

Deeping St. James

The Deepings Third Age Group

Reg. Charity No: 1166782

NEWSLETTER

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Market Deeping

Issue No. 173

JANUARY 2018

DIDN'T THEY DO WELL ?



Just some of the Christmas Elves who worked very hard once again to make our Christmas meeting a success—thank you to them. Your thoughts and suggestions are always welcome so we look forward to hearing from you. And YES, ideas and preparations for December 2018 begin now, so please contact any Committee Member with your ideas **NOW!** (Thanks to KATH ALLEN for photographs.)

Committee Members 2017/2018

Garth Perry	Chairman
Ann Parkes	Secretary
Anne Burton	Treasurer
Liz Noble	Membership Secretary
Susanne Hoadley	Groups Coordinator
Phil Jones	Deputy Gps Co-ordinator
Lyall Seale	Speaker Finder
Kath Allen	
Ann Holmes	Newsletter Editor
David Scott	Newsletter Distribution/ Webmaster

Programme of Speakers

- 2018**
- 15 January **INVISIBLE IMPS** by Christine Carr - medicine and folklore in the Middle Ages.
 - 19 February **PETERBOROUGH CATHEDRAL** Past, Present and Future by Stuart Orme.
 - 19 March **BURGHLEY HOUSE ESTATE** by David Pennell

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.

WELCOME TO NEW MEMBERS

Claire and Kevin Daly, Carol and Trevor Bracken and rejoinder Keith Rush, Deeping St James and Lorraine Stokes, Market Deeping.

CHAIRMAN'S REFLECTIONS



Christmas is over, for better or worse, depending on your view! All we have to do now is to restore our houses to their usual state, and find out where well meaning guests put various items of tableware, when they helpfully did the drying up. The most persistent and frustrating aftermath of Christmas, is the glitter that, despite all the care we took with the cards and wrapping paper, seems to have permeated the whole house. How could this have happened, when we confined the “glittery” activities to one room? The manufacturers don't seem to help much these days either. I am quite sure that as they move to eco friendly, low volatile solvent glue, and less energy consuming curing of the adhesive, the glitter just isn't stuck on as well as it used to be.

That gives me an idea for a new live TV reality competition – contestants could be asked to write ten of the most glitter covered cards, and wrap five of those children's toys that are so weirdly shaped that the paper has to be scrunched up, and the loose glitter recovered and weighed – the winner being the one who got the lowest weight of glitter on the table – beats Strictly for me!

Anyway, I digress (as usual). So we have to spend hours carefully vacuuming worktops, floors, and soft furnishings, and dusting everything in sight. Exhausted, we stagger back into the kitchen to get a soothing chilled drink from the fridge, and at every turn little specs of defiant brilliance catch our eye, on all the surfaces that we were sure we had forensically cleaned! And the last straw – **how did** that glitter get in the fridge!

However there were two heartening scientific reports over the period.

The first claimed to have found a reason why we find it so difficult to stop the overeating that we indulged in over Christmas continuing. Apparently overeating, particularly of sugar containing foods, overstimulates the production of insulin, and this insulin overload makes us feel hungry. This made me feel much better – I'm not just weak willed and greedy after all.

The second report will be music to all men's ears – “man flu” is real, due to the fact that a man's immune system is weaker than a woman's, and so the effect of a simple cold, or the flu, is much greater. We men look forward to much more sympathy in our hour of suffering in the future!

Best wishes for the New Year

Garth

Chairman

U3A SUNDAY LUNCH GROUP

The first Sunday Lunch of 2018 will be at 'The Bertie Arms' at Uffington on Sunday, 28th January, at the usual time, 12.30 for 1.00 pm. If you would like to join this event please let Tony Semple or Michael Griffith (know. Alternatively Tony is usually at the monthly meeting (Monday, January 15th so you can add your name to his list there.

PLEASE REMEMBER:

The email address for your entries in the Newsletter is:

deepingsu3anews@gmail.com

(Note that “deeping” is now “deepings”)



GROUP NEWS



It's a New Year so why not join a new group? I have had several enquiries about the Spanish Conversation Group and as our current group is full up I wondered if there would be any interest in starting another one. Check out the sign up sheet at the next meeting.

