



WSPU3A Newsletter

August/September
2022



U3A Croquet Group at play

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



Becci Ellis reached 264.1 mph on her motorcycle on a measured mile in Yorkshire in 2022.

Her bike is a modified 1300cc, 550 bhp Suzuki.

She is also the fourth fastest person at this distance....

But the BBC angle on this story was that she is a grandma aged 47.

Ageism or sexism? - you decide.

Remember: **Learn, Laugh and Live!**

Malcolm Capps – Chairman

Groups News

We now have a **FRENCH GROUP**, which is just getting started, so if you would like to learn a new language or just brush-up on your school day French then add your name to the sheet at the monthly meeting.

If **POETRY** is your thing, reading it, writing it, listening to it, then this group might well be of interest to you. The group sheet will be on display as usual.

The **DOG WALKING** group has been taking a rest during the summer, but the dogs and

their owners will be pleased to be meeting up again in October. They meet once a month and enjoy different walks, so why not join them? I'm sure your four legged friend would have some fun.

Remember if you have an interest or hobby that is not shown on any of the sheets, just complete a blank sheet on the table, or speak to me. There may well be others who share your enthusiasm for a new group.

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>

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 – Online Learning Events

<https://www.u3a.org.uk/events/educational-events>

u3a Radio Podcast

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

https://youtu.be/_MzRXtAx_yg



u3a Paint or Draw

Send in pictures of your original artwork on a monthly theme to feature in our online gallery. No prizes, just prestige!

<https://www.u3a.org.uk/learning/national-programmes/paint-or-draw>

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>

Thu Sep 1st

Monthly Meeting
2:30pm – 4:00pm
Coronation Hall

Alfred Lord Tennyson- Poetry and Art

Dr Jim Cheshire will share some of the insights he has gained from his studies of our local celebrity.

Sat Sep 3rd

Open Croquet Tournament
Jubilee Park

Woodhall u3a hosting a Croquet Tournament open to neighbouring clubs.

Thu Oct 6th

Monthly Meeting
2:30pm – 4:00pm
Coronation Hall

Masters of Mirth

Mike Storr will deliver an affectionate look at some favourite Music Hall laughter makers with examples of their acts and famous monologues.

Outings

New Outing for 2023

We have reserved 32 front, centre stall seats for the 2pm performance of *Fisherman's Friends the Musical* on Thursday 2nd February. Go to the [Outings](#) page on the website for further details and how to book.

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

Anniversary Walk

London Region u3as are planning to cover a range of walks in London during u3a week, suggesting that if you live in London and want to join in, you ask your local u3a which section they are walking or join up with another u3a.

It occurs to me that maybe walking groups in Woodhall Spa u3a and Horncastle u3a could consider an Anniversary Walk during u3a Week (17-25 September).

Michaela Moody – National u3a 40th 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>

u3a Summer Quiz



THE LATE-SUMMER QUIZ

u3a

By Zoom

MONDAY 19th SEPTEMBER 2022

All u3a members in the East Midlands can take part:
Singles 😊
Couples 😊😊
Teams (up to 4) 😊😊😊😊 🚫😞
A handicap system makes it fair for all
No limit on the numbers from each u3a

To Register send:
Your name & email address
Name of your u3a
Team name (if any)
To: u3alatesummerquiz@gmail.com
You'll receive a confirmation email within a couple of days and Zoom details on Sept. 16th

REGISTER NOW – PLACES ARE LIMITED!

The quiz will start promptly at 7:00pm – login from 6:45pm
We aim to finish around 8:45-9.00pm
There will be a 10-minute comfort/drinks top-up break after Round 4
Answers will be given after Rounds 4 and 8



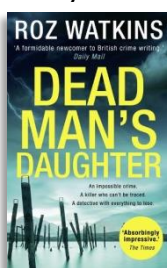
Around the Groups in 60 days

Reading Group 2

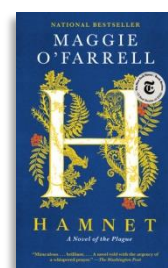
The 8 members of Reading Group 2 continue to meet in the afternoon, on the third Tuesday of each month, in each other's homes. We choose the books ourselves on a rota basis, leading to us reading a wonderfully random eclectic mixture of classic & modern, fiction & non-fiction, serious & trivial, thought-provoking & just plain comic. The member whose book is under discussion hosts the meeting & also provides the group with refreshments.

