



# WSPU3A Newsletter

April/May  
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

Summer is almost here and already our diaries are filling up.

The u3a is challenging Ageism, and in a way this is an individual challenge.

As we grow older our own mortality is more apparent. We need to get on and do those things we always wanted to do. *If not now then when?*

The u3a, in some ways, is an opportunity to do that. I sometimes think we should be more ambitious in what we want to experience (Live) and know (Learn), and all this in the company of others (Laugh). Dream a little.

Malcolm Capps – Chairman

## Groups News

Just to remind you that the groups' sheets on display at the monthly meetings only show the names of the group's members. They do not now show any telephone numbers or email addresses. If you wish to join a group then please add these details with your name. I will then transfer them to the master sheet and advise the group leader. They are then deleted from the sheet on display.

The **SUNDAY LUNCH GROUP** just needs a couple more members to join and they will be booking their roast dinner (or vegetarian option).

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 **BOOK CLUB** have had their first meeting, but they have space for more members if you enjoy a good read and discussion.

If you have a particular interest or hobby and there is no group, then just take a blank group sheet (these are on the Groups table) and write the subject at the top. Add your name and if we get enough members wishing to join we will start a new group. Alternatively, just speak to me about it.

## Your u3a Needs YOU

### Situations Vacant

#### Assets Manager

We are looking for someone to take on this non Committee role, 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](mailto:malcolmcapps@yahoo.co.uk)) or by phone (01526 354007).

[Continued](#)

**Situations Vacant – Continued****Membership Secretary**

Our current Membership Secretary is standing down in May and we ***urgently need a replacement.***

The Membership Secretary will be part of the Committee, and as such a Trustee. You will know from attending monthly meetings that they are at the signing in desk, welcoming new members, monitoring visitors and recording attendance figures.

**Overview of the role**

- Responds to enquiries about the u3a and joining the u3a
- Processes new membership applications and updates the master record, advises the Group Co-ordinator of new members and the Communications Officer of new members' requirements for the monthly newsletter link
- Banks any cheques or cash and advises the Treasurer
- Prepares a monthly report for the committee
- Attends the monthly committee meetings and the monthly u3a meeting whenever possible
- Arranges support for the monthly meetings if required
- Collates a quarterly report to u3a Head Office in respect of the members' requirements for the quarterly a magazine, Third Age Matters
- Provides committee members with a monthly short summary of members' details
- Arranges a quarterly social get together for new members with the Chairman
- Annually collates membership renewals, collects and banks the payments, provides new membership cards and sets up a new record for members for the coming year
- Liaises with the Treasurer regarding year end financial figures

***Please give this role your consideration. Our u3a cannot function without a Membership Secretary.***

**Ann Fletcher**, our current Membership Secretary, will be happy to assist in the takeover of this position and also answer any queries you may have.

## 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://youtu.be/7DwL8jlogT8>



### Logic Puzzles For Fun

Puzzles and challenges can be found on this page

<https://u3a.org.uk/learning/national-programmes/logic-puzzles-for-fun>

## 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  
May 5<sup>th</sup> at 2:30 to 4pm

WSP u3a AGM

***Please note the Picnic in the Park is on WEDNESDAY 1<sup>ST</sup> June in lieu of our monthly meeting. There will be NO meeting on Thursday 2<sup>nd</sup> June.***

## Outings

The Workhouse at Southwell was built in 1824 as a place of last resort for the destitute and is the most complete workhouse in existence.

The Outings Group are organising a trip to Southwell to take in the Workhouse and the beautiful Minster in the nearby village. The coach will leave at 9.15am on Friday

23rd September and return from Southwell at 3.30pm. The cost will be £13 for National Trust members and £25 for non-members. Bookings are now being taken at the monthly meetings or contact [Jackie Stevens on 01526 354195](#).

[Sue Pollitt](#) – Group Co-Leader

### 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>

## 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!

More details will be given at the May monthly meeting.