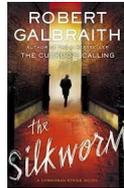
How about a Lawn Bowls group? Just the summer months, - again check out the sign up sheet.

If you have any other ideas for new groups please let me know

SUSANNE HOADLEY
Group Co-ordinator

U3A "BOOKWORMS" READING GROUP

'The Silkworm' by Robert Galbraith.



Owen Quine, an eccentric author, has gone missing. His wife Leonora, employs Cordovan Strike, a private detective to search for him. Strike discovers that Quine has been brutally murdered in bizarre circumstances. The police suspect Leonora of his death, but Quine had made several enemies because of his vindictive writing, so there were other suspects.

This book has many characters, many subplots and twist and turns all cleverly woven together into a cracking whodunit.

Our next meeting will be at Janet's home on January 22nd 2018 at 2pm. Report: NANCEY TITMAN

Group Leader: ANN THORNTHWAITE

U3A HISTORY GROUP

There was no meeting this month (December). Instead, 41 of our members met at the Sports and Social Club for a lovely Christmas meal, courtesy of Clarke's catering. It was the first time we have used Rachael and her team and we were delighted with the food, service and table arrangements.



Thank you to the organiser, Barbara McNicol and to everyone who made the day so special.

Happy New Year to you all and we look forward hearing from Stuart Orme, our speaker for January. Report: SANDRA JONES

Group Leaders: SANDRA JONES / ELIZABETH PARKINSON

U3A UKULELE GROUP

The Ukulele Group has been going for a few months now. There are currently up to seven members but we would welcome a few more.



We can play a few basic chords and have mastered a couple of strumming patterns. One or two can read music but most of us can't yet. We meet in members houses on the 2nd and 4th Wednesday of each month from 2.00 to 3.00 o'clock.

If you would like to have a try, I will run a learners session starting half an hour before the main session to help get you up to speed. If you are interested whether you can play or not call -

MALCOLM HOADLEY
Group Leader 01778 343194.

U3A ART APPRECIATION GROUP

This month, (December) we had a buffet and a light hearted Art quiz. There were 13 of us and everyone brought food to share. Lin set up a very attractive table and also provided the background music. It was really nice to have time for a chat.



The quiz was won by Kate.

We are planning our agenda for 2018 in January. Any ideas are welcome. We meet on the 3rd Tuesday of each month, at the Catholic Church Hall, Deeping St James. New members are welcome. Happy New Year to you all. Report: SANDRA JONES

Group Contacts: SANDRA JONES / YVONNE McCULLOCH

U3A NATURAL HISTORY GROUP

We finished 2017 with lunch at the Coach House and a change of group leaders. Our January meeting is on Thursday 25th January for a walk at Deeping Lakes lead by Norah Littler. Please meet in the car park at 09:45 for a 10:00 start. Fantastic bird species list so far this month including Bittern, 20 Snipe, Merlin, Long Eared Owl, Little and Barn Owls etc. etc. etc.

If you would like to join us for this walk, please email Jo Astle by Wednesday 24th January.

ADVANCE NOTICE:

On February 22nd, Nicholas Watts from Vine House Farm, Deeping St Nicholas is going to give an illustrated talk, 'Farming and Wildlife'. It will take place at the Priory Hall, 10 am, £5 a ticket with light refreshments and proceeds will go to local wildlife groups and the work he does for conservation. It should be very interesting as Nicholas is well known nationally for his work. Please put the date in your diary. The talk is open for all members of the U3A.



Nicholas Watts has always been interested in wildlife and Vine House Farm in Deeping Fen is alive with wildlife, especially farmland birds. There are many conservation measures which he has put in place that has enabled some of these bird species to increase, 30 years ago he had stopped filling in dykes, as he realised that they were habitats for wildlife. "I like to see a lot of birds about and so I try and run our farm so that we do have a lot of birds about; it makes it a lot more of an enjoyable place to be for me and my

family." He was made an MBE in the Queen's New Year's Honours list in for his services to farming and conservation in Lincolnshire.

