



# The Cliff Communiqué

August 2017, Issue 49

## Notes from the Chair

Summer is upon us once more, how time flies when you're having fun. Quite a few of our interest groups take a break from meeting during August and reconvene in September. For those of us with younger family members it gives us more time to connect and share good fun times.

Very sadly two of our members, Joan Leadbeter and her husband Hugh, both died recently. We send our condolences to their family and friends.

Plans are already underway for the Christmas Party meeting. The very capable Terry Gilmore has been asked to coordinate ideas for this event. Remember this is your party and any ideas from the wider membership will be appreciated. If you have any ideas please approach a committee member.

Our Speaker Finder has been very busy and a full programme of interesting topics is now in place for the 2018 season.

Clive Morrison, our Techie, is currently searching the best new projector to buy for our presentations and this, with a new screen, will make them even more enjoyable.

Cliff Villages continues to get enquiries for membership which can only be provisional at the moment. However, we hope to make up all current provisionals to full membership at renewal and so bring more fresh talents to our U3A.

The Industrial Heritage Group enjoys a varied programme of films and trips, a recent one being to the Forensic Department at Lincoln University. We looked at DNA, fingerprinting and examined our own hair under a microscope as well as looking at skeletal interpretation.

Armchair Travel members went to Gunby Hall for their annual outing, as well as 'visiting' Borneo, China, Latvia, Moscow and St. Petersburg from a chair in Harmston Hall.

The walking groups are thriving and still finding new and interesting walks, followed by meals at a pub! The recent Knights' Trail was a great success, so many thanks to Kenny and Yvonne.

Hope you are all having a wonderful summer.

*Mick Rampton*

## The Committee 2017/18

<b>Chair</b>	<b>Mick Rampton</b>
<b>Vice Chair</b>	<b>Clive Morrison</b>
<b>Welfare</b>	<b>Ray Pritchard</b>
<b>Treasurer</b>	<b>Rita Bateman</b>
<b>Membership</b>	<b>Mick Rampton</b>
<b>Business Sec</b>	<b>David Shaddick</b>
<b>Speaker Finder</b>	<b>Pat Ingall</b>
<b>Convenor Coordinator</b>	<b>Glenys Gage</b>
<b>Technical Advisor</b>	<b>Clive Morrison</b>
<b>Minute Sec</b>	<b>Rosemary King</b>
	<b>Terry Gilmore</b>
	<b>Kay Parker</b>

## **Group News, compiled by the Convenor unless stated otherwise.**

### **Armchair Travel**

**Convenor: Peggy Marshall 01522 720641 [peggymarshall264@gmail.com](mailto:peggymarshall264@gmail.com)**

We have had a most interesting year so far. Our travels are quite effortless and new members are welcome to join us at Harmston Memorial Hall on the 2<sup>nd</sup> Wednesday of the month, 10.00 am start. Come early if you want a cup of coffee.

The programme for the remainder of 2017 is as follows:

September 13 <sup>th</sup>	An Alpine Adventure
October 11 <sup>th</sup>	The Azores and Island Hopping
November 8 <sup>th</sup>	Macedonia and Montenegro
December 13 <sup>th</sup>	PARTY TIME

### **Bird Watching**

**Convenor: Ross Thomson 01522 720590 [chris.noboys@virgin.net](mailto:chris.noboys@virgin.net)**

#### **Visit to Potteric Carr April 2017**

A little bit of re-orientation was necessary on reaching the site, as the main services had been brought to the car park, so we did not immediately recognise the route we wanted to take. Nine brave souls had ventured forth into the wilds of Yorkshire to this very well-maintained site and its variety of habitat. Bitterns had been spotted but they avoided us. We didn't even hear a boom! The birds we saw were the usual ones and as it was the breeding season they were in full colour and some displayed their mating dances.

Here's what we saw:

Canada Goose	Gadwell	Greylag
Carrion Crow	Black Headed Gull	Lesser Black Headed Gull
Oyster Catcher	Mute Swan	Mallard
Shoveler	Lapwing	Little Egret
Coot	Moorhen	Reed Bunting
Teal	Great Tit	Blue Tit

Did you know that A Blue Tit can reach a speed of 24 km/hr?

