



Deeping St. James

The Deepings Third Age Group

Reg. Charity No: 1166782

NEWSLETTER

[Visit our U3A](#)
[Deepings Web site](#)



Market Deeping

Issue No. 190

JUNE 2019

JUNE AT BRESSINGHAM GARDENS



These lovely photographs of Bressingham Hall and Gardens in Norfolk were taken by David Scott. Thank you David for sharing them with us.

Chairman's Reflections



In common with many of you, I am sure, I found the ceremonies surrounding the 75th Anniversary of D-Day very moving and inspiring. In particular, the focus on the last surviving Veterans of the landings and the subsequent battles for the control of Normandy, was so inspirational. The spirit, modesty, and sheer courage that they exhibited was humbling, and it was good to see and hear how much the representatives of younger generations at the ceremonies understood and appreciated the huge sacrifices they had made to protect their freedoms.

It never ceases to amaze me that so many of the survivors of the 1st and 2nd World Wars have lived to such old ages. They suffered long periods of time in dangerous and insanitary condition, in trenches, on treacherously muddy battlefields, being shot at and bombed, or in PoW camps, being severely ill-treated. In our times, when they returned from these ordeals, most would have been diagnosed as suffering from Post Traumatic Stress Disorder, and have been counselled and treated with various therapies, before being eased back into civilian life. Instead of which, most were "demobbed", given a heavy, rough, ill-fitting, grey suit, and left to fend for themselves.

The other thing that I found very impressive, was that the surviving Veterans didn't bear anyone ill-will, not even the German soldiers who fought against them, and acknowledged their debt to the civilians who supported them, both at home, and in occupied Normandy, and who also suffered many hardships and dangers. We should be eternally grateful to those who defended our freedoms.

It was an amazing coincidence that "Reach for the Sky" was on the television on the 7th June. A couple of days before, I had quoted from it, when corresponding with my old college mates. Of our class of 14, 12 of us have survived to date, albeit in various states of decrepitude! One of our number has just suffered a major stroke, and we are trying to work out how the rest of the group can get together and visit him in hospital in Weston-Super-Mare. The emails indicated that amongst us there were two hip replacements, two knee replacements, and a rebuilt ankle, as well as many arthritic joints, all of which make travelling not a simple operation (probably not a good choice of words!).

As I was reading these replies, the old Lanchester College humour kicked in and I remembered a scene from "Reach for the Sky". Douglas Bader, and some of his fellow amputees and patients from the hospital, were setting off in a "borrowed" car, for a night out in the adjacent village. As they were driving along in this very overloaded car, with various plastered or false limbs, crutches, and other walking aids, sticking up in the air and hanging over the side, a question was asked -

"What are we going to say if the police stop us now?"
To which Douglas Bader replied -
"We'll say we haven't got a leg to stand on!"

What a grand thing this good old British Spirit is. We will probably need it in the next few months!

All best wishes
GARTH
Chairman



WELCOME TO NEW MEMBERS

Kathleen Salt, Market Deeping, Donald Monk Ely,

Committee Members 2018/2019

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	Co-opted
Ann Holmes	Newsletter Editor
David Scott	Newsletter Distribution/ Webmaster

Programme of Speakers

2019

17 June **FENLAND FOLKLORE** by Dr Maureen James who explores the folk beliefs of the people of the Fens, dating back to times when the ground was subject to inundation and life was at the mercy of weather and people felt the need to protect themselves and their property from harm.

15 July **THE STORY OF MISTY MEADOWS ALPACAS.** Karen Hepworth-Lavery talks about her career change from headmistress to setting up and running her Alpaca Farm in Maxey..

NO MEETING IN AUGUST

16 September **A HISTORY OF TOLTHORPE HALL AND STAMFORD SHAKESPEARE COMPANY** by Mike Harrison.

Unless otherwise stated all monthly meetings are at **THE METHODIST CHURCH**, Deeping St. James. Doors open at 9.30 am. To enable us to set out chairs, etc., **please do not arrive before this time.** Coffee served until 10.20 and meetings begin at 10.30 am.

MEMBERSHIP RENEWALS DUE BY END OF JULY 2019 –



As mentioned last month, renewals are due and just a little reminder to PLEASE put cash/cheque subscriptions in an envelope with the **completed form** (both pages!) and EITHER put in the box on the Reception Desk at a monthly meeting or post/deliver to **Membership Secretary**.

The completed renewal form is also required for payments made by BACS. Please hand in at meeting or post/deliver as above. Thank you for your co-operation.

