



The Deepings Third Age Group

Reg. Charity No: 1166782

NEWSLETTER



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Issue No. 205

OCTOBER 2020



Chairman's Reflections

As I am sure I have said before, my Daughter, Annette, spends most of her time and money (particularly money!) caring for and riding two Exmoor ponies. This keeps

me busy, particularly at weekends, navigating and grooming for her, when they go out showing or competing. For the last two weeks, and for the next two as well, I am being kept extremely busy every day, sorting out the stables that she is moving to, which are in desperate need of a little TLC before the ponies move on the 17th of this month.

Whenever and wherever I am busy or out with her, invariably someone will ask whether or not I am a horse rider, to which the response is "not blooming likely!" Annette's love of horses is down to Sue, who rode from the age of five to her late 40's. Sue made several attempts to get me riding as well. Every time we went on holiday, I was "persuaded" to go horses trekking. This lasted until a particular holiday in the Lake District. When we arrived at the stables we were asked what riding experience we had. Sue of course said that she was an experienced rider, whereas I confessed to being an absolute novice

.../...

As we leant on the fence and watched the staff catching the horses, it was apparent that whilst most were quite obedient, there was a large black horse that was giving them the run around. I foolishly turned to Sue and said "That one's yours – that will teach you to say that you are experienced". When the difficult horse was brought into the yard, it proceeded to try and crush the stable girl against the wall, while she was struggling to tack it up. You've guessed it! When the horses were allocated – I got the large black naughty one – much to Sue's amusement!

So we set off up a narrow green lane, with luxurious hedges on either side. My horse's head kept disappearing, tilting me sharply forward, as it tried to grab a snack from the hedgerow. The lady who was leading the ride told me that I needed to hold the head more tightly, to stop this, so I did. This caused the horse to keep on throwing it's head sharply skywards, whereupon the leader told me that I was holding the head too tightly, so I relaxed the pressure. Down the head went again, nearly dragging me over the top! When we emerged into open countryside, a short truce was arrived at. As we walked up onto the Fell, we learnt two things about my horse - it didn't like going anywhere without Sue's horse, and it didn't like getting anywhere near sheep – very handy in the sheep-rich Fells.

PTO.....



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When we reached the top, the silence was suddenly shattered by a military jet plane, that hurtled out of the valley and directly over us, leading to a few rapid pirouettes and some fancy dance steps (the horse, not me!). When things settled down, the novices were parked, still mounted, under a tree, while the experts went for a gallop. You can imagine the struggle to stop my horse going with Sue's. So we were sat quietly under the tree, when a rapid drumming on the ground was heard and felt, as the "experts" returned. My horse pricked up its ears, and set off at full gallop to greet them, with me hanging on to his neck, and anything else I could reach!

That was enough, and thankfully we set off back to the stables. The returned route was quite steep, and my sure-footed steed lurched sharply from side to side, with each leg slipping and shooting out at 45 degrees to the side. When we reached the yard, where the fences were being repaired, my trusty steed put a foot in a tub of nails, and took off across the yard towards its stable. As we rapidly approached the stable door, with the top of the door level with the middle of my chest, everybody was shouting at me to get off, and I didn't need telling twice! I bailed out, and landed in an untidy heap in the middle of the yard.



Needless to say, I was never again persuaded to get on the back of a horse! I bet the Editor will find an appropriate Thelwell illustration to accompany this!

Best wishes,
Garth.
Chairman

From a conversation with Garth earlier in the month he (and I) thought I would have a struggle to fill this month's Newsletter. As it has turned out it looks like being one of the easiest since March. In his covering message with 'Reflections' he did offer to shorten them if they were too long, but as that message was timed at 10.40 pm, I didn't have the heart to ask him to,

Hope he isn't disappointed with the cartoon—I leave it to him and the Treasurer to sort out any copyright difficulties!!

The following piece was written prior to receiving Garth's contribution but occasionally I feel explanations are important so I have kept it in. I promise to remain quiet for the rest of the Newsletter! ANN

ANN'S THANKS TO ANNE



As the time goes by it is becoming more and more difficult to think of ideas and find the material to produce the Newsletter in the format I have used since Lockdown. Our Chairman has in fact suggested I revert to the 'normal' one picture front page.

