



The Deepings Third Age Group

Reg. Charity No: 1166782

NEWSLETTER

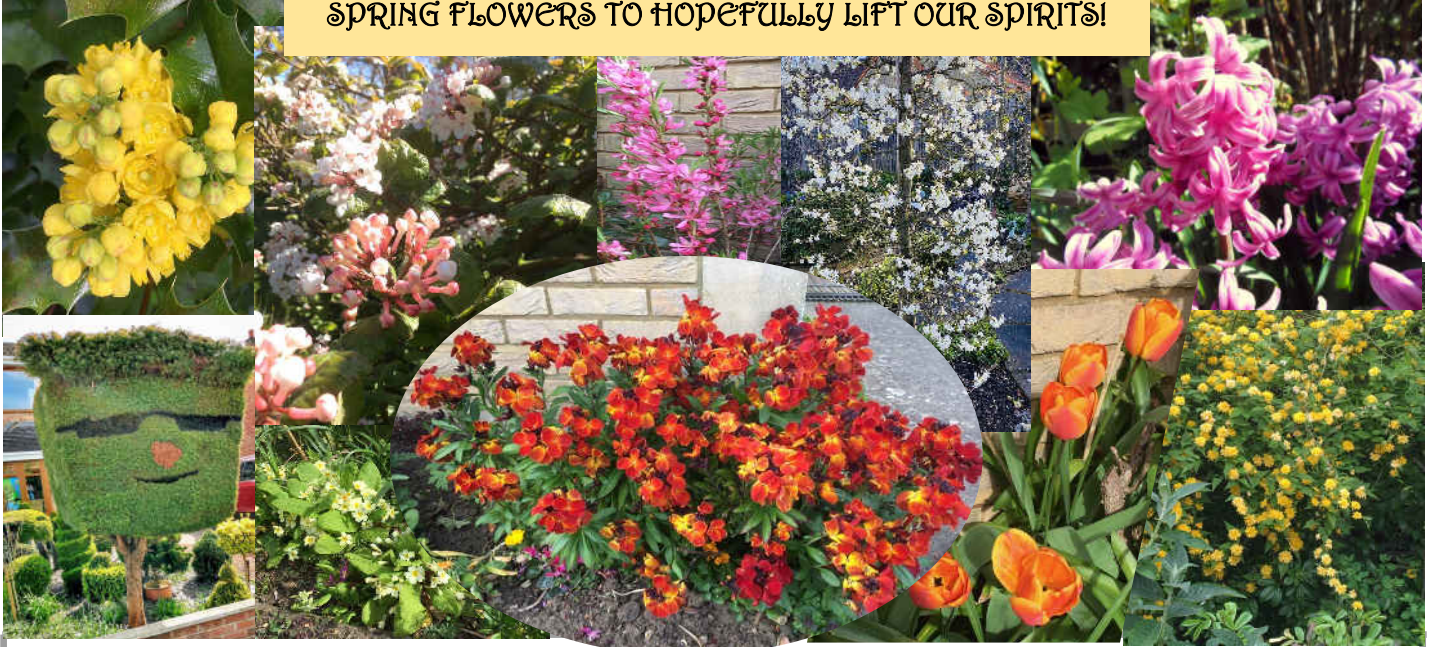


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Issue No. 199

APRIL 2020

SPRING FLOWERS TO HOPEFULLY LIFT OUR SPIRITS!



Chairman's Reflections

I hope that you are all safe and well, and coping with the current restrictions. We are very grateful to Ann Holmes for getting this newsletter together and helping us to keep in touch. For those of us who are fortunate to be able to at least get out for exercise, it is an almost surreal experience. There aren't many people around and most of those that are very

rigorously apply the "distancing" advice. As soon as another pedestrian appears in the distance, on a collision course, one or another walker takes evasive action, diving into gateways, or crossing the road, and usually a few words are exchanged across the gap. I think if Scrivens or Specsavers were open there would be "panic buying" of hearing aids and distance glasses, to make this long distance communication easier!

This glorious weather makes confinement more frustrating. I can't help thinking back to school days, when the last few weeks of the summer term turned hot and sunny and the pupils sweated their way through end-of-term exams (remember those?), in the sure and certain knowledge that the weather would suddenly deteriorate when they broke up. I can see that happening by the time we are released from lockdown!

Like many of you, the first activity tackled while the weather lasts, has been the garden. The gardens either side of me have a magnolia, or tulip tree and they burst into particularly glorious flower in early-March. Unusually, no gale sprang up the next day to strip them of their blooms, which is what seems to happen most years. Unfortunately their luck didn't last, as an isolated severe frost, about a week later, shrivelled the blooms, and turned their light pink colour into a dreary pale brown one. There has been some recovery in the last week, but the new flowers are not as numerous or impressive as the originals.

