



WSPU3A Newsletter

January/February
2023



The Abbey

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

What are you like? There are more than 11 million of us, 13 million by 2032. The general principle of the state pension age is that we should be able to spend a third of our lives enjoying retirement. Perhaps that's one reason why it's called the third age. So you belong to the u3a do you? I am sure someone has asked you this question and you have tried to explain. No doubt the words 'local', 'charity', 'learning groups', 'older people', and 'the third age', 'sharing knowledge', 'skills and interests' have been
Malcolm Capps – Chairman

included, and I hope the words 'fun, laughter and friends' have also cropped up. But I also hope the word '**voluntary**' came into the conversation because it is an organisation that relies on *volunteers* to run it. We shall need new volunteers in coming months. As members of the Committee come to their limited terms of office they have to step down. Please consider volunteering. The u3a cannot function without appointed officers.

Groups News

Members who have signed up for the **MOTO** (Members On Their Own) Group have had an initial meeting when some very enthusiastic ideas for trips were put forward. These ranged from meeting for a coffee to days out. The members will contact each other if there is an event they would like to attend, a place they would like to visit, etc. etc. and whether they are joined by just a couple of other members or most of them, they will have company. The sheet is on the table if this sounds like something of interest to you.

A new group starting on 6th February is **Rock & Roll**. Stef Lorenz is starting this group, meeting at her house on the 1st and 3rd Fridays in the month. If you would like to re-live the music of the 50's and 60's, or even

have a jive, then this is the group for you. Do sign up.

We are hoping to form a **CANASTA** group. It is a very popular card game, so if you've played before, or would like to learn then please sign up. The sheet is on the Groups' table.

Another group which Paul Membrey would like to start is **Open AI**. Paul has written an item about this in the Newsletter, and if this subject is something you'd like to know more about, the sheet is on the table ready for you to sign up.

Please remember to advise the Group Leader if you're unable to attend any of their group's meetings. If you're absent for three consecutive months with no explanation you may well be taken out of the 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>

Membership

Your current u3a membership period expires on 31st March 2023. The subscription fee remains at £15 for the year, which is great value when you consider this gives access to the monthly meeting (with tea & biscuits), over 30 groups to join, and the Outings Group as well as numerous on-line forums provided by National u3a.

Please click on the following link to access and print your renewal form:

- [Woodhall Spa U3A Membership Renewal \(u3asites.org.uk\)](https://u3asites.org.uk/woodhall-spa/groups)

Once completed please bring your form to the next meeting with your payment or send it to me at the address at the end of the form.

There is also the option to pay by BACs. If you choose this option could you please use your name as your reference?

If you have any questions could you please email me on:

- membership@woodhallspa-u3a.org.uk

Many thanks

Bev Bennett – Membership Secretary.

Gift Aid

Just a reminder that Gift Aid allows UK charities to claim back the basic rate tax already paid by you. This means the charities can claim back from the government, on your behalf, 25p for every £1. This boosts the value of your membership by a quarter, yet, it doesn't cost you anything!

To qualify for gift aid you must be a UK taxpayer. For a charity to claim Gift Aid on your donation, you must have paid UK

Income or Capital Gains Tax that financial year. The tax you pay must be equivalent to the amount of Gift Aid. The u3a will reclaim on your donation that tax year.

In other terms it means that your u3a membership fee of £15 is really worth £18.75 to the u3a. All you have to do is complete the Membership Renewal form (see '[Membership](#)' above) and indicate you would like to gift aid your membership.

Malcolm Capps – Chairman

Your u3a Needs YOU

Situations Vacant

Committee Member

We will have a number of vacancies in the Committee for 2023/24 and are looking for volunteers to fill these roles to ensure that Woodhall Spa u3a continues to thrive for the benefit of all its members.

Overview of the role

- Attendance at monthly committee meeting
- To perform duties specifically required of the role
- Represent fellow u3a members
- General help with u3a Committee

If you wish to discuss becoming a member of the Committee or put your name forward for any specific role, please contact Dave Bennett, Woodhall Spa u3a Business Secretary, secretary@woodhallspa-u3a.org.uk, or 07989406313.

Continued

*Situations Vacant – Continued***Assets Manager**

We are looking for a technically literate 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 you wish to discuss this role or put your name forward for it, please contact Dave Bennett, Woodhall Spa u3a Business Secretary, secretary@woodhallspa-u3a.org.uk, or 07989406313.

