



Issue No.23 Post Pandemic Newsletter April 2024

Welcome to the April Edition of the u3a Sutton Bridge Newsletter.



Photo courtesy of Roger Jennings, Photography Group leader, Spring has Sprung!

Annual Evening of Entertainment

On March 3rd The Spalding Rotary Club presented once again their annual show at The Spalding Arts Centre.

Our Chairman, Paul, managed to secure sufficient number of seats for those members of u3a Sutton Bridge who wanted to attend and they were not disappointed.

The programme of “Magic and Song” is below and all the acts donated their time and talent free of charge. Tracie and Jenny, the joint MC’s, started off the evening with some magic and selected a member of the audience to join them on stage. Sitting near the front was our very own Ray Southam and it was Ray that was pulled up on to the stage to join in and he was brilliant!

But it did not stop there. Later in the show, Richie Austin, the principal Magician of the Show, also picked on Ray to “join him on stage” with a female, member of the audience. They were handcuffed together and

invited to put their manacled hands into a French Revolution style Guillotine that would neatly “chop their hands off”.

ORDER OF ENTERTAINMENT
Musical introduction
Tracie and Jennifer welcome
Joanne Shields
with her Frampton Tappers
Tracie and Jennifer
Jane Howell
Nick, Kevin and Tim
Phil Harrison
Richie Austin
Kairo
Final Bow and Raffle

The Rotary Club of Spalding
is pleased once again to present its
Annual Evening of Entertainment

6:30 to 9 pm - 03 March 2024

Presented by the multi talented
Tracie Hughes
&
Jennifer Bentley
Top Class Entertainers, with
Magic and song from the
"SPELLENDING"
Magical Music Show

With welcoming introductory music whilst everyone takes their seats for a wonderful entertainment packed performance

AND WELCOMING LOCAL TALENT HERE FOR THE VERY FIRST TIME!

Phil Harrison
is an established local talent, and has already had a great time entertaining across the country with his exceptional voice in honour of the great Joe Longthorne

Jane Howell
has been singing since she was eight-years-old. She now sings regularly to great applause to customers with birthdays etc. at The House Farm Shop, and has even formed a choir there.

AND WELCOMING BACK THE EVER POPULAR

Joanne Shields
Frampton Tappers

With one of last year's favourites
Nick, Kevin & Tim
With their signature relaxed foot-tapping well known popular music exuberantly presented

Together with the multiple talents of
Richie Austin
Richie has become one of the most highly rated entertainers, performing Comedy Magic and Illusion shows all over the world with his hilarious mixture of Magic and Illusions! His shows are a fusion of Magic, Illusion, Rowing, Illusion and lots of Laughter & music... A not to be missed performance from beginning to end.

and introducing
Kairo
THEIR REVIEWS SAY IT ALL!
"Don't know where to start" to be honest... these guys are so professional, talented, unforgettable, kind, funny and quick thinking. If you get to see them you are in for a huge treat and go quick before you have to pay the earth or they are managed by Simon Cowell!"
"Kairo are a fantastic duo great set, covering song to please all ages, brilliant voices and engage really well with the audience, and to top it all, you could not wish to meet two nicer guys! highly recommended, you won't be disappointed!"



Well, both survived and Ray, now a fully fledged Superstar, participated in all the on stage banter and I would not be surprised to see Ray at next year's event with his own act.

Laraine, watch out! Put those pink fluffy handcuffs that I know you have out of his reach just in case he wants to start practising!!

Interest Group News



SWIG 1 February 2024 Report



SWIG 1 Group Friday February 23rd 2024

Our February meeting on Friday 23rd was hosted by Frank. Frank's theme was wines of South Australia and a particular region called the "Barossa Valley". This was an area that Frank had visited and he shared some amazing photographs with us to help us get a feel of the area.

Our first wine, Oxford Landing Sauvignon Blanc 2023 came from the Vineyards on the banks of the Murray River which had a fresh and zesty aroma. This was £5.50 from Asda and scored a 6/10.

Our next tasting was Wolf Blass Yellow Label Cabernet Sauvignon 2021. This dark plum and blackcurrant combined well balanced wine had a lovely delicious lingering flavour about it and at 14.5% was well met with a 8.5/10. It was another Asda wine and cost £9.00.

Our third wine was a Barossa Ink Shiraz 2022. The name of this wine was slightly off-putting but it did not fail to give us a rich berry flavour with hints of dark chocolate and a generous colour (hence the name)!! This was from Tesco at £11.00 and was 14%. I think Frank had purposely found some potent wines this evening!! It scored an 8/10.

Our last tasting was a Barossa Shiraz 2021 and was a Tesco Finest at £11.00. This full bodied spicy and rich wine was another very good one to end our evening, scoring another 8/10. Again at 14.5% !!

I would like to thank Frank for his well thought out tasting session and excellent choices. They will be well recommended. His cheese accompaniments were not bad either!