The company is always good, the discussion always lively & the tea, cakes & biscuits always delicious. Since our last Newsletter entry, we have read:

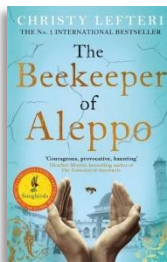
***Dead Man's Daughter* by Roz Watkins** – a Detective Story with a female lead;



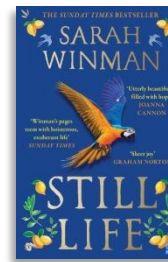
***Hamnet* by Maggie O'Farrell** – a work of historical fiction set in the 16th century;



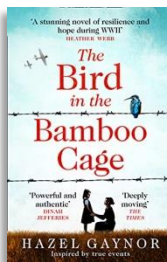
***The Beekeeper of Aleppo* by Christi Lefteri** – the story of one family's experiences & ultimate survival on the Syrian refugee trail to Europe;



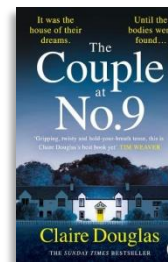
***Still Life* by Sarah Winman** – covering a period of forty years, beautifully described & set mainly in Florence;



***The Bird in the Bamboo Cage* by Hazel Gaynor** – a story inspired by true events surrounding the Japanese Army's internment of the teachers and children of a British Missionary School at Chefoo;



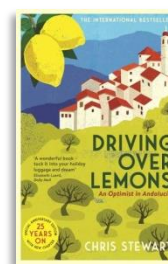
***The Couple at No 9* by Claire Douglas** – a bit of a murder mystery, in true Agatha Christie fashion, with red herrings and an unexpected twist in the tail at the end;



***The Dressmaker's Gift* by Fiona Valpy** – the story of the painful wartime experiences of three young seamstresses in Paris who become part of the French Resistance & take the awful consequences.



And our September book will be ***Driving Over Lemons* by Chris Stewart**. Looks interesting.



We keep a file containing reviews of all the books we have read since we formed in February 2019. If anyone would like to see it, just ask any member.

Barbara Michaelides – Group Leader

Outings

Tolethorpe Hall

Last month the Outings and Theatre Group enjoyed their 10th visit to the Rutland Open Air Theatre at Tolethorpe Hall.

It was a beautiful day and after a leisurely coach journey we arrived at Stamford, where we had a couple of hours free time to roam around the historic town and have lunch before the coach took us on our short onward journey to Tolethorpe Hall.



We have come to expect an excellent, professional performance from the Stamford Shakespeare Company and we were not disappointed.



Pimms cocktails, glasses of wine and ice creams were enjoyed in the beautiful gardens before we took our seats for the performance of Noel Coward's comedy play 'Hay Fever'.



Although this was not my favourite Noel Coward play, it does have one of my favourite lines:

"You're probably irritable, dear, because you're in the wrong. It's quite usual."

A lovely day out. Home by 6.30pm. Looking forward to the publication of Tolethorpe's 2023 programme.

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>

Country Dancing

It has been great to see all the sunshine although a little too warm for Country dancing. We plan to restart on Wednesday 21st September at 2pm to 4pm at the St PETER'S HALL. Do join us every third Wednesday. Learn The Waves of Tory, Neidpath Castle, Strip the Willow or Dashing White Sergeant.

Margaret Cole – Group Leader

Bridge

The Bridge Group will be returning to The Cottage Museum from the first Wednesday in September. We meet from 2-4pm every Wednesday. We book 10 sessions in advance and payment is due from all members at the first session. This is £15 per person for 10 sessions... a bargain at £1.50 per session, including refreshments! The next 10 sessions will run from 7th September to 9th November 2022. We are a friendly and relaxed group with a mixture of Bridge ability and experience. Anyone who would like to come and join us will be most welcome to come to a 'taster' session. For more information please don't hesitate to contact me at Bev911@btinternet.com

Bev Bennett – Group Leader

Gardening

Binbrook

The Gardening Group met up to go and view the Fern Gardens in Binbrook. Despite being such a hot day we had gathering of 13 people who were keen to see the gardens. However the heat was not so intense in Binbrook and a pleasant wind was blowing and the gardens well shaded. The visit was so interesting that sadly I was too engrossed to take any photos! Our guide and owner of the garden was so knowledgeable of his subject and very interesting with tips for all types of gardening, not just the ferns.

Heather Colebrook – Group Leader

A lovely peaceful garden started from scratch by the owner over 30 years ago. The added attraction was the afternoon tea provided by the the owner and his "little Friend" (a lady who belies her correct age), which was excellent. This was served at the Local Bowling club situated in the same garden. It was an interesting visit but above all gave us, as a group, time to bond a little more. There is no September meeting as the gardens have suffered so badly.

