



## WSPU3A Newsletter

February/March  
2023



The Petwood Hotel

Photo by Geoff Noel

### 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

We sat on the settee cheering on England. Sport and games have the ability to cross boundaries between generations. Modern rugby is not played in the way that I played but it is still a game that both my grandchildren and I recognise. Tennis and cycling have improved their equipment but

they still provide the level of challenge and excitement for both young and old. We learn from each other. Youngsters learn that old age and treachery can sometimes beat youth and exuberance.

"Is that really a word Grandpa?" said the youthful Scrabble player.

Malcolm Capps – Chairman

#### Third Age Matters

Congratulations to Maureen Moscrop for her published article "A Ramble in the Lincolnshire Wolds" in February's "Third Age Matters" page 55.

Malcolm Capps – Chairman

## Groups News

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

Can I please remind you that your current membership expires on 31st March 2023. If you have not already done so, could I encourage you to complete and return your membership renewal form with £15 payment at the next meeting on Thursday 2nd March 2023, alternatively you can post it to me at the address on the form. Your renewal form can be accessed via this link or the Woodhall Spa U3A web page.

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

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

- [membership@woodhallspa-u3a.org.uk](mailto:membership@woodhallspa-u3a.org.uk)

Many thanks

Bev Bennett – Membership Secretary.

## Gift Aid

Increase your membership fee for FREE! If you are a taxpayer you can give an extra £3.75 by ticking the Gift Aid box on your membership form. Please consider it. Yes, as a charity, we can claim an extra 25% from the Government on all membership fees that are Gift Aided, at no extra cost to you or us.

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

## Holiday Discounts

Involved Holidays is a holiday company specialising in guided walking packages, are offering u3a Members a 10% discount on their 2023 Walking Holiday Collection.

Quote: Code U3A 10, [www.involvedholidays.com](http://www.involvedholidays.com), 01858 896111

Malcolm Capps – Chairman

## Your u3a Needs YOU

### Situations Vacant

All organisations need new blood, new ideas, new members. For various reasons, some members of the Committee are stepping down this year and we will need new members. Please consider volunteering so we can keep going and develop our u3a. Speak to members of the Committee to find out what this entails.

#### 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](mailto:secretary@woodhallspa-u3a.org.uk), or 07989406313.

#### 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](mailto: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/riOSwqNVOTY>

In February's episode, find out more about Pickleball – a game already popular in America – which is now growing throughout the u3a movement. Elsewhere look at the many opportunities afforded by the u3a speaker swap scheme and in a month known for Valentines Day – explore why the Swan is the symbol of love.



#### Cook for the King

<https://www.u3a.org.uk/events/cook-for-the-king>

To mark the forthcoming Coronation in May – u3a are launching a new initiative – 'Cook for the King'. u3a would like you to create a dish that celebrates and reflects Britain in 2023.

#### Brain, Pain and Anaesthetics

<https://www.eventbrite.co.uk/e/brain-pain-and-anaesthetics-tickets-492278818197>

This talk will describe how brain nerves work and how our brain receives our senses. It explains that 'touch' and 'pain' use different parts of our nervous system and it outlines the 'pain pathway' from source to spinal cord to brain. It also explains how different anaesthetics work and how sometimes they don't work!

## 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

#### March 2<sup>nd</sup>

2:30pm to 4pm  
Coronation Hall

Melody Flyte with 'The Great American Songbook'

#### April 6<sup>th</sup>

2:30pm to 4pm  
Coronation Hall

Chris Hewlis with 'Wedding Customs and Nursery Rhymes'

#### June 1<sup>st</sup>

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.

### Litter Picking

Woodhall Spa u3a very successfully picked the streets and Horncastle Road for litter in 2021 collecting eighty-four bags for the council to remove just before lockdown ended. This project helped make the village look smart for the return of the tourists.

Since that time I am pleased to say the village has remained very tidy mainly I think due to many people taking the task on their own initiative.

Driving to Horncastle last week it was obvious that road had not escaped the problem and was as bad as last time we did it.

It was agreed at the January club meeting to have another clean up before Spring arrives.

We are looking for volunteers to help on Sunday 19<sup>th</sup> March meeting at the NFU offices on the Horncastle Road ([just past Moor Lane on the right - Ed](#)) at 7am for two hours.

Please bring your own picker tabard and gloves if you have them. I have plenty if not so don't let that put you off. Sorry for the early start but that is a busy road which seems only to be quiet early on Sundays.

If you wish to let me know you are coming or ask any questions please email at [leechdairyfarm@hotmail.com](mailto:leechdairyfarm@hotmail.com) or call on 07977 441270.

Thank you. I look forward to seeing some of you then hopefully on a warm dry morning.

David Leech – Event Organiser



2021



## Visiting Churches

The Visiting churches group starts its 2023 visits in March.  
Proposed visits in 2023 on the second Tuesday in the month:

2023 Dates	Church	Visit Leader
14 March	<i>Scopwick church &amp; war graves</i>	Cathy & Barbara
11 April	<i>Bardney Dairies</i>	Heather
9 May	<i>Spalding: St Nicholas &amp; St John</i>	Margaret
13 June	<i>Scrivelsby</i>	Jean Hill
11 July	<i>Metheringham &amp; Blankney</i>	Pauline & Heather
8 August	<i>Bardney: Abbey ruins, St Lawrence &amp; catholic church</i>	Cilla, Michaela
12 September	<i>Bicker, Langrick</i>	Margaret
10 October	<i>Roughton, Kirkby on Bain</i>	Jean, Michaela
14 November	<i>Stixwold, Southrey</i>	Sally
12 December	<i>2024 Planning meeting</i>	Chez Barbara

If members want to join the group, please contact Michaela Moody  
[michaela.moody@u3a.org.uk](mailto:michaela.moody@u3a.org.uk)

Michaela Moody – Group Leader

## Outings and Theatre

There may still be time to book a place on our trip to **Nottingham Greyhound Stadium** on Monday 17th April. Check availability at the monthly meeting on 2nd March and please note that payment is now due if you have a place booked. The cost including coach, entry fee, and 3-course supper is £38. Coach will depart at 4pm and return from the venue at 9pm.

**Tolethorpe Hall Theatre – Alan Bennet's 'Lady in the Van' – Saturday 12th August**

Bookings for our annual trip to Tolethorpe will be taken at the March monthly meeting. Places will be limited to 32. This year the daytime performance will be at 11.30am. The coach will depart at 9am to arrive in time for refreshments before the performance and then there will be free time in Stamford in the afternoon before returning home at 5pm. Cost is £36 and payment must be made on booking or not later than the April monthly meeting.

Sue Pollitt – Group Leader

Find out more:

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

## WSPu3a in the Community

### St. Peter's Church Annual Pancake Race

The Pancake Race is becoming an annual event in Woodhall Spa. Young and old, we gather together after School on the Cricket Field and celebrated Shrove Tuesday. This is a race with few rules expect there are four legs around the cricket square and you must complete the course carrying a frying pan and a pancake. Once again Woodhall Spa u3a entered a team of Alison Keegan, Les Wylde, David Leech and Malcolm Capps. Due to the wonderful support from the members, we won the retired adult's race for the second time. Perhaps next year we might have some opposition.



Discussing Tactics



The Winning Team



Striding to Victory

Malcolm Capps – Team