



### Issue No.13 Post Pandemic Newsletter June 1st 2023

Hello everyone and welcome to Newsletter no. 13. Unlucky for some!



This month's photo, courtesy of the Photography Group, has a story behind it.

Roger set the Photography Group a mission. The group members were asked to take a photo with two criteria. The first it had to be "Floral" and the second was that the photo had to demonstrate the members use of "Depth of Field".

Depth of Field is where the subject is in perfect focus and the foreground, or background, or both are deliberately out of focus.

Heather James produced this photo, where, as you can see, the target bloom and accompanying Bee are in perfect focus, well done Heather!!

#### Clifford Wood

Clifford Wood very sadly passed away on May 16<sup>th</sup>. 2023

Since residing in Long Sutton he had made many friends and acquaintances.

Clifford joined u3a Sutton Bridge to increase his General Knowledge; The History Group was a particular favourite because of his interest in this area of Lincolnshire.

Clifford will be greatly missed by family and friends.

## Coronation Celebrations

The Committee would like to thank all those who contributed to the Coronation Celebration T Party.

It was a very enjoyable event and made all the better because of the generosity of the members.

I'm sure everyone will agree the food was delicious.

And a special thank you to Maureen, Mabel and Anne for all their help and support.

Sheila Palmer  
Social Secretary

## CORONATION TEA PARTY MAY 2023

Here's a collection of very happy people. These pictures were taken on the afternoon of the coronation tea party held on the 2<sup>nd</sup> May 2023 at The Market House Long Sutton.







You may have noticed that the last picture looks like you were all locked in. Sorry about the cage effect, it's just the grid on the glass from upstairs. I'm sure no one wanted to escape but instead stay to the end. And finally a couple of pictures of the fancy dress winners who shared a fine bottle of red wine.



On behalf of us all I would like to take this opportunity to thank Sheila and her team for organising the event and making the afternoon most enjoyable, a very big well done.

On a more shocking note, I had to do all the washing up afterwards, that's the hardest I've worked since retiring.

Best wishes to you all

Paul

Chairman

## Interest Group News



### SWIG April 2023 Report



I begin this summary of our meeting on Friday 28<sup>th</sup> April with a BIG thank you to Fay for hosting the evening. Once again we had a Wine & Dine experience, pairing good wines with delicious food. Again it was a huge success.

We began our meal with a Stilton & Broccoli Soup which was accompanied by a wine brought by Cliff. This was Flowergirl Albarino (white) from South Africa. This was especially different as this wine is usually associated with Spain!! He bought it from the Wine Society Club at a price of £15.00. It scored a 9/10. A great start.

The main course was Daube de Boeuf accompanied by an excellent red wine bought by Paul, which was a Barolo from Piemonte Italy, costing £17.50 from Majestic Wines, and scoring another excellent 8/10, we also had a white Cortese bought by Jim from his Italian imports supply, costing £9.50 and which also came from the Piemonte region. This scored a 7/10. It was good to have a choice of wines to go with the excellent Beef dish.

Our dessert was a yummy Moelleux au chocolat, which was bravely accompanied by a Greek red wine made from the Mavrodaphne grape variety. Supplied by Frank, this was delicious and scored a very surprising (for a Greek wine) 9/10. Costing £6.25 from Sainsbury's.

On this occasion the wines were not solely the stars of the evening, but very adequately accompanied the food, proving that a good wine can enhance the flavours of a good meal.

Once again Jim provided an excellent Quiz which Cliff won and the rest of us can only apologise for our lack of home work!!! (once again).

The boys have offered to cook for our next "Wine & Dine" experience later in the year. We girls are looking forward to it (aren't we girls)!!

Our next meeting will be hosted by Frank but held at Jim's house (thank you Jim). On Friday 2<sup>nd</sup> June at 6.30pm.

Sheila Palmer

## The Baking Group

From group leader, Diane Scott:

Baking Group met on Thursday 11<sup>th</sup> May at Fay's, her turn in hosting the meeting.

Unfortunately, two members were unable to join us, a shame as they missed a treat!

We knew Fay was going to do a demonstration on making and using butter-cream, but we had not expected to be active participants!



