



WSPU3A Newsletter

March/April
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

Thank you to all the people who volunteered for the First Aid course, even if circumstances meant you could not attend, and congratulations to those who gained a certificate.

Volunteers are the life blood of the u3a. From those who keep the accounts, keep the membership records, lead the groups, serve the tea, or put out the chairs, your

efforts are greatly appreciated. We cannot run our u3a without you.

Many of us have skills that could benefit the u3a. **Please consider volunteering.**

We need new members of the Committee not just as officers of the u3a but also as general members or trustees.

Please talk to a member of the Committee if you would like to volunteer.

Happy Easter to you all!

Malcolm Capps – Chairman

Groups News

You will see some changes to the groups' sheets at the monthly meetings.

In line with data protection legislation, the Committee have decided *not* to show members' phone numbers or email addresses on the sheets. Only the names of the group's members will be shown. However, if you wish to join a group you will still have to add these details, but thereafter they will only be seen by the relevant group leader and myself.

The **SUNDAY LUNCH** group sheet which was put out at the March monthly meeting attracted several names, and positive comments. We do need some more members to join to activate this group.

VISITING CHURCHES has been led by Michaela Moody for some time now, but as she is very busy organising national events for the u3a's 40th Anniversary she is hoping another member of the group will come forward to lead this. Will you please consider this if you are a member of the group, or maybe two of you could share the role?

Val Shurben – Groups' Coordinator

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>

The **SUPPER CLUB WITH DISCUSSION** group is full, and there are eight names on the waiting list, which is enough to start another group. If one (or more) of you would like to come forward Michaela is happy to give you guidance on how the group has been run.

If we had just a few more names on the **WINE APPRECIATION** group the members could all start imbibing.

The **SEW & SEW** group is restarting on Monday 4th April in Roughton Village Hall. There are some changes to how it has been run previously in that it now will meet just once a month, and everyone will 'do their own thing'. If you enjoy patchwork, quilting, dressmaking or any other type of sewing, then you will be welcome, and the members are always happy to share advice and tips. If you would like to join the group but can't get there, please contact me and we can arrange a car share.

Your u3a Needs YOU

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>



Crochet Workshop:

How to Crochet a Creature

Learn how to crochet an animal with Chris Winner, groups coordinator for Trust u3a.

<https://u3a.org.uk/learning/national-programmes/extreme-crochet>

u3a - Kindertransport Memories

Read remarkable stories of the Kindertransport children: 10,000 mostly Jewish children who came to Britain to escape the threats of Nazi Germany.

<https://www.u3a.org.uk/learning/national-programmes/131-information/1220-kindertransport-memories>

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
April 7th at 2:30 to 4pm

Speaker, Bob Massey will present
[Skegness, Nottingham on Sea](#)

General Meeting at Coronation Hall
May 5th at 2:30 to 4pm

[WSP u3a AGM](#)

40th Anniversary

Picnic in the Park on Wednesday – 1 June 2022

June is the time to take advantage of the great British weather, the wide-open spaces and to embrace the great outdoors!

On Wednesday 1 June, all u3as are being encouraged to hold picnics to celebrate not just our [40th Anniversary](#) but also the **Queen's Platinum Jubilee**. We want to ensure that a significant number of u3a members make themselves visible across parks in the UK, demonstrating the fact that an active life needs to include fun.

Woodhall Spa u3a will be arranging a Picnic in the Park event in Jubilee Park on 1 June (in advance of the Bank Holiday celebrations) so that members can enjoy a great day out with fellow members.

There's lots to plan with activities, publicity, a programme for the day and of course the delicious picnic food! Please sign up at the monthly meeting if you want to take part in the u3a Picnic and you'll be contacted with further information.

Live Cookery demonstration – 16th May

To give you ideas about preparing food for the Picnic in the Park event, Chef Alex from the charity 'Vegetarian for Life' will give a live online cookery demonstration from 10:30am -12:00pm with lots of tasty, interesting ideas. These will include bruschetta with a trio of toppings, pasta salad, greek fritters with tzatziki, mushroom

pate en croute, and a delicious orange, lemon and pistachio cake, which could be easily shared at your picnic.

Bookings for the demonstration are now open on [Eventbrite](#). There will also be an article in the April issue of TAM with recipes provided by a u3a member.

