



u3a
40th Anniversary



WSPU3A Newsletter

February/March
2022



Photo by Ced Shurben

The Committee's Briefs

Contact the Committee

You can use this link to send a message to any of our Committee:
<https://u3asites.org.uk/woodhall-spa/contact>

Chairman's Chat

Reading through my copy of *Third Age Matters* I came across a quotation from Dewey, the American philosopher: "*Education is participation in rather than preparation for*".

The u3a offers education in its broadest sense. It is more a *self-help organisation* than a service to older people. After all, it is hard to be a member of the u3a without participating in some way.

Apparently there is a debate at National Level about whether '*learning*' describes what we do (see Liz Thackray, *TAM* page 33). Much of our activities *do* involve social interaction and tea-and-cake, but I for one always learn something. On a recent walk I learnt about Anglo-French relations, brick bonds, our perception of time, and French dancing.

Third Age is a chance to do things; "*To write the last golden paragraph, not a hastily scribbled P.S.*", to quote Eric Midwinter, co founder of the u3a.

Malcolm Capps – Chairman

Groups News

We now have a **Wine Appreciation** group, which I'm sure will get plenty of members. If you are interested in imbibing with friends then add your name to the sheet.

Please remember to add your name to the **Gardening Group** sheet. Even if you were a member in the past the new group leaders have started with a blank sheet, so you will need to sign up once again.

Jazz, Blues and Big Bands has always been a very popular group. So much so that it had to close to additional members some time ago. However, we have almost enough members on the waiting list to start a new group. If any of the above music genres appeal, then let's get another group going.

The **Movie Group** attracted lots of attention at the last meeting, but unfortunately the second page has gone AWOL. *Please check that your name is on the sheet.*

Have you been on holiday and wished you could speak Spanish? Then we have two members keen to learn **Conversational Spanish**. Please add your name to the sheet and we can start a new group.

Val Shurben – Groups' Coordinator

We have a very successful reading group, and have three members very keen to start another group. If you enjoy books, then please help us to get a second **Reading Group** established.

Woodhall Spa u3a has **33 Group Leaders**. We are all indebted to them, because they are the heart of our u3a. They all work incredibly hard to ensure that our various interests are catered for, but sadly it happens far too often that after they have put in a lot of work, emailed the group's members to remind them of times/locations, set projects etc. they are then let down by members not attending. ***PLEASE show the Group Leaders the courtesy they deserve and advise them when you are not able to attend.***

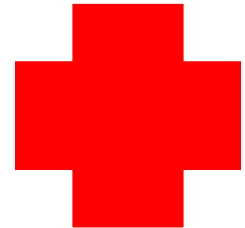
A u3a 'custom' which seems to have been by-passed is to leave a small donation when attending a group meeting in a member's home. This obviously would not apply in groups where you take turns in hosting, but where the groups always meets at the same member's home. A donation of 30p or 50p helps with the cost of tea/coffee, biscuits, electricity etc. etc. Please remember to mention this to the host.

Your u3a Needs YOU

Calling all First Aiders

The WSPu3a Committee are trying to compile a list of members who are First Aiders.

Many members have had First Aid training but their training may now be out of date, and we need to know the number of qualified First Aiders amongst us.



- Do you have a current First Aid certificate?
- Are you a qualified First Aider?

Please contact the Chairman, Malcolm Capps, either by email (malcolmcapps@yahoo.co.uk) or by phone (01526 354007).

Situation Vacant

We are looking for someone to take on the role of **Assets Manager** (non Committee), to be responsible for the storage and maintenance of equipment purchased by WSPu3a for the use of its members and guest speakers at monthly meetings.

Overview of the role

- Keeping and updating an electronic assets data base
- Arranging servicing/ repairs and PAT testing of equipment
- Support groups with equipment from store, or at members' presentations
- Support committee members at monthly meetings, and the appointed speaker by setting up and monitoring equipment

If interested in taking on the role, or for an informal chat and more detailed information, please contact the Chairman, Malcolm Capps, either by email (malcolmcapps@yahoo.co.uk) or by phone (01526 354007).

Online u3a

Find out more:

You can use these links to search for ways of furthering your interest in specific subjects, or even take part in some competitions:

Our own WSPU3A website

<https://u3asites.org.uk/woodhall-spa/welcome>

u3a Radio Podcast

The monthly podcast showcases the amazing things happening across the movement. Have a listen here

<https://u3a.org.uk/news/u3a-radio-podcast>



Maths Challenge

Take part in a weekly maths challenge, with problems and puzzles

<https://www.u3a.org.uk/learning/national-programmes/maths-challenge>

Coming Soon

Upcoming Events list

You can use this link to find more details on all the events in our diary:

<https://u3asites.org.uk/woodhall-spa/events>

General Meeting at Coronation Hall
March 3rd at 2:30 to 4pm

Speaker, Steve Lovell will present
Lincolnshire, a Naturalist's Paradise.

General Meeting at Coronation Hall
April 7th at 2:30 to 4pm

Speaker, Bob Massey will present
Skegness, Nottingham on Sea

40th Anniversary

The u3a turns 40 years old in 2022, and there's plenty to get involved with...

