



Deeping St. James

Issue No.215

The Deepings u3a

Reg. Charity No: 1166782

NEWSLETTER

[Click here to visit our Deepings Web site](#)



Market Deeping

AUGUST 2021

AN ENGLISH COUNTRY GARDEN!



After all these months, we couldn't have a front page without some flowers could we? My sincere thanks to Margaret and David Scott for sharing their beautiful garden with us—David providing the necessary photographs at very short notice.

History Survey



Thank you to everyone who answered our short survey. 53 of you replied which was very good indeed.

October was by far the preferred month to resume.

The Green School was the preferred venue by a small margin.

We will be in touch when we have a programme sorted out.

SANDRA JONES AND TEAM

Committee Members 2020 / 2021

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

Chairman's Reflections



Just when I was feeling that my stamina and strength are beginning to decline, and that I needed to be "put out to grass", and take things easier, I have been put to shame by an Exmoor pony, whose age of 24 is probably the equivalent of my 76 years. When the onset of the pandemic shut down all horse shows and competitions, my daughter Annette decided that it would probably be a kindness to retire Muffin from dressage competitions, and only take him out to the fun things that he enjoys, like pleasure rides.

Dressage is quite difficult and stressful for a native pony, like an Exmoor, which is why you don't see many doing it at competition level. Basically, they aren't built to do some of the moves that are required – they are more solid and stocky than a horse, less flexible, and have shorter legs – all characteristics that make them able to deal with their natural environment – rough moorland. So to ask them to do a 5 metre circle at an extended trot or a canter, or to do leg yields (where they are facing their body forward in a straight line, but crossing their legs and moving forward diagonally) is not a natural movement, and requires a lot of training and a good level of muscle fitness in the pony.

However, it became clear that Muffin was not happy at being retired, and was bored at the absence of anything to do that exercised his body and his brain. So about 4 weeks ago we took him to a local dressage competition to see how he got on. As soon as he entered the arena he straightened up, concentrated, and strutted his stuff, with a smile on his face. You would not have thought that he had been out of competition for nearly 2 years. He entered 2 classes, as the only pony amongst some very nice looking horses, and won them both, with some of the highest scores that he had ever had!

2 weeks later we decided to take him again, but we noticed that he was very "jumpy" at the stables, and wouldn't stand still while we tried to put his travelling leg boots on. When we took him out to the trailer, he loaded himself very quickly. When his time came to go into the arena, he still seemed a bit "edgy". He started the test, but when he approached the bottom corner of the ring, something "spooked" him. He did a beautiful pirouette through 180° and took off in a full gallop diagonally across the arena, and did two full speed 90° turns at the top corners, before Annette managed to rein him in down the far side of the arena. The other riders and spectators were very impressed by the fact that Annette managed to stay on and regain control, enquiring where she got her Velcro jodhpurs from, and by the agility, acceleration, and speed that a 24 year old pony could demonstrate! I agreed with the comments, but incidents like this don't do a watching parent much good! Annette didn't let him get away with it. She worked him very hard in the indoor school for the whole of the three quarters of an hour before his next test, and he behaved himself fairly well back in the arena, only making a couple of little mistakes, to come 4th.

The lesson for me is that we shouldn't write ourselves off because of our age. Many of us have been less physically active during the lockdowns, and may be feeling less able to be active, but it is surprising how gentle perseverance pays off! I was going to go for a 5K run, but there is a very threatening black cloud looming over Deeping, so perhaps I will read the paper instead!!



Garth, Chairman 01778 347932

Closing date for SEPTEMBER issue is FRIDAY, 10th SEPTEMBER 2021
Email address: deepingsu3anews@gmail.com

Take care and stay safe



THESE MONTHLY ARTICLES ARE INTENDED TO KEEP MEMBERS INFORMED ABOUT THE CURRENT STATE, AND FUTURE PLANS, OF OUR U3A. WE ARE OPEN TO, AND WOULD APPRECIATE, ANY COMMENTS OR SUGGESTIONS THAT YOU HAVE. THESE SHOULD BE ADDRESSED TO:
chair@deepingsu3a.com

Where do we go from here?

