



The Cliff Communique

August 2018



The rose garden at Anglesey Abbey, visited by the Armchair Travel Group in June

CHAIRMAN'S REPORT

I would like to start by saying a big thank you to the Committee and Members who are working together to ensure that our U3A branch continues to thrive.

Now that we are getting used to our new meeting place, I feel that there is a relaxed atmosphere helped by members having more space to move about, to socialise and enjoy refreshments in comfort. However, we do need willing volunteers to move furniture, so we hope that everyone will help in one way or another, both before and after meetings.

I am looking as well for another kind of volunteer and I hope it isn't too early to mention those dreaded words "Christmas Entertainment". Whilst you are on summer holiday grandparent duties, at Centre Parks, by the pool at Woodhall Spa, or even backpacking in South America, your ideas would be more than welcome. However, your Chairman doing the Can-Can is a non-starter.

Interest groups continue to thrive, so thank you to Glenys Gage and all the Convenors, whose hard work ensures the success of such varied activities.

I have to end my report on a sad note by reporting the death of Mick Rampton. We have lost a hard-working and dear friend who will be sadly missed. Our thoughts are with Pat and all the family.

Rita Bateman

Group News, compiled by the convenor unless stated otherwise.

Book Review Group

Convenor: Judith Horsfall 01522 789485 judithanhorsfall@btinternet.com

The Book Review Group is well established and has room for 12 members. The members enjoy reading all kinds of books, regardless of their own preferences. The group encourages members to read books which they would not always choose for themselves and it helps to widen our view of literature.

We have read works ranging from the modern and prize-winning authors to the well-established and classic. Each month a member chooses a book and prepares an introduction about the author and the reasons they have chosen the book. Then other participants are invited to discuss the book. We have some lively discussions, and everyone feels comfortable to share their thoughts. We have had some quite good-natured argumentative afternoons which can also be amusing. No-one feels constrained in sharing their opinion of the book!

The group meets on the second Tuesday of each month at the home of the member who has chosen the book. We currently have 10 members and would love to welcome new people. If you are interested in joining this group and want to have more details, please contact Judith Horsfall, details above. I look forward to hearing from you!

Bird Watching

Convenor: Ross Thomson 01522 720590 chris.noboys@virgin.net

The U3A Birdwatching Group continues with its annual programme of monthly visits to local reserves.

In **May** we had our annual visit to North Norfolk. This year we made it a two-day event visiting the RSPB reserve at Titchwell and also The Hawk and Owl Trusts Reserve near Fakenham. On both days we had the benefit of a local naturalist, Ray Kimber. Despite poor weather on the first day, with Ray's help, we saw the following:

BIRDS Grey Heron, Cormorant, Mute Swan, Greylag Goose, Brent Goose, Shelduck, Mallard, Gadwall, Shoveler, Red-crested Pochard, Pochard, Tufted Duck, Marsh Harrier, Buzzard, Kestrel, Pheasant, Black-headed Gull, Mediterranean Gull, Little Gull, Common Gull, Herring Gull, Great Black-backed Gull, Black-tailed Godwit, Oystercatcher, Avocet, Little Ringed Plover, Lapwing, Swallow, House Martin, Swift, Sedge Warbler, Blackcap, Blue Tit, Great Tit, Marsh Tit, Robin, Dunnock, Wren, Wood Pigeon, Collared Dove, Moorhen, Coot, Chaffinch, Bullfinch, Reed Bunting, Jackdaw, Carrion Crow, Cuckoo, Pied Wagtail.

MAMMALS Muntjac, Brown Rat, Bank Vole, Water Vole.

DAMSELFLIES Large Red Damselfly, Blue-tailed Damselfly.

BUTTERFLIES Small White, Green-veined White.

FLORA Red Campion, Sea Campion, Ragged Robin, Cuckoo Flower (Lady's Smock), Large Bittercress, Kingcup, Lesser Spearwort, Garlic Mustard, Hedge Mustard, Herb Robert, Hemlock, Cow Parsley, Alexanders, Fumitory, Thrift, Sea Beet, Sea Wormwood, Houndstongue, Black Bryony, Water Horse-tail, Field Horse-tail, Red Currant, Tussock Sedge, Dog Violet, Cowslip, Alder, Hazel, Hawthorn, Witches Broom on Silver Birch caused by a fungus and Robin's Pincushion on Dog Rose gall caused by a small wasp.