[Michaela Moody – National u3a 40th Anniversary Coordinator](#)

Find out more

You can use this link to read about all the events being planned:

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

WSP u3a in the Community

Pancake Race Day

Shrove Tuesday saw the inaugural Annual Woodhall Spa Pancake Race, organised by St. Peter's Church, and WSP u3a put their best foot forward with a crack team of athletes led by Chairman Malcolm (*Hold-m'coat*) Capps. The elite squad was completed with Alison (*Clean Heels*) Keegan, Pat (*Bite-yer-legs*) Budge, and last but certainly not least, David (*Longshanks*) Leech.

(Thanks guys – you did us all proud – Ed)



They're off, and Pat's good start suffers with a moral dilemma –will she risk being unshriven if she beats Fr Joseph to the line on a holy day?



At the first handover, and Chairman Mal shows everyone that his famous *snatch-and-dash* technique has lost none of its old magic.



Team anchor, Alison, shows a good turn of speed and plenty of flipping style on the last leg to claim the team title in the over-60s category.

Photography – Colin Budge and Malcolm Capps



Pat reveals the secret expert coach she had brought in to add some polish to her legendary toss.

Around the Groups in 60 days

Outings

Cambridge

We set off on our trip to Cambridge at 8.30 with high hopes that raincoats and umbrellas would not be required in spite of the weather forecast!

On arrival the clouds were evident but still dry and we set off with our different itineraries.



There was so much to see: all the Colleges, Museums, and the famous King's College Chapel.

There was an abundance of quaint shops to browse and all the Students on their bicycles skilfully managed to avoid us. The Punting Tour Cruises on the river proved to be the most popular. Some were lucky enough to miss the downpour but others went ahead with large umbrellas and described the experience as great fun!

[Continued](#)



Cambridge – Continued



Heavy rain set in by lunch time, which gave us the opportunity to find a Cafe or Restaurant. We were back on the coach by 3.30pm and, in spite of the rain, most agreed they had enjoyed the day.

Elaine Aspinall – Organiser

Photography – Pauline Plummer

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>

Movies

The March outing for the [Movie Group](#) was to see **Belfast** at The Kinema, followed by drinks at The Inn with the added bonus of being able to sit outside and enjoy the sun.

Everyone enjoyed the film, made more poignant because we could all remember the times of the troubles in Northern Ireland. Very good acting, and some typical Irish humour.

It was given an overall score of 8 out of 10.

Val Shurben – Group Leader



Military History and Aviation



At last, as COVID restrictions recede, we are cautiously proceeding with our re-launch at 2 p.m. on the 6th of April 2022.

The venue will be **St Peter's Hall, Woodhall Spa**. After that we will meet on the first Wednesday of every month with the exception of July and August.

Readers will be aware that we combined the [Military History Group](#) with the [Aviation Group](#) after the retirement of the very successful Military History Group Leader, Malcolm Perks, and the introduction of COVID restrictions. We are pleased that Malcolm has remained a member but, as a combined group, we will miss the cosiness he created in the Cottage Museum Community Room. We will be meeting in St Peter's Hall where we are hoping that milder weather will enable fresh air to circulate without undue discomfort.

The group will continue to present Military History as before, but modern history topics will be more influenced by aviation which has played its part in all theatres for

just over 100 years. We will, however, not ignore pre-aviation naval and military history.

We will start our season with a personal and emotional eye-witness account of the Falkland's War as we approach the 40th anniversary.

The story starts with the Advanced Naval Battle Group diverting south from exercises off Gibraltar in early April 1982 and takes the audience through the seaborne preparations for, and the early execution of, Operation CORPORATE. It concentrates on the Type 42 Destroyer HMS Glasgow, along with sister destroyers Coventry and Sheffield, but opens out to include all elements of battle.

We have a healthy membership and are also able to accept occasional guests from within the U3A Membership. So, if you find the subject being discussed is of interest, please turn up by 2:00 pm. We will just need to add you to the day's register and request £2.00 for the refreshments.

We look forward to greeting members and guests on Wednesday the 6th of April.