Fay had pre-made a Victoria sponge and some sponge cupcakes.

She had set up two work stations and following explanation and demonstration, we all took part in making the butter-cream and then decorating the small cakes with it and also using it to sandwich together the two halves of the Victoria sponge with some jam.

Of course, then we all then sat down with a cup of tea to enjoy the fruits of our labour and to discuss the process we had undertaken. A lovely afternoon, thank you, Fay.

Sutton Bridge U3a member now a District Councillor

Baking Group member, Nanette Chapman, was recently elected as a South Holland District Councillor for Holbeach. Nanette is actively involved in many events in the town and invests her time in supporting its residents. She is currently taking part in training for this role but no doubt she will still have time for visits to one of her favourite Holbeach haunts - Caffe

Aurora.

Hopefully, her love of cakes will mean she will be able continue to be a member of our u3a Baking Group.



### The Dining Group

Seven of the dining group members enjoyed lunch and desert at The Riverside Inn, Surfleet. The group's last visit was in February 2020 and our last dining experience before lockdown.

The restaurant has changed hands since then but did not disappoint and we will certainly put this on our list of places to return to, especially as they were offering a 15% discount on lunches! It lacked a little **atmosphere** as it was not busy but then it gave the opportunity to have an enjoyable social experience without a lot of background noise.

Maureen Sinclair- Currie

### The Photography Group

The Group is gathering momentum; we have our very first "Commission". Swineshead Bowls Club are wanting to refresh their website and one of the Bowls Club members is also u3a and Photography group member, Terry Darbyson, who stepped up to the plate and volunteered the group to deliver some images worthy of inclusion. The date of the "shoot" is June 29<sup>th</sup>, the Bowls Club have a "meet" on that evening and our group will be expected to deliver some stunning photo's so watch this space for "Swineshead Revisted", I think that has a familiar ring about it!

Hard on the heels of Swineshead Roger is busy planning the next adventure.

The group is taking one of the Spalding Water Taxis plus pilot onto the Coronation Channel toward the end of July for an evening of photo opportunities. It's could be like the film "The African Queen" but with cameras.

The evening, subject to the weather, will end with a picnic at the riverside. If the weather is not favourable the group could well turn on the leader and demand a keel hauling!

Chris Livesey – Photography Group member

### Hardwick Hall

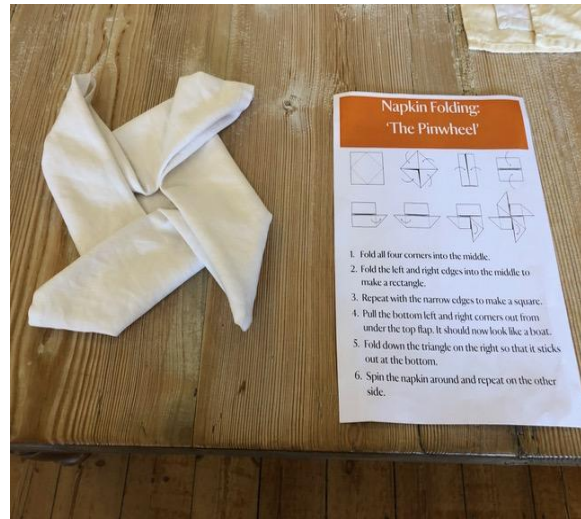
On 24th May, ten u3a members joined National Trust Peckover House volunteers to visit Hardwick Hall near Chesterfield in Derbyshire.



We had a day of perfect weather and we were made most welcome by all the staff we came across. Some of us based our visit on the Hall and further enjoyed the National Trust Shop, Bookshop and cafe. Others went further to see the Old Hall and the beautiful gardens.

Guides offered a half hour talk before we went into the Hall and this gave us a good basis for then looking round the Hall. We learned the fascinating story of Elizabeth Hardwick who had a life of "rags to riches", being born into humble beginnings and ended up as the second wealthiest person in the country and owner of multiple homes; one of them, Hardwick Hall, is one of the finest Elizabethan properties in the country. She was also a long term friend of Queen Elizabeth1 and had 4 husbands, becoming Duchess of Shrewsbury.





A significant feature of the Hall is the tapestries. The kitchen was large and held lots to explore, including some most unusual items.

