a lot of giggling, we could all see and hear each other.

We had our first scheduled meeting on 11 November, and it worked very well. We had a very patient speaker who waited while I muted all the members so he could start. I learned that, next time, I need to do that before the speaker is due to start. Luckily, our Speaker Co-ordinator has managed to rebook all the speakers, we should have had this year, for 2021. All bar our July speaker are able to use Zoom, if necessary but, let us hope it will not be needed for too long.

Our next meeting was going to be our Christmas meal but, that has had to be cancelled for now. We decided to have a Zoom get-together on that day instead – a glass of something in one hand and a mince pie in the other!

We also talked about having a Zoom book club. Books not chosen yet but, it should be interesting.

Ed: Full marks to Joy and her branch for embracing zoom with enthusiasm and achieving online branch meetings.

Next On-line Talk – 1 December



A Christmas Entertainment Sun Jester



The ever-popular Bob and Dot present a feast of anecdotes and music on a seasonal theme. Christmas songs from the Golden Age of Hollywood musicals combine with tales about the artists and an exploration of the origins of some of our favourite Christmas traditions, including how one of them was (and still could be) illegal!

And finally, keep well everyone. If you would like to contribute to the next issue or you know of anyone who would like to be added to the mailing list or sent a hard copy then please do make contact via phone 07960 425956 or email london.eastanglia@nhsrf.org.uk

Sally Bundock
Development Officer