Following the removal of all legal restrictions on social contact, more of our Groups have resumed meeting, or have plans to do so in the near future. We are very grateful to the Group Leaders for the effort they are putting into this. It isn't proving easy to get Members motivated to take part in Interest Groups again, mainly because of the high level of caution that some feel, and this is exacerbated by venue availability and cost issues. However, for the sake of the health of your U3A, we do need to get as much moving as our Members are comfortable with. Once again, we would urge you to support those Group Leaders who are trying to find a way forward.

Members are urged to continue to exercise care, and whatever precautions they feel the need for, and we are sure that our Members will exercise common sense, and respect each other's feelings on these matters. We have a duty to ensure that none of our activities will intentionally increase their risk. To this end, National Office and our Insurers have instructed us that an Initial Risk Assessment must be produced and shared with the Members, for all venues used by Groups (including private houses). Would all Group Leaders who have active Groups please contact me at the above Email address, and we can help them to produce a simple Assessment. I have already produced a generic assessment that can be used by any Group using the Community Centre.

We are very grateful to The Waterton Arms for giving us free access to their marquee and garden, which has enabled us to run six "coffee catch-up" meetings during July and August (see Liz Noble's report on page 3). Thanks to all the Committee who supported these, and especially to Liz Noble and Anne Burton who handled over 350 invitations.

Meeting venues are slowly opening up, and we are hopeful of re-starting a monthly meeting in November, subject to any conditions imposed by the venue, and the general public health conditions.

We must remind you that all of these plans will only be realised if we have the required elected Officers of the Committee in place after the AGM in October. **THE COMMITTEE**

Our Monthly Talk

This month's talk, starting at 10.30am on Monday 16th August, will be "**Great British Eccentrics**".

Have you ever wondered why Britain has had so many eccentrics over the centuries? In this talk Paul Robbins takes you on a light-hearted and amusing journey that looks at some of the great characters from our past. The more recent famous characters you will recognise immediately, but he also includes wonderfully ordinary eccentric people.

This talk will be on Zoom, and instructions on how to join will appear in the Members' Newsletter.

A reminder - For those who have been enjoying the Mirthy talks, you can still get their talks free every Thursday at 4pm. To do this you will need to go on to the Mirthy website using the link <https://www.mirthy.co.uk> and click on **Log In** (if you already have an account) or if you haven't yet set up an account, click on **Register** and insert your name, email address, and a password, then click on **Create Account**. On the website top menu bar click on **Free Events** and register for one or more of the talks. You will receive an email confirming any booking, and a reminder and link the day before the event. There are also talks on other weekday mornings for which they charge.



MEET-UPS AT THE WATERTON ARMS

As you should all know by now we have been holding catch-up sessions in the Waterton Arms marquee and garden during July and August. They seem to have been very well received and we can only thank the Waterton for their kind support.

As you will appreciate I have been juggling databases over the past few weeks to invite all the members to one of these sessions. It was compounded by BT internet deciding my Gmail emails were a scam and they refused to deliver!! Not to be beaten by the technical feuding between Gmail and BTinternet, I sent them out in very small numbers and it seemed to work! However I do hope that no-one was overlooked, and can only apologise if this is the case.

We hope of course, that we can meet in more normal circumstances as soon as possible – we just need a larger venue than is currently available.

LIZ NOBLE

Membership Secretary 01778 346907

THANKS

We would like to say a big thank you to Liz and helpers for a lovely meeting at The Waterton on Monday 26th July, it was so nice to be able to catch up for a good old chat with friends we have not seen for months.

Sandy and Mike Bowers



Sorry there aren't photographs from all our coffee sessions but we, the committee, were as excited as everyone else to be there—catching up with friends and gossip after months of isolation and photos of the events were often forgotten until you had all gone home! ‘

U3A SINGING GROUP



Thirteen members of the U3A Singing Group got together for a coffee morning on a beautiful sunny 13th July in Iris Phillips magnificent garden. We didn't sing, just had a good catch up chat as we have not been able to meet since last March.

The group is still unable to start meeting again just yet and we will then need to find a new venue as the Catholic Church no longer takes outside bookings. When we restart we will welcome additional members of any ability, so if you fancy having a sing along, watch this space.

DAVID PERKINS
Group Contact

U3A MAH JONG GROUP



Today we restarted the Mah Jong group after 16 months of not playing. Nine of us met at the Community Centre and following all the protocol of the centre and U3A, we had a lovely morning. It did take some time for our brains to click in but I am sure that everyone got into the swing of it eventually.