Willow Warbler	Great Crested Grebe	Pochard
Blackcap	Long-Tailed Tit	Goldfinch
Chaffinch	Song Thrush	Marsh Harrier
Herring Gull (nesting)	House Martin	

We heard several Cettis, but like the Bitterns, they were hiding from us.

Some of us had a little walk after lunch exploring an extensive area designed to let children have fun and build hides using whatever materials are available.

A pleasant day with the sun putting in an appearance.

**John Healey**

## **Church Architecture**

**Convenor: Bob Alder: 01522 810093 [alder.jandb7@btinternet.com](mailto:alder.jandb7@btinternet.com)**

So far this year we have visited both large and small churches, and even one church without a floor at Sturton by Stow. The large church was Stow, St. Mary's, an impressive 'barn', and the small churches were the lovely St. Edith's at Coates and St. Andrews at Silk Willoughby. We try to make the visits close to each other to avoid too much travelling. Last month we visited three of the churches of our neighbouring Diocese of Southwell; first Winthorpe All Saints, built after the civil war on the site of an earlier church but also the site of the royalist encampment during the Battle of Newark. Then came Holme St. Giles, a completely untouched Saxon and middle age church and a delight, in the middle of nowhere; and finally Collingham All Saints. Three contrasting buildings and much appreciated by the group for their diversity. We had escorted and very informative visits and still have a variety of different styles and ages of buildings to explore. We always finish with a lunch which is sometimes better than expected, but always in good company. All are welcome,

## **Flower Group**

**Convenor: Rosemary King 01522 721187 [aking4@toucansurf.com](mailto:aking4@toucansurf.com)**

The Ladies arrive (no Gentlemen, as yet) bearing baskets of flowers and containers for an enjoyable and relaxing afternoon. There is a monthly set subject, often seasonal but always using vegetation from our gardens or the countryside. We have had 'An Easter Arrangement' with eggs and spring flowers, 'Arrangements in a Jug' and this month a 'Low Table Centre Decoration'. During the snipping and placing we chat. It is a great way to make new friends and enjoy a creative afternoon.

We are also practising for the Flower Festival, which will take place in Harmston on October 7<sup>th</sup> and 8<sup>th</sup>. (A date for your diary.) We have one member who is creating the U3A arrangement for the piano in the church, while the rest of us are preparing masterpieces for the 'Dutch Contemporary Flower Display'. We are collecting containers, pin holders, candles and 'props' such as driftwood and my elusive white, stuffed cockatoo! Car boots and charity shops are benefitting from our trade as we source mirrors, bowls and even silk flowers to augment the real ones. Donations are always welcome!

## **Food, Glorious Food**

**Convenor: Pat Rampton: 01522 874746 [prampton1803@gmail.com](mailto:prampton1803@gmail.com)**

In July we learnt all about apricots. Our host gave us many facts and figures about their origin and nutritional values; for example, they were discovered over 4000 years ago on the mountain slopes of China and it is said that 100 grams of fresh apricots gives you 12% of Vitamin C, 12% of Vitamin A and 6% of potassium required daily by the body; all this for under less than 50 calories. They are also rich in fibre.

Our host made apricot and pistachio nut flapjack to enjoy with our coffee and following our "apricot education" we sampled some chicken tagine which contained apricots (picture at the end of the online newsletter), followed by apricot cheesecake. All delicious!

## **How this group works**

The monthly host picks a food subject they would like to talk about, does a little research and if they so desire, produce some samples. Amongst the many subjects we have discussed are nuts, citrus fruit, teas, oats, tomatoes, fish, eggs, chicken.

This is not a cookery group – only those wishing to cook or bake to demonstrate their subject do so.

## Longer Walks

Contact: Mick Rampton 01522 874746 [m.rampton35@yahoo.com](mailto:m.rampton35@yahoo.com)

We walk on the first Thursday of the month, covering approximately 5 miles. Recently we walked in and around Bardney with lunch at The Nag's Head, and also at Market Rasen with lunch at The Aston Arms. Hopefully by the time you read this we will have walked in the Collingham area, finishing at Winthorpe for lunch.