*Please note the Picnic in the Park is on **WEDNESDAY 1<sup>ST</sup> June in lieu of our monthly meeting. There will be NO meeting on Thursday 2<sup>nd</sup> June.***

### 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 40<sup>th</sup> Anniversary Coordinator

### 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

### Visiting Churches

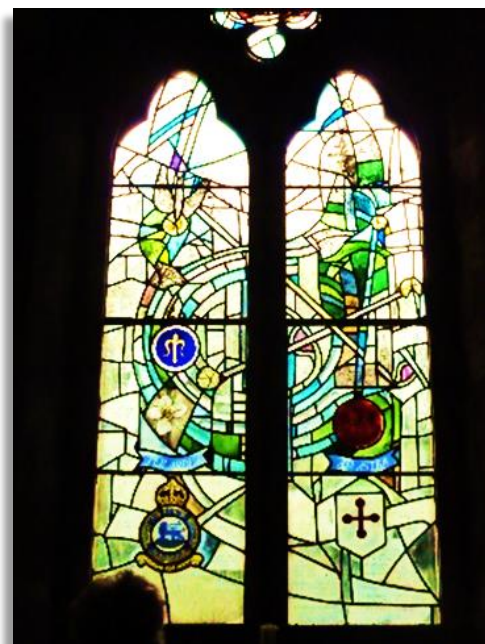
#### April Visit to St Mary and St Gabriel at Binbrook

Seven of us met outside Heather's house in Victoria Avenue just after 1.00pm for our trip to Binbrook. Being a hopeless organizer, I had forgotten to bring the list of people attending, and also it had completely slipped my mind that two of them were meeting us there. Ooops. Nevertheless, we had a very pleasant journey across the Wolds to Binbrook, with the oilseed rape just coming into flower, and most of the trees sprouting into leaf.

On arrival we were met by Diane Tuckett, secretary of the PCC who was very informative and gave us a most interesting talk on the history of this church, which was formed from two previous churches, hence the double-barrelled name of St. Mary and St. Gabriel. She also had some pictures of the older churches, in various states of ruin. The present church was built on the site of St Mary's in 1867 by James Fowler using stones from both the former churches.



Known as the "Cathedral of the Wolds", this church has a real 'wow' factor as you walk in. There are columns and arches on either side supported by stone columns, and a beautiful barrel roof.



There are some lovely stained glass windows, one in particular is dedicated to the RAF as there was an active station here from 1940 until it closed in the late 1980s. The RAF window was designed by Lincoln artist, Glenn Carter, who was also commissioned to insert diamond shaped pieces depicting the stations of the cross into the plain glazed windows along the sides of the building.

[Continued](#)

## Visit to St Mary and St Gabriel – Continued



Inside the church they have the original paperwork for the dedication by the Bishop of Lincoln complete with the seal.



After a good look around the inside of the church, we went outside into the sunshine to look at the war graves. So sad to see that many of these boys were in their early 20's when they lost their lives.

After this we had a little drive around the village to try and locate the last remaining piece of the old church of St. Gabriel, which is a stone pillar that apparently still stands on a green amenity area at the other end of the village. Unfortunately, the roads are too narrow to park a car, so we didn't actually see it, although we think we located the general area.

We decided to head towards Horncastle for tea and cake at the garden centre, where Michaela, who had been at the dentist, met up with us. After a good long chat over our delicious cakes and drinks, we wended out way home.

A lovely afternoon out was had by all.



Cilla Darvill – Group Leader

## Gardening

### April Meeting

The U3A Gardening Group enjoyed an outing to Horncastle on Friday 6th April. We had a very interesting visit to the Joseph Banks Centre to view the Museum dedicated to Joseph Banks and his travels, and enjoyed an interesting talk by a member of the team dedicated to preserving the artefacts and information that the great man collected.

The Centre is run by the Sir Joseph Banks Society and the main displays focus on the connection of Sir Joseph Banks, who owned the nearby Revesby Estate and had a town House in Horncastle. It focuses on his voyages, his plant collecting, his links with Australia and New Zealand and the foundation of Kew Gardens.