LIZ NOBLE,
Membership Secretary



GROUP NEWS

Sad news for a couple of our groups - **“Over the Garden wall” garden group** will be folding unless someone wants to help out. I am sure we have lots of members interested in gardening, can you help out please?

The Natural History Group is struggling to find new members, they have lots of exciting events coming up, but will be unable to continue unless they have some new members.

Please consider helping out and joining up you never know what you might be missing!

In addition to the above groups we have had the following from the **Singing Group** who are looking for new members. Their message: **"Come and have a sing and chat - it's good for you! Join the U3A Singing Group"**.

Details of all our Groups together with contact phone numbers are, as ever, on the back page of this Newsletter. If anything changes in your group please let me know by phone or email.

SUSANNE HOADLEY
Groups Co-ordinator

Unfortunately the following report arrived too late for inclusion last month.

U3A “WANDERERS” WALKING GROUP (May report)



What a turnout! Twenty one ‘Wanderers’ commenced their May walk, in glorious sunshine, from the Bertie Arms in Uffington. Heading through the village and across fields towards Belmesthorpe, we encountered many colourful wild flowers along the edges of freshly growing crops. Moving on, we came across an excellent panoramic view over Stamford, as we made our way down towards the River Gwash. We proceeded through the outskirts of Stamford, returning back, through the fields, to Uffington.

Our walk concluded with an appetising lunch, al fresco, in the warm sunshine at the Bertie Arms. Report: HUGH & ANNE CASSIDY

Group Leaders: HILARY & BARRY AKAM

U3A CYCLING GROUP



This month’s ride took us to Langtoft, through Greatford and on to Carlby. From Carlby we continued to Essendine, back through Greatford and Stowe and returned to Deeping for a well-earned lunch. The distance was approx. 17 miles on country roads seeing flocks of Canada Geese, pairs of Red Kites and trains (not getting stopped at crossings for a change).

Anyone wishing to join us for a 'taster' with a roadworthy cycle will be welcome. We generally cover about 12-18 miles between 11.00 and 13.00 on the 3rd Friday of the month.

FRED SKIPPER
(Acting) Group Leader

U3A HISTORY GROUP

Peterborough’s Blue Plaques (Not Blue Badges)



Today, we were treated to another visit from Toby Wood who is a member of the Peterborough Civic Society. He gave us a lively talk about the recent replacement of the old rectangular plaques, which were dotted around the city, with round blue ones, measuring either 13 or 18 inches in diameter.

It was a very informative talk as we didn’t realise the rules that had to be followed in order to be able to qualify for a plaque and also the regulations that were in force about where they could be placed. The Civic Society had paid for most of these plaques and the council for a few of them. They were seen as an interesting focus for visitors to the city and also as an additional feature to the centre. There were plans to add several more in the near future, bearing in mind that there are, at present, none representing the female contribution to Peterborough’s history and development.

One family were mentioned as a possible Blue Plaque holder and that was of the Sage family. All 11 members of the family were lost when travelling to America-----On the Titanic.

The talk was amusing, there were contributions from the audience and hopefully, Toby will come and visit again. Thank you to everyone who helped today. Many hands make light work!

Next month Liz Waterland is giving a talk on The History of The Red Cross. Reminder that the balance for the August visit to Colchester is due in June. Report: SANDRA JONES

Group Leaders: SANDRA JONES / ELIZABETH PARKINSON

U3A GARDENING 4 PETALS AND PRODUCE GROUP

Ten of us met in Eddie and Chris Adams' lovely garden on a beautiful day, to swap spare plants and generally discuss our gardening efforts and plans. We had a very pleasant time and I think we all came home with some new plants to find spaces for. We look forward to seeing the results in due course.



Our next meeting (18th June) is the coach trip to Felley Priory and Newstead Abbey organised by Eddie Adams.

KATHLEEN TANNER
Group Leader

U3A ART APPRECIATION GROUP (Report for May)

This month we were very fortunate to have the Reverend Philip Spence with us. His talk was entitled 'Caught in the Moment'. It related to paintings that reflected what we would call instant picture taking and the modern day 'selfie'.



He began his slide presentation with a wall painting from in a cave in France. It was of a stencilled hand and dated back thousands of years. It was a left hand and the effect was made by chewing charcoal and another natural medium and spitting it out around the hand. The effect had remained on the wall until discovered many centuries later. He progressed to the famous hunting scene from a cave and theorised about the use it may have had, perhaps in teaching the novices how to make a successful kill? He then showed the 'Minoan Bull Leaping' fresco and the technique used! (Do not try this at home).

