



# Cliff Villages U3A (Lincoln)

Charity Registration 1114452

Newsletter 24

December 2008

Waddington



Harmston



Coleby



Boothby  
Graffoe



Navenby



Wellingore



Leadenham

## Notes from the Chair

Since the last newsletter I do not have to remind you of two outstanding speakers, Mr. Beevers spoke to us about the work of St. Dunstons and Paul Harwood who demonstrated the art of water colour painting. It is very rewarding to know that so much is gained by listening and seeing such work unfold. The other two, Tim Hudson speaking on his journeys to the Himalayas and Philip Bowler explaining the complicated study of Astrology were also very thought provoking.

As the A.G.M., approaches I am confident that new people will emerge to replace those on the committee who have made a contribution to the continuing success of the Cliff Villages (Lincoln) U3A.

2009 is fast approaching and I hope that we can all look forward to the new year with enthusiasm to enjoy our involvement with the group activities that generate such an enormous amount of pleasure.

May I on behalf of the committee wish you all a very happy Christmas and good health and prosperity in the New Year.

**Ruth Broughton**

## Visit Our Website

Find out more about the activities and happenings at Cliff Villages U3A  
[www.cliffvillageslincoln3a.org.uk/](http://www.cliffvillageslincoln3a.org.uk/) Or 'Google' Cliff Villages U3A



## Current Committee To Serve until the AGM February 2009

<b>Chairman</b>	Ruth Broughton	01522 813637
<b>Vice Chairman</b>	Gordon McIntyre	01522 720301
<b>+Treasurer</b>		
<b>Business Secretary</b>	Rosemary King	01522 721187
+ East Midlands Representative		
<b>Committee Members</b>		
Membership Secretary	Ray Kennett	01522 721316
Co-ordinator of Convenors	Alice Robson	01522 797331
Social Welfare	Rita Bateman	01522 810067
+Attendance at the door		
Speaker Finder	Mary Cook	01522 720324
Minutes Secretary	Ann McIntyre	01522 720301
Website and technology	Clive Morrison	01522 720556
Newsletter	Pat Thomas	01522 887546

Normally the Committee meets

### Friday Monthly Meeting Tea Rota

Jan	9	D. Hazeldine	M. Burton	M. McClelland	V. Perry
Feb	13	D. Smejka	B. Smejka	B. Cartwright	S. Hellen
Mar	13	P. Thomas	G. Thomas	<b><u>Vacancy</u></b>	<b><u>Vacancy</u></b>
April	10	R. Broughton	B. Broughton	G. Lee	E. Morgan
May	8	A. Cant	B. Wall	B. Hollingsworth	C. Wright
June	12	J. Dudley	J. Elliott	A. Maplethorpe	<b><u>Vacancy</u></b>
July	10	R. Raines	A. Dunn	T. Ramsay	F. Healey
Aug	14	M. Myatt	E. Rogers	S. McClean	<b><u>Vacancy</u></b>
Sept	11	W. Weatherall	N. Pellatt	V. Perry	M. Burton
Oct	9	J. Dendle	J. Dendle	<b><u>Vacancy</u></b>	<b><u>Vacancy</u></b>
Nov	13	B. Varlow	J. Mundy	F. Paddison	<b><u>Vacancy</u></b>
Dec	11	EVERYONE 'COS IT'S CHRISTMAS			

*The list was circulated at the October Meeting. If the list did not reach where you were sitting, or you did not attend, and wish to help with the teas please contact Yvonne Moir 01522 720770*

*If members on the list cannot attend on the specified day would they please give Yvonne prior notice as early as possible.*