Also we learned about the work of the Society in conserving natural history collections including the Lincolnshire Herbarium, and a beautiful collection of Victorian botanical watercolours by a Lincolnshire Artist May Lane-Claypon.

Heather Colebrook – Group Leader

We then wandered around the corner to the Manor House to visit a very pretty hidden garden in the middle of Horncastle.

The Manor House holds a regular open day for the National Gardening Scheme which was on the 26th March this year and the owners Mr Michael and Dr Marilyn Hieatt very kindly allowed our group to have a private visit, our contributions were donated to the various charities that the National Gardens Scheme supports.

The garden consisted of an informal Spring Garden, an Orchard and it bordered the river Bain which runs through Horncastle. They also showed us the part of a Roman Fort, which is a scheduled ancient monument situated near a medieval well, just outside their backdoor!

The flowers were spectacular especially the various types of Hellebores and Fritillary, a fascinating place full of history and surprisingly peaceful for the centre of a town.



## Five Mile Walking

### Epworth to Lincoln

The *Journey of Faith* is a published walk from Epworth to Lincoln, a distance of 48 miles. It wanders across the Trent Valley before finally following Lincoln Edge into Lincoln and offers the chance of sustained walking.



The highlight of the walk is both the wonderful landscape at this time year and the variety of churches we visited. We found an early Georgian church built by a prosperous ship builder, a tiny isolated church which had escaped the Reformation, a great Minister in a small village with the earliest representation of a Viking ship in the whole of England and sat on the coronation chairs from reigns of Elizabeth, George, and Edward.



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## Epworth to Lincoln – Continued

As with all u3a activities it involved a coffee and biscuits at the start and cream tea at the end. We were greeted by friends with a glass of fizz at the Cathedral.



The countryside at this time of the year has such a range of greens, the blossom is out, and everywhere the oil seed rape was in flower – a very Marmite colour.



One of the pleasures of the walk was to spend four days in the company of friends. As always there was the fun of shared jokes, the joy of still being able to cover the miles, and the delight of discovering unexpected places.

Malcolm Capps – Group Leader

Photography – Pat Budge

## Home Computing for Fun

### Anti-Virus Protection

An anti-virus is a software program used to prevent, detect, and eliminate malware and viruses. It works for all types of devices, such as desktop computers, laptops, smartphones, and tablets. An anti-virus usually runs in the background to provide real-time protection without interfering with your browsing experience.



Although it is important to have this type of protection on your devices, you do have to be careful not to over pay for cover. Software companies providing this cover are always trying to “up sell” extra cover or automatic renewal to separate you from your cash. The cost of cover can vary a great deal and it is possible to get free cover. However, companies that offer free or trial cover will pester with ads to upgrade to their premium paid cover.

So here are some tips:

- When you buy a new device you will sometimes get a free trial of anti-virus. Use this by all means but don't feel obliged to continue with it once the cover has expired. Shop around.
- If you have a computer or laptop with Windows 10 you will have Windows Defender protection installed. Apple provides similar basic cover for Macs, iPads and iPhones. It very much depends how much you use your pc and what you use it for as to whether you need additional anti-virus protection. If you shop online or use internet banking you may need to purchase an anti-virus product as well.
- Most anti-virus software companies will offer cover for all of your devices in one package. For example, you can cover a desktop, laptop and mobile phone for £14.00 for 1 years cover.
- Although it is easier to go for an Auto Renew option, this can often hide price rises or changes to your cover. It's always worth checking alternatives.
- Anti-virus software is normally sold via a digital download now. You will also find that you don't always have to purchase from the manufacturer. Savings can often be made purchasing from a reputable reseller eg Amazon. In this instance you have the opportunity to re-download the software if you have any issues.
- The basic cover provided for free by some providers is often enough for most users. You will usually find that you will have to tolerate ads popping up regularly, but if this doesn't bother you, it's all good.
- Most anti-virus is similar in the cover it provides. They all are regularly updated to protect you from the latest threats. If you are not sure what to choose websites like Which? or PCMag have reviews to help.