All of the paintings shown were frozen in time. Examples shown:

- Man with Hoe by Millet
- The Annunciation of Cortona by Fra Angelico,
- The Kiss of Judas by Giotto,
- The Bean Eater by Carracci.

He ended with Hanshan and Shide who are Zen paintings dating from 618 to 907. It was a lovely morning. Thanks to Lin for organising it.

Next month we are at Corby Glen viewing an exhibition, followed by coffee/lunch (not pre- arranged). In July we are with the Church Mice in Cambridge.

There is no meeting in August. Details of September's meeting will be given out nearer the time but we have three great speakers in the autumn and a Christmas get together in December. New members welcome.

Thanks to everyone who helps.

Report: SANDRA JONES

Group Leaders: SANDRA JONES / YVONNE McCULLOCH

U3A "OVER THE GARDEN WALL" GARDENING GROUP



Our May meeting was a joint venture with the Antiques Group to Lamport Hall and Gardens. This was a successful private visit arranged specifically for our groups. Pre arranged refreshments were provided in the lovely dining area. Thank you Pam for inviting us to a very pleasant well organised day out.

It is with regret I have to tell you that our next meeting may be the last meeting of our group as no other member(s) willing to take over the responsibility. We have been running for a very long time and it is sad to see something that has been enjoyed by so many come to an end.

Next meeting: A private Garden visit to a garden in Ashton on June 25th at 10.30am. This visit has been arranged by Pat Dethick and you need to confirm that you will be attending and she will give you full information when you ring. Refreshments will be provided. Cost: a donation to charity.

Group leaders: MARGARET GRIFFITHS / JOSIE SMITH

U3A ANTIQUES AND COLLECTABLES GROUP



For our May meeting we were joined by members of 'Over the Garden Wall' Garden Group, and we made our way by coach to Lamport Hall and Gardens situated in the Northampton country side.

On arrival we were met by members of staff from the Hall, and had coffee in the dining room, where we returned later for afternoon tea. Members who just wished to visit the gardens then made their way there, and the remaining party had a guided tour of the house.

Developed from a Tudor Manor House with a fine classical frontage, Lamport Hall is full of character and was home to the Isham Family for over four centuries. The fortunes and interests of each generation have all left their mark, the house is full of furniture, books, china, and paintings collected by the Isham family who lived at Lamport for over 400yrs.

Sir Gyles Isham, the 12th Baronet, died in 1976, and his will bequeathed the Hall with its contents and Estate, to the Lamport Hall Preservation Trust, which he set up to carry on the lengthy restoration programme he had begun for the survival of the Hall and Estate. We were blessed with very nice weather, and I'm sure we all had an enjoyable time there.

Our next meeting is on June 24th at the usual meeting place, we are looking forward to Sofie Chapman from Batemans Auctions giving a talk etc.

Report: IRENE BEEKEN

Group Leaders: IRENE BEEKEN / PAM PENDRY

(Inset pic: Irene taking a well earned rest!)

U3A GOOD FOOD GROUP

Eight members of the Good Food Group went for a very interesting visit to the Hambleton Bakery this month. We were shown round very thoroughly by Rob Hill. We were impressed by how big the whole operation was, although the premises near Exton are not very big. (Going to move fairly soon to larger premises close to the A1).



They produce a big range of bread, cakes, savouries etc. every day and have delivery vans going out six nights/early mornings a week to their own shops and major users. They use local good quality ingredients whenever they can, but also get different flours from around the country.

We saw all the equipment, the wood burning oven, mixers etc. and staff members icing cakes, making cheese straws etc. as well as the retail shop. Inevitably some purchases were made, and then we returned to Deeping to sample some bread with cheese and wine. A very enjoyable morning!

KATHLEEN TANNER
Group Leader

U3A SUNDAY LUNCH GROUP

Lunch this month will be on Sunday, 23 June at the Blue Bell, Helpston.

Members wishing to attend should notify Tony Semper or Michael Griffiths or add your name to the list at Monday's meeting.



U3A MONDAY WALKING GROUP



Twenty five of us met at The Wheatsheaf, Edith Weston for the walk being led by Geoff and Julie Fitzjohn. It was an excellent weather day for walking, not too hot with a breeze. Needless to say I was the only one in shorts and managed to avoid being nettled somehow!!

The route took us along footpaths from Edith Weston, North Luffenham, South Luffenham and loop return via North Luffenham. There was some great countryside to walk across, overall a lovely walk of 5.78 miles (by my measurement anyhow !!)

North Luffenham St John the Baptist church contained graves of WW1 and WW2 graves, including those of Canadian Servicemen who died during WW2 whilst serving there. There are lots of interesting facts about this area which can be found on line.