## Cliff Villages U3A Monthly Meetings

Harmston Village Hall  
2nd Friday of the Month

10.30am start - coffee served until 10.15

Speakers for 2009

Jan	9th	<i>My Life as an Echo Photographer</i>	Ken James
Feb	13th	A.G.M. <i>No official Speaker</i> <i>Contributions from Convenors</i>	
Mar	13th	<i>Lincolnshire Accents and Dialects</i>	Loretta Rivett
Apr	10th	Good Friday <i>Peterborough, Norwich, and Ely Cathedrals</i>	Kevin Harrison
May	8th	<i>Life on the Marshes</i>	June Barton
Jun	12th	<i>Passports and Petticoats</i>	Muriel Arnold
July	10th	<i>EPIC Centre and Climate Change</i>	Dr Nick Cheffins
Aug	14th	<i>Reasons for Fraud</i>	An Accountant
Sep	11th	<i>My Childhood in France During the War</i>	Yvonne Franklin
Oct	9th	<i>A Mason's Story</i>	John Ivory
Nov	13th	<i>Arts and Crafts Movement</i>	Robert Wand
Dec	11th	Christmas Party	

*The availability of the Speaker dictates that the April Meeting will be on Good Friday*

### **Cliff Villages U3A Annual General Meeting**

The AGM will be held during the monthly meeting on 12th February. In the years of our existence the Committee has undergone changes with a fair number of our current membership having given their time and efforts to organising your U3A. Each year the elected Committee has maintained a healthy balance between experienced standing members and newcomers. In 2009 two of our present members are not seeking re-election. To cover the breadth of our responsibilities, and to enable our continuing evolution, we require nominations from the body of the membership.

The Committee is a friendly, amenable and social group. If you are a full member would you be prepared to stand for election? If so, please make yourself known to a committee member or submit a nomination form (included for Full Members with their copy of the Newsletter.) Full members who feel that they, with more knowledge of the workings of the Committee, might like to seek election in future years may attend a Committee Meeting as an invited observer.

There will be no official speaker at the AGM, instead several convenors will present reviews of their groups. We hope to have a slide show of activities in 2008 and Members are invited to submit relevant photos of groups to Clive Morrison or Pat Thomas.

## **Subscriptions**

Full and Provisional Members should have received membership renewal forms. Please note the last date for payment. With a long waiting list this will be enforced. Our expenditure is due to rise; Regional and Neighbourhood contributions will be higher and Capitation to Head Office will increase from £2.50 to £3.50; Speakers at Monthly Meetings, rents, insurance for equipment, stationery, postage, printing, delivery of U3A News etc. will cost more. Our Treasure predicts that we can absorb these increases and stay within the ratio of to income capital as advised by the Third Age Trust. The Awards for All Grant has allowed us to purchase presentation equipment for which we had been saving. Consequently, the subscription remains at £10 for 2009 and will be reviewed for future years.

## **Gift Aid**

We have claimed a substantial sum of Tax Relief on members' subscriptions.

## **Waiting List**

New registrations can expect to wait 5 years for Full Membership. During this time they may become Provisional Membership and join groups. The waiting list remains at 60, of whom 35 are Provisional Members and active within groups. One from our waiting list has joined the new Heath U3A, and Our Membership Secretary has channelled approximately 15 enquiries towards Heath.

Our Full Membership is limited to 150 by fire regulations in Harmston Hall; therefore, we depend upon resignations before we can welcome new blood into Full Membership.

## **Regional Meetings**

We must thank Rosemary King for her steadfast work in representing Cliff Villages at the Region. As a result of burgeoning number of U3As being established, the national U3A is being re-organised into 12 regions. As one of 7 counties we come under the new Midland Region which will hold Meetings three times a year. Geographically this is a vast area with currently 50 branches and a prediction that shortly this number will rise to between 70 and 90. In response to this change Lincolnshire is proposing to set up a County Network with representation from each U3A in Lincolnshire. The County Network will delegate 2 representatives to represent Lincolnshire at the Regional Meetings.

## **Neighbourhood Meetings**

With the advent of new U3As our Neighbourhood is growing and is organising a U3A open day in February. In 2009 the focus will be the U3A in Action with groups demonstrating their activities. Several of our groups plan to attend.

### **U3A in ActiCo-ordinator of Groups**

As this is the last newsletter of 2008, I am feeling quite relieved that there has not been an uprising in the camp of our convenors in respect of tasks I have not, but should have done. My thanks to all group leaders for their commitment to the groups and the fact that there are so many varied activities available.

Sadly, still no volunteer has emerged to continue our Quiz Group, so again, please give some serious thought as to whether this might be a contributory role for you! Quiz groups are much fun and are a valuable vehicle for making new friends as part of a quiz team, whilst helping to spend some fun time with friends during the winter months.