The first surprise I encountered in the garden concerned my artificial lawn. I know that it took me a long time to choose the most natural looking "grass", but I didn't expect it to look this realistic – it is full of moss! I did feel a fool asking at Waterside for a moss killer for artificial grass! It also had to be safe for animals, as I have a new companion in the garden, a beautiful tortoiseshell kitten. She is very agile and inquisitive, and has taken to a couple of unusual positions to bask in the sun. One is in a trough on the back wall, and the other is one of the flower pots in my water feature, which fortunately isn't working at the moment! She is very cute, and would like me to make a fuss of her, but the household that she comes from is self isolating, as they probably have had a couple of mild cases of the virus, and although they say cats can't pass it on, there is evidence that some virus may stick to their coats.



Another job that caused me to reflect on the past, was moving some books from a bookcase when tidying up what had been my Granddaughter's bedroom – no rush, she only left here eight years ago! Inevitably, I found myself sat on the bed reading the books! It took me back to when I was a young lad at home, when I was helping Mum tidy some drawers. In those days it was quite common to line drawers with newspaper, and I remember the job taking much longer than necessary, because I found the very old newspapers so interesting!

It is difficult to find much humour in the current circumstances, but we must keep our spirits up. Take care of yourselves, and get in touch if you need any help.

Best wishes
Garth, Chairman,



Committee Members 2019/2020

Garth Perry	Chairman
Ann Parkes	Secretary
Anne Burton	Treasurer
Liz Noble	Membership Secretary
Susanne Hoadley	Groups Coordinator
Phil Jones	Deputy Groups Co-ordinator
Kath Allen	Vote of Thanks Organiser
Lyll Seale	Speaker Finder (Co-opted)
David Blessett	
Ann Holmes	Newsletter Editor (Co-opted)
David Scott	Newsletter Distribution/ Webmaster

GROUP NEWS



Hello Group Contacts and Group Leaders,

I hope you are all coping with our current situation. Just think what it will be like when it's all over. The walking groups will be walking all over the place and chatting to each other, they won't care where they go they will just go. The cycling group will be so busy stopping at every pub they pass they will hardly get any cycling done. The music and singing groups will be performing to any one they see. And the gardening groups (who I suspect will all have immaculate gardens) will be flocking to the garden centre in their hundreds!

Do take care and look after yourselves.

SUSANNE HOADLEY
Group Co-ordinator



U3A CRAFT GROUP 2

We held a craft session in the afternoon of the March monthly meeting and then the lockdown began the next day it seems an age now but we did have fun trying our hand at some water colour painting. Maureen who is far more experienced at this than many of us, had thoughtfully drawn some small pictures that could be used as mounts on cards and we all had a go. We shared paints and some used the coloured pencils that you then paint over with water and magically transform to look like water colouring! In my case my "children's" cast-offs that they left behind when they moved out some twenty five years ago! Results were all very different but who knows with more practise!

It would be great to say see you again very soon for another challenge, but for the time being stay safe and hopefully enjoy some warmer weather soon.

LIZ NOBLE
Group Leader



U3A LISTENING TO MUSIC GROUP

As the "lock down" prevented us from meeting as usual this month, Terry Noble put together a CD with the music we would have been listening to, entitled 'The Quality of Mercy...' featuring wonderful choral works by Bach, Rossini and Dvorak. Terry then copied (and delivered) a copy of the CD to each member of the group and included written notes describing each piece, which were very helpful and it certainly assisted my enjoyment. Thank you Terry.

Future meetings are cancelled for now. Best wishes to all U3A members, I hope everyone is taking care. Report: ANNE JONES

Group Leaders: TERRY NOBLE / JIM PRINGLE
01778 342855 / 01778 346431

U3A PHOTOGRAPHY GROUP

As with all other groups our meeting have been affected by the lockdown. However as the Portfolio group is email based, we have increased the frequency of the provision of images, and their critiques by members. These have generated some interesting and hopefully helpful points of view.

Also links to a number of online photography courses have also been provided. Dave, Malcolm, myself and members continue to look for things of interest for the group.
PETER ALLEN

Group Contacts: PETER ALLEN, DAVID BLESSETT
MALCOLM HOADLEY

U3A "CHURCH MICE" GROUP

As I am sure we all know, we will not be visiting any churches until we get an all clear to enter churches again. I need to thank Mary Burton who organised our visit to Sleaford together with a cafe where we could have tea and then needed to cancel them all.