The walks are organised by different group members each month who volunteer to arrange and oversee the itinerary and the refreshments.

Taking a breather near Market Rasen



## Short Walks

Convenors: Kenny and Yvonne Moir 01522 720770 [goldmoir@aol.com](mailto:goldmoir@aol.com)

In April we had a lovely walk around Ruskington with refreshments afterwards at the garden centre café. Unfortunately May's walk was cancelled because of torrential rain. However we persevered and did the same walk in June at Potterhanworth through farm and woodland. For refreshments we were very well looked after by the volunteer staff at *Bluebells Café*, a community project based in St Andrew's Church. Although only open Wednesdays and Thursdays from 9.00pm – 5.00pm, it is well worth a visit, especially for afternoon tea, but for that you have to book beforehand.

We walk on the third Wednesday of the month, from March to October, with a 10.00am start. Walks are of approximately 3 miles and taken at a steady pace. All are welcome.

## Industrial Heritage

Convenors: Pat Thomas 01522 887546 [pat.thomas1@ntlworld.com](mailto:pat.thomas1@ntlworld.com)

David Raines 01522 810843 [davidraines290@btinternet.com](mailto:davidraines290@btinternet.com)

## Industrial Heritage Report August 2017

This large group meets on the morning of the third Friday of the month. There are no meetings in August or December.

Over the winter months we have talks and films in Redwood Drive Community Centre, off Brant Road, Waddington with coffee until 10.15am before a 10.30am start. Now that we have moved into the larger hall all Cliff Villages members are welcome. Normally from May to September we visit local, and occasionally more distant, industrial venues according to availability.

A conflict in diary dates caused the cancellation of the proposed May visit to the Lincolnshire Roadworks Laboratory, for this I apologise and the visit will be rescheduled next summer.

We have a very loyal and hard-working support team who assist in the hall, have led the visits in June and July and produced the reports. Thank you to all the team. In June the much appreciated visit to the Forensics Laboratory at Lincoln University was limited to 20 and, with sufficient interest, it may be possible to repeat the activity. Despite the self-drive distance involved, the visit to Ketton Cement Works in July was well attended, although numbers were reduced by seven late cancellations (including myself) because of medical emergencies.

On September 15<sup>th</sup> we plan to visit Thornes of Wragby, where beekeeping equipment is manufactured. This venue should be suitable for those with mobility issues who have had to withdraw from more demanding visits. There is no charge but I suggest that we show our appreciation by supporting their tearoom where light snacks are available.

## Programme

AUGUST NO MEETING

Fri Sept 15<sup>th</sup> Thornes Beehives 10.30am start

Off the A158 between Langworth and Wragby, LN85NJ

### At Redwood Drive Community Centre

Oct 21st Film What Destroyed the Hindenberg Airship  
(previously scheduled for March)

Nov 17<sup>th</sup> Mike Willerton Loco Construction Ancient and Modern  
(previously scheduled)

DECEMBER NO MEETING

## Visit to Ketton Cement Works

Who would have thought that the production of a humble bag of cement would turn out to be so interesting and educational? With the aid and knowledge of our site guide, plus a mini-bus to ferry us around this huge site, we were shown every step of the production of this everyday product, without which we would have no concrete structures or mortar to lay our bricks.

The cement works, formerly known as "Castle Cement", is now owned by the Hanson Heidelberg Group and extends over an area of 20 square miles. The raw materials of limestone and clay, all quarried on site, are carefully blended in the ratio 4:1, with continuous sampling and adjusting for an optimum product. There are no waste products from this site. **continued overleaf**

## **Ketton visit continued**

Much of our domestic waste of plastics and paper are consumed here as fuel. In addition an extensive array of solar panels generates enough power for the site. Big machinery is involved in the process, from huge bulldozers to massive tipper trucks, crushers, ball mills, belt conveyors and rotating kilns. All in all an educational and interesting visit; just what U3A is all about.