[Continued](#)

*Home Computing for Fun – continued*

## Your monthly guide to what it means....

**Skype**

Skype is a telecommunications application operated by Skype Technologies, a division of Microsoft. It provides VoIP-based communication or video and telephone calls. VoIP or Voice over Internet Protocol is a method of communication that uses the internet rather than the telephone network. Because of this a lot of it's functions are free. Skype to Skype video and phone calls are free anywhere in the world. You do have to pay to make Skype phone calls to landlines and for some premium services.

If you have a Microsoft sign in you can use this for Skype. If not it is very easy to set one up. You can download the skype app onto any device. You will need a camera or webcam to use it for video calls, for example a smart phone, tablet, iPad or computer with a webcam. If you only want to make voice calls you will only need a device with a microphone, which most mobile devices have and you can get a USB one to use with a desktop.

**You can video call anyone a long as they have Skype with a camera or webcam** as well. It is a great way of staying in touch with distant friends and family. It is easy to use as long as you have a connection to the internet, whether using wifi or mobile data. It is worth noting however that video calls do suffer if you have a poor or slow connection.

There are many other ways and applications to keep in touch with people, but Skype was one of the first and so a lot of people use it.

Other Voice Over Internet Protocol applications include WhatsApp, Facebook Messenger, Google Duo and many others.

**IP Address**

Your computer and every device that connects to the internet uses an Internet Protocol (IP) address for identification. In most cases, IP addresses are assigned automatically. Beginners don't usually need to assign an IP address.

An IP address may look something like this:

**202.3.104.55**

Or, like this:

**21DA:D3:0:2F3B:2AA:FF:FE28:9C5A**

Every computer, smartphone, and mobile device that accesses the internet is assigned an IP address for tracking purposes. It may be a permanently assigned IP address, or the IP address may change occasionally, but it is always a unique identifier.

Wherever you browse, whenever you send an email or instant message, and whenever you download a file, your IP address provides identification to enforce accountability and traceability.

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

## April Adventure

April 27<sup>th</sup> and the Wanderers were out in force. 18 souls set off from The Royal Oak at Scopwick for a walk across the fields to Rowston church. We crossed freshly rolled fields that had been prepared for sowing, skirted around a field of wheat that was just sprouting and one or two that were ready to be ploughed.

Following a hedgerow we went down to a bridge in the undergrowth below trees that could have had trolls beneath it if we had looked hard enough!



Now on a track we headed towards the Rowston road beside a rather deep dyke. Crossing the road we were back on a track and turning into woodland.

Back out into sunlight and across a field on a clearly defined track to a farm and into Rowston village.



Walking through the village we past the old school and crossed the road to the church. Hoping that the residents didn't mind we had a break in the graveyard with tea and biscuits.



It is a lovely old church but unfortunately bits have fallen off the upper parts and there was some damaged masonry on the ground. Not wishing to be close-by should any more fall, we made our exit.

Continued

### *April Adventure – Continued*

Retracing our steps past the school we then had to go back up the road towards Kirkby Green as, unfortunately, there isn't another footpath to complete a circular walk. However, we did have a ford to cross, by bridge for the less adventurous – that was all of us! Luckily a car happened along whilst we were there and did the honours of splashing through it.

We walked past the church at Kirkby Green and on to the road back to Scopwick. The ducks were being very protective of their

young as there were some crows in the trees that may have fancied duckling for lunch.

Arriving back at the Royal Oak a few of us ventured in to try their fare. For those that are unaware, the Royal Oak serves Greek food.

We were made most welcome and the food was very good; apparently we are making a return trip in the near future, but the walk isn't mandatory!

Many thanks to Jan for leading the walk.

John Cotton – 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>

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