Report: JO ASTLE

Group Leaders: JO ASTLE / MARGARET BEARDSHAW

U3A "PACERS" WALKING GROUP

For the first walk of 2018 the Pacers settled for a 3.5 mile hard path walk from Glinton to Werrington. Nineteen of us set off from the Blue Bell at Glinton on a very windy but dry Wednesday. It was great to catch up with all the news and gossip after the Christmas and New Year break.



Although the wind was very strong the hedges sheltered us from the worst until we went over the new railway footbridge on Fox Covert Road where we had to hold on to the lighter of our walkers. After negotiating this problem it was all plain sailing back to the Blue Bell and a very pleasant lunch.

The next walk will be on the 7th February and will be round Burghley led by Mavis Smith and Kathleen Martin. Details to follow by email.

STEVE AND LYN WHITE
Group Leaders

U3A SCIENCE GROUP

We didn't meet in December, due to the proximity of our usual meeting date to Christmas. In January, on the 16th, we will meet at The Horseshoe, to scientifically analyse the food on offer.



Advance notice – As notified last month, Keith Townsend is coming back in February (20th) to deliver a presentation about Seasonal Skies. If the degree of interest is sufficient then we will hire a bigger venue. We have already had a few names of people who are not members of our group, who would like to attend. If you have an interest in the presentation, but haven't submitted your name yet, then we must have your name by 16th January.

GARTH PERRY / DAVID SCOTT
Group Leaders

U3A CRAFT GROUP 2

We had a good chat about future craft ideas and most importantly we planned our annual lunch for late January. We will be tackling a little box making this month and look forward to seeing you all on 15 January 2018, 2pm.



LIZ NOBLE
Group Leader

U3A "STROLLERS" WALKING GROUP

Unfortunately, what was to be our final stroll of 2017, had to be cancelled due to the inclement weather which was prevalent over the Christmas period. Although the walk could have covered footpaths and so being manageable underfoot, the rain would have made it a fairly unpleasant morning out.



Having said that only a handful of members of the group indicated that they would come along. This was a shame as it was the first stroll of the year which had to be cancelled because of the weather

Our first stroll of this year will take place on Monday 22 January and we kick off the new year on new ground with a visit to Duddington and Tixover, which are south west of Stamford. The meeting point is the Royal Oak, Duddington at about 10:15 and members wishing to take part should contact me, as walk leader, a few days before.

BOB DELLER
Group Leader

U3A 'DARK SKIES' GROUP

Today was our first meeting of the year. We talked about the International Space Station. It is permanently occupied by people from five different space agencies representing 15 countries. It flies at about 248 miles above the earth and circles the globe every 90 minutes at a speed of around 17,500 miles per hour. It appears as a bright moving light across the sky. At the time of writing the ISS is visible just before breakfast time and is quite low in the sky.



During the coming month we will be looking up to see what constellations we can recognise. When it warms up a bit the telescopes and binoculars will be dusted off and used for a closer look at the heavens.

We are a small group with varied amount of knowledge on this subject but wanting to learn more from each other. If this interests you please contact -

MALCOLM HOADLEY
Group Leader

U3A FILM GROUP

As reported in the December Newsletter, our meetings will be held at the Green School (opposite St Guthlac's Church) in future.



This month's film show will be on Wednesday 24 January at 2 pm. The DVD is "What Ever Happened to Baby Jane?" starring Bette Davis and Joan Crawford, a nostalgic look at Hollywood in the past and a macabre thriller that could still be relevant in this day and age.

Hope to see you there, do come and join us.

Group Leaders: MAUREEN WHITTLE / RITA BROWN

U3A QUILTING GROUP

Our January meeting was to form a new quilting group and the formalities finalised. Special thanks go to Pauline Grey for sharing her experience of quilting and for demonstrating some of her work she has completed to get the group off to a good start. It was lovely to see so many people with varying experiences at the meeting and this group is now full.



Planned activity: The making of a scissors case. *Materials will be supplied. Demonstration: Cutting out of a 'Grommet' Bag. Details of materials needed were given out for those wishing to make one. Our next meeting: Tuesday 13th Feb 10am-1pm at the Deepings Community Centre.