I admit it would make it easier but I did want to try to portray Autumn for those of us who, due to the present restrictions, face each day mostly on our own with little opportunity to get out and about. **I thank our Treasurer, Anne Burton,** for sending me just the pictures to enable me to do this. The pics have not necessarily been taken this year but that doesn't really matter. Why is this important to me?

At the end of July I had to go to the Health Centre and the car taking me went down Linchfield Road. I was shocked to see that fields of wheat or barley I had last seen about six inches high in early March had been harvested. I was stunned to realise how the months have passed. Many friends could not understand my reaction but I know many of you who live alone will. So this month's front page picture display is especially for all members living on their own and unable to get out very often. ANN

U3A CYCLING GROUP



Friday 18th September saw our second Covid Secure bike ride. Six of us set off from the bridge in Market Deeping for a 15 mile ride in sunny weather but with a strong wind.

Starting from the bridge we cycled through Northborough to Nine Bridges where we turned and carried on to Peakirk. From Peakirk we followed Asholt Drain and Coronation Bank along the side of the Welland to Crowland.

On the way along Coronation Bank, we stopped for the obligatory "photo op" at the Charm Tree. The Charm Tree was erected to depict things that local school children associated with their home village. The metal charms include a musical instrument, a fish, a hand and a representation of the Trinity Bridge.

From Crowland we continued back towards Deeping along Welland Bank and Crowland Road to Deeping Lakes nature reserve where we stopped for our socially distanced picnic.

It was a very enjoyable ride even although we were slowed by wind and off-road parts of the route. Many thanks to David Lunn for planning the route and we are looking forward to our next outing in October.

JIM TORRANCE
Group Leader

U3A THURSDAY GARDENING GROUP

Yet again we have been curtailed by international events so that our proposed visit to the nearby Country Herbs and Plants has had to be cancelled along with our Christmas lunch in December.



We've all been continuing to work in our own gardens, and I have learnt that if you turn your back on a courgette for five minutes it can get delusions of grandeur and dwarf a couple of large bananas. Thankfully, this website <https://www.harighotra.co.uk/> has a brilliant recipe for a marrow curry!

Next month's meeting should have been a planning meeting at Liz Noble's but after this year's Covid led changes we already have a programme that we're hoping we'll be able to follow in 2021!

LINDA HILL
Group Leader

U3A ART APPRECIATION GROUP

REPORT FOR OCTOBER 2020—10 FACTS ABOUT PICASSO

1. His full name had 23 words in it (Picasso is from his mother)
2. His first word was pencil (lapiz) –He started his art education aged 7 and surpassed his tutor (his father) when he was 13.
3. First art work aged 9 was Le Picador. His 1st major art work was produced when he was 15.
4. The midwife thought he was still born and left him on a table, his uncle Doctor Don Salvador saved him.
5. He was a dreadful student, often being sent to the calaboose for detention.
6. He founded cubism, which is lots of tiny cubes, with Georges Braque.
7. A Nazi officer asked Picasso if he had 'done it?' referring to the masterpiece Guernica. Picasso replied 'No you did'.
8. His Breton style shirt had 21 horizontal stripes to reflect Napoleon's victories.
9. He was a poet and playwright.
10. He is buried in the grounds of a chateau in Southern France.



GUERNICA

SANDRA JONES
Group Leader

TARTLING

Have you experienced '*Tartling'?
Happens *offner than one might think.
The explanation not so startling,
some say age might be the link.
Not so, it happens now and then,
it's merely a memory blip
and may occur on occasions when
the name you are certain of,
gives memory the slip.
A moment when the brain plus thought
for seconds lose their grip.
Embarrassed, for a minute;
with real friends no harm is done.
*'Tartling,' for one brief moment,
happens to everyone.

*TARTLING - (*some poetic license used.) Involves that moment when one knows that when introducing someone to a friend one discovers that they have forgotten the friends name!.

*Acknowledging The Radio Times item from Susie Dent.

Thank you ANNE JONES for this item.

U3A HISTORY GROUP

388 YRS OLD ON 20TH OCTOBER 2020 SIR CHRISTOPHER WREN

Do you remember the wonderful History trips to London in the pre Covid -19 days? The busy traffic and traffic jams and the excitement of lunch or a trip down the Thames. Perhaps we will do it again one day!



Many of the buildings we saw on our visits were designed by our birthday boy, Sir Christopher Wren.

In 1666, the year after the great plague, the Fire of London took place and wreaked havoc on the city. Many of the old buildings were wooden structures so stood little chance of surviving. In total, 83 churches, including the old St Paul's Cathedral were destroyed.

