
Deeping St. James

The Deepings u3a
NEWSLETTER

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Market Deeping

Issue No.300 October 2026

New members in August/September: Jillian Sager, Market Deeping and Joy Bradley, Langtoft

NEXT MEETING: 19 October

Unless otherwise stated, all monthly meetings are at the Methodist Church, Deeping St James. Doors open at 9.30am.

PROGRAMME OF SPEAKERS FOR 2026:

19 October: Community response

Struan Cornell will tell us more about this.

16 November: What Inspires Art?

Kevin Byron will discuss the nature and nurture of creativity and certain perennial patterns of creativity that appear in many different forms including art, science, technology and advertising.

21 December: Singer Alan Jackson

Join Alan for a morning of festive songs.

MARGARET'S MUSINGS

Dear members

The coming of autumn has always been the annual conference season for our political parties and other institutions. Here, at Deepings u3a, we also hold our Annual General Meeting, a much briefer but arguably just as important an event. Besides receiving reports from the outgoing committee, elections for the 2026/27 committee take place. Please consider whether you would like to join the committee, not necessarily as an officer but as a member bringing new ideas to our group.

The committee have been, as always, well supported by the Speaker Finders, the Newsletter Editors and the Webmaster. I express my thanks, on your behalf, to them and all committee members.

I look forward to seeing you at the next monthly meeting which will begin with the AGM at 10:15, (please note the earlier time), followed by the presentation from our guest speaker

Best wishes
Margaret
Margaret Beardshaw
Chair

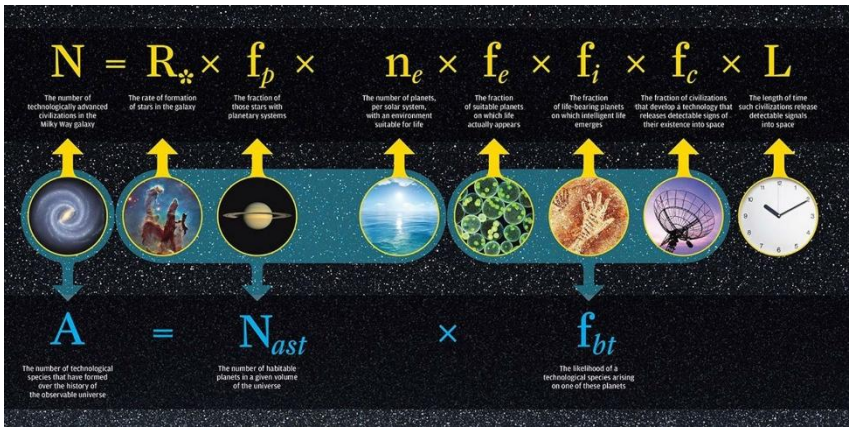
GROUP CO-ORDINATOR'S REPORT

August and September have been a busy couple of months, with several valuable opportunities to promote Deepings u3a and strengthen local connections.

Following our partnership with Probus at this year's Raft Race, we had the opportunity to speak about Deepings u3a at their lunch last month. This was a useful chance to raise awareness of who we are and what we offer. We highlighted the huge commitment of our group leaders and those who support them. We also emphasised the strength of our organisation, including our thirty-plus interest groups and membership of more than three hundred.
As every organisation needs to refresh and develop, we asked whether anyone would like to join an existing interest group or suggest ideas for forming a new one.
This generated some interest and opened the door to further conversations. Probus has been invited to reciprocate with a brief 5min presentation at our November monthly meeting.
Our Chair, Subscription Secretary and I are attending a workshop this month in Lincoln on: " Promoting Our Local u3a!" It promises a lively opportunity on how to attract new members, raise our profile, and make effective use of local publicity. The workshop promises practical ideas, tips and inspiration we can use and share with others on the committee, groups and members. Report back on this next month!
Finally, August 2027. We would love to celebrate the many talents which are shared in our groups with other groups. So, this is an opportunity to discuss if/what a group would like to contribute. It may be displaying, demonstrating, sharing a skill with other groups. I will email all Group Leaders/Contacts to set out a few ideas.