I would like to pass on many thanks to the group who all held together during lock down, and who suffered my weekly ramblings on emails.

I would also like to pass my thanks on to Garth and Liz, whom I must have driven mad with questions, moans and groans over the past few weeks. I could not have done it without their help.

Now that we are using a larger room we MAY eventually be able to accommodate new members. We all look forward to more social events in the near future.

PEG TORRANCE
Group Leader

U3A WEDNESDAY GARDENING GROUP



Fifteen members of the Wednesday Gardening Group met in Jane's garden at Deeping St. Nicholas. This was our first meeting since February 2020 and everyone enjoyed the normality! The weather was kind to us and we were able to look round Jane's garden before enjoying refreshments and general chat on the lawn. Our next meeting will be on 11th August at Angie's house.

Report: JANE COOKE
Group Leaders: JEAN FOSTER / JANE COOKE

U3A CYCLING GROUP



Five of us took part in this month's ride on a lovely sunny and windless day. We left Deeping and made our way to the cross roads at West Deeping. Here, after a long wait to cross the Stamford Road (must have been a long holdup at Tallington Level crossing), we continued along King Street to Stowe Road and then into Barholm.

Carrying on from here we meandered through Greatford, stopping for a few minutes, moving on from here to Braceborough, another lovely village, then onto Wilsthorpe stopping on the way for the obligatory photo. From Wilsthorpe we continued back to King Street and onto Langtoft where we stopped at the Waggon & Horses for a very nice lunch in the Pub garden.

A very enjoyable 13ish mile trip which was organised by Fred, so thank you Fred for a good trip which everyone enjoyed'. We are now looking forward to our next ride which will be on the 20th August.

JIM TORRANCE
Group Leader

WELCOME TO NEW MEMBERS

Helen Bembridge, Deeping St James,
Janet and David Ladds, Market Deeping.



U3A HISTORY GROUP

A bit of modern history—who is it?

On August 16th 1977, one of our famous legends died.

He was born in 1935, in Tupelo, Mississippi. His mother’s name was Gladys and his father’s name was Vernon.

There was Scottish/ Irish and French Norman blood in his ancestry with his mother also believing that his grandmother was Cherokee!

His life was short and he died of heart failure amongst other things. He was to become known worldwide and his legacy carries on.

By now you will have guessed that the legend in question is none other than Elvis Aaron Presley, the second of twin boys born to Gladys. The older brother was still born.

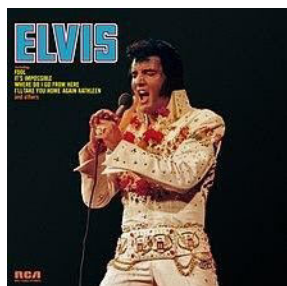
In 2021 it was revealed that Gladys was actually of Jewish descent. Her maternal grandmother Nancy Burdine emigrated from what is now Lithuania around the time of the American Revolution.

Elvis’s voice and his songs are still very recognizable today. Who still knows the words to ‘Love me Tender’, ‘It’s Now or Never’ and ‘The Girl of my Best Friend’, off by heart? To mention just three of his 600 recorded songs.

Which one was your favourite?
 Did your parents like him?
 And..... did you have his picture on your wall!!



Don’t you wish you could do this now?



What a costume?

In Porthcawl (South Wales) every year they have an Elvis Lookalike competition. People come from all over the world to compete.



It’s a funny old world isn’t it?

SANDRA JONES
 Group Leader

Thanks again Sandra, once more you have pulled another interesting article out of your ‘Pandora’s’ box. Your support each month is greatly appreciated. Were it in my power to give you a medal I would make it two!! A

TORPEL WAY WALK July 27th.

Eight Members were ‘ferried’ by family to the Bretton Centre to the start of our walk along the Torpel Way. We set off at half past nine led by Godfrey on the waymarked trail of 11 miles (ish), linking the Cathedral



city of Peterborough with the ‘old world’ stone town of Stamford.

Though rain and thunder and lightning had been forecast, the weather held and we had a successful tramp through lovely scenery, with corn and barley fields ripe and ready to harvest. We took a lunch break in the fields of the old Torpel Manor.

The Trail was a joy to walk stretching through some of the best countryside to be seen locally. Skirting them, but with views over the fields to the villages of Marholm, Helpston, Ashton, Bainton, Ufford, Barnack and Uffington.