Again thanks to Paul for allowing us the use of his Man Shed. Thanks to Jim for another excellent Quiz.

We missed Nanette who was on her hols (again).!!!

Our next meeting is on Friday March 22nd when Paul will be hosting.

Cheers!

Sheila Palmer

Beer, Wine & Bus Pass Group

Our March outing took place on Good Friday and was at The Granary in Long Sutton, the venue of choice by one of the Group members.

As this was a Bank Holiday I introduced an incentive to attend, a FREE Raffle, additional to the company of fellow members. Now this raffle was one with a difference and is of my own design.

As we all know from the General Meeting raffles, we arrive, we buy raffle tickets and then hope that our ticket is the one pulled out of the hat first. Well not in my raffle!

Everyone attending received one ticket and the idea was to make the anticipation of winning something extend beyond the first ticket being pulled. So, the first three tickets had no prizes; the holders of those tickets were not losers but martyrs, their sacrifice increased the chances of winning the Star Prize to the others and they were duly appreciated for that.

The next three tickets pulled had runners-up prizes and this further increased the Star Prize winning chances of all those still holding a ticket.

As each ticket was pulled it was preceded by a “Table Top Drum Roll” demonstrated by Frank and everyone joined in, it was great fun.

The 7th ticket was now awaited with some excitement and it was won by Barbara who arrived last, won the raffle and left first, now that what I call a professional Raffle winner!!!

Meanwhile here, below, is George, a runner –up with his prize, a Cadburys (other brands are available) Crème Egg. We welcomed two new members , Nigel and Kim and I think they had a great time!!



We had so much fun with this idea that I now plan to patent it and I hope it will be available as a Board Game for Christmas - "Real Life Raffle" so watch out for it in all good stores;).

Our next outing will be on Friday, April 26th 2024, venue to be advised but somewhere on the 505 Bus route, from 3.00pm until 5.00pm approx.

If you have not been to one of our group outings before you really do not know what you are missing, so seek me out for more details!

Chris Livesey, BW&BP Group Leader

u3a Baking Group

March's meeting of the Baking Group was hosted by Sue Smith. Her efforts were not able to be appreciated by all the members, however, as some could not attend this meeting. What a treat those members missed as Sue served cheese and bacon pastries - not a crumb was left. Thank you Sue.

Below is a photograph of the pastries before eating began!



Diane Scott, Baking Group leader

Scam alerts

I have just been watching the above programme on BBC 1 at 8.30 pm. (Monday) It covers Scammers and what they do. It might of interest to tell the members - via Newsletter - to watch it. It is very helpful and informative.

Regards

Phillip JAMES

Scam Marshall

Peckover House

Peckover Gardens update.

The house and gardens at Peckover open for the season from 7th March until 3rd November 2024.

Entry to the gardens will be **free** for the whole of the season!

The house and gardens are open every day except Tuesday and Wednesdays. Time of opening for the garden is 10.30am - 4.30pm (last entry at 4pm). The tea room in the Reed Barn will be open or visitors can bring their own refreshments to sit and enjoy around the garden.

Admission to the house will be free to National Trust members as usual and £10 to non-members. There will be a mixture of guided tours and free flow sessions with introductory talks in the library.

Further details can be found on the Peckover National Trust website.

Diane Scott,
Peckover House Volunteer

And if you want to get a little fitter??

One You Lincolnshire offer an on-line 12-week community-based group challenge across the county at different times of the year. Residents of Holbeach (the organiser tells me that our members are invited to join in with this programme as well even if not a Holbeach resident) are currently invited to take part in the Heart and Sole program which starts on 18th March.

Once registered residents will receive:

- **Free** starter pack containing a re-usable water bottle, resistance band and useful resources all in a drawstring gym bag and Fitness Tracker (see photo below, starter pack just received).
- Regular support from a coach who checks in with you, providing you with encouragement and accountability to reach your personal health goals.
- A range of simple, weekly challenges to choose from to get you moving more and tracking your activity levels.
- Challenges supporting you to eat better, drink less alcohol, get restful sleep, boost your mental wellbeing and more.
- 24/7 access to online fitness classes and workouts with Gloji Gym, the digital physical activity platform.
- Community support from other challengers via the WhatsApp chat.



The criteria for participation is you need to be over 18 (well that's no problem) living/working in Lincolnshire and currently doing less than 150 minutes of physical activity per week.

Please note that this programme is only available to residents that have a Lincolnshire Postcode and have internet access.

To register for this free 12-week program go to <https://forms.office.com/e/yiQYiVEGmr>

We have also added a post on the Community Facebook page if you would like to share to your followers. <https://www.facebook.com/photo/?fbid=795090825993479&set=pb.100064777053938.-2207520000>

Kind regards,

Alison White

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www.boston.gov.uk | www.e-lindsey.gov.uk | www.sholland.gov.uk

www.selcp.co.uk

Car Insurance - prices are rocketing!!