Tom Baldwin
Group Co-ordinator

SCIENCE GROUP



"Is there anyone out there?"
Twelve of us met at the Community Centre to hear Garth Perry tell us about The Blake Equation. This equation was formulated in 1961 by the astronomer, Dr Frank Blake, who was working on an early Radio Telescope. He decided it would be a good idea to estimate the number of civilisations able to communicate, existing in the Milky Way.
The equation takes into account a number of factors; star formation rate, the number of stars with orbiting planets, and the longevity of civilisations, amongst others.
He introduced this at the first meeting of SETI (Search for extra-terrestrial intelligence) at Green Bank, West Virginia. After some discussion, and laughter, the meeting reached the general consensus that the reply to any message sent from earth would take so long to get here that our civilisation would be long gone, even assuming the reply was intelligible!
As Enrico Fermi stated when discussing his Paradox, "Where is Everybody?"

Report by Alistair Smith
Group Leader: Garth Perry

FAMILY HISTORY GROUP

Rather a special meeting this Month(September) as we celebrated Brenda's 90th birthday
Brenda was evacuated during the war and told us all about her memories as a child
We looked at how things had changed since 1936, especially in gender roles when a magazine suggested that women should not start to clean until their husband had left for work, leaving him free of dust and debris.
We also looked at changes in manufacturing, transport, and technology.
We celebrated with coffee and cake….well it would be rude not to.
We welcome any new members to the group..

Maureen Hudson Group Leader

ACCORDION GROUP



Our group of six people meets regularly to practice our varied assortment of music. We are very fortunate that we are sometimes asked to play for a Care Home, Garden Fete or other event which we love to do when we can and are always happy to hear from people organising an event.
In early October, five of us played at Tallington Lodge where the residents made us feel very welcome. Before Covid we were able to ask the Singing Group to join us to lead the singing which was an added bonus.
However, as the Singing Group no longer exists, we were wondering if there are any members of the U3A who would be willing to join us occasionally to encourage singing when we play (particularly in Care Homes). We would ask them to come to one of rehearsals to meet us and see what we play prior to the 'event'. If anyone is interested, please would they contact me on janicecosham@gmail.com so that I can keep a list of people who we can occasionally contact.

Janice Cosham, Group Leader

POETRY GROUP

Our October meeting was slightly different, our topic was Five Short Poems, we had a wonderful variety some sad some thoughtful and some hilarious. So here are five short poems.

Crooning in the kitchen on a Tuesday lunchtime.
Baguettes, I've had a few
But then again, too few to munch on
I bit what I had to chew,
I saw it through- it was my luncheon.
I planned each slice of cheese
Each chargrilled veg along the byway
With some coleslaw and crisps,
I made it my way.
Brian Bilston

The day he got his neck brace

Life changed for Vince
And he's never really
Looked back since

Brian Bilston

Instructions for living a life
Pay attention
Be astonished
Tell about it
Mary Oliver

Roost
The sun fizzles out
Bats unhug themselves and fly
They will eat the night
Simon Armitage

Loss.
The day he moved out was terrible-
That evening she went through hell
His absence wasn't a problem
But the corkscrew had gone as well.
Wendy Cope

A lovely afternoon filled with laughter, hosted by Susanne.

Report by Susanne Hoadley group leader.

MONDAY WALKING GROUP



A big thanks to Ian and Ann for rearranging the lunch venue at the 11th hour. The Black Horse at Elton decided, despite being booked for lunch on Monday 5th, that they were now not going to open on Mondays.
Hastily Ann and Ian booked us into the Bosworth garden centre and 10 of us met in the car park, pre-ordered lunch and used the ablutions.
It was a fine sunny day, ideal for walking. We set off through the village and then down Middle Street, passing the Elton Village Shop. The shop has been voted the best Village shop in the county (allegedly) or even England!! It literally sells everything apart from the "kitchen sink "
We paused for a photo near one drive way that had been set up early for Halloween!!
Progressing down Chapel Lane, it took us along footpaths to lovely open countryside, passing many poly tunnels and the Elton quarry. At the quarry, gates were manned to ensure walkers did not get run over by large machinery. The extraction is for rock, which is processed for sand, ballast and gravel.
Walking down the path we were shown by Ian where the hide had been built overlooking the man-made lake.
Afterwards, we crossed the A605 to Warmington Village along Chapel Street and Big Green to more open space with footpaths, looping back to the Cafe for a very nice lunch.
The walk was 5.66 miles, but as usual there were disputed differences!!