Moan over - now to happier comments. The 'Dancing for Pleasure' group has proved a very popular event both for those active 'Strictly Come Dancing' wannabees as well as those who come to enjoy a cuppa and a chat (could they also be persuaded to join in? – watch this space!). There has also been a fairly good response to the 'Last Minute' list – for those members who would like to avail themselves of any spare places offered by our own and other U3A groups or organised outings. Some of our members are in fact going to the

## **Co-ordinator of Groups**

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Now to Keith! Keith Ramsay's new group entitled 'Austen/Shakespeare' begins on the 8<sup>th</sup> January but, due to his and/or the group's popularity, the list filled very quickly and has now closed. I appreciate this must be disappointing for members who were not able to have their names on this current group list – but who knows! Keith's arm may be twisted (metaphorically speaking) for him to run another group before too long.

Reference to the Longer Walks group can be read in another part of the magazine but suffice it to say – so far, so good. Maybe when the weather is not quite so off-putting we will encourage additional members to join.

Well folks – thank you again for a great year of groups and if there are any sparkling ideas out there for new groups please contact me and we'll take it from there!

*Alice Robson*

## **Dancing for Pleasure**

At the first meeting in October it was obvious that this group was going to be a hit! With a range of music from old time and ballroom to rock and roll and disco there is something for everyone. No longer able to dance? Not to worry - come along to watch with others who are 'sitting out', and join the between-dance tea and chats. Afraid to make a fool of yourself? You should have seen our attempts at the Palais Glide! The body was willing but the mind had forgotten. This is a relaxing social gathering where, despite the dancing, we have no formal structure, no learning (apart from the steps of the Palais Glide) and no lectures. We meet at **2pm in Harmston Hall on the 3rd Wednesday** in the winter time. On **December 17th** we are having a **party** so please bring a small contribution to a buffet. **And** - if possible - a photo of yourself in your dancing years of late teens or twenties. Dancing and frequent social interchange have been proved to ward off senility. Come and join us and help us remember forgotten dances.

# Support our Groups!

Group	Convenor	Tel	Day	Time	Venue
Armchair Travel	Peggy Marshall	01522 720641	2nd Wednesday	10am	Harmston Hall
Art	D.Raines/A.Hazeldine	810843/720387	Every Monday	10am	Redwood Centre
Bird Watching	Ross Thompson	01522 720590	3rd Wednesday		Various
Book Review	Ruth Broughton	01522 813637	2nd Tuesday	2pm	Various
Classical Music	Annie Manners	01522 791174	2nd Thursday	2pm	Various
Creative Writing	R.King/ B.Goodman	721187/811325	4th Thursday	10am	Various
Dancing for Pleasure	R. King	01522 721187	3rd Wednesday	2pm	Harmston Hall
Discussion Group	Rosemary King	01522 721187	3rd Monday	2pm	Various
Exploring Churches	D.Oldfield	01522 853124	Ask for dates		Various
Healthy Living	Rosemary King	01522 721187	1st Friday/Winter	10am	Harmston
Historical Topics	Bob Goodman	01522 811325	4th Friday	10am	Harmston Hall
Industrial Heritage	P.Thomas/D.Raines	887546/810843	3rd Friday	10am	Redwood Centre
Know Your Plants	Rosemary King	01522 721187	1st Friday/Summer	10am	Coleby
Mahjong	Tony King	01522 721187	Every Thursday	2pm	Various
Needlework	Pat Thomas	01522 887546	4th Friday	2pm	Various
Parchment	Freda Howe	01526 320024	1st Wednesday	10am	Metheringham
Poetry for Pleasure	J. Elliott	01522 522778	2nd Monday	2pm	Various
Pub Lunches	Barbara York	01522 720633	Monthly Tue/Thur		Local Pubs
Shakespeare/Austen	Keith Ramsay	01522 801560	October / TBA		Waddington
Singing for Fun	Norman Watson	01522 521059	3rd Thursday	10am	Waddington Ch.
Ten Pin Bowling	R. & D. Raines	01522 810843	Every other Tue.	2pm	Lincoln Bowl
Visual Culture	Arthur Hazeldine	01522 720387	Occasional		Various
Walks - Longer	Alice Robson	01522 797331	Phone for info.		
Walks - Village	Val Green	01522 720731	3rd Wednesday	10am	Local Area
Who Do U Think UR?	Jill Alder	01522 810093	2nd Wednesday	2pm	Coleby