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 website

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

u3a – Online Learning Events

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

u3a Radio Podcast

<https://youtu.be/DTB77h2ZHOI>

A cookery group at Farnham u3a specifically focussed on encouraging men into the kitchen.

Elsewhere in the episode, the team hear about how u3a is celebrating the 1900th Anniversary of Hadrian's Wall; what happened before the Lindisfarne Gospels; some of the highlights of the Royal Collection, and they hear from a u3a member who helped make PPE in the pandemic.

**Brain and Behaviour**

A look at how the 'old' parts of our brain drive our basic behaviour, and how the 'new' parts of the brain can modify these basic drives.

[Brain and Behaviour Tickets, Mon, Feb 6, 2023 at 2:00 PM | Eventbrite](#)

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>

Monthly Meetings

February 5th

2:30pm to 4pm
Coronation Hall

The Mustard Gas Incident

Unfortunately the speaker from Lincoln Dementia Group, intended for this month, has canceled but we have been able to replace them with a speaker on the fascinating "Woodhall Spa Mustard Gas Incident".

The Woodhall Spa Mustard Gas Incident

by **Eran BAUER** MEPS FICPEM FIRSM
Defence Consultant living in Kirkby on Bain

A well illustrated presentation of the history behind this incident, the people involved and the massive efforts made by Police and the Military to make the area safe

**Thursday 2nd February 2023
at 2.30pm**

Coronation Hall
Spa Rd - Woodhall Spa
LN10 6PZ

u3a
40th Anniversary

Hitler will send no warning -
so always carry your gas mask

June 1st

2:30pm to 4pm
Coronation Hall

AGM

The next AGM will follow the same format as last year, so there *will* be a speaker after the completion of the AGM.

Pancake Race

Shrove Tuesday is on Tuesday 21st February 2023. It is the day before Ash Wednesday, which is the first day of the Christian season of Lent. Traditionally it is the day to cook pancakes and play football. On the Continent it is known as Mardi Gras.

Last year Woodhall Spa u3a took part in the Pancake race at Woodhall Spa Cricket Ground. This is an enjoyable and entertaining event to which all are invited. It bridges the gap between the generations. Please cheer us on. We are already looking for members for our teams, so contact me if you'd like to join us.

[Malcolm Capps – Chairman](#)

New Groups

Open AI

Who has heard of AI (Artificial Intelligence)?

AI (Artificial Intelligence) is a branch of computer science that deals with the development of intelligent machines that can perform tasks that typically require human intelligence, such as understanding natural language, recognising images, and making decisions.

OpenAI is a company that uses cutting-edge AI research to develop powerful, safe AI systems that can benefit society.

The potential benefits of AI, such as improved healthcare, more efficient transportation, and greater convenience in our daily lives. An example of how AI is currently being used in a way that would be relevant to the us, such as in the field of elderly care.

Other potential uses are:

Automation, Productivity, Decision Making, Solving Complex Problems, Economy, Managing Repetitive Tasks, Personalisation, Global Defense, Disaster Management, Lifestyle, etc.

The current software is called OpenAI ChatGPT3.5, with billions of connections; however, shortly they will introduce GPT4 with a Trillion connections, improving the performance greatly. On YouTube just type in ChatGPT.

This software will impact all of our lives, hopefully in good ways, however there are always side-effects that will be exploited by others. At the moment it has no strong moral compass, but time will teach it to make human decisions.

I am seeking to form a group to discuss the social impact this software will have on society and look at ways in which it can benefit us all.

There should be a form at the back of the hall at the next meeting should you be interested to join.

[Paul Membrey](#)

Rock & Roll

Relive your teenage years listening to original artists from the 50s and 60s on vinyl.

First and third Friday of the month 2-4.

Group leaders: [Peter Kent](#) & [Stef Lorenz](#)



Around the Groups in 30 days

Spanish for Beginners

In December we started a group for 'Conversational Spanish', however quickly realised that we were far from holding a conversation in Spanish and have renamed the group 'Spanish for Beginners'. We have met a couple of times and moving forwards plan to meet twice a month. We meet in the Parish Rooms in Woodhall Spa. One of the group members, Judi has lived in Spain for a number of years and has kindly

agreed to format an outline/structure for each session. We are also using an online App, 'Duolingo', to enable us to practice between sessions.

We are a small group of six and would like to expand, so if there are members that would like to come and learn Spanish with us please contact me and I will let you know when the next meeting is.