Report by Group Leader: Steve Hanson

GOOD FOOD GROUP

September report

At 12:30 on 14th September the Food Group gathered to enjoy culinary delights. The theme this month was French Cuisine.
Following the customary nibbles, we then sat down to enjoy:

- Roasted carrot soup, creme frais and stone baked white boule
- Roasted Pears with blue cheese
- Poulet Basquaise accompanied by Squash and Potato Gratin
- Tarte aux pomme á la Normande

All this with lively conversation and suitable liquid refreshments – a good time was had by all.
Next month's meeting will be on October 5th when we will be doing a time testing on Jamie Oliver's recipes!

Report by Dave Gaskell

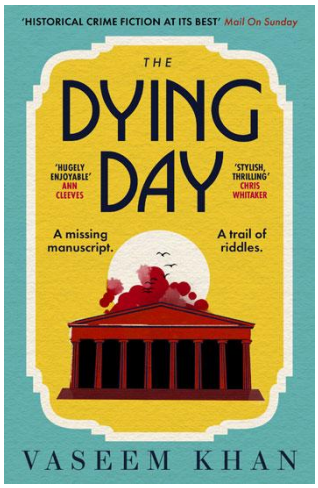
October report

With so many Jamie Oliver books claiming to contain 15, 20, 30-minute meals, we thought we'd test it out.
We started with Mexican Tomato Soup with Chillinachos and Feta and Veggie Sprinkles - delicious but took an hour longer than the 15 minutes claimed.
We then had Pasta Salad from one of Jamie's earliest books, and Filo Quiche with Tomato and Bean Salad - not 20 minutes but 60, even when gathering all the ingredients before starting the timer.
Next was Almond and Chilli Penne. Jamie said "Who knew such big sunshine flavours could be made so fast?" Definitely not the predicted 12 minutes! We finished with tray baked Pear Tarte Tatin. Ignoring the extra 20 minutes to blanch hazelnuts (none in Tesco!) it took 40 minutes to prepare; it was not "Simple" to work out when the 'syrup' had a honey consistency. The food was delicious and we enjoyed discussing Jamie's lack of realistic timings.
Hopefully the above does not put off anyone who is thinking of joining us!

Report by Sheila McGurk
Group Leaders Sheila McGurk and Hilary Akam

BOOKWORMS

'The Dying Day' by Vaseem Khan is an engaging and atmospheric historical detective novel, combining an intricate literary mystery with a vivid portrait of 1950s Bombay and a compelling female protagonist.



The story centres on the disappearance of a rare and extremely valuable manuscript of Dante's 'Divine Comedy', along with its custodian, the internationally renowned scholar and former soldier John Healy. A trail of fiendishly difficult riddles draws the investigation into a layered mystery, giving the novel the pace and intrigue of a literary treasure hunt.

At the heart of the case is Inspector Persis Wadia, India's first female police detective: intelligent, well-read, thoughtful, and persistent. Persis faces prejudice and misogyny while concealing her own frustration, and her resilience gives the novel substance beyond its puzzles and murders. The historical background is also brilliantly integrated, with newly independent, post-partition India emerging in all its social and political complexity while the consequences of the Second World War continue to shape current events.

Bookworms found much to enjoy in this fast-paced, roller-coaster novel: a missing manuscript, ingenious puzzles, a race across Bombay's iconic buildings, and a sequence of dark discoveries. These elements are strongest when anchored by Persis herself, whose brilliance as a detective is contrasted with her uncertainty in navigating romantic feeling and personal desire. The result is a richly textured crime novel that combines intellectual puzzle-solving with historical atmosphere, offering both momentum and depth as a traumatised nation confronts the realities of independence.

Report by Group Leader: Tom Baldwin.

CRAFT REPORT



Christmas has started as the nights draw in!

We had fun making a suave snowman card with Anita this month and next month we are going to tackle some beading with Kath.

Thank you to Anta for the design and Pam for hosting again.

Next month we welcome a new member, also called Pam, and we meet as usual at Pam Ready's house at 2pm on Monday 19th October.