Our **June** visit took us to RSPB reserve at Blacktoft Sands near Goole. Here Marsh Harriers were very active. Other notable sightings were Spotted Redshanks and a Barn Owl chick preparing to take its first flight.

Anyone wishing to be involved in our group should contact Ross Thomson, details above.

Computer Security Workshop

Convenor: Robert Hadfield 07858 602602 robert.1.hadfield@talk21.com

Rob Hadfield is running his workshops on 9th August, 11th October and 13th December. Each of the sessions will cover a different area of computer security, therefore you needn't attend every session.

The workshops are aimed at complete beginners and we will be covering specific subjects requested by the attendees, so if there is something particular that you would like to know about, please get involved.

If you are interested in coming along, please contact Rob, details above. All sessions are held at Redwood Drive Community Centre, from 12.00 until 14.00.

Flower Arranging Group

Convenor: Rosemary King 01522 721187 aking4@toucansurf.com

The flower arranging group meets once a month on the third Tuesday afternoon. This month our theme was five items and a container. The weather has been so hot and the plants so stressed that a dry or silk arrangement seemed sensible. Here is the result of my efforts:



The 6 to 8 members of the group have all become firm friends and once the arrangements have been completed, then it is time for chat. In lieu of an actual discussion group, this is the next best thing.

On September 1st it is the Harmston Produce Show with a section for flower arranging, so this year some of our group will try their hand at decorating a hat for "Women get the Vote", "Flanders' Fields" or "The 100th Anniversary of the RAF".

Games and Social Afternoon Group

Convenors: Yvonne and Kenny Moir 01522 720770 goldmoir@aol.com

Where does the time go? We recommence on Wednesday 17th October at 2.00pm in Harmston Memorial Hall and will run on the third Wednesday of each month until April. We always welcome new members to what we hope is a fun afternoon, so please contact us for further information, details above.

Longer Walks Group

Contact: Pat Rampton 01522 874746 prampton1803@gmail.com

On a lovely spring day, a merry band gathered at Sherwood Forest to walk through the woods, in the hope of seeing Robin Hood. The nearest we came to that was on reaching the Major Oak, his reputed hiding place, inside of which several of us remembered climbing when at a much younger age. In spite of not getting a glimpse of Robin or his men, we found a route of varied woodland character and finished off by eating in the Visitor Centre Restaurant. Report from John Healey

Kurling Group

Convenor: Howard Martin 01522 827576 howardmartin@ntlworld.com

The Kurling Group is thriving and we continue to have lots of fun. Recently we lost four members for health reasons and so are looking for new recruits for the new season, starting on Tuesday September 4th after the summer break. We meet on alternate Tuesdays at Wellingore Memorial Hall from 10.00am until 12 noon, with a break for coffee and biscuits half way through. Anyone wishing to join the group for a carefree and fun sport contact Howard Martin, details above.



Short Walks Group

Convenors: Yvonne and Kenny Moir: 01522 720770 goldmoir@aol.com

We have over 30 members who have signed up and it is nice to see that some new faces will be joining us. So far this year we have walked at Boultham Park, Nettleham, Hartsholme Park, Ruskington and at the lovely Woodland Waters, Ancaster. After walking we usually finish with refreshments: a good way to end the morning. Anyone wishing to join the group contact Yvonne and Kenny Moir, details above.

Industrial Heritage Group

**Convenors: Pat Thomas 01522 887546 pat.thomas1@ntlworld.com
David Raines 01522 810843 davidraines290@btinternet.com**

The season of summer outings began in **May** with an enlightening tour of the Lincolnshire Road Laboratory. John Healey has reported on the experience:-

"Road works will never look the same again since this visit. We began at the beginning, looking at mud. It is so important as it is the foundation of roads, so they must test it for properties of compression and liquidity. One Lincolnshire road is over 100 years old and still sound. A good base includes sandstone as it is strong which is then overlain by aggregates and sealed with bitumen. Bitumen is a hydrocarbon rich in CO₂, but as it is not burnt and as old bitumen can be recycled, it is not a problem. It is a very important glue and waterproofs the surface. 90% of the world's roads use bitumen. As bitumen prefers warm weather that is why we see many road works in the summer months. The best surface is smooth, but it is slippery in the wet, so a compromise is needed, so different textures are used according to the situation. The main damage to the road surface is related to speed and to heavy loads; lorries are getting bigger and increasing in number so there is the need to develop a surface which can withstand the pounding. The highest quality roads are motorways, with much focus on the foundations.