Five Mile Walking

Burgh Le Marsh

It is said that there is no such thing as bad weather, only the wrong clothes. With this in mind we donned our sun hats and summer blouses and cropped trousers, covered ourselves in sun cream and with two litres of water in our bags set off for the August Walk.

It was a pity that more could not join us at Burgh Le Marsh. Now there is a bypass it has returned to a sleepy Lincolnshire town.



Given the temperature it was more of a gentle amble, wandering through delightful hay meadows. Over a stile into someone's garden where there were ponds filled with white and pink water lilies; over another stile and there were peacocks strutting around.

High summer with cloudless blue skies and golden cornfields, green woods and hedgerows and on to Bratoft, which was a gem of a village.

The church was open and cool.

We marvelled at the survival of the allegorical painting of the defeat of the Armada. I was unable to find out how old it is but it was repaired in the early 17th century. There are also five C14 poppy head finials re-used in C20 choir stalls with eagle, head, angel, foliate and human motifs.

[Continued](#)



Burgh Le Marsh – Continued

Outside was a mulberry tree with an abundance of delicious fruit.
Mind the wasps!



We wandered back towards Burgh le Marsh along quiet lanes with the church as a guide. The Golden Fleece in Market place allowed us to keep our fluid levels up.

Malcolm Capps – Group Leader
Photography – Les Wylde

Home Computing for Fun

Social Media

What is it?

Social media are interactive technologies that allow the creation and sharing of information, ideas, and other forms of expression via virtual communities and networks.

Social media platforms are web sites where you engage and connect with other people, communities, organizations and businesses. On these web sites you can share, create, learn, discuss and promote content, ideas, opportunities and more. All of the social media platforms are web-

[Continued](#)



based and are accessed via the web on your PC or through apps that you install on your smart phones, tablets, iPhones and iPads. The most common ones you may have heard of are: **Facebook, Twitter, Instagram, YouTube** and **LinkedIn**.

Social Media – Continued

What are the benefits?

The main benefit of social media is a connection with the outside world. You can follow news channels, groups who share your hobbies or have an instant connection with friends and family where you can share photos, news or whatever. Normally people check their social media more often than they look at emails, so this makes social media a more immediate form of communication.

Successful ageing is associated with high levels of physical and cognitive health and

social engagement. Social networks provide multiple sources of social support. People are often distanced from friends and family. Recent issues with Covid and the increased cost of fuel has meant that visits are less frequent. Social media can provide access to regular communication (as long as both parties have access and subscribe). It allows you to share your activities, photos, website links or whatever and receive the same back.

Is it Safe?

When you register with a social media platform, they learn who you are and also learn about you. As you use the platform, they may learn more about you, your interests, etc. They can learn what devices you use, what you like or the opinions that you have. Your information can become an asset with significant value.

The Social Media companies will sell advertising or data to companies that want to target you. And because the targeting is enhanced with your data, it is valued by advertisers.

Having an awareness of how the Social Media companies make money is important so that you can be on the lookout for paid or promoted posts and activity. *Not everything you read on Social Media is true.* Often trusted people or celebrities are shown to recommend products or services that they have nothing to do with, and that could be scams.

As with any online activity you do need to protect your privacy and safety. As long as you understand the privacy implications of social media use and take the necessary steps to prevent against misuse, by reading the Privacy information and adjusting your settings accordingly, Social Media can be a useful option.

Social Media tips

- When you sign up for a social media platform, you can choose who can see what you post/share. Please know that you do not have to share anything on the platform yourself and you can simply look at the posts and updates made by your friends and family. This is up to you.
- Never share information like your address, full birth date, phone number, vehicle registration etc.
- Do not accept friend requests from people that you do not know. Know when you share or post if you are sharing with friends or with the public. You can set this up in Settings.

Continued

Social Media tips – Continued

- Be careful what you post. A post about your holiday may be an invitation for a burglar to visit your house. Also be careful about sharing others posts if you don't know the source or if they are accurate or true.
- You don't have to share your Location. For example, Twitter can automatically attach location information to public tweets. You can turn off any location information if you want.
- Be aware of Scams and Frauds. Be aware that scams and frauds exist, and remember that if something sounds too good to be true, it is.
- Talk to your children if you intend to post pictures of your grandchildren to ensure that their privacy concerns are understood.

How Do You Access Social Media?

There are two ways to access the social media platforms:

1. Web sites accessed from your web browser. Launch the browser and enter the URL for the site. For example: www.facebook.com, www.twitter.com
2. Apps installed on your devices. There are iPhone, iPad and Android apps for all of the major social media platforms. They are installed from the **App Store** or **Google Play Store**. All of the apps are free to install and use.