Bev Bennett: 07989 406313

Sew and Sew



Hard at work

Due to bad weather in December we had to cancel our meeting but some of us were able to have a Christmas lunch in Horncastle.

This month saw members working on a variety of projects....some new and some on-going.

We are delighted to welcome Katherine who is working on a very detailed cross stitch!!!



Hard at work here, too!

Joan Willard – Group Leader



Stitched Christmas cards



Quilted cushion cover in progress

Five Mile Walk

This month's walk took us on a circular route from Wood Enderby (and back again!).



We ventured across open farm tracks, having gained kind permission from the owners to be on their property.

Half way round and we broke out the snacks and drinks to keep us sustained for the way back.



Our return route took us along quiet country roads lined with borders of flowering bulbs – a welcome sign of hope for a new year.

[Les Wylde](#)

Poetry

Two poems from our inaugural meeting, on a theme of 'Beginnings'.

The first, written for the occasion of the christening of a granddaughter; the second is a wry look at the origins that may or may not be common to us all...

A Prayer for Lorna

I pray that you will inherit the earth
In all its mystery;
That your fluttering hands will always know
How to touch a flower.
Go eagerly into your inheritance.

I pray that you will always know
How to watch a sparrow;
That you will always say "I am but one
Of Nature's creatures."
Go gently into your inheritance.

I see in your untroubled eyes
The future of a world
Where all men know that only the meek
Can inherit the Earth.
Go Meekly into your inheritance.

And when you touch a flower or
Watch a sparrow
Remember those who went before:
Who said "It's time;" "Enough;" "No more;"
Let our children go
Safely into their inheritance.

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Beginnings

Many theories abound, some OK, some not sound
On when life on earth really began
So here are some suggestions and various questions
On the start of the family of man

The scientists wonder, consider and ponder
Beginnings of the human race
Did it start from a cool protoplasmic globule
Or from some nearby planet in space

Is it true life began with a massive, big bang?
Depends upon what you believe
Whilst others will mention divine intervention
Creation and Adam and Eve

Do your nerves start to jangle 'bout Saxon and Angle
Who dyed all their clothes using woad
Don't reduce it, I beg, to the chicken and egg
And the reason that it crossed the road

Did life really squirm, like some tiny earthworm
From an ancient primordial soup
If you ever find out, don't be quiet, just shout
And ensure you keep me in the loop

But whate'er you think true, I must say this to you
I'm not joining in all the hubbub
I just think life is grand and I've already planned
To nip off for a drink down the pub

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Read more:

Use this link to see what else the group has written:

<https://u3asites.org.uk/woodhall-spa/page/125465>

Home Computing for Fun

Windows 7 & Windows 8.1

Most of us these days are using Windows 10 or Windows 11 Operating System Software on our desktops and laptops. However, a few people may still be using Windows 7 or possibly 8.1.



Windows 7 became available in 2009 and Microsoft software support for it ended in January 2020, and updates were no longer available. Windows 8.1 software support ended on 10th January 2023.

My PC still works with an older operating system, so what does this matter?

The regular updates that your operating system gets, add new features, fix recent issues, and most importantly, provide you with security updates to fight the latest vulnerabilities.

Once these updates stop your PC is at risk from these things, particularly hackers.

So how do I know which Operating system I have?

It's easy to check but varies with each operating system. If you have no idea at all you will have to try all of these until you get to the information.

Windows 7

Select the Start button. Type **Computer** in the search box. Right click on the word **Computer** that appears and select **Properties**. The Operating System will be shown under Windows Edition.

Windows 8.1

Press the **Windows logo key** and the **R** key together. Type **winver** in the open box that appears and click **ok**.

Windows 10 or 11

Click the Start button and select **Settings**. Go to **System** and select **About** (at the bottom of the menu) You will find the Device and Windows Specifications here.

If you do still have Windows 7 or 8.1 it is wise to update to Windows 10 or 11. Although it may be possible to just purchase the new Operating System Software and install it on your PC, it is likely that, if you have the older software, that your PC is old and the Specifications are not compatible with the new software. You can check. The minimum requirements for Windows 10 are:

- 1 GHz processor
- 1 GB RAM
- 32 GB Hard Drive Space

(You can check these values in the same way you check the Operating System you have. Although your PC might be compatible on paper, you will not experience the full functionality of Windows 10 if you only have the minimum requirements)

You will normally pay about £100 for Windows 10 Home. Given the availability of reasonably priced PCs with up-to-date Operating Systems, the best solution is to purchase a new desktop or laptop, which will come with the latest Operating System installed.