**The Quiz group has been removed from the list until a new convenor comes forward.**

**Shakespeare/Austen is full.**

**Provisional Members Meetings/Social Afternoon could be re-instated if there was adequate input from our Provisional Members.**

**2nd Discussion Group needs a volunteer to convene meetings, and interest from Full and Provisional Members before it can get off the ground.**

**In 2008** we launched three successful groups.  
 Industrial Heritage - Longer Walks - Dancing for Pleasure  
**In 2009** can we do even better? Over to you, Members!

## Monthly Timetable from December 2008

Details may change, please check with group convenor

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	am	<i>Art</i>		<i>Parchment Craft</i>	<i>Shakes/ Austen</i>	<i>Healthy Living</i>
	pm		<i>Tenpin Bowling</i>		<i>Mahjong</i>	
<b>Week 2</b>	am	<i>Art</i>		<i>Armchair Travel</i>	<i>Shakes/ Austen</i>	<i>Monthly Meeting</i>
	pm	<i>Poetry</i>	<i>Tenpin Bowling</i> <i>Book Review</i>	<i>Who Do You Think You Are</i>	<i>Mahjong</i> <i>Classical Music</i>	
<b>Week 3</b>	am	<i>Art</i>		<i>Village Walks</i>	<i>Singing for Fun</i> <i>Shakes/ Austen</i>	<i>Industrial Heritage</i>
	pm	<i>Discussion</i>	<i>Tenpin Bowling</i> <i>Pub Lunches</i>		<i>Mahjong</i>	
<b>Week 4</b>	am	<i>Art</i>			<i>Shakes/ Austen</i> <i>Creative Writing</i>	<i>History</i>
	pm		<i>Tenpin Bowling</i>		<i>Mahjong</i>	<i>Needle Craft</i>

### Irregular Meetings

Tenpin Bowling	Every other week including five Tuesday months. Phone for dates and details
Bird Watching	Phone for visit arrangements
Exploring Churches	According to access to churches, Announcements at monthly meetings
Pub Lunches	May vary Tuesday/Thursday, list at monthly meetings
Visual Culture	Occasional visits to Museums etc. Announcements at monthly meetings
Longer Walks	Evenings in summer, mornings in winter. Phone for dates and routes
Shakespeare/Austen	Season - every other week including five Thursday months

### Monday Matinee at the Collection

*This is no longer a Cliff Villages Group* The next open-to-the-public season (details from the Collection) starts on Jan 26th with *Mama Mia* and an **earlier starting time 1pm**.

## **Birdwatching**

Following our planning meeting at the Horse & Jockey I have put together the programme of visits for the remainder of 2008 and 2009 as discussed. This year there will be a visit each month between Nov 08 and Sept 09. Our normal visits will again be the 3<sup>rd</sup> Wed of the month.

In addition an overnight trip to North Norfolk (Titchwell and Blakeney or Holkham) is proposed on 27/28<sup>th</sup> May, where local overnight accommodation is needed. A good source of information is the Deepdale info. centre [www.deepdaleinformation.co.uk](http://www.deepdaleinformation.co.uk)

<u>2009</u>	Jan	21	Welney near Wisbeach	June	17	Bempton Cliffs
	Feb	18	Woodhall Spa	July	15	Freiston Shore
	Mar	18	Far Lings	Aug	TBA	Boston Belle
	Apr	15	Rutland Water	Sept	15	Gibraltar Point
	May	20	Blacktoft Sands	Oct		PLANNING

*The full programme contains details on meeting points and birds that may be seen. Contact the convenor Ross Thompson 01522 720590*

## **Theddlethorpe: Lincs Wildlife Trust Nov 19th 2008**

Today was a new venture for us. Leaving our usual menu of ducks and waders we did not see as many birds, but they were different. We still had a lovely, fine day with the sun out, albeit a bit windy on the coast. There were some brilliant displays by both Hen and Marsh Harriers. On one occasion a pair of Harriers were being attacked by a Merlin! A long discussion took place before we were certain that we were watching a Flycatcher darting back and forth catching insects. A Meadow Pipit took some identifying as it kept hiding in the bushes. So what did we see?