Useful Links

- <https://www.seniortechclub.com/tech-recipe/getting-started-with-facebook>
- <https://www.seniortechclub.com/tech-recipe/getting-started-with-twitter>

**Your monthly guide to what it means....****Operating Systems**

An Operating System is the software that runs your device, be it computer, phone, tablet or Apple device. In simple terms, it enables the user or applications to interact with a device's hardware.

When you purchase a device the Operating System is normally pre-installed.

Examples of common Operating Systems (and their latest versions) are:

Computer

- MS-Windows (currently 10 or 11)
- MacOS (currently Monterey 12.5)
- Chrome OS (currently 104.0.5112.83)

Phone/Tablet/iPhone/iPad

- iOS (currently 15.6.1)
- Android (currently 12 Snow Cone)
- MS-Windows Phone OS (Updates stopped in 2019)

Continued

Operating Systems – Continued

There are others but these are the ones you are most likely to come across.

The Operating System is regularly updated with improvements in operation and security. This will normally happen for what is considered (by the manufacturer) to be the life of the device and does vary with manufacturers. Depending how your device is set up, you may get a notification of a pending update or it may install automatically.

The differences in Operating Systems means that functions and applications are not transferable across devices. This ensures that once you chose a device with a particular OS you have to go back to them for anything you want to add to your device.

Fortunately, things have improved a bit with cooperation between the big companies (for example Microsoft Office functions on Android and in some instances on iOS)

Digital Picture Files

Last month we looked at digital images. As I explained your digital photos can be saved in several different formats. I will cover the most common ones here. They are identified by the letters after the . at the end of the file name.

JPEG or .jpg – This stands for Joint Photographic Experts Group and most pictures taken on a modern device will be in this format. It is a very useful type of file as it is compressed and can store a lot of data in a small file.

PNG or .png – This stands for Portable Network Graphics. This type of file is also compressed and is used more for web images or images with some text and is larger than a JPEG file.

GIF or .gif – This stands for Graphic Interchange Format. This format has a limited range of colour so is not normally used in photography. It is often used for animations, particularly on social media.

TIFF or .tif – This stands for Tagged Image File Format. This type of file is not compressed and is therefore very large. It is often used in Photoshop and professional applications, because of the amount of detail in the file.

Because JPEG files are compressed some quality and editing ability may be lost, but it is normally fine for most users. However, for anyone who does lots of photography, and has a good camera they may want to use the **RAW** format. If your camera or device has this option you can select it to shoot in this mode. However, in this format files can be up to five times larger and will take up a lot of storage space. The file extension for this type of file depends on the device it is produced on. For example Nikon use **.NEF** and Canon use **.CR2**.

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

The Woodhall Wanderers are the 4 mile walking group within Woodhall Spa u3a. We meet at 10.15 on the 4th Wednesday of the month at the chosen venue and enjoy a social walk. Nothing strenuous, arduous or taxing!

How does it work?

Towards the end of the year we have a meeting, usually lunch somewhere after the November walk. Fellow walkers add their name to the calendar volunteering to research and lead a walk for a month of the year, hopefully there are 12 volunteers. Walks are usually within 20 miles of Woodhall Spa.

This is then followed up by the Group leader at the start of each month sending out an email to the group giving details of the walk. As we are getting a bit older a reminder is also sent out a few days before the walk.

This year we have enjoyed walks in the Wolds – Brinkhill, Spilsby, Tetford and Fulletby, plus Coningsby, Nocton and Scopwick. Sometimes following a walk members will have lunch/coffee etc at a nearby pub or cafe.

How do you join this Group?

At the monthly u3a meetings there are the Group sheets available for you to enter your details and Val will pass your details to me. Conversely you can email me and I will ask Val to add your name to the Group sheet.

Interested? Then get in touch! (See below)

August Amble – Langton

The August walk was from Langton near Horncastle to Edlington and back through Thimbleby just over four miles.

The terrain was easy with no stiles or steep inclines but a gentle climb into Edlington affording magnificent views across to Lincoln Cathedral.

The most unusual aspect was crossing a field of Maize well over our heads very much like being in a Maize Maze at this time of year.

Fourteen people took part which considering the 24 degree temperature was a good turnout. Fortunately a good breeze and cloud kept us comfortable.

John Cotton – Group Leader

Contact John here:

<https://u3asites.org.uk/woodhall-spa/page/114127>



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>

Feedback, please

I would very much like to hear from you about what you like and don't like about the Newsletter. All constructive feedback is always worth listening to, so feel free to tell me your opinions. Please use the link above to get in touch.

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