Wren was appointed chief architect and sought to rebuild the entire area. However, the original property owners wanted to maintain their sites. Wren only designed 51 of the churches but crafted the new St Paul's Cathedral. The Cathedral became one of the centre points of London's history. The dome has been replicated across the world including the United States Capitol in Washington D.C.

Wren's other achievements:

The Sheldonian Theatre in Oxford

The Royal Observatory

Wren Library at Trinity College Cambridge

He renovated Kensington and Hampton Court Palaces.



He died at his house in St James Street in London aged 90. He died quietly in his chair after dinner.

The inscription on his tomb reads: "If you seek his memorial, look about you. (Translated from Latin)

SANDRA JONES
Group Leader

U3A JAZZ, SWING AND BIG BAND GROUP

The music for our 'virtual' September meeting was once again compiled by group member Phil Jones and entitled I HEAR MUSIC, for which we say a big Thank You. We with a familiar item 'Autumn Nocturne', very appropriate for the time of year. It was performed by The Lounge Lizards from their same name album. Sammy Davis Jr. (never hear enough from him) singing five songs. also from that same album, 'Bye, Bye, Blackbird', 'People', 'Thou Swell', 'Make Someone Happy and finally, (a new one for me) 'Paris is at her Best in May'. Next came Count Basie with 'One O Clock Jump' and Ted Heath with 'Chapter Two'. 'Lazy River' was sung by Bobby Darin, Frank Sinatra followed with 'Fly Me To The Moon' then back to the Count for 'Basie - Straight Ahead'. 'Oh, Lady Be Good' and from Count Basie and the Kansas City 7, 'Work From Home'.



Chris Connor sang 'Stella By Starlight' a lovely version of a lovely song. and she also gave us 'I hear music'. The End Of The World album had 'Twisted', 'Dave Weckle gave us 'Hand It Over' and then we had two items from Dick Charlesworth— 'The City Gent' and 'China Boy', followed by 'That's When I'll Come Back To You'. 'The Lady Is a Tramp' featured Don Rendell and his Jazz Six, Benny Goodman played 'On The Sunny Side Of The Street' and then something from a singer who was a welcome addition to the 'Goon Show, Ray Ellington with 'Things Ain't What They Used To Be'. How appropriate at this time!

Don Ellis's Orchestra played 'Excerpt From The Tithia', The Electric Bath performing a deadly combination, then we closed our 'VIRTUAL' get together with Bill Bruford's EARTHWORKS from a live concert, attended by Phil in September 1992 - 'Downtown - Balderunner Style,' Not something one hears everyday...Thanks so much Phil for taking time and trouble to put these CD's together but also for the delivery service too. Next month is my programme but once again, although I'm choosing the tracks, Phil has kindly offered to put them all together. Report: ANNE JONES

Group Leaders: PETER BAYLIS / ANNE JONES.

U3A NATURAL HISTORY GROUP



The Natural History Group had its first outing for many months at the end of September. Deeping Lakes was chosen as a suitable venue under the current circumstances. We organised ourselves into three groups to spend a very safe and pleasant couple of hours walking round the Lakes. There were signs of Autumn everywhere. The berries, especially the rose hips, were fantastic and lots of birds were enjoying helping themselves. We saw and heard many different birds, woodpecker, robin, swans, cormorants, ducks and geese and a heron executing a successful dive for its fish lunch.

Although the leaves were now beginning to change into their Autumn colours, we could still see some of the wild flowers from summer. We walked back along the river bank, no otters but a small group of cows with Frank the bull keeping charge! Our thanks to Norah and Peter who shared their expertise with us.

Report: MARGARET BEARDSHAW
Group Leaders: JO ASTLE / MARGARET BEARDSHAW

U3A "STROLLER'S" WALKING GROUP



Another lovely summer's morning shone on nine Strollers as we set off for our September stroll. Meeting at the car park of the former Rainbow store, we had our pre-walk Covid chat and split into two sub-groups, which were determined in advance..

We set off through the car park, through the market place and over the River Welland towards Northborough, with the sub-groups keeping 20 metres apart. Following the route of the old main road we turned left at Cuckoo Corner in Northborough, heading towards Deeping St. James.

On reaching the Welland again, we walked along the riverside path, with some members looking out for signs of otters, which have been seen further downstream this summer. Stopping at High Locks, we had a photo-call, then continued back to the main road, through the market place and back to the car park.