A good meal was had at The Wheatsheaf and a big thankyou to the Fitzjohn's for leading the walk. The July walk to be advised.

STEVE HANSON
Group Leader

(Between them, Steve and David sent me seven pics of this walk and it was a hard choice but I used one of Steve's. Check end Newsletter in case I have any space for more! Ann)

U3A POETS AND POETRY GROUP

We had the letter 'C' for our challenge this month and came up with some excellent choices. Adrian Mitchell gave us 'Celia, Celia', 'Call the mountain rescue' from Pam Ayres, 'Crow Hill' from Ted Hughes, 'Crossing the water by Sylvia Plath, 'Clerihews' by E C Bentley, 'Composed upon Westminster Bridge' by William Wordsworth, 'Code poem' by Leo Marks, 'Come live with me and be my love' by Christopher Marlowe, 'Cathedral Builders' by John Ormond, and 'Cargoes' by John Masefield.



We spent a lot of time discussing all the different words and meanings of the poems, and found it most enjoyable. Thank you to Susanne for hosting the meeting and making us so welcome.

Our next meeting is on the 1st July.

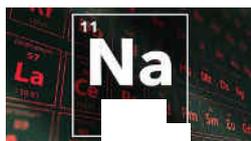
IRENE BEEKEN
Group Leader

U3A SCIENCE GROUP

By the skin of his teeth, Garth came up with a presentation in time for the May meeting, on the subject of Sodium. After reviewing the basic properties and reactions of the element, the biological and neurological effects of Sodium in our bodies was investigated, and it was agreed that it is an important electrolyte, which is very influential in our health and wellbeing.

Our June meeting, on Tuesday 18th, will take the form of a visit to the Energy from Waste plant, at North Hykeham, Lincoln.

Group Leaders: GARTH PERRY / DAVID SCOTT



U3A FLOWER ARRANGING GROUP



At our meeting last week we had the pleasure of a demonstration by Margaret and Wilma of how to make a 'Tied Bunch' of flowers. We were then guided to do our own version which we all enjoyed and were pleased with the results. It is a great way to make a gift bunch or even adapt it with ribbon binding the stems to make a bouquet posy for a wedding.

Next month will meet on Thursday July 4th when we will be doing a curved arrangement of our own choice. There will be no meeting in August.

PAT LUDLOW
Group Leader

U3A "STROLLERS" WALKING GROUP

Our stroll took place on Spring Bank Holiday Monday morning, when only a handful of 'Strollers' took part in what happened to be the group's 100th stroll. Although the morning was cloudy, it was a very pleasant day for those who took part. We met at the Farmers at Yaxley, before driving to Farcet to start our walk, which was led by Searle Clark.



The first part of the stroll took us around Crown Lakes, which is a man-made lake, created when clay was extracted for the manufacture of bricks, which was an industry which dominated the southern part of Peterborough for a number of decades, before it's demise about 30 years ago. Some members of the group recalled the various brickworks which prevailed in this period in Yaxley, Farcet and Fletton.

We then joined the Green Wheel cycle route which took us over the East Coast Main line and we heard trains racing north and south to London and the north. On the west side of the line we noted a lot of re-generation taking place, in particular housing and we could see that Peterborough was doing it's bit to meet the housing demand. A cuckoo was heard as well as other species of birds to be found in this terrain.

We finished the stroll returning over the railway line and back to our cars for the short drive to Yaxley for lunch and so we completed the 100th stroll since the group was formed.

Our stroll this month is on 24 June and will be led by Geoff Fitzjohn. We will be breaking new ground once more, as we return to Northamptonshire and Geoff's old haunts around Wadenhoe, near Oundle. Members wishing to take part should contact Geoff a few days before.

BOB DELLER
Group Leader

U3A CRAFT GROUP 2

Just four of us this month, but thanks to Kath's help I managed to prepare a "w" card for us to try. It was a multi-layer assembly project but worked quite well and it was good to have Avril back with us.



Meeting on 17 June will be at Pam Ready's house, 49 Broadgate Lane and thanks to her for hosting it, and thanks too to Barbara Baylis for bringing some prick and stitch items to tackle.

LIZ NOBLE
Group Leader

U3A "PACERS" WALKING GROUP



Twelve 'Pacers' met in Folkingham Village Square for our June walk. The day was bright, sunny and warm and the ground underfoot was firm, much to our relief after the previous day's downpour.