The walk ended at ten to three at the Morrisons’ store where we all caught the local bus back to Deeping. Our thanks go to Godfrey for guiding the walk and arranging the logistics for what was a most enjoyable walk.



A web link to the Langdyke Countryside Trust site with information on Torpel Manor Field. Ctrl - <https://langdyke.org.uk/welcome-to-langdyke-countryside-trust/lct-west/torpel/>

Report by DAVID SCOTT

This sounded like such a lovely walk I felt I wanted to get up off the sofa (for the first time in 18 months and go see for myself But of course I didn’t!! A

U3A POETS AND POETRY GROUP

Our August meeting was held in Kathleen’s garden on a lovely sunny afternoon. This month our letter was ‘P’ and all members brought along a lovely selection.



We had ‘The Peace of Wild Things’ by Wendell Berry; ‘Please Mrs Butler’ by Alan Arlburg; ‘Ph for phenomenal Woman’; by Maya Angelou; ‘Pan With Us’ by Robert Frost; ‘Poet-Tree’ by Earl Birney; ‘Prodigal Friend’ by Felix Dennis; ‘Petals’ by Amy Lowell and ‘Physics and Beauty’ by Boris Slutsky.

Next month’s meeting is a challenge - looking for poems with the letter ‘Q’ - if not we will have the letter ‘R’.

Our thanks go to Kathleen for hosting the meeting.

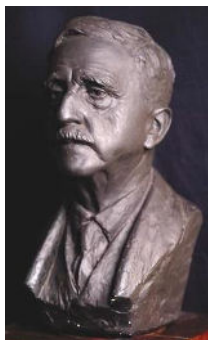
IRENE BEEKEN
 Group Leader

U3A ART APPRECIATION GROUP

SYDNEY CURNOW VOSPER
1866 -1942

When I was growing up in The Rhondda Valley, most Chapel worshippers had the painting below on their wall in the front room. We didn't have one in our house as we went to church!!

The painting is by artist Sydney Curnow Vosper who was an English artist and etcher of landscapes and figure subjects. His later work



U3A CRAFT GROUP 2



Our "usual" craft day back in the day when things were normal, happened to be Monday 19th July, so-called "Freedom Day" this year and we did manage to meet. It did feel a little like freedom, but just five of us and it was great to be back, catching up on the last 16 months and tackling a super-efficient card from Heather (thanks to her) when we managed to make two cards from one sheet in interesting shapes. An excellent re-start and enjoyed by all.

We are planning to meet again in August at Kath Allen's house, with as yet an undecided project to tackle! See you there at 2pm.

LIZ NOBLE
 Group Leader

U3A MONDAY WALKING GROUP



On a fine, dry and warm morning 18 members joined in a circular walk of just under seven miles from the Cattle Market at Stamford. Meandering through the streets and along the river we entered Burghley Park from the Barnack Road entrance and continued the walk through the Park, with the House shining brightly in the sun, before exiting at the main gate and joining the estate footpath up to Pilsgate where we turned right down the Wittering Road before arriving at the Barnack Drift road junction and thus were able to escape the road walking and re-enter the Burghley Estate grounds. Continuing through several fields and viewing Burghley House from way back, we reached the Burghley Park Golf Course which eventually led us back to the St Martins area and the downhill route back to the Cattle Market to be followed by lunch across the Meadows at the Wetherspoons pub.

One interesting aspect of the second part of the route as the photograph indicates, was the passing of one of the Horse Trial jumps and what a jump it is. Alas, it was a jump too far for the group so we quickly carried on past it!!!

The walk was led by myself and David and was another new route for some of the members which is very encouraging.

The next walk on 6 September 2021 will be from the Queen's Head at Nassington. Further details will follow in due course.

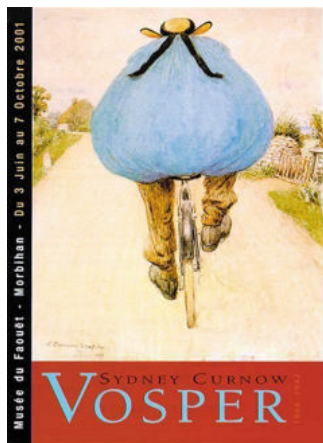
Report: GODFREY PARKES
 Photo: DAVID SCOTT
 Group Leader: STEVE HANSON



had an association with Wales and Brittany. His most famous work is called Salem. Salem was the name given to at least one chapel in an area of the valleys.