I have just renewed my Car Insurance and been blown away by the price increases that the Insurance companies are now proposing.

I am what the Insurance providers call “ An Insurance Tart”.

This means that I shop around, do not use Auto Renewal and look for every opportunity to save money and still be properly insured.

One optional component of Car Insurance is “Legal Cover” and so with Wendy’s expertise from her time in the Legal profession I found a policy with the RAC that for £15.00 per annum we are both covered irrespective of the vehicles we are driving.

The element of the Car Insurance premium that I was renewing and can now dispense with was going to cost me £29.95 per annum so I am already £15.00 ahead of the game. We have two other cars and we shall not be renewing the “Legal Cover” on those vehicles and save even more, so that’s a net saving of £75.00 per year.

And it does not stop there. The Legal Cover we now have with RAC also covers us **when we are on any Public Transport and in vehicles not being driven or owned by us.**

Interested? Then check out <https://www.rac.co.uk/breakdown-cover/join/legal-care-plus/build-package>

3 Dads Walking

This topic received from Frank Heinrich-Tiller

I have recently discovered that the 3 Dad's Walking are planning another long distance / fund raising walk and will be coming to Sutton Bridge at approx. 5.00 pm on the 7th May.

Day 21

Date: 7th May

Start: Frampton Marsh

Finish: Sutton Bridge

Miles: 24.0

Ascent: 27 ft

I have made contact with one of the 3 Dad's and I have suggested that we organise a reception event at the Curlew Centre for the 3 Dad's Walking to raise awareness of the high level of suicide amongst young people and to help their fund raising appeal.

What I am suggesting is a dual u3a / Men's Shed event to support the 3 Dad's Walking. I understand that the BBC will be covering this walk and I feel sure it will create significant public and press interest which will certainly be to the benefit of u3a.

Message from 3 Dads Walking

Firstly, thank you for taking the time to follow our journey.

We are simply 3 Dads taking on a walk in memory of our beautiful daughters. We are so grateful for your support and understand that some of you may want to wish us well over the course of the three and a half weeks.

If you intend to join us on our walk, please read this

If you join us, you will be responsible for your own, food, drink, equipment and transport. We will not be held responsible for any accident, injury or loss occurred as a result of anyone attempting to support us along the way. If you choose to walk with us at any point then you do so at your own risk.

Our route has been meticulously planned to account for a predetermined number of hours walking each day and also considers the limited daylight time hours we have. This means that we will need to keep moving as much as possible and will be unable to slow down or stop too frequently.

On most days we plan to start walking at 7.30am - we will confirm start times nearer to the days we walk and will post any change of plan as soon as possible.

Thank you for your understanding.

Andy, Mike and Tim - 3 Dads Walking

If you would like to see the route in detail please visit <https://www.3dadswalking.uk/a-walk-of-hope-2024> and if you would like to make a donation, they are trying to raise £150,000 you can do so at the same web address via Just Giving

April General Meeting - The Curlew Centre, Sutton Bridge

Sutton Bridge u3a

The Great Jazz Vocalists

Presented by John Petters

Tuesday 2nd April at 2.00 pm, doors open at 1.30pm

Jazz Musician, Broadcaster, writer and Historian, John Petters presents an introduction to the great jazz vocalists at the Curlew Centre, (Bridge Road, Sutton Bridge PE12 9SA) on Tuesday 2nd April at 2pm.

A professional bandleader since the '80s, John was known as Britain's Ace Drumming Man. He worked and recorded with many of the American jazz legends, including Wild Bill Davison, Art Hodes, Yank Lawson, Billy Butterfield, Al Casey, Kenny Davern and Slim Gaillard. He shared the stage with the top British performers, including Kenny Ball, Acker Bilk, George Chisholm OBE, Ken Colyer, Georgie Fame and Lonnie Donegan.



Tuesday's presentation will include examples of non jazz singers, such as Enrico Caruso, John McCormack and Al Jolson in comparison to those innovators who came to fame in the jazz age 100 years ago. Louis Armstrong, Bing Crosby, Bessie Smith, Ethel Waters, Nat King Cole, Billie Holiday, Ella Fitzgerald and Fats Waller will be featured, with rare recordings and films.

The u3a welcomes new members and guests, who can be admitted for just £2.00. Refreshments will be available. Details Email : enquiries@u3asuttonbridge.org

April 2nd 2024 at The Curlew Centre, Sutton Bridge, Doors open at 1.30 pm and the show starts at 2.00pm prompt.

“Be there or be Square” as they used to say in the day!!

And finally, my thanks to all contributors to the Newsletter, I look forward to seeing as many of you as possible at The General Meeting on April 2nd at The Curlew Centre.

Best wishes

Chris Livesey

Newsletter Editor, u3a Sutton Bridge