Lesser roads have lower specification. A nightmare is the problem of increasing numbers of potholes for with the reduction in funding it is impossible to keep up with their repair. The standard of pothole repair is related to

the importance of the road; for instance, motorways are priority as the damage will increase very rapidly due to the heavy traffic.

Modern day technology monitors all work on the roads. The road rollers are able to measure the correct compression of the tarmac, vehicles are fitted with equipment to measure the smoothness of the surface and if you see men drilling into a new road surface, it is for good reason. The core will show that the work has been done properly by the contractor. Steve, who led the tour, was very knowledgeable and readily answered any questions. A good day."

In **June** we were the first group to be shown around Lincoln University's new Psychology, Health and Social Care faculty on Brayford East. The building is named for Dame Sarah Swift (1854-1937), a little-known Lincolnshire born nurse, who was matron at Guy's Hospital. During WWI she came out of retirement to become Matron in Charge of the Red Cross and St John Ambulance. Dame Sarah founded and was the first director of the College of Nursing. Although the department trains Physiotherapists, Paramedics and a range of health care professionals, the focus of the visit was on Nursing. Ex-nurse Brenda Cartwright was so impressed that she would have enrolled for September. Brenda said, "I was fortunate to visit the faculty of Social Science with our Industrial Heritage group. I had preconceived ideas that the training of nurses would not include enough hands-on practice. However, the students are given various placements in clinics and hospitals etc. and these with the excellent theoretical instruction, provide a complete nurse training."

Despite the early hour the **July** visit to Stokes Coffee Enterprise at the Lawn started with a magnificent cream tea. We were shown the coffee roasting processes and had the opportunity to test different blends of coffee before watching a presentation telling the history of the century old business, now in the 4th generation of the same family. After a group photo, we were shown round the building.



.Programme

August No Meeting

PLEASE NOTE THE CHANGE OF PROGRAMME FOR AUTUMN

The scheduled September visit to Destec Engineering will now be on October 19th.

This visit is over-subscribed and I have contacted those on the list.

September 21 Redwood Drive Community Centre 10am for 10.30am start

Film "How to Build a Nuclear Submarine"

October 19 Destec Engineering Visit – Five Mile Lane Washingborough

10.15am for 10.30am start

November 16 The Grimsby Ice Factory

Talk by Chris Lester of the Great Grimsby Ice Factory Trust

December No Meeting

New members are invited to join this large and friendly group.

Mick Rampton

Rita Bateman has already reflected our feelings of sadness at the recent death of Mick Rampton. From a U3A perspective he was always enthusiastic and committed, showing great tenacity in all he undertook, whether as Chairman, one of the Committee, Convenor or Member.

Mick loved writing; we have become used to his poetry appearing towards the end of our Newsletter, so it wasn't at all surprising when Pat told us that Mick was still writing while in hospital. The fact that he was wearing a huge oxygen mask at the time didn't stop him. After receiving so many messages from back home, he wanted to thank everyone, so he wrote the following words. Thanks to Pat for wanting them including in the newsletter.

To all the Cliff Villages U3A family with whom I have grown to treasure the times we have spent doing what we do together. I thank you all for your best wishes for my return to health, although it may be some way off yet. What a great bunch of friends. Getting back to the UK is the priority, although they can do no more than here in Italy.

Mick Rampton

Pat would like to thank you all for the messages and support given to her when Mick was in hospital in Italy and for the many cards and messages she received since Mick died.

The second verse of "Seasons", the last poem of Mick's to appear in the April Newsletter, was read at his funeral, so it seems very fitting that we include it again.

SEASONS by Mick Rampton

As spring breaks through cold winter's door
Daffodils point to the sky.
Bright sun dapples the woodland floor
Excited birds on high.

When summer comes, it's time to go
To places far and near
For picnics held in leafy glades
The shushing sea to hear.

September's end brings falling leaves
Their golden carpet laid
From every garden smoke one sees
Autumn's magic made.

Winter roars through high bare elms
Its icy rain beats down.
Cosy nights round warming fires
Snow blankets on the ground.

Thanks to everyone who sent items for this edition and to Clive Morrison for proof-reading it. Contributions for the winter issue should be sent to Lis Ross m.l.ross.uk@gmail.com by November 12th. Please send as a Word Document for text and JPEG for photos.