Our next walk will be on Monday 26 October, with the location not yet decided. Members of the group will be advised of the arrangements in due course.

BOB DELLER
Group Leader

Committee Members 2020 / 2021

Garth Perry	Chairman
Ann Parkes	Secretary
Anne Burton	Treasurer
Liz Noble	Membership Secretary
Phil Jones	Deputy Groups Coordinator
Kath Allen	Vote of Thanks Organiser
Lyll Seale	Speaker Finder
Ann Holmes	Newsletter Editor
David Scott	Newsletter Distribution/Webmaster

U3A MONDAY WALKING GROUP



Eleven of us met opposite The Willoughby Arms, Little Bytham. We divided up into two "bubbles" of six and five. It was a dry day with a cold wind, so there was a lot of putting on and taking off of jackets (me being the worst offender!!).

Most of the Walk was on footpaths, with a few road sections. We started off going over main railway line heading towards Holywell and looped round in Little Bytham. Via the River Glen and through the village to the path leading to Grimsthorpe Park. The climb out of Little Bytham being illusive as you were still not at the top, when you believed you were!!!

We continued until we reached Chestnut Way, so called as both sides of the track are Chestnut Trees. Heading down this track towards base, unfortunately the gate was locked so we had to climb over. Well done to the ladies of our party. Continuing, doing a figure eight via the River Glen, we returned to our cars. On the last section the local farmer had ploughed up the public footpath, so was quite a muddy section. The walk was 5.8 miles.



The photo of the gate (right) states No Entry, we were actually exiting !!! so that was alright ???

The November walk - you will be notified accordingly

STEVE HANSON
Group Leader

U3A THURSDAY WALKING GROUP

After a break of six months when many members have been doing their own walks it was decided the Group would finally recommence on the 8 October in line with the current Government restrictions. A small number therefore met up at Surfleet Seas End



to activate this process. However, although the weather was fine to start with we soon encountered heavy rain which gave us all a soaking but thankfully as the morning progressed it stopped and we were able to dry off before the walk was completed.

Leaving from The Ship the first port of call was down to the confluence of the River Welland, Vernatts Drain and the River Glen which we caught whilst the tide was in on the River Welland instead of the mud banks. From here we retraced our steps a little before passing Surfleet Reservoir and over the Blue Gowt Drain before heading down the side of the Spalding Golf Course and the River Glen which gave us good views of the many refurbished or new houses that border the river with their landing stages and patios. We eventually reached Surfleet Village and took the opportunity to have a look around the outside of St Lawrence's Church (you know the one with a nice tilt on it!!). From here it was onto the return journey via a circular route before rejoining the River Glen and the golf course and back to Surfleet Seas End.

Despite the initial weather this is a very pleasant walk so thanks to the Team for setting it up.

Details of the next walk on 12 November will be notified by e-mail in due course. If you would like to attend this walk then please notify the walk leader who will be identified in the said e-mail.

GODFREY PARKES
Group Leader

PLEASE CONTINUE TO READ THESE ARTICLES AS THEY ARE TOPICS THAT WILL DETERMINE THE FUTURE OF YOUR U3A AND WE ARE OPEN TO ANY COMMENTS OR SUGGESTIONS THAT YOU HAVE.

Results of the Annual General Meeting on 12th October 2020

The Executive Committee are pleased to report the results of the AGM on the 12th October 2020. The results of the votes cast are as follows :-

Resolution 1 – Approval of the minutes of the 2019 AGM

Votes **In Favour** : 146 Votes **Against** : 0 **Abstentions** : 2

Resolution 2 – Approval of the 2020 Chairman’s report

Votes **In Favour** : 148 Votes **Against** : 0 **Abstentions** : 0

Resolution 3 – Acceptance of the Audited Accounts

Votes **In Favour** : 148 Votes **Against** : 0 **Abstentions** : 0

Resolution 4 – Re-Appointment of Godfrey Parkes as Auditor

Votes **In Favour** : 148 Votes **Against** : 0 **Abstentions** : 0

Resolution 5 – Election of the Officers of the Committee – the nominees for Chairman, Treasurer, and Secretary, were all elected

Votes **In Favour** : 148-149* Votes **Against** : 0 **Abstentions** : 0

Resolution 6 – The 5 Members proposed as Non-Officer Committee Members were all elected

Votes **In Favour** : 146-149 Votes **Against** : 0 **Abstentions** : 0

* The actual votes for each individual nominated in Resolutions 5 and 6 fall within the ranges shown, are recorded on the AGM Voting Database, and can be supplied if requested.