Going forward, Windows 10 is due to be supported until October 2025 and Windows 11 till around 2032.

[Continued](#)

Home Computing for Fun - Continued

Your monthly guide to what it means....

Backups

Everyone knows that backing up your devices is a sensible thing to do, but we often don't think to do it until we have lost some treasured photos or important documents. There are several ways to back up your devices, often depending on which device you want to protect.



Cloud Backup

With smart phones, iPhones, tablets and iPads you can back up your data to the cloud. This means that either Google or Apple provide storage for your data. You can specify in your devices settings which data you want backed up and it normally happens automatically. There are concerns with security with some cloud

storage, but both Apple and Google have a pretty good record. Both Google and Apple will allow you some free storage for your backup, but there are limits and you may have to pay if you go over this. It can be very easy to do this if you take a lot of pictures and videos on your device.

One way to avoid filling up your device and paying for storage is to transfer things onto a computer, then you can back them up from your computer using one of the following methods:

USB Flash Drive

Your desktop or laptop will either have a USB OR USB-C socket and this can be used to backup with a USB Flash Drive. These flash drives come in many sizes, from 2GB* TO 1TB* and are priced accordingly. Unfortunately, they are an item that is sometimes counterfeited, so purchase from a reputable dealer and don't be tempted by a very cheap price.

These flash drives are easy to use (you can just drag and drop files) and are portable and allow you to share with family and friends. They do have a couple of disadvantages. Being small, they are easily lost in the back of a drawer. Also, they can fail or become corrupt over time, particularly if overused or badly stored.

*Note: GB = Gigabyte TB = Terrabyte

Portable Hard Drives

Another solution for backups is a Portable Hard Drive. These are more expensive than a USB Flash Drive but offer more storage and reliability. They are available from 500GB up to at least 10TB. Most will offer "drag and drop" functionality

for ease of use, but generally they have software to perform full backups as and when you want. They connect by USB and the smallest will fit in the palm of your hand.



Continued

Portable Hard Drives – Continued

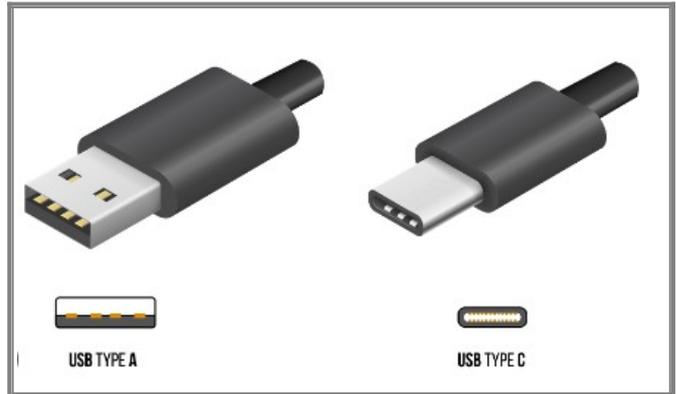
Please note – both USB Flash Drives and Portable Hard Drives are available with standard USB (USB-A) and USB-C connection. You need to check you have the right one or purchase a USB-A to USB-C adapter.

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 hardier members of Woodhall Wanderers ventured out on Wednesday 25 Jan for their monthly walk. This month from Ruskington across field paths and tracks to the River Slea and back via a road. Luckily for us the weather had improved, not so cold and not raining. This unfortunately revealed a big problem for us though as there was a layer of thick, glutinous mud on top of the frozen paths.



This made walking and keeping your balance exceedingly difficult. Shortly into the walk we were an inch or so taller and at least a couple of pounds heavier! The mud was not only clinging to the soles of our boots, but also the tops as well as the sides. This slowed down progress and made the walk a lot longer than planned.

Following the walk some members of the group sampled the food in the local eateries; The Elite Fish and Chip Shop, Ruskington Garden Centre and Anwick Garden Centre. The walk on February 22nd is also across farm paths and tracks but hopefully not so muddy! If you wish to join the Group please add your name to the list.
Cheers

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>

If you have any suggestions or comments about the Newsletter I'd be happy to read them. You can send them to me using the link above.

I am indebted, as always, to those who have taken time to contribute to this edition.

Many thanks.

Tom Sefton – Editor