Blackbird, Black Backed Gull, Carrion Crow, Chaffinch, Cormorant, Dunlin, Fieldfare, Flycatcher, Great Tit, Hen Harrier, Lapwing, Magpie, Marsh Harrier, Meadow Pipit, Merlin, Oyster Catcher, Redwing, Redshank, Reed Bunting, Sparrow Hawk.

## **Covenham Reservoir**

This is very exposed, but a favourite roosting place for water birds late in the afternoon. By now the wind was about Force 5/6 creating waves upon which all the birds were bobbing about like corks, but quite unconcerned. Nothing spectacular, but in large numbers, except for the Crow, Swan and Pied Wagtail: Coot, Gadwall, Goldeneye, Grebe, Mallard, Rook, Tufted Duck, Gulls!

**John**

## **Healey**

## **Poetry**

*When asked by Doreen if I would take on the convening the poetry group my first thought was that I would have a hard act to follow!*

*Having been with the group since its inception, I'll do my best to keep the afternoon an informative, as well as fun, time.*

*A selection of subjects we will be looking at in 2009 will include Weather, Fashion, Flowers etc. Also we shall hopefully continue our afternoon treats.*

**June Elliott**

*Many thanks to Doreen (together for a while with Ruth) for valiant service in leading this group.*

## Armchair Travel

To plan ahead for a year of travelling is tempting fate! This year our changes have been fortuitous. The talk for November had to be changed as Noreen Walker was in America; Harold Leach advanced his talk scheduled for February 2009 and we can look forward to Noreen in his slot. Thanks to Arthur, our Christmas Party has transformed into a trip to Chatsworth. This group members only outing was oversubscribed on the day of announcement, so it pays to join and attend the group!

Jan	14	Venice Carnival	Mary and Jo
Feb	11	Adventures in New Zealand	Noreen Walker
Mar	11	Norwegian Life	Kari Wright
Apr	9	Iceland	Pat and Gerry
May	13	Outing with Arthur	
June	10	Seven Wonders of the Midlands	Peggy and David
July	8	Sri Lanka	Patsy and Keith
Aug		No Meeting	
Sept		Hidden Spain	Tim Sands
Oct	14	Selection of Lincolnshire Villages	Kevin Harrison
Nov	11	National Parks of Tanzania	Stephen Lovell
Dec	10	Christmas Meeting TBA	

*We do not have a tea rota. Please give a hand serving and clearing up*

## Exploring Churches

September - unchanged Norton Disney then updated Bassingham with an exquisite pulpit cloth embroidered by our late member Joy Kimpton, a splendid reminder of a talented lady.

October - Brauncewell, then on to St Andrew's Church Cranwell where we were made so welcome with coffee, music and one of our most fascinating talks.

November - contrasting churches of Langworth and Barlings, both with interesting stories.

December 18th Group Members Cheese and Wine at 7.30pd chez Diana and Brian.

January 16<sup>th</sup> 2009 Foston Church 10am, Long Bennington 11am.

February - I am hoping to fix a date to visit Doddington Church coinciding with Snowdrop week at The Hall.

***This will be my last month as co-ordinator and I am hoping someone will consider taking over this position after the AGM. I will of course be happy to help ease the transition.***

*Diana Oldfield*

## History

Feb	27	Planning Meeting	
Mar	27	A Confection in Pink	Mary
Apr	24	Auguste Pugin Life and Works (film)	Gerry
July		Group visit with Art and Industrial Heritage to Saltaire and Bradford Film Museum	

## Discussion Group

On each third Monday of the month, 10 (outspoken and very opinionated!) men and women, meet to air their views on topical events. There are no holds barred! We submit our subject choice which is presented by the relevant Member and there is time for about five topics to be discussed. We get so heated that the doors and windows are flung wide to let out the steam but it is VERY invigorating!