Please keep fit and well and find plenty to keep yourselves occupied. I've decided to learn Italian and if this hiatus goes on a lot longer I may be able to send you the details of our next visit in Italian!!
Best wishes

HENRY ROBERTS
Group Leader



The first two reports relate to meetings held in March but which were received too late to be included in the March Newsletter.

U3A GOOD FOOD GROUP (March report)

Our theme was 'Asian Food' which gave us a wide canvas and the nine of us had Japanese, Chinese, Thai and Indian dishes.



We started with a cold Avocado soup, followed by Japanese Steamed Aubergines with Mange Tout, Carrot and Parsnip Bhajis, Chicken Satay, Pork with Katsu Sauce on shredded Cabbage, Chicken Curry and Coconut and Mango Ice Creams .

*Next month we are going to be more abstemious (maybe) with Store Cupboard Dishes. Members who would like to 'try the Group out' welcome

KATHLEEN TANNER
Group Leader

**This meeting was, of course, cancelled indefinitely.*

U3A "WANDERERS" WALKING GROUP (March Report)



Sixteen Wanderers led by Geoff Fitzjohn set off from The Falcon at Fotheringhay on a windy, dry and really quite warm day, heading for Woodnewton. Walking west out of the village, past Model Cottages, we picked up the footpath across the fields, crossing Willow Brook for the first time.

Our trickiest section of the walk came early on where there was a very deep puddle! Geoff had strategically placed a pallet over the puddle earlier to avoid a Dawn French type mishap (ladies up to their necks in water).

We emerged from Pound Lane onto the Main Street of Woodnewton to walk the length of the village. In the Spring sunshine all the stone cottages and gardens looked beautiful. After a detour down to have a look at the Mill, we set off again through the churchyard, stopping to look at the grave of Nicolai Polakovs O.B.E. (or Coco the Clown) who came to live in the village.

Heading back towards Fotheringhay we had good views of the church and after some field walking our route took us by the Willow Brook again and eventually back into Fotheringhay. Despite the gusty March winds, we'd enjoyed the feeling of Spring and the good company on our walk.

After a very enjoyable lunch in the orangery at The Falcon, we were able to share in some birthday cake to celebrate Hugh's birthday.

Unfortunately Hilary and Barry were not able to join us but we all wish him a very speedy recovery. Report. JULIE FITZJOHN Fitzjohn

Group Leaders: HILARY & BARRY AKAM

POETS' CORNER

First a topical poem from ANNE JONES

The Current Troubles...

I searched my Thesaurus
For words rhyming with Virus.
Of this problem, you will be aware,
It offered up Cypress, Citrus, and porous.
None of which I could concur.
So please sympathize,
This verse won't win a prize
And I hear a collective groan!
But isolation gets harder
And I've emptied my larder.
Just stay safe, stay calm and stay home!

Followed by a more reflective one by JULIE MANCEY

Things that just make me smile

A friendly voice on the end of the telephone
Surprise packets that come in the post
Cans on the shelf stacked in order of size
Lynne's marmalade spread on hot toast

My daughter's picture that hangs in the hallway
Three rings that say Pete's on his way
Finding a bargain in the charity shop
Heated car seats on a cold winters day

The smell of fresh bread from the oven
Crackling on a pork Sunday roast
The sound of a cork popping out of a bottle
Ice cream when I'm down by the coast

Fireworks, log fires and candles
Cherry blossom that wafts on the breeze
Waterfalls, bluebells, red holly berries
A haw frost cloaking bushes and trees

Sunny days, baby's laughter, and rainbows
The first time that I put on new shoes
Daffodils, dark chocolate and hamsters
Aretha Franklin singing the blues

Spending time with my friends and family
Recalling the day that I first swam a mile
There's really no rhyme and no reason
To the things that just make me smile.

Extract from April 'Woman's Weekly' Magazine, April 2020

Congratulations to Linda Hill, the Leader of our Thursday Gardening Group.

This photograph of Linda with author, Milly Johnson, appeared in April's "Woman's Weekly" Magazine after she was presented with an award for her on line Blog started five years ago. Linda has won several other prizes and was ranked one of the 25 best book bloggers in 2019.

In the article accompanying the photograph Linda also says she has written a book—at present in draft form awaiting 'a good edit'. Will she ever get a better time to do it than now, I wonder?

Please keep us informed of the publication date Linda! ANN

NB: Linda's blog address is - <https://lindasbookbag.com>



A WALK DOWN MEMORY LANE

As our "older" members will know the Deepings U3A was formed in July 2003 and Newsletter No. 2 dated August 2003 shows that a Walking Group was one of the first groups to be formed (on 31st July 2003 with Brian Thornthwaite as its leader.

The group's first walk was in Bourne Woods on 4th August and covered three miles. Its aim was to reach a distance of five miles!