It is said that you can see the face of the devil in the folds of her shawl.

Not sure how they knew what the devil looked like!!



He had some beautiful paintings. This one shows that he also had a sense of humour.

SANDRA JONES
 Group Leader

U3A "WANDERERS" WALKING GROUP

The July walk, led by Stuart and Barbara Wilson, started at The Golden Pheasant, Etton, on a warm dry day. It followed a circular route near to the current quarry workings and around Maxey lakes.

Despite the sound of lorries depositing spoil to create a reclaimed landscape, it was lovely to be out in the fresh air and to enjoy a wide variety of flora at its very best.

The walk, which was a leisurely 4.6 miles, culminated at the pub where we enjoyed lunch outside. As we sat down under large umbrellas the heavens opened but it did not dampen our enjoyment of the day!

HILARY & BARRY AKAM
 Group Leaders



U3A DISCUSSION GROUP

The Discussion Group is up and running again and is hoping some new members will come and join us. Meetings are on the second and fourth Mondays of each month starting at 10.30am and ending around noon. We meet in members' homes but there is no obligation to host.



Topics for discussion are agreed in advance to form a programme of three or four meetings with a brief introduction to each topic, usually. No topics are taboo and the atmosphere is relaxed and friendly with more than a little mirth.

JIM WINSTONE
Group Leader

U3A SCIENCE GROUP

For our July meeting twenty members of Deepings and Bourne U3As joined a Google Meet presentation by Lyall Seale entitled "**Our Skin - an extraordinary organ**". Not generally thought of as an organ, it is in fact the largest organ of the human body.



Lyall's well researched and presented talk contained a host of detail and facts:-

- The multi-layered structure contains, amongst many other things, 11 miles of blood vessels.

The skin is waterproof, sheds 30,000 to 40,000 dead cells every minute, and renews itself entirely every 28 days.
- There are a number of finger print types, which do not change in our life time.
- Haemostasis stops bleeding and begins the healing process in minutes after a wound occurs.
- The ageing of skin through Sun damage and human hopes for an anti-ageing product.
- Various receptor cells in our fingers and toes detecting tiny changes in pressure, temperature, and vibrations giving us our sense of touch.

The Group thanked Lyall for his fact-packed and interesting presentation.
Report: DAVID SCOTT

Group Leaders: GARTH PERRY / DAVID SCOTT

THE GIFT....?

I'm wary of my new 'Sit-Up-on-Mower.'
Not my idea you understand.
My family thought it a great idea -
'Now your lawn will not get out of hand!'

There was a book full of instructions
in print too small to read
With patience, they explained
how it worked.
Usefulness of course guaranteed.

Well of course, I had to try it.
Churlish of me to refuse,, BUT,

I no longer have any flower beds
My gazebo, well did I ever use?
The pond is under what's left of the shed.
My hammock has bid its adieus.

Now the 'THING' sits alone in the garage.
No repeat of its frightening debut.
And I am off for a massage
but first - -
I'm calling for 'GARDEN RESCUE!'



ANNE JONES

U3A JAZZ, SWING AND BIG BAND GROUP

Our 'virtual' programme for July was compiled by Barbara Baylis and we heard 'BARBARA'S CHOICES'. Louis Armstrong got us off to a good start and it's worth mentioning that he died 50 years ago on July 6th.1971.



'West End Blues' came from Louis and his Hot Five. Coleman Hawkins gave us 'Body and Soul' and Gene Krupa accompanied Anita O'Day with 'Let Me Off Up Town'. 'Lover Man' was sung by Billie Holiday and Ella Fitzgerald followed with 'It's Only A Paper Moon'. We heard tracks from Thelonius Monk and Nat King Cole was on 'Route 66', written by Bobby Troup while travelling from Pennsylvania to Los Angeles. Three items from Duke Ellington followed and then Bing Crosby joined him for 'St. Louis Blues'. 'Jeeps Blues' was the offering from Johnny Hodges, Billy Strayhorn and Bill Evans.