People who live on their own find the afternoon especially worthwhile as it is a chance to air their pent up emotions, anger and frustrations. Being of a 'certain age' we tend to agree on most subjects but it is a very valuable outlet for us to hear and disseminate upon different viewpoints. Shyer members soon get drawn in.

***Why not start a second group?*** It is this sort of social interaction that brings about friendships. All the preparation is to decide the venue.

*Rosemary King - Co-ordinator*

## Book Review Group

The Group meets on the second Tuesday of each month at 2.00pm at the home of the person who has chosen the book.

Jan	8	<i>A Painted House</i>	John Grisham	<i>Ann</i>
Feb	10	<i>The Return</i>	Victoria Hislop	<i>Barbara</i>
Mar	10	<i>The Other Side of the Dale</i>	Gervais Phinn	<i>Lillian</i>
Apr	14	<i>On the Beach</i>	Neville Shute	<i>Janet</i>
May	12	<i>Everything Happens for a Reason</i>	Kavita Daswani	<i>Rosemary</i>
June	9	<i>Not a Penny More Not a Penny Less</i>	Jeffrey Archer	<i>Patsy</i>
July	14	<i>Memories of a Geisha</i>	Arthur Golden	<i>Carol</i>
Aug		<u>No Meeting</u>		
Sep	8	<i>The Spring of Madness of Mr Sermon</i>	R.F.Delderfield	<i>Tony</i>
Oct	13	<i>About a Boy</i>	Nick Hornby	<i>Keith</i>
Nov	10	<i>Blood and Sand</i>	Frank Gardiner	<i>Alice</i>
Dec	8	<i>And It's Goodnight From Him</i>	Ronnie Corbet	<i>Ruth</i>

## Longer Walks

November 6th. We met in the Red Lion pub car park in Dunston village at 9.45. We were 7 in number including a visitor from Branston U3A. After leaving the village we headed north passing Nocton Seeds with its vast rows of greenhouses, and then the old Nocton Hospital, now derelict but still fenced off from the general public. Eventually we came to the Carr Dyke with

views across to Bardney and the sugar plant. We followed the dyke taking us through the small hamlet of Wasps Nest and came upon a tree trunk with carvings of numerous animals including otter, pheasant, duck, and squirrel; a rare sight which must have taken many hours to complete. As we continued on our circular route we stopped for a chat and



*Recruiting a New Member*

to feed the horse with a mint or two before reaching our journeys end, The Red Lion, around 12.15. The weather had been kind, with plenty of sunshine throughout the morning, and the pub offered a good menu so we all partook of needy refreshments.

With Christmas and New Year approaching and so much to do, and the weather uncertain, the date of the next walk will be announced. Anyone wishing to join us next time will be most welcome.

*Alice Robson*

## **Industrial Heritage**

At our initial meeting last February it was obvious that we needed a hall - and since then we have grown! In March and April we were At Home in Redwood Drive Community Centre, the summer was spent Out and About and for October and November were At Home again.

In March, after canvassing ideas for visits, we saw the first part of a film of Marshalls of Gainsborough - the second part is in reserve. In April Ken Lidbetter spoke about Windmills in preparation for May's visit to Alford Mill. On that day Mary and Jo produced a gem when their enthusiastic curator friends conducted our group around Gayton Pumping House. After that the Lincolnshire Life Museum was bound to appear well trodden ground. July was possibly the zenith with a the visit with the History Group to Bletchley Park. Thank you Arthur for the arrangements. By September the sky was the limit - with visits to the Lincoln Observatory on two consecutive cloud-free Friday evenings. Returning Home in October and November could have been coming down to earth!