Picnic in the Park – 1st June 2022

On Wednesday 1 June, u3as are being encouraged to hold picnics to celebrate not just our 40th Anniversary but also the Queen's Platinum Jubilee. Follow the link to find out how to take part:

<https://u3a.org.uk/events/40th-anniversary/40th-anniversary-national-events#picnic>



Find out more

You can use this link to find out more about all the events being planned:

<https://www.u3a.org.uk/events/40th-anniversary>

Around the Groups in 60 days

Groups List

You can use this link to find a current list of the groups we support, and how to join up:

<https://u3asites.org.uk/woodhall-spa/groups>

Outings

A reminder that our trip to **Cambridge** is on Wednesday 16th of March and the coach will leave the lay-by on Stixwoud Road at 8.30 am. This trip is fully booked.

You do however still have the opportunity to book your place on our day out to **Grimsthorpe Castle Park and Gardens** near Bourne. This outing on Thursday 19th May will cost £22 and the price includes coach, entrance fee and a guided tour. Jan

will take your booking and payment at the monthly meeting on 3rd March.

Sue will be taking payments at the March and April monthly meetings for those who have booked to see **Hay Fever at Tolethorpe** in July. A reminder that the deadline for payment is 7th April. This outing is fully booked with a reserve list held. Payment of £34 by cheque payable to "Woodhall Spa U3A Social"

Sue Pollitt

Jan Smith

} Group Co-Leaders

Find out more:

You can use this link to see what other trips are planned this year:

<https://u3asites.org.uk/woodhall-spa/page/114125>

Visiting Churches

After a short meeting at the Inn at Woodhall Spa on Tuesday 8 February, the **Visiting Churches** group drew up their programme for the rest of 2022. Some of our visits will be repeats of those done years ago, others are first time visits. Unfortunately some churches are now 'off limits' because they are dangerous but our schedule will include churches in the following villages: Sleaford, Binnbrook,



Langton by Spilsby, Alford, Bellow, Hackthorn, Alvingham, Saltfleet, Rasiby by Apilsby, Spalding, Bicker, Donnington, Martin and Timberland. The December meeting of the group will decide the visits for 2023.

Some of the churches are listed buildings and many have some exciting architectural features.

Take a look at this photo – can anyone name the church or the village?
(see last page for answer – Ed)

Michaela Moody – Group Leader

Art

February Gallery



Granddaughter Mia (8)
Artist – Stef Lorenz



Little Terrors
Artist – Veronica Yeo



Roy, Veronica, and Harry, having fun pouring acrylics
Stef Lorenz – Group Leader



Poured Acrylic
Artist – Veronica Yeo

Five Mile Walking

Fulbeck

Lincolnshire is flat. This is a well known fact. Imagine our surprise when we were confronted by the ascent of the hill outside of Reeve's Gorse (258 feet) at Fulbeck. 'Gorse' is a common place name for small woods in the area.

A bright sunny day meant that the views at the top were wonderful: Northwards was the cathedral; eastwards was the Trent valley, its power stations and Nottinghamshire; and southwards the line of churches along the Lincolnshire Edge.



Walk leaders, Liz Pollard and Jim Cork, provided a variety of scenery. Climate change means that we now walk past vineyards, and there has been considerable tree planting to improve the landscape.

The view across Fulbeck Lowfields must have changed very little. A patchwork of fields with neat hedges, and isolated trees with redbrick farmhouses, like Waterloo House and Victoria House.



Fulbeck itself, is a wonderful mixture of vernacular and domestic architecture of stone and patterned brick with little gems of cottages and larger Georgian houses.

To complete the day we retired to the Hare and Hounds for an excellent lunch, and toasted the pleasures of retirement.

Malcolm Capps – Group Leader

Photography – Les Wylde

Home Computing for Fun

Two-Step Authentication – What Is It All About?

You may have noticed that recently when you go shopping online or perform a bank transaction that you have to perform some extra steps.

Two-Step authentication strengthens login security by requiring a second piece of information – a second step beyond your password (It is sometimes referred to as Multi-factor Authentication).



The second piece of information is usually a temporary code delivered to a device in your possession, such as your phone. This can be sent by text or email. It may also be something on your body, such as a fingerprint.

This is to ensure that the person making the purchase or performing the transaction is you.

Other steps are asking for information known only to you that you previously provided to the organisation, often called a “Memorable” something. This could be:

- Your mother’s maiden name
- Your place of birth
- Your first car
- Etc.

Some companies or organisations will provide you with an app that you will install on your phone. Marks and Spencer’s Bank is an example. If you use their credit card to make a purchase they will ask you to log into the app for authorisation. This may not happen every time and not when used for a regular purchase.

Most, if not all, of things that you use online now will offer Two-Step Authentication and a lot will require it as standard. In some cases it will only be required when you sign in. It may seem to be a pain and make your transaction slightly longer, but remember, IT’S THERE TO PROTECT YOU!