**Mick Rampton**

## **Visit to the Forensic Department at the University of Lincoln**

Nineteen of us gathered at the Science Block and were met by Dr Nicola Crowe, a specialist in Microbiology, who was to be our host and who proved to be both knowledgeable and entertaining. Her students had chosen her as the most inspired teacher of the year in 2016: a good recommendation. Mike, a first year student, helped us. The expected coffee did not materialise as the café is now a new laboratory, but we survived with water. Nicola began by explaining the importance of forensics in today's society, describing the enormous progress that had been made. The majority of DNA testing is now done by robots because it is a repetitive process. The forensic laboratory is fully qualified to carry out such investigations, but is not allowed to because of its open nature. We first looked at a human skeleton which we were able to manipulate, learning how damage to the body helped to ascertain the cause of death. This generated lively discussion with anecdotes of members' experiences. The skull of a sabre-toothed tiger, a fearsome beast, created excitement and an appreciation of the efficiency of the jaws of similar creatures.

Nicola then explained the importance of fibres in crime solving, citing the example of a Velcro strap which in the case of a child murder had revealed a whole spectrum of fibres and dust particles, which when isolated from hundreds of minute samples, showed that the child had been in contact with the murderer in one specific place. Thus, the case was proved.

Next came the exciting bit when we had to extract a hair from our heads (causing much hilarity when Kenny had to pluck one from his chest), so that that we could examine it under a high-powered microscope. We discovered that a hair is transparent with a pencil-like structure: a central medulla surrounded by another layer (the thickest part) and a furry outer part. There were numerous variations in the medulla; for example, Yvonne's was broken up into little dashes.

After that we were challenged to see if DNA evidence alone is strong enough to convict in rape cases. As we were led through the investigation, we could see that one case was strong and another too weak to be used as evidence. Nicola was able to discuss the role of DNA, stressing that its presence alone is not sufficient proof as, in addition, the person had to be identified and then, very crucially, it has to be proved that the person involved did or did not have the right to be in that place.

Then it was time for the mucky bit and more laughing, as we all tried out finger-printing, with a reward of a print put into a key ring. The process of extracting prints from a glass was tried, but with very mixed results. So finally, a huge thank you to Nicola and Mike for giving us such an amazing experience which was thoroughly enjoyed by everyone, and to Pat Thomas too for organizing the visit.

**John Healey.**

***Pictures for both visits are at the end of the online newsletter***

## Harlaxton Summer School 2017

This year we had a few new people attending the Summer School at Harlaxton Manor. I hope the 'Experience' as it is called, was as enjoyable for them as for the old returnee, me! Evansville University have spent a fortune on up-grading the refectory and the 'quiet lounge', both of which are now modern and comfortable. Outside in the grounds, more unruly rhododendrons have been clipped or removed and a new gravel pathway leads from one lovely wrought iron gate to another refurbished one.

I attended Andrew Sankey's course on Medieval Gardens with a visit to Prebendal Manor. (I love visits!) The ancient Manor, one of King Cnut's royal halls, dating back to the Viking period was fascinating but the garden was disappointing, as the owner can no longer manage it. Andrew was his delightful and informative self.

For the second course I studied 'Royal Rebels' with the irrepressible Jean Townsend. We had a wonderful day out (another visit!) to Harewood House near Leeds. For some reason the glorious Adam ceilings are not widely promoted. In each of the State Rooms the beautiful, colourful Georgian ceilings quite stole the show and are not even mentioned in the leaflets.

Harlaxton Summer School is a holiday in an ornate, crazy building with interesting courses thrown in. Nothing to strain the brain, but fun, socially enjoyable and with far too much to eat! Join me next year.

**Rosemary King**

## Tea and Coffee Rota for our monthly meetings

September 8 <sup>th</sup>	Mary Burton, Ken Burton, Mike Smith, Lis Ross
October 13 <sup>th</sup>	Sheila Crowther, Judith Horsefall, Beryl Jones, Janet Dudley
November 10 <sup>th</sup>	Glenys Gage, Hazel Exton, John Exton, Pat Knowles
December 8 <sup>th</sup>	Everyone as it's our Christmas Party

If you are unable to fulfil your commitment please contact Wendy Kennett 01522 721316.

**From Glenys Gage, Convenor Co-ordinator: 01522 880179**

**[glenysgage@hotmail.com](mailto:glenysgage@hotmail.com)**

Ideas for new groups are **Art Appreciation** and **Natural History**. If anyone would like to be a convenor for either group please contact Glenys.