The October speaker let us down but agreed to come in November instead. The scheduled talk on Apprenticeships was hastily advanced and was much appreciated by the fortunate audience. In November again the speaker failed to turn up and, at very short notice, Ken James conjured up a slide show of photos of Lincoln. Lucky us! This year will be a hard act to follow. For 2009 we offer:

### At Home

Jan	16	Working As Industrial Nurses	Ronnie and Val
Feb	20	Purpose Built Factory Towns	Pat
Mar	20	Lincoln's Tanks	Ian Walden
April	17	Upper Witham Drainage Board	Ken Platt

### Out and About

May	15	Sutton Bridge and the Power Station	Limited to 20
June	19	Newark Air Museum	
July		Saltire Factory Town, Hockney Gallery, Bradford Film Museum (Joint Groups - Art, History, Industrial Heritage)	
Aug		No Meeting	

Autumn Programme in the April Issue of the Newsletter

## **Easy Cooking - Easy Eating**

We may not be of the 'Can't Cook - Won't Cook' generation but, with declining appetites and restricted diets, we may be categorised as 'Can Cook - Don't Cook.' With our busy lives and an increasing eye on economy we often need something quick and tasty.

For this recipe a liquidiser or (even more convenient) a hand blender is required. The latter ranges from 'own labels' under £5 to Celebrity Chef endorsed luxury models.

### **Sweetcorn Soup** (Approved by the Committee)

1 tin sweetcorn, 1 diced onion, 1 diced potato, 1 pint to 1 litre of water, stock cube  
Cook the ingredients. Liquidise or blend. Add ground nutmeg to taste.

No fresh vegetables? Pre-freeze recipe sized portions of chopped onions, use powdered potato which is much improved compared with Pom of early days.

Try Marrowfat Peas with a frozen pea garnish. Tinned carrots and frozen broccoli work well. Experiment with spices and herbs, have fun! What could be easier?

## Bear Facts

In this life Im a woman. In my next life I would like to come back as a bear. When youre a bear, you get to hibernate. You do nothing but sleep for six months.

I could deal with that.

Before you hibernate youre supposed to eat yourself stupid.

I could deal with that.

When youre a girl bear you give birth to your babies (who are the size of walnuts) while youre sleeping and wake to partially grown, cute cuddly cubs.

I could definitely deal with that!

If youre a mummy bear everyone knows that you mean business. You swat who bothers your cubs. If your cubs get out of line youre allowed to swat them too.

I could deal with that.

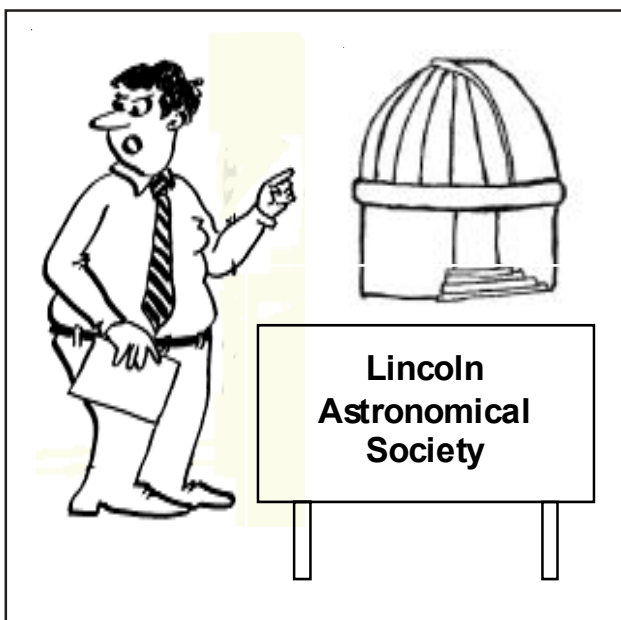
If youre a bear your mate EXPECTS you to wait up growling.

He EXPECTS that you will have hairy legs and excess body fat.

**Yes, Im going to be a bear.**

## Visit to Lincoln Observatory

When my wife heard that we were going to study the stars she thought that they would tell her fortune.



## Tail Piece

Life is short,  
Break the rules,  
Forgive quickly,  
Kiss slowly,  
Love truly,  
Laugh uncontrollably,  
And never regret  
Anything  
that made you smile.

The next Newsletter is scheduled for April 2009.  
Personal experiences/anecdotes and group news items will be welcomed for this edition.  
Contributions please by 23rd March to  
Pat Thomas,  
92 Station Road, Waddington LN5 9QS  
pat.thomas1@ntlworld.com