We headed down the village to Greenfields Lane then crossed over fields to join the farm track into Laughton. We then walked up the road for about 2/3 mile to rejoin Greenfields Lane at its far end. (Greenfields Lane must be one of the longest lanes in the country!!!) We followed the afore mentioned lane back into Folkingham, a round walk of 4.5 miles. An excellent lunch was then enjoyed by the group at the New Inn.

The next walk will be on July 3rd from The Ruddy Duck in Peakirk led by Stuart Wilson, further details to follow. **New members are very welcome to join us.** Report: BARBARA MCNICOL

Group Leaders: LYNN & STEVE WHITE

U3A TEN PIN BOWLING

Someone asked when did we start Bowling and how long is it now? Well our first bowl was in August 2011 and it does not seem that long ago.



As in other groups some people move away and some new ones join, but the group we have now are very good and like bowling. We do not compete at all only with ourselves and as the years have gone on we seem to be getting better. Take Dave Blessett for instance, the last meet he managed to get five strikes which is no mean streak. The maximum you can get is ten strikes so he is half way there.

Having been at Bretton since 2011 we have seen some changes too. New owners who refurbished the whole alleys and now are very modern. It does not make us bowl better but that's up to us.

Report: DAVID LUNN

Group Leaders: DAVID LUNN / CHRIS PATMAN

U3A WRITING FOR PLEASURE GROUP

As usual we had plenty of amusement at our June meeting, and also listened to some interesting pieces, each one on a different topic. Julie had written a piece from our list, using dialogue to hold our attention while we listened to a 999 call made by a six year old girl whose mother had collapsed. It worked very well without any narrative.



Maureen's story was based on fact, and was about two cats, written in the first person. It was very amusing, hearing the story from the cats' point of view!

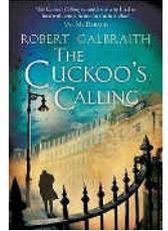
For the next few months we will continue to take topics off the list we compiled, or if we prefer, choose something different to write about. The aim of our group is to enjoy our writing and also the social aspect of our meetings.

JUDY ROBINSON

Group Leader

BOOKWORMS Reading Group

"The Cuckoo's Calling" by Robert Galbraith



A beautiful model, Lula Landry, has fallen to her death from a balcony in Mayfair in the early hours of a snowy morning. It looks like suicide ~ but it could be murder? Lula is somewhat unstable and her circle of friends and acquaintances varies from super-rich rock stars to poor drug addicts.

Her half-brother, by adoption, hires Cormoran Strike, a private detective, to investigate the circumstances of the tragedy. Strike is a large, bluff man, a heroic ex-soldier who lost part of his right leg in Afghanistan. He is glad of the job because at present he is homeless and in debt. He works from a rundown office with the help of a temporary P.A. Through hard work and much inspiration, he tracks down the characters who might have a motive to kill Lula and as the net tightens he is in danger of becoming a victim himself.

This is a brilliant thriller. Detailed descriptions of people and places make the most unlikely characters credible and the plot can only be the work of a master storyteller, Robert Galbraith, alias J.K. Rowling. Although there were differences of opinion, it is highly recommended.

Next meeting at June's home, 2pm on Monday 24th June 2019.

Report: NANCY TITMAN

Group Leader: ANN THORNTHWAITE

U3A THURSDAY GARDENING GROUP

It was with great excitement, having recently seen Rob Marshall featured on BBC Gardener's World, that we had a return visit to his garden under the NGS scheme this month. Rob made us extremely welcome and his knowledge and enthusiasm for his plants and garden made this a very interesting and entertaining visit.



With plants, including trees, hostas, a dwarf clematis and a beautiful peony in well over 600 pots, there was so much to look at in a relatively small space. Rob was full of advice for gardening in small gardens with top tips being to plant snowdrops in pond baskets to make them easy to find and lift in readiness for other planting and for gardeners in small spaces not to be afraid of trees, there being 12 in his garden. I'm not sure how many of us will be washing our birch tree trunks to retain the best possible presentation though!

We finished our visit with a hot drink and a slice of very tasty home made cake. Our next meeting is our summer buffet at Sandra and Mike Bowers' from the slightly later time of 11 AM on Thursday 4th July.

LINDA HILL

Group Leader

U3A WEDNESDAY GARDENING GROUP

Our June meeting should have been a visit to a private 2/3rd. acre garden at Tansor. Everything was arranged but because of the terrible weather it was decided to cancel. This is the first time this has happened to our group.



Our July meeting is our Summer lunch at Dot's so we are hoping for sunshine.

Report: JEAN FOSTER

Group Leaders: JEAN FOSTER / JANE COOKE

Hope Linda Hill didn't mind my using her second photograph for Wednesday Group—it seemed nicer than a Google clip.! A