Report Liz Noble
Group Leader Pam Ready

THURSDAY WALKING GROUP



For the group's October walk, we went a little further afield to Ropsley, near Grantham where 10 members of the group undertook a very pleasant walk which started off on the chilly side but gradually became warmer as the walk progressed and was in much contrast to the previous wet day.

This rain didn't spoil the walking conditions which were very good.

The walk commenced from The Green Man at Ropsley and covered an area that we hadn't visited for some years and took us through the rolling Lincolnshire countryside, taking in the village of Little Humby with good tracks over fields and some country lanes before returning to the Green Man for a very good lunch.

Report by Godfrey Parkes
Photo: David Scott
Group Leader: Richard Coulson

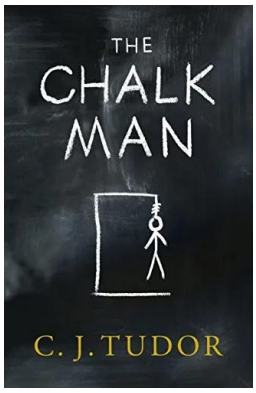
THURSDAY GARDENING GROUP



Happily, our October meeting found us back at full strength and welcoming some pleasant Autumnal sunshine, whilst enjoying coffee, light refreshments and convivial chat at the Waterside Garden Centre.
Some members stayed on after the main meeting for some retail therapy and then lunch.
We will be meeting at Bourne next month to plan our programme for 2027 so get those thinking caps on everyone!
We will also be selecting our menu choices for this year's Christmas lunch so plenty to look forward to and think about.

Report and photos: Ann Pettitt
Group Leaders: Kay Parker and Ann Pettitt

MONDAY READERS



Our book this month was The Chalk Man by C.J. Tudor which is a thriller with a hint of sinister supernatural. It concerns a group of children whose habit of leaving chalk drawings for one another leads them to the body of a young girl. Thirty years later, it seems as if that episode isn't truly over!
Group members found the dual time line confusing and reactions were mixed, with some not enjoying the story and others loving it. However, the quality of writing was praised with a few who would reread The Chalk Man following our discussions, and most agreeing they would read other books by C. J. Tudor.

Report: Linda Hill
Group Leader: Liz Waterland

STROLLERS



15 Strollers left the Packhorse car park bathed in brilliant sunshine and heading out northwards to Deeping St James Road, where we transferred from pavements onto public footpaths.
These led to Northborough fields and Village Hall, then onto Cromwell Close and winding our way through alleyways passing Northborough Primary School and onto Church Street.
We then headed east to Paradise Lane, which then led us to the banks of Maxey Cut, heading towards Nine Bridges and back to the Packhorse, to a well-earned drink and meal.

Our October walk will be led by Geoff, starting from the Montagu Arms at Barnwell, near Oundle. Taking place on Friday 23 October.

Report by David Mann
Group Leader: Bob Deller

JAZZ, SWING AND BIG BAND GROUP

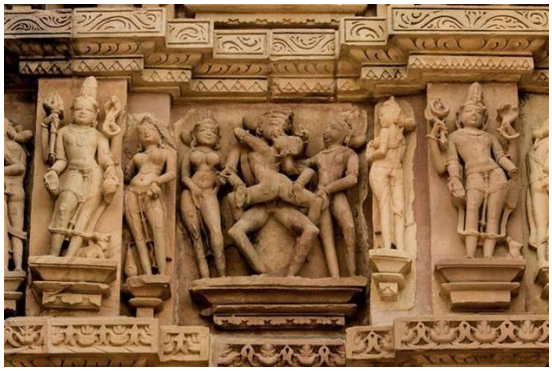
September's meeting of the Group took place at Terry Noble's house. Terry picked up where Phil had left off at our last meeting by adding to our understanding of the different sub-genres of Jazz, but in a slightly different way. In a very innovative approach, he led the Group, decade by decade, through British Jazz.
He led us in by playing the Original Dixieland Jazz Band's version of *Tiger Rag*. It was their tour of the UK in the very early 20th Century that caused British musicians to question the rhythmically rather plain music of the