Fabulous British Dance Bands gave us 'Deep Purple', featuring Peter DeRose and Denny Dennis (sometimes referred to as the British Bing Crosby). Another from the Duke who, played 'Sophisticated Lady', 'Tenderly' was from Jack Lawrence and Walter Gross followed by Lars Erstrand and then 'Autumn Leaves' featured Bill Evans, Scott LaFaro and Paul Motian. Anita O'Day then sang 'Sweet Georgia Brown' and Martha Tilton was accompanied by Benny Goodman when she sang 'Bei Mir Bist Du Schone'. 'Struttin with some BBQ' came from Casey Max and the Dixie Kats, in appreciation of the jazz played at the Toft Jazz Club.

Barbara's morning ended with a real favourite - 'Misty,' by Erroll Garner, composed whilst he was flying to Chicago for a recording session. Thanks to Barbara for a great collection of music.

Report: ANNE JONES
Group Leaders: PHIL JONES / ANNE JONES

U3A GOOD FOOD ('FOODIES') GROUP

Al fresco dining being all the rage and The Foodies, always up with the zeitgeist, held their July luncheon in Hilary and Barry's garden on a warm and dry day in July.

A spicy gazpacho was the refreshing starter followed by various quiches, sausage rolls, Greek salad, other delicious side dishes and some home smoked Rutland trout. Completing the eclectic menu we finished with tiramisu, strawberry gateaux and an excellent cheesecake.

The above was washed down by a selection of summery wines. All in all it was a very pleasant afternoon and our first live gathering for some considerable time.

Report: BARRY & HILARY AKAM
Group Leader: KATHEEN TANNER 01778 343236



Kathleen added the comment: Great picture of Foodies summer garden party (July), courtesy Hilary and Barrie Akam. Lovely to meet people live after so many months of 'Zoom' meetings.

HELEN PERKINS has asked for the following message to be included in this issue:

It is the start of harvest, can you remind cyclist and walkers the combines and tractors are going to be very busy trying to get the crops in before it rains again. They have only a tiny slot in the weather to do it. They need a long stretch of the road to get by cyclist and walkers.

U3A “STROLLERS” WALKING GROUP



Our stroll in July was a pleasant walk around the village of Maxey. Starting from Tucker’s Nook in the village we ventured through the woods skirting the lake to the west of the village, before arriving at Maxey Mill.

After stopping for a group photo, we walked around towards the church at the crossroads, then walked back towards the village. Turning away from the road, we walked through the wood mentioned above and back to Tuckers Nook. Some souls thought that was it for this month, but no, we carried on down Blind Lane and back up School Lane, admiring the various cottages, quite a few of which had thatched roofs.

Further down West End Road we cut across a field towards the old road which led to Market Deeping before returning via Castle End Road and back to Tuckers Nook.

Details of this month’s stroll will be given to group members in due course..

BOB DELLER
Group Leader

Had to find a space for this lovely photo David sent among others from the walk this morning. Hoped it might wet the appetites of members of the “Church Mice” group. Have heard there is a possibility this group may be up and running again shortly. ANN

U3A THURSDAY WALKING GROUP



After all the recent days that have been punctuated with heavy showers it was a pleasure to have a morning free of any rain to enable Olive Parrin to lead a group of 11 members on a walk from The Red Lion at Warmington (but not on-sea this time!!). Leaving the pub, the walk followed the Nene Way route past Warmington Mill before continuing through the fields to Fotheringhay where we could update our knowledge concerning the Castle, Church and various plaques around the village. We then turned right in the village and headed through the wheat fields which are now ready for harvesting until we reached Elton Lock. Here we were able to watch some youngsters paddle boarding or kayaking before a passing river boat worked its way through the lock and on towards Peterborough. We then progressed through more pasture land and by what appears an almost completed quarry creation and lake before arriving back at the Red Lion for a very good lunch. Many thanks to Olive for leading the walk and organising the lunch.

The next walk on 9 September 2021 will be led by Geoff Fitzjohn and will be around the Luffenham’s commencing from The Fox, 1 Pinfold Lane, North Luffenham, Oakham LE15 8LE. If you would like to attend this walk, could you please e-mail Geoff on jfitzjohn53@btinternet.com or telephone on 01733 252712 by the Tuesday evening preceding the walk, if possible, and also indicating whether you will be staying for lunch. Photos: DAVID SCOTT

GODFREY PARKES / DAVID SCOTT
Group Leaders