Please would **convenors** let Glenys know when new people join a group, so that the master copy can be updated.

Convenors may not be aware that there is a **Resource Catalogue** which can be accessed through [www.u3a.org.uk](http://www.u3a.org.uk) It is a non-book library service, mainly comprising DVDs and can be browsed without logging in. Anyone wishing to borrow an item will need to register and log in.

## **The River, a poem by Mick Rampton**

Rushing up from the dark, seeking the light,  
gushing from the hillside pure foaming white.  
Through rocky gullies I cascade down,  
to a pool near to a Town.

A wheel is here for me to push,  
some corn to grind or is it just  
a museum now of long ago,  
where barges used to come and go.

Onward I flow towards the Town,  
with pollution and mud my colour now brown,  
Fish swim inside me, Ducks paddle along,  
Kingfishers and Robins are singing their songs.

I come to a lock where at last I must stop,  
the other side of the gates is a ten-foot drop.  
Refreshed by my rest I hurry downstream  
Bullrushes whisper and men sit and dream.

I've reached a marina with boats large and small,  
some are well cared for and some not at all.  
Propellers and Keels scythe through my top,  
Only when night falls does the action stop.

Now something is different something is wrong,  
I taste salty it has been so long.  
Ah I remember it is the Sea,  
The end of a River the end of Me.

*Many thanks to all contributors and to Clive Morrison for the proof reading.  
Please send your items, as Word documents, for the December edition to me at  
[m.l.ross.uk@gmail.com](mailto:m.l.ross.uk@gmail.com)*