The first photograph ever published in a Deepings Newsletter appeared in the September 2003 issue showing members of the Monday Walking Group. David Scott has passed me a selection of photos taken on walks over the years and these are reproduced on the next page.



By February 2004 we had 19 groups listed including the Carriage Driving group. This group was and remained unique to Deepings U3A and, a photo of it appeared on the cover of the national magazine.

This was not the actual photo but is an early one of the group out for a trot and picnic.

The August 2006 issue featured a photograph on the front page of four of our members at a Buckingham Palace Garden Party, although they were there representing not us but the Deeping Mens Group! However the report says they did survey the Palace Gardens 'as members of our Gardening Group.



Leaping forward to the December 2010 Newsletter, the formation of the "Church Mice" was announced. Their first

visit was naturally to St. Guthlac's Church, Market Deeping in January 2011, and thanks to David's wizardry and determination I am able to show the first photograph of that group, which is of much better quality than those above.

Next month will be the 200th edition of the Newsletter and as it is almost certain the lockdown will still be in place there will again be no group meeting reports. If you have any memories of past outings, activities, etc. of the groups to which you belong please share them with us. **Group Leaders: Any messages of encouragement to your members (and rest of membership welcome. Closing date will be FRIDAY, 8TH MAY. Email: deepingsu3a@gmail.com.**



Hope these photographs bring back happy memories for some of you. They were supplied by David Scott and are all of Walking Group outings with the exception of the last one, which is of members of the Thursday Gardening Group. My sincere thanks to David for his support with photographs for this Newsletter and also to Anne Burton and Steve White whose photographs were used in the collage of Spring Flowers on the front page. Don't forget all contributions for next month's issue gratefully accepted but to reach me by **FRIDAY 8TH MAY PLEASE.**

Help in the Community

It is a frustration and disappointment to your Committee, Group Leaders, and many of our Members, that, because of the current restrictions and our own age profile and individual vulnerabilities, we are limited in what we can do to help and support our members.

There are, however, many groups of younger and less vulnerable volunteers in our close community in the Deepings, who are able to offer help at this difficult time, and those that have come to our attention are explained below :-

Age UK Lincoln & South Lincolnshire.

As a result of a partnership between this Group and Salted Orange Food Co., they are offering, to anyone over 65 and living in Lincolnshire

21 meals for £20 plus a delivery charge of £10

Delivered to your door

Your delivery will include a FULL WEEK of meals, and will be made up of 7 breakfasts, 7 lunches, and 7 dinners. You will be able to choose from a menu when ordering your weekly delivery – something for everyone to enjoy.

This isn't operating in the Deepings at the moment, but the Deepings Age Concern Group have been in touch with Lincoln, who say that if there is sufficient demand, then they are prepared to deliver here. Deepings Age Concern are prepared to coordinate this. They are not sure at the moment how the menus will be made available, or how the orders will be placed.

If you are interested in taking up this service, then you can email ageconcerndeeping@btinternet.com mentioning that you a U3A Member. If you are not on email, then contact me on my answer-phone (01778 347932), and, with your permission, I will pass your details on to Deepings Age Concern.

Deeping Round Table

Round Table volunteers are delivering basic food parcels to those that have been referred to them as being in need, and while they are doing this they are willing to help anyone that is having difficulty in getting their shopping. Contact :- deepings1090@gmail.com

Deeping Rotary, Deeping Youth Group, and Deeping United Football Club and various individual volunteers are also putting packages together from donations from Tesco, Morrisons, and other supermarkets, and delivering them around the Deepings to people in need. If you are in need of these services, contact Deepings Age Concern, as above.

Deeping St James Parish Council & Market Deeping Town Council

Coronavirus Helpline

The Town & Parish Councils have set up a Community Support Group, and are helping by facilitating the volunteer list, and asking people to call if they need to register for help.

Email : clerk@dsjpc.co.uk or mdtc.townclerk@btconnect.com

Contact numbers : 01778 343266 or 01778 343170

If you are seriously concerned, you are invited to phone, and they will try to direct you to the appropriate organisation who will be able to offer the assistance you need. Your personal details will only be shared with the appropriate organisation, and will be disposed of once the crisis is over.

Deepings Library

I have been asked by the Library to let you know that if you have books out on loan, then there is no rush to return them, and would appreciate it if you hung on to them, rather than posting them back through the letterbox. Books that are due for return will be automatically renewed, and there will be no fines when they are returned when the Library re-opens

Deepings Food Bank

Have closed their collection points, and are delivering all "orders". You do of course need to be referred to the bank if you need to use it. You may have noticed that the food collection box at Tesco's has been removed – this doesn't mean that food contributions aren't desperately required – you can leave contributions at the Customer Service Desk.