Group Leader: MARGARET GRIFFITHS

U3A MONDAY READERS GROUP

This month being dark and dreary, our group always has a bit of a change for our January meeting. Because the library group readers' service closes down over the holiday, we have no box of books from them and so, after discussing December's book we have a potpourri, when everyone brings a book from their own library to recommend and to lend for January.



Our December book had been *The Missing and the Dead* by Stuart MacBride, a book about the Grampian Police and their day to day work. It has to be said that this was not a good choice for the time of year; grim and grimy, if true to life, it was almost universally disliked for its lack of coherent plotline and its unattractive characters. Several of us were unable to finish it. Two of the group did find its evocation of the frustrated and overstretched police force to be authentic and therefore well worth reading. On the whole, though, we wouldn't recommend it, although other books by Stuart MacBride had been well reviewed.

We were on more attractive ground with our personal recommendations and each book sounded more enticing than the next as the group talked about their choices. At the end of the session everyone had a new book to take away and next month's discussion should be a varied one!

We then toasted Mary's 'small birthday' in fizz that she had generously provided before adjourning to The Boundary for our January treat of fish and chip lunches. And a good time was had by all!

Our next meeting is on Monday February 12th at 10.00 at the Library.

LIZ WATERLAND
Group Leader

U3A GOOD FOOD GROUP

After a fantastic pre -Christmas banquet on 4th December, the Food Group felt that we should be more restrained in January, and so met on 8th January to taste Low Calorie dishes. It will have been noted that the TV chefs also follow this pattern, and some dishes were inspired by Tom Kerridge's recent programme. So we had a bean soup, a sardine dip, delicious bulgour wheat salad, low calorie versions of 'Lasagne' and 'Shepherd's Pie' and a pork dish, followed by Apple and Blackberry crumble (using cornflakes) and an apricot Clafouti.



Thanks to our hosts for their hospitality in December and January. On February 5th we will try Peruvian food - there's a challenge! Guests and new members welcome, enquiries to

KATHLEEN TANNER
Group Leader

U3A FAMILY HISTORY GROUP

At our first meeting of 2018 we discussed the 1939 register. This is one of the most important documents because it captures the world on the eve of war.



It is the only surviving record regarding the population of England and Wales between 1921-1951. The object of the 1939 register was to issue everyone with an identity card and ration books and used later for conscription purposes.

Many thanks to Peg for her interesting talk and slides on this subject.

Report: JOSIE SMITH
Group Leaders : JOSIE SMITH / JEAN BRENNAND

U3A POETS AND POETRY GROUP

This month's Poets and their Poetry group was held at Suanne's. We had to search the letter 'O' for the poets and a very interesting group were found. There were three from Ireland, one from Liverpool and one American. Only two people managed to find the same poet, but with different poems. Due to illness and other events, attendance was lower than usual. Our thanks go to Suzanne for hosting the meeting.



Next month's meeting is on February 5th at 2pm.

IRENE BEEKEN
Group Leader 01778 342300

U3A "WANDERERS" WALKING GROUP



There wasn't much parking space near the bridge over the Welland at Cophill but we just about managed it without getting any of the cars permanently stuck on the muddy verge and fifteen of us set off for our first wander of 2018. Walking close to the river we followed the route of the old Stamford canal upstream towards the eastern side of the town crossing over the river by Hudd's Mill and returning via the Torpel Way. The weather was dank: low clouds, low grey light and low temperatures; the river was muddy and in full winter order rushing past brown fields and leafless willows: a proper Lincolnshire mid-winter.

However, the spirits in the group were high; it was really great to be out in the countryside getting some good exercise and enjoying cheery companionship. We reconvened, slightly mud spattered, at the Millstone at Barnack for a hearty lunch.

Our February walk will be led by Steve Fisk and Geoff Fitzjohn. Details by email as usual.

HILARY AND BARRY AKAM

U3A CHURCH MICE GROUP



Members of the Church Mice Group enjoyed a belated 'Christmas Lunch at the restaurant at Waterside Garden Centre on Tuesday 10th January. Jim Pringle thanked Lyall Seale for making all the arrangements and the "inner group" who arrange the monthly outings. We understand there is another interesting programme being arranged for this coming year.