[Andy Lister](#) – Assistant Group Leader

Five Mile Walking

Culverthorpe

The walk in March was a classic spring walk. We ventured out to Culverthorpe to enjoy a landscape of gently rolling hills bathed in sunshine and blue skies, with fluffy white clouds. In the far distance were the scattered villages of Lincolnshire with their tall church spires.



Spring had definitely sprung. The hedgerows were either in blossom (blackthorn) or sprouting green (hawthorn).

Jan and Bob Smith, the walk leaders, showed us a profusion of primroses in Heydour churchyard, the snowdrops in Culverthorpe Park, and there were young lambs in the fields.

The original gardens have been simplified but the façade of a family chapel and graves remain. Yet it is a man made landscape.

The lake below the 17th Century house was produced by damming the stream. Much of the surrounding landscape was once parkland and trees have been planted to enhance the view. What once was pasture has become arable and there was discussion about agricultural price increases and their effect on farming practices.

Despite the good weather it was noticeable that the ground had retained the recent rain, and where the path followed the stream it was quite muddy. Returning to start across the grounds in front of the Hall it was agreed what a pleasure it was to stroll in such quintessentially English countryside.

Malcolm Capps – Group Leader
Photography – Rob and Jan Smith



Home Computing for Fun

What's it All About?

When do we meet?

The group meets from 2-4 pm on the first Friday of each month at the Parish Council Offices, 17 Stanhope Avenue, Woodhall Spa.

What is our aim?

To help people become confident in using any device, whether desktop computer, laptop, iPad, iPhone, smart phone or tablet. To help people recognise scams and advise on security. To illustrate the functionality of any device.

What happens at the meetings?

We have fun. We learn new things and share knowledge. I help with IT related issues and promote confidence using devices. We explore new things. I answer questions and give advice on safety and scams. The meetings remain informal and relaxed.



How do we do this?

We have demonstrations and 1:1 tutoring. We chat, not always about technology! I produce factsheets for home use. We problem solve. We occasionally have fun quizzes. You don't have to participate; you can just listen.

Who can join?

Anyone. Absolutely no IT or technical knowledge required. Even if you have no digital devices and would like to know more about them.

Your monthly guide to what it means....

PDF

PDF stands for 'Portable Document Format'. Essentially, the format is used when you need to save files that cannot be modified but still need to be easily shared and printed. Today almost everyone has a version of Adobe Reader or other program on their computer that can read a PDF file.

This format is used by organisations when sending your documents that you would want to save or print, for example policy documents or invoices.

Your u3a Newsletter is produced as a PDF.

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It's Just Jargon - Continued

You can save your documents into PDF format:

1. Open the document you want to save as a PDF
2. Click the File tab
3. Click Save As (choosing Save As keeps your original version and allows you to save an additional copy in another file format.)
4. In the File Name box, enter a name for the file if you haven't already
5. Click the dropdown arrow in the Save as Type box and click PDF (*.pdf) – If you don't see this as an option in the menu, make sure you have the free Adobe Reader software installed on your computer.
6. Click Save.

Important: Once you have saved a document as a PDF file, you cannot convert it back to a Microsoft Office file format without specialized software or a third-party add-in. This isn't an issue if you have used the Save As option as you keep your original document as well.