Many thanks to all that voted in the SGM and the AGM.

Where do we go from here?

Now we have completed all our legal commitments for the year, and the Committee thank all who helped us get our rather unusual SGM and AGM completed. My thoughts are now turning to the future. I have observed some changes to our community since the lockdown started. People with family at home seem to have withdrawn into their household, and people on their own have experienced an increasing sense of isolation, either because of vulnerability, or because of a real, and understandable fear of this virus. This is a real problem if this is accompanied by impaired mobility. I am sure that many of the singletons have, like me, had invitations to visit a friend for coffee, but I feel reluctant to take up the invitations, because I would never forgive myself if I inadvertently took the virus into their household. I have also talked to some people who filled their days with activity, in order to avoid being confined to their house, who are now questioning why they needed to do so much, as they are becoming more accustomed to occupying themselves at home. All of these factors lead me to the worrying thought that your U3A might not restart, even when the situation eases.

I think that many thought that this situation was all going to be over in six months, and that they could stand all the restrictions for that period, but now that it is clear that this is going to be a long haul, even if an effective vaccine is developed, many are wondering how to make it more bearable. With this in mind, I shall turn the efforts of the Committee and the Group Leaders towards “thinking out of the box” about how we can breathe some life back into our U3A – if we hibernate completely for another 18 months, we will not recover. I fully respect the restrictions set by the Government, our insurers, and the U3A National Office, and we will never encourage anyone to circumvent them, or do anything that they are not comfortable with, but I feel that we must try.

In addition to group activities, we must renew our efforts to keep in touch with other Members, particularly those who are alone and housebound.

If any Member has any ideas or suggestions for how we move forward, then the Committee will be pleased to receive them. I would also draw your attention to the fact that, following our AGM, we do not have a Group Coordinator, just at the time when we really need one. If you feel that you would like to take up this position, which hopefully will be a busy one, and key to how we move forward, then please contact any member of the Committee.

So what is going on at the moment?

Outdoor Groups

We are pleased to say that The Strollers, and the Monday and Thursday Walking Groups are meeting regularly, operating under the conditions of the mutually developed Risk Analysis and Mitigation Measures, which has been revised in the light of the last change in restrictions. Adherence to these guidelines is fairly good, but I urge walkers to not get complacent, and to apply the guidance rigorously, in order to protect themselves, and our ability to continue this activity.

The Cycling Group is also up and running, and has adapted well to the situation.

I am very grateful to these Group Leaders for their efforts in getting these activities going again.

Indoor Groups

The current Government regulations mean that Groups cannot meet indoors, unless they are composed only of six members (from any number of households), are in a Covid secure environment, for which a risk analysis has been done, and practice correct social distancing.

Unfortunately the opportunity to meet outdoors, in private gardens or public spaces for instance, has passed. How to get these activities available again is the biggest challenge we face.

Membership Subscriptions.

No change to our proposal – your current Membership is extended until **31st December**. Membership renewal forms will be available from November, with payment due by 31st December.

Monthly Meetings

In the light of the current regulations, and the availability of any halls of suitable capacity, it is unlikely that we will be able to have a monthly meeting in the remainder of this year.

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As you can see – the uncertainties persist, and restrictions to our operations can only be eased in line with Government and National Office guidelines.

Garth

For and on behalf of The Committee.

Stop Press ...

Family History goes live....

Thanks to Peg Torrance, five of the group managed a great update via Zoom and lots of special offers for FH research because of Covid were discussed. We each had a few queries and brick walls of course, but agreed it worked well in a small group and we would repeat it very soon.

LIZ NOBLE
Group Leader JEAN BRENNAND

Thank you to all the contributors this month—you have made my job much easier than anticipated. Please keep the reports and/or pictures coming. The comments we receive each month show this Newsletter is appreciated but I can't produce it without **YOUR** help.

November is usually a dreary month even without COVID—any ideas for a front page 'theme' welcome, even better if you can provide a few photos to support it, otherwise I may have to follow Garth's suggestion. Christmas is looming too with no parties. Festive ideas PLEASE!!! ANN

THE SWANS ARE STILL WALKING DOWN BRIDGE STREET!