We were sad Cathryn Seale was unable to be with us due to an unexpected stay in hospital. We all send her our good wishes for a speedy recovery. Thanks too, to Terry Noble for taking the photograph and, dare I say it, — he used his phone! ANN

U3A MONDAY WALKING GROUP

December walk

" Firstly apologies to all from me for forgetting to do the December report



The walk was led by Brian Thornthwaite and 25 of us started from the Granary on a cold, crisp, sunny day. It was approximately 5.5 miles around the lake at Ferry Meadows via footpaths near the railway, onwards to Milton ferry and by the river to The Staunch and back to the Granary. It was a pleasant walk finishing off with good food and a good end to 2017. Thank you to all the walk leaders and members for supporting the Group"

January walk

Twenty nine of us met at the Deeping Stage to join a walk led by Brian and Nora Littler.

It was a cold 0.5 C , sunny morning and the walk was towards The Mill House on Stamford Road and the via footpaths to West Deeping, across the river and then onwards to Maxey Mill and then following the river back to Deeping.

Fortunately it was still frosty from the night before so a lot of the anticipated mud on the route didn't come to fruition. Nevertheless most of us were prepared for all conditions. We saw some fallow deer in the countryside near the footpath. The walk was 5.5 miles ish ("ish" taking into account different apps being used.) We finished off with a good meal at the Stage.

The next walk will be from Milton Golf Club on 5th February, led by Lesley Evans details to follow .

STEVE HANSON
Group Leader

U3A PHOTOGRAPHY GROUP

Members in the Deepings U3A Photography Group will be putting in prints for the Deepings Photographic Annual Exhibition on Saturday 17th and Sunday 18th February 2018. See posters for details and times.

Our next group meeting will be on Wednesday 21st February 2018 at the R C Church Hall at 2.00 pm. All members and non members welcome. I will be giving a lecture titled ' Before Digital.'

DAVE PENDRY
Group Leader

See photos of Photography Lunch on page 5.

THE DEEPINGS U3A COMMITTEE WISH ALL OUR MEMBERS A HEALTHY AND HAPPY 2018

U3A LISTENING TO MUSIC GROUP



Seventeen members held their 'Christmas Lunch' at The Toft Country House Hotel. Group Leader Jim Pringle thanked everyone for attending, reflected on the music enjoyed by the Group during the year and hoped 2018 would be a good year for everyone. Thanks to Liz Noble for the photograph.

U3A THURSDAY WALKING GROUP



For our first walk of 2018, Brian and Norah Littler led 27 members on one of the many walks from the Blue Bell at Helpston. After the heavy rain of the previous day, we were unsurprisingly greeted by quite muddy conditions especially on the first part of the walk where everyone suddenly acquired three inches in height although the temperature was slightly milder. The walk led us around the outskirts of Helpston taking in a section of the Torpel Way and the village of Ashton. Leaving the latter village, Brian Lawrence was able to give us an interesting insight into the history of the site of Torpel Manor through his work with the Langdyke Countryside Trust, this being unknown to many members of the group. After the talk we then continued to the Blue Bell for a very pleasant lunch. Many thanks to Brian and Norah for leading the walk and organising the lunch.



The next walk on 8 February will be led by Garth Perry. Details of this walk are currently being finalised and will be circulated by the usual e-mail at the end of this month. If you would like to attend this walk, could you please phone Garth by the Tuesday evening preceding the walk, if possible. Photos: DAVID SCOTT

GODFREY PARKES
Group Leader

THAT'S ALL FOR THIS MONTH FOLKS



..... UNLESS OF COURSE YOU STILL NEED A DIARY FOR THIS YEAR'S PARTIES !!

U3A WEDNESDAY GARDENING GROUP



This Group met at Angie's home where the new programme, printed as usual by Angie's husband, was distributed. Home made cakes, coffee and a quiz then followed.

February meeting will be at Pam's home where she will show Photographs of flowers, shrubs and gardens..

U3A PHOTOGRAPHY GROUP

This group also held their festive lunch yesterday at the Waterside Garden Centre. Unfortunately leader Dave Pendry and his wife Pam were unable to attend due to a bad dose of 'flu. We wish them a speedy recovery.