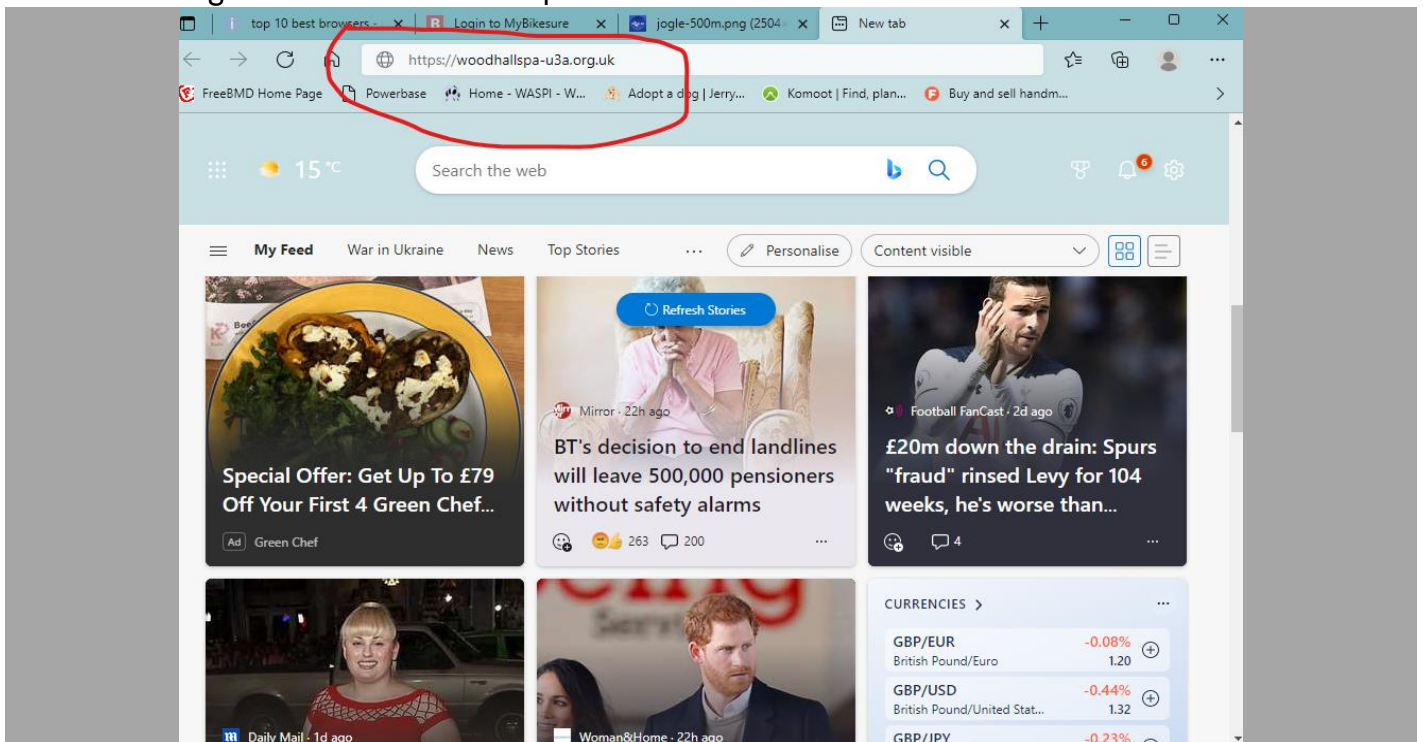
Web Browser

We just call a Web Browser or Internet Browser a Browser these days.

Examples of Browsers are Microsoft Edge, which is standard with Windows 10, Google Chrome, Firefox and Opera. They all provide various levels of functionality and security, and there are many more.

The purpose of a browser is to get content from [the Web](#) and display it on a [user's](#) device. This process begins when the user types a URL ([Uniform Resource Locator](#)) or an address, such as <https://woodhallspa-u3a.org.uk> into the browser.

Microsoft Edge is used in this example:



Continued

It's Just Jargon - Continued

You can also use the address bar to search for something if you do not know the URL. If you type in a name or item it will open up a search page with suggestions and links to websites.

Virtually all URLs on the Web start with either `http:` or `https:`, which means the browser will retrieve them with the [Hypertext Transfer Protocol](#) (HTTP). In the case of [secure mode](#) (HTTPS), the communication between the browser and the [web server](#) is [encrypted](#) for the purposes of [security](#) and [privacy](#). This is a safer option, particularly if you intend to input personal data onto the website.

Web pages usually contain links called [hyperlinks](#) to other pages and resources. Each link contains a URL, and when it is [clicked](#) or [tapped](#), the browser navigates to the new resource. You should only click on these links on trusted websites.

Most browsers will remember your visit using an internal [cache \(storage\)](#) of web page resources to improve loading times for subsequent visits to the same page. You can choose to clear this information when you leave the website with an option in your browser settings. There are other options to manually clear this cache at any time.

Using your browser can be impacted and slowed by several things:

- Errors on the webpage
- Wrong URL entered
- Website cache cleared from last visit
- Device performance eg. Low memory
- WiFi or network issues

Poor WiFi or network problems being the most common.

Every browser has settings that you can use to tailor your browsing experience. These are normally accessed on a menu by clicking on the three dots on the top right of the browser.