Group	Convenor	Tel	Email	Day	Time	Venue
Armchair travel	Peggy Marshall	01522720641	<a href="mailto:peggymarshall264@gmail.com">peggymarshall264@gmail.com</a>	2 <sup>nd</sup> Wed	10.00am	Harmston MH
Art	David Raines, Arthur Hazeldine	01522810843 01522720387	<a href="mailto:davidraines290@btinternet.com">davidraines290@btinternet.com</a> <a href="mailto:arthurhazeldine@gmail.com">arthurhazeldine@gmail.com</a>	Every Mon	10.00am	Redwood CC
Art and Craft Work	Rosemary King	01522721187	<a href="mailto:aking4@toucansurf.com">aking4@toucansurf.com</a>	Thursdays to suit	Afternoon	
Bird Watching	Ross Thomson	01522720590	<a href="mailto:chris.noboy@gmail.com">chris.noboy@gmail.com</a>	2 <sup>nd</sup> Wed	Various	Various
Book Review	Patsy Pate	01522751795	<a href="mailto:patsypate111@btinternet.com">patsypate111@btinternet.com</a>	2 <sup>nd</sup> Tues	Various	Various
Bridge	David Shaddick	01522802128	<a href="mailto:david.shaddick@live.co.uk">david.shaddick@live.co.uk</a>	Every Wednesday	2.00pm	Various
Church Architecture	Bob Alder	01522810093	<a href="mailto:alder.jandb7@btinternet.com">alder.jandb7@btinternet.com</a>	Various	Various	Various
Circle Dancing	Terry Gilmore	01522729074	<a href="mailto:terryg935@gmail.com">terryg935@gmail.com</a>	1 <sup>st</sup> Tues	1.45pm	Redwood CC
Classical Music	Glenys Gage	01522880179	<a href="mailto:glenysgage@hotmail.com">glenysgage@hotmail.com</a>	2 <sup>nd</sup> Thurs	2.00pm	Waddington
Computer Security	Rob Hadfield	07858606202	<a href="mailto:robert.1.hadfield@talk21.com">robert.1.hadfield@talk21.com</a>	2 <sup>nd</sup> Thurs	10.00am	Redwood CC
Flower Arranging	Rosemary King	01522721187	<a href="mailto:aking4@toucansurf.com">aking4@toucansurf.com</a>	3 <sup>rd</sup> Tues	2.00pm	Harmston
Food	Pat Rampton	01522874746	<a href="mailto:prampton1803@gmail.com">prampton1803@gmail.com</a>	1 <sup>st</sup> Fri	10.00am	Various
French (Heath U3A)	Adrian Peill	01522821729		Every Tues	10.00am	Waddington
Games and Social Afternoon	Yvonne and Kenny Moir	01522720770	<a href="mailto:goldmoir@aol.com">goldmoir@aol.com</a>	3 <sup>rd</sup> Wed	2.00pm	Harmston MH
Gardening	Rosemary King	01522721187	<a href="mailto:aking4@toucansurf.com">aking4@toucansurf.com</a>	1 <sup>st</sup> Tues	10.30am	Various
Historical Topics	Bob Goodman	01522811325	<a href="mailto:goodman628@btinternet.com">goodman628@btinternet.com</a>	4 <sup>th</sup> Fri	10.00am	Harmston MH
Industrial Heritage	Pat Thomas David Raines	01522887546 01522810843	<a href="mailto:pat.thomas1@ntlworld.com">pat.thomas1@ntlworld.com</a> <a href="mailto:davidraines290@btinternet.com">davidraines290@btinternet.com</a>	3 <sup>rd</sup> Fri	10.00am	Redwood CC
Kurling	Howard Martin	01522827576	<a href="mailto:howardmartin@ntlworld.com">howardmartin@ntlworld.com</a>	Alt Tues	10.00am	Wellingore VH
Quiz Group (Lincoln U3A)	Keith Stocks	01522682489		1 <sup>st</sup> Mon	10.00am	Bracebridge Community Centre
Long Walks	Contact:Mick Rampton	01522874746	<a href="mailto:m.rampton35@yahoo.com">m.rampton35@yahoo.com</a>	1 <sup>st</sup> Thurs	10.00am	Various
Mahjong	Rosemary King	01522721187	<a href="mailto:aking4@toucansurf.com">aking4@toucansurf.com</a>	Every Thurs	2.00pm	Various
Massage Workshop	Mick Rampton	01522874746	<a href="mailto:m.rampton35@yahoo.com">m.rampton35@yahoo.com</a>	Alt Mon	2.00pm	Redwood CC
Needlecraft	Pat Thomas	01522887546	<a href="mailto:pat.thomas1@ntlworld.com">pat.thomas1@ntlworld.com</a>	4 <sup>th</sup> Fri	2.00pm	Waddington
Parchment	Jill Alder	01522810093	<a href="mailto:alder.jandb7@btinternet.com">alder.jandb7@btinternet.com</a>	1 <sup>st</sup> Wed	10.00am	Metheringham
Pub Lunches	Barbara York	01522720633		4 <sup>th</sup> Thurs	Various	Various
Scrabble	Rosemary King	01522721187	<a href="mailto:aking4@toucansurf.com">aking4@toucansurf.com</a>	1 <sup>st</sup> Wed 4 <sup>th</sup> Wed	10.00am 2.00pm	Various
Short Walks	Yvonne and Kenny Moir	01522720770	<a href="mailto:goldmoir@aol.com">goldmoir@aol.com</a>	3 <sup>rd</sup> Wed	10.00am	Various
Spanish	David Shaddick	01522802128	<a href="mailto:david.shaddick@live.co.uk">david.shaddick@live.co.uk</a>	2 <sup>nd</sup> & 4 <sup>th</sup> Tues	10.30am	Waddington
Sugarcraft	Pat Rampton	01522874746	<a href="mailto:prampton1803@gmail.com">prampton1803@gmail.com</a>	1 <sup>st</sup> Wed	2.00pm	Waddington
Sugarcraft for Beginners	Pat Rampton	As above	As above	1 <sup>st</sup> Wed	10.00am	Waddington
Ten Pin Bowling	David Raines	01522810843	<a href="mailto:davidraines290@btinternet.com">davidraines290@btinternet.com</a>	Alt Tues	1.30pm	Lincoln Bowl Washingborough Road, Lincoln

After a short walk, relaxing outside Ruskington Church



A photo call with the Lincoln Green knight, inspired by Robin Hood



A novel way of transporting visitors at Ketton?



The kiln at the cement works



In the forensic laboratory at the University of Lincoln



Chicken tagine with apricots as sampled by the Food Group