Home Computing for Fun – continued

Your monthly guide to what it means....

Bandwidth

Bandwidth refers to the amount of data that can be sent over a network or modem. Measured in “bps” or bits per second, bandwidth is a bit like a road and the bits are like cars on the road. A two-lane road can't carry much traffic and is slow. A six-lane motorway is much faster.

Cache

A cache is a storage area that gives you speedy access to information you've recently used. If you've ever noticed that the second time you visit a website it seems to load faster, it's probably because some of the information on the website has been 'cached' somewhere on your computer or device. However, sometimes if your cache on a particular program or application fills up it can slow your device and you need to clear it.

RAM

When you purchase a computer, your sales assistant is bound to tell you how much 'RAM' (pronounced ram, like the sheep) the computer has. RAM stands for Random Access Memory. It's important because when you use your computer, RAM gives you quick access to 'random' information. The more RAM a computer has, the faster it will run. To find out how much RAM your computer has go to “Settings>System” and page down to “About” at the bottom of the system menu. You will find your installed RAM under “Device Specifications”. It is generally thought that 8GB RAM is required to run WINDOWS 10 unless your use is minimal.

Mega/Tera/Gigabyte

The word gigabyte (GB), along with megabyte (MB) and terabyte (TB), refer to the amount of space your computer, mobile phone or hard drive has to store data – otherwise known as its memory. A megabyte is 1,000,000 bytes; a gigabyte is 1000 megabytes (or 'megs'); and a terabyte is 1000 gigabytes (or 'gigs'). In other words, lots of space.

Heather Maslen – Group Leader

Find out more

If you have any questions about these articles, follow this link and click on the bird on the Home Computing for Fun page on the Woodhall Spa U3A website:

<https://u3asites.org.uk/woodhall-spa/page/115109>

Woodhall Wanderers

February Frolic

The weather was kind to us for this month's walk. The last week had been full of storms with Dudley, Eunice and Franklin hitting the UK in a matter of days and then we were graced with sunshine, blue skies and a breeze, just the weather for walking.



Setting off from Spilsby we were soon out into the countryside with beautiful views of most of Lincolnshire from the Wolds to the fens. Heading towards Halton Holegate the church of St Andrew soon appeared. We passed the rectory and down the bank to cross the road and then up the track to the church.

This is a lovely church built of Green Sandstone. Unfortunately this does not weather well and the church needs quite a few repairs.

In the past the rector/parson had the luxury of a bridge to cross from his home to the church, unfortunately all gone now.

Photo from [St Andrew's Church Halton Holegate website](#).



From here we crossed fields, under the watchful gaze of the sheep, out onto a track to cross the old railway line. A relic of a bygone era.

February Frolic – continued

Continuing along the track we came to a T junction and turned right, with ponds to our left.

Turning right and a steep climb we were at a reservoir with swans gently cruising around; time for a tea/coffee break. Wild swimming was mentioned but quickly dismissed.



Further along the track was the main road but we took a turning towards our destination, Spilsby. The track has been diverted due to new developments, an industrial estate and housing. Here we lost the tail end of our group as they were busy chatting and missed us turning off. However, as they say, all roads lead to Rome and they were back in the car park long before the main group as we stopped to have a look at the [Sir John Franklin Memorial](#), who, according to the website, is Lincolnshire's most famous explorer. Many thanks to Maureen and Sue for leading our walk.

John Cotton – Group Leader
Photos – Tom Sefton

Lunch Group #1

The February gathering of Lunch Group One was the fourth since Covid restrictions had eased and twelve members met at The Kings Head in Navenby.

The Martin straight was supposedly not usable, the road outside the pub was

closed for re-surfacing and parking was at a premium but everyone managed to get to the venue on time and enjoyed the meal.



We always rate the meals individually so that future organisers will know whether a venue is worth revisiting and all the venues so far would certainly warrant a second visit.

The venues are shown below:

- November 15 members met at the Village Limits organised by Peter & Jean Ellis
- December 13 members met at The Inn organised by Kirk & Diana Field
- January 15 members met at the Hundleby Inn organised by Peter & Jean Ellis
- February 12 members met at the Kings Head, Navenby organised by Alan Anderson

Peter Ellis – Group Leader

Photo – Jean Ellis

Knit and Natter

The new knit and natter group has got off to a good start although we only have four members so far. We have shared our histories and looked round each other's houses, while getting on with ongoing projects. In the future we plan to have an outing to the Wool Factory in Alford.

We would be delighted if more people chose to join us to practice or learn new skills.

Stef Lorenz – Group Leader



Carmel and Barbara with some of their crocheted and knitted items.

The Final Word

Feedback

You can use this link to view past issues of the Newsletter, or to send a note to the Editor:

<https://u3asites.org.uk/woodhall-spa/page/113917>

Many thanks to all the contributors to this edition of the Newsletter.

If you'd like to see your group represented with an article of its own, have a word with your Group Leader and see if you can compose something between you.

Take care out there,

Tom Sefton – Editor

Michaela's mystery church was St Adelwold, Alvingham

u3a
learn, laugh, live