[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

March Meander

Chilly to start but by the time we came begin the walk the sun was out and the temperature rising. A really good turnout with 18 walkers lining up at the start line.

We carefully walked past the notice that said 'Parking for Hall Users Only' and made our way out of the car park. Apparently we had been told it was OK, but don't mention my name!



We walked through Nocton and past the gate lodge for the old RAF hospital Nocton Hall, this was closed some years ago and is now a care home, the hall itself is derelict following the devastating fire there in 2004.

Further down the lane we spotted this sculpture made from agricultural tools and a few other bits.

Unfortunately I can find no further info about it, does anybody have further info?

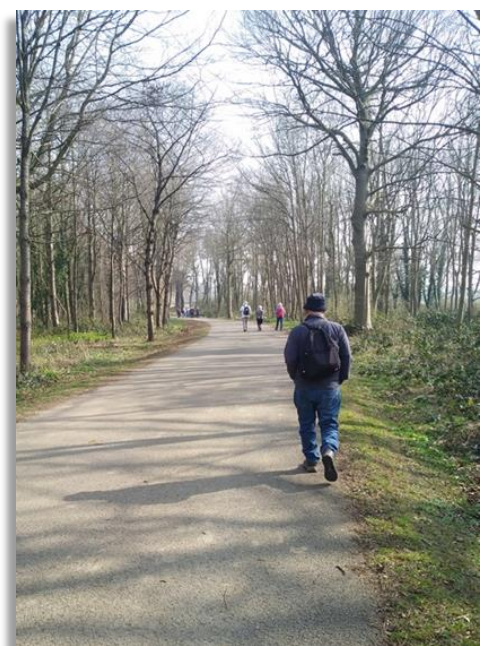
Continuing through woodland on one side of the lane we had the cricket pitch and on the opposite side the church. We didn't have time to walk around the church but from a distance it looked to be quite picturesque. It is said to be a typical estate church and has been described as a 'rather mean affair.'

Now walking in woodland, through the fence, we could see the derelict hospital buildings of Nocton Hall.

At this point we noticed that the leader was setting a cracking pace and the rear-enders, as usual, were engrossed in their surroundings/conversation and lagging behind, somewhat!

Coming out of the woodland we were still on metalled road and we met with the estate road, which was rather busy with tankers moving from one part of the estate to the other.

[Continued](#)



March Meander – Continued

Leaving the road we were on to what looks to be a new track that takes walkers past the new crew yard of the estate. With the size and number of new buildings and the amount of equipment lying around the yard it is fair to say that the owner is not short of a bob or two! Stopping at the entrance gate we took a break across the road from Nocton Wood. Here an information board gave information about the wood, its history and the wildlife within. We were now in sight of [Wasps Nest](#).



Walking down Abbey Hill we crossed Car Dyke and entered the metropolis! Where did it get its name? There is an explanation, or more of a guess, that the name Wasps Nest came from the pub that used to be in the hamlet. But that raises the obvious question of how did the pub get its name? Possibly inspired by the landlady?

The phone box has been converted into an information centre, table and chairs outside, and for those that like to strut their stuff, a glitter ball! Here we learned that Wasps Nest had been quite a centre of activity several years ago. Smiths Crisps had set up growing potatoes there.



A potato railway belonging to Nocton Estates is known to have existed along the route from Wasps Nest to Dunston Fen Lane, and then from there to the former Garden Farm. Its gauge was 1ft 11.5". Methods used to work the railway were horse, steam engine and diesel engine. This was just part of a larger railway that was 23 miles long in total. Evidence of the railway was found when a new water main was put in a few years ago.

From here we walked along the road with Car Dyke to our left. Within a short distance the road went round to the left and we carried straight on crossing Car Dyke again and following a track alongside a tributary across the fields.

This took us back to Nocton through a new housing estate.

Many thanks to John our walk leader.

[John Cotton – Group Leader](#)

Knit and Natter

Changes to Times

Numbers are steadily growing but more are always welcome.

After some thought we have decided to move the session to Thursday afternoons from 2-4.

To allow for the u3a monthly meeting we will be getting together 3 weeks out of four.

Stef Lorenz – Group Leader

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>

I am indebted to those who have taken time to contribute 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