dance halls of those days. As an example of this development, representing the 1920s, we heard Fred Elizalde's band playing *Just Imagine*. By the 1930s British jazz was in full swing! as exemplified by pieces from Nat Gonella, Spike Hughes and Ken "Snakehips" Johnson. The 1940s were, of course, dominated by the war time years and so Terry played three pieces by the Squadronaires, as the RAF's official dance band was known. He soon had everybody thoroughly enjoying, amongst others, *Chatanooga Choo Choo*.
Terry revealed his age and elements of his mis-spent youth by admitting to having been thoroughly addicted to *The Goon Show*. To bring back his memories (and ours) he typified the jazz of the 1950s with music of Max Geldray (immortal harmonica jazz) and Ray Ellington, both of whom held regular music slots on the show. As he moved on to the 1960s, we heard Acker Bilk's *Stranger on the Shore* and then two numbers from Chris Barber and his then wife Ottillie Paterson, their *Trombone Cholly* particularly reminding us what a superb trombonist and blues singer they were.
The 1970s were represented by three numbers from Cleo Laine and Johnny Dankworth and the 1980s by George Shearing, including his outstanding version of *September in the Rain*.
Terry brought us up to date with a number by a local lad – the James Romaine Quartet – and a piece from the Proms played by the National Youth Jazz Orchestra, which James is also a member of.
So, a fabulous ending to a fabulous morning where Terry skilfully brought to light an often relatively unknown piece of British musical history.
Thanks to Colin Wall for his reporting. Our next meeting will be at the home of Phil Jones on 28 October.

Report by Colin Wall
Group Leaders: Phil Jones, Anne Jones

ART APPRECIATION GROUP

The History of The Kiss



Sandra showed a film about the Art of Kissing!
It wasn't really about that but followed the way a kiss had been portrayed over the centuries and in different cultures.
Included in this article are various pieces of art and sculpture.
Can you put a name to any of them?



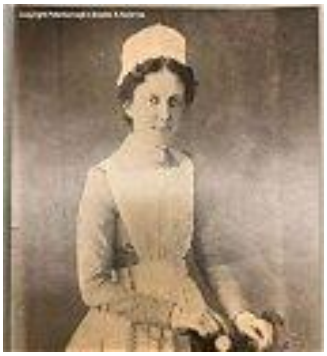




Hilary is our speaker for October. New members are welcome.
Thank you to everyone who supports the group.

Report by Group Leader: Sandra Jones

HISTORY GROUP



There were very few spare chairs left for today's speaker Dr. Martyn Thomas who returned to tell us about one our local heroines Florence Saunders
Florence Saunders was the youngest daughter of Augustus Saunders, Dean of Peterborough. Inspired by her many visits to the poor and sick as a child accompanying her father, she joined the Evelina Hospital for Sick Children to become a nurse. On her return to Peterborough, she committed herself to caring for the sick using modern remedies. In 1884 she founded the Peterborough District Nursing Association to bring modern nursing to more people.She died aged only 48 years old and her obituary in the Peterborough Advertiser read:



"Notwithstanding the fact that her duties as Superintendent occupied much of her time, Miss Saunders never gave up her active work of visiting, soothing and healing. Almost to the last she moved about in the much-loved uniform among her humble friends."
A memorial in her name was hung on the building created by Miss Saunders as the first purpose-built nursing home in the city. The building, a neo-gothic design probably built by John Thompson is now surrounded by the Bishop Road Gardens. It is now owned by a beauty therapy company.
Thank you, Martin for a very educational talk about someone probably not well known but whose legacy and devotion to duty was remarkable.\
Next month Lesley will be telling us about Robert Owen

Report by Sandra Jones
Group Leader: Sandra Jones

COMMITTEE MEMBERS 2025/26

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Treasurer	Stuart Wlson	treasurer@deepingsu3a.com
Membership Secretary	David Perkins	membership@deepingsu3a.com
Group Co-ordinator	Tom Baldwin	groups@deepingsu3a.com
Gift Aid Secretary	Anne Burton	giftaid@deepingsu3a.com
Committee Member(s)	Phil Jones	phil@deepingsu3a.com

Non-Committee/Supporting roles

Speaker Arrangers	Gill Godden Lynn Ayres
Newsletter Editors	Sandra Jones Ruth Griffiths
Newsletter Distribution	David Scott
Newsletter Distribution Coordinator	Liz Noble
Webmaster	David Perkins
Media Equipment Co-ordinator/Asst. Webmaster	David Scott

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