A very good day was enjoyed and we are looking forward to another trip towards Christmas.

Diane Scott, Peckover House volunteer tour guide

### **Long Sutton Men's Shed**

It is not that often that Long Sutton gets to feature at the House of Lords but The Men's Shed have done just that.

Our very own Frank Heinrich-Tiller and five of his fellow Shed colleagues came away with the UK Men's Shed Association Community Shed of the Year Award at the Palace of

Westminster on Tuesday 23rd May; here is the Press Release that you may see in the local media.

## **PRESS RELEASE**

**(FOR IMMEDIATE RELEASE)**

### **LONG SUTTON MEN'S SHED**

**Website – [www.menshedlongsutton.co.uk](http://www.menshedlongsutton.co.uk)**

### **WORKING TITLEWINNERS – UKMSA** **COMMUNITY SHED OF THE YEAR**



The Long Sutton Men's Shed came out over all winners of the UK Men's Shed Association Community Shed of the Year Award at the Palace of Westminster on Tuesday 23rd May. This prestigious award was presented to the Shed in recognition of all the work undertaken to date and the work that is planned for the Long Sutton Men's Shed – the New Youth Shed Project.

Jack Tyrrell, President of our Shed and funder of the Youth Shed project said "We are all very happy that we have achieved our biggest aim to establish a working Youth Shed to introduce school children aged 11-15 (both boys/girls) to construction skills training, brick laying, carpentry, electrical work and a whole host of other skills which will give the pupils a really good start on the employment ladder. There is a significant shortage of young skilled workers in this sector and house builders are crying out for young apprentices but unfortunately our local schools are just not able to provide these facilities".

The new Youth Shed is well placed to give local school children the opportunity to take part in the sessions and give them a much better understanding of the skills required for the construction sector.

Long Sutton Men's Shed was also given recognition for being shortlisted for both the Shed of the Year Award and Frank Heinrich-Tiller for the Volunteer of the Year.

A good day out at the House of Lords for the 6 Shed representatives who all travelled up from Long Sutton. The reception was held on the House of Lords balcony overlooking the Thames.

The award is a demonstration of how much the Shed does for the Community and just shows what can be achieved when we all work together

Our Shed is located at the Silverwood Centre, St James Road (B1390), just off the Long Sutton by-pass and open Tuesday, Thursday and Sunday mornings 09.30 to 12.30

#### BACKGROUND INFORMATION – LONG SUTTON MEN'S SHED

Our members come from Long Sutton and Sutton Bridge in the east and Spalding in the west and including Holbeach and all villages in-between.

The concept of a Men's Shed originated in Australia with Government support 40 years ago and there are now over 550 Sheds in the UK and many more around the world. Aimed at older, retired, bereaved, redundant men including those with physical and mental health problems or just lonely, anxious or simply looking for companionship and wanting to spend creative time with like-minded men in a welcoming space. We give our members a renewed purpose in their lives, with a new desire to get out of bed in the morning.

The benefits to be gained from belonging to a Men's Shed are significant and well documented, it is recognised that loneliness and the feeling of isolation can be seriously hazardous to health. Men's Shed provides the means to help improve member's well-being and by attending the Shed we have helped many men reduce their feelings of loneliness, and have given them the feeling that they belong and helping their state of mind and may improve their relationships at home and in the community.

Long Sutton Men's Shed was established 5 years ago and is open 09:30 AM to 13:00 PM every Tuesday, Thursday and Sunday mornings. Currently have over 100 members and have recently completed the work to extend the Shed, effectively doubling the capacity for our continually increasing membership.

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**Well done Frank!!**

## **Reminder**

At our General Meeting on June 6<sup>th</sup> at The Market House Frank Heinrich-Tiller is going to talk to us about Lloyds of London where Frank worked for 45 years as an International Insurance Broker.

Frank is in danger of being seen everywhere, is that over exposure? He'll be on TV next in Eastenders maybe?

Doors open at 1.30pm and our meeting will start promptly at 2.00pm so don't be late!

If you have any comments, suggestions or stories that you would like to air or share then please send them to me, the Newsletter Editor, my contact details are at the head of the first page.

Best wishes

Chris Livesey