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July 2025

### Chairman's Message

I introduced June's newsletter with the words: "*The gardens need yet more rain, and indications are that June will bring cooler, wetter weather.*" From which statement I conclude I am neither meteorologist, nor soothsayer. The dream of *cool and wet* is the fantasy we all entertained throughout the steaming month just concluded, the hottest on record. Another record-breaking month passes. I wonder when the world will wake up.

Looking ahead, next year 2026 is the 25<sup>th</sup> Anniversary of the formation of Grantham u3a. It doesn't seem five minutes since we were celebrating in considerable style and with a great deal of membership involvement, our 20<sup>th</sup> Anniversary. Well, it was only three years ago, that's why. Covid postponed our planned events for 2021 and the death of HM the Queen further disrupted our plans for 2022. Nevertheless, in the end we had a memorable, if tardy, birthday celebration.

Recently, I spent a pleasant evening with one of our members who was an integral part of our foundation. I looked at some of the early newsletters, publicity, and lists of groups that wanted to start up. They were few, but very enthusiastic. The first committee pulled itself together in September 2001, and the brand-new Grantham u3a was inaugurated. Through the years our u3a has grown in number from a handful of members and a scattering of interest groups to presently around 60 groups and 600 members. On this exciting and eventful road to the present, many members have come and gone and I saw evidence of their involvement, their creativity, their commitment and, most of all, their fun, in the photos, the writings and in DVDs of theatrical and musical productions. A treasure-trove of memories

made by our members, many of whom have passed on to a Better Place, but many of whom are still with us, as are their rich reminiscences.

So the question now hangs in the air: do we want to celebrate our 25th birthday next August? And if so, what format or kind of celebration would members like to see? Right now is the time to start planning if something is to be done, but perhaps members feel it is too soon after the last, and that we should wait until we are 30. If you have any opinion or view or ideas, please email me or any committee member.

Talking of celebrations, there are still some tickets available for our summer picnic at the Garden Yard on the afternoon of August 19<sup>th</sup>, next month. It's £5 for a lovely social event, with legendary home-made scones, thickly spread with cream and jam and plenty of tea or coffee. The tickets continue to be available from the Membership Secretary's table at both the Coffee Morning and the Monthly Meeting. Please make sure you keep hold of your ticket as they will be checked at the door on the day.

I look forward to seeing you soon.

**John Foulkes-Jones, Chair**

### **Beacon Administrator / Membership Secretary**

We are pleased to welcome the following new members who have joined since 1st. June: Dave Wilson, Debbie Chappell, Derek Cox, David Harrison, Gary Harden, Helen Hudson, Julie Redshaw, Paul Emmett, Paul Atherton, Peter Hill, Philip Robinson, T C Carter, Trevor McHugh. All are most welcome as always.

The Summer Party tickets are selling well but there are some still available. Please make sure you get yours by coming to the next monthly talk or the coffee morning in July. Entry will be by ticket only.

**Andrew Weston 07836 250972 Angela Rose 07966 516529**

### **Pastoral Care**

Please let Janet Hine know if you become aware of a member who is ill and would appreciate a message of support, or if a member has died. Her contact details are: **The Old Parsonage, The Drift, Syston, Grantham, NG32 2BY. 01400 250984**

[care.granthamu3a@gmail.com](mailto:care.granthamu3a@gmail.com)

## Tuesday Talks

**15<sup>th</sup> July**

**Tony Perkins will talk about “Medieval Pilgrimage”**

Pilgrimage was not possible for everyone and for those who did go it was often a once in a lifetime event. Tony will speak on the who? What sort of people would go on pilgrimage? The where? What destinations were open to a medieval pilgrim? The why? What prompted people to make often quite hazardous journeys? The how? What methods would be used to reach their Holy destination?

The talk will explain the different types of pilgrim badges that were available as souvenirs and describe why they visited various shrines to ask for help of the saints and their relics. As today, some fell foul of the unscrupulous; we will learn about some of the fake relics that would be available. This talk is intended to help you understand a medieval person's reasons for making these journeys and to see life through their eyes.

**Future Tuesday Talks**

**August – no monthly Tuesday Talk**

**16<sup>th</sup> September**

**Nancy Appleyard will give a talk entitled *The Chattering Species: How Humans Learned to Speak***

Why did humans first begin chattering to each other all those hundreds of thousands of years ago and how did they go about it? Was it so that they could work together and pass on skills? On the other hand, did they learn to speak so that they could share their thoughts and feelings or even gossip?

Nancy Appleyard is a social anthropologist with a specialism in language, communication and human interaction. She has lived within communities throughout the world, often living with families and sharing their everyday lives. She has over 15 years' experience lecturing and delivering seminars on communication theory and practice in universities, colleges, industry and the public service.

## **21<sup>st</sup> October**

Unfortunately, Gareth Howell, who was to speak to us on this date has had to pull out, as he is moving away. Instead we shall have Michele Beadle telling us about Amy Johnson, Hull's Pioneering Aviator.

## **18<sup>th</sup> November**

We welcome Dr Ian Bedford back to talk about "Companion Planting for a Balanced Garden"

## **December – no monthly Tuesday Talk**

**Maggie Ambrose , Speaker Finder**  
**Jenny Lewis, Assistant Speaker Finder**

## **Coffee Mornings**

Coffee Mornings are held in St Wulfram's Church, Grantham, 10.00am - 11.30am on fourth Tuesday of the month and are open to all members. The next meetings are:

**Tuesday 22 July**

**Tuesday 26 August**

**Tuesday 23 September**

## **Group News**

### **Fun Jive**

**Robert Watkins**

Fun Jive is in a summer recess until our next session on Monday 08 September 2025, 2.30 at the Grantham Squash Club on Harlaxton Road. New members are always welcome and continue to join us.

With our fantastic teachers and support from the rest of us they are able to pick it up really well. Everyone is able to learn at a pace that suits them individually. So, if you have ever thought that you would love to get on that dance floor and move to that jive music, now is your chance. It is never too late. See you in September

### **Bus Pass Group**

**Janet Neal**

We took the number 27 bus for our June outing, which was to the finale of the Riverlight Festival in Sleaford. Our first port of call was to the Islamic Centre, just opposite the bus drop off point. They were having an open day and we were made very welcome - the delicious

samosas were a real treat! A good start to the day! There was also the opportunity for the 'oldies' to take a well-earned tea break - photo attached.



All in all, it was a lovely day out with lots to see and do. And, once again, we were blessed with glorious weather.

Our July outing will be to Nottingham, using the number 93. We really want this new service to survive and I would encourage everyone to think about giving it a go. It runs mostly hourly and is a very convenient and free way to get to Nottingham, is reasonably quick and there are no worries about where to park your car.

## **Current Affairs**

**Jean Pritchard**

These are the subjects, in brief, which promoted lively discussions:

Government cuts in Nurses' training. There is already a shortfall in radiographers and paramedics. The Group suggested a return to the old training-on-the-ward system as opposed to current University degree courses.

Our Local Government is proposing to reorganise areas. For a full breakdown please check this link:

<https://lincolnshire.moderngov.co.uk/documents/s67115/Overview%20of%20options%20for%20LGR.pdf>.

The new Lincolnshire Mayor, Dame Andrea Jenkins is setting up a team to investigate expenditure.

The Mayor of London, Sir Sadiq Khan is proposing higher parking charges for SUVs and to amend vehicle excise based on weight.

The moon could be a treasure trove as it may be hiding \$1trillion worth of minerals.

A new meaning of 'watery grave' is proposed with 'boil-in-the-bag' cremation which could be flushed down the drains.

Mothers with babies were denied entry at a Tech Week Exhibition.

[jean.pritchard1@gmail.com](mailto:jean.pritchard1@gmail.com)

07899 357964

## **Guitar Group**

**Graham Welham**

This month we've been out to play on three occasions.

We were invited by Joan Cardus and Paul's family to play, and to help pay a tribute, to Paul at his Wake following his funeral service. The service described Paul as not only a great family man, but someone who enjoyed life, along with the various adventures that he and Joan got into! Paul was a founder member with Grantham u3a Guitar Group, regularly attending our weekly practice sessions and playing at many gigs until his health deteriorated last year. Our heartfelt best wishes go out to Joan and to Paul's family.

Paul had been a member of various groups /bands throughout his life. There is an excellent online interview by Jeff Christie, with Paul, which describes Paul's involvement in bands and his love of playing music.

<https://www.jeffchristie.com/paul%20cardus.html>

We had two gigs during the month of June , playing at Brick Kiln Place and later in the month at Lancaster Grange, Newark.

We've played for the residents at both these venues previously, and once again both gigs went really well, with a lot of positive feedback and much appreciation going to all the guys who played.

Next month we've just one planned gig at Maple Leaf, Residential home to support them with their summer fete. Should be a good one!

Many thanks to all "Keep on Rockin"!



The group playing at Paul's Wake in the Recruiting Sargeant, Great Gonerby



Lancaster Grange, Newark

### **A further psychology group.**

**Steve Potts**

Following on from the successful "Introduction to Psychology" course, I am planning a further course concentrating on "Personality Psychology". It will be based on another set of YouTube videos.

The course provides an engaging introduction to the key theories and concepts in personality psychology. It explores how personality develops, how it's measured, and its impact on behaviour.

It begins by defining personality and discussing major theoretical perspectives, including psychodynamic theories (Freud's id, ego, superego), trait theories (the Big Five personality traits), humanistic approaches (Maslow's hierarchy of needs, Rogers' self-concept), and social-cognitive theories (Bandura's reciprocal determinism).

The course also examines personality assessments, such as the Myers-Briggs Type Indicator (MBTI) and the Minnesota Multiphasic

Personality Inventory (MMPI), while discussing their strengths and limitations. Additionally, it covers nature vs. nurture debates, genetic influences, and environmental factors shaping personality.

The videos use real-world examples and applications, making complex theories accessible. They highlight how personality affects relationships, career choices, and mental health.

Many of the attendees of the "Introduction" course have indicated their intention to continue with this course, but new members can happily be accommodated. The course is self-contained and requires no previous knowledge. It will run from 2pm to 3:30pm on the first Thursday of the month from September 2025 to March 2026.

If you are interested in joining this group please contact the Group Co-ordinator [grpco.granthamu3a@gmail.com](mailto:grpco.granthamu3a@gmail.com). Existing Psychology Group members will be notified automatically.

### **Possible "Exploring AI" interest group**

Artificial Intelligence (AI) is transforming our world, and it's important that we at least understand the opportunities and the consequences of this technology.

I have drafted an outline syllabus for a six-part journey into AI, designed especially for curious minds. No technical expertise would be needed, though basic smart-phone and computer skills would help. But your enthusiasm would be essential!

The full syllabus is yet to be finalised but it will be along the lines described below. We would be making use of internet videos to explain the details and there would be plenty of hands-on activity as well as group discussion.

- ◆ *1. Introduction to AI – What It Is and Why It Matters*
- ◆ *2. AI in Daily Life – From Recommendations to Creativity*
- ◆ *3. Conversing with AI – Chatbots and Beyond*
- ◆ *4. AI for Health and Wellness*
- ◆ *5. AI and the Future – Ethics, Risks, and Opportunities*
- ◆ *6. Hands-On AI – Customising Your Experience*

**However** I don't think I can organise and run this group on my own. So as well as asking for those interested in being participants, I would like a small team to help in the preparation and running of each session.

To register your interest contact Janet Hine, the Group Co-ordinator, at [grpco.granthamu3a@gmail.com](mailto:grpco.granthamu3a@gmail.com). If you are willing to help with running the group also contact me at [spotts1662@gmail.com](mailto:spotts1662@gmail.com)

The dates and venue will be determined by the number interested and the facilities we will need for presentation.

Don't let the future pass you by—Explore AI and discover how it can enrich your life!

**Steve Potts**

### **Interest Groups Online**

Interest Groups Online is a virtual u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home that may not be available locally. The Climate Matters Summer School mentioned in last month's newsletter was organised by one of these Interest Groups Online.

In the same way as a local u3a, the activities are run by members and are a great way to meet people from all across the u3a movement. Interest Groups Online offers a wide variety of peer led, online learning opportunities for its subscribers. Some groups are more interactive than others, with an expectation that all members take it in turns to present their knowledge. If in doubt, give it a go.

To join a group, you must first be a paid member of Interest Groups Online. Annual membership is £12, covering the period from 1st April 2025 to 31st March 2026. If you join after 1st October, the fee is reduced to £6.

For a list of Interest Groups Online and further information about joining see: <https://www.u3a.org.uk/learning/interest-groups-online>

**Steve Potts**

### **Recipe of the Month** **American Hermits**

**Courtesy of Carole Troops**

125g butter  
185g light soft brown sugar  
1 egg beaten  
60ml sour cream  
60ml milk  
250g plain flour  
2 tps baking powder  
2 tps mixed spice  
185g raisins  
Makes 36



### **Glaze**

125g sifted icing sugar

6 tps single cream ( I use sour cream)

A few drops of vanilla essence

Preheat oven to 160 C. Butter and flour several baking sheets.

Beat the butter and sugar until very light, beat in the egg, sour cream and milk. Sift in the flour baking powder and spice. Mix well. Stir in the raisins.

Put heaped teaspoons of mixture on the baking sheets, well-spaced apart. Using a fork dipped in cold water flatten each mound slightly. Bake in oven for 15 – 18 mins until lightly browned.

Meanwhile make the glaze by beating all the ingredients together until smooth. Immediately cookies are removed from the oven brush glaze thinly over each one and cool on a wire rack.

### **Cornish Fairings**

Well done to the sharp eyed amongst you – there should be 225gms plain flour in the mix.

**Thank you to all contributors this edition. Please send your contributions for the August newsletter to [ed.granthamu3a@gmail.com](mailto:ed.granthamu3a@gmail.com) by Friday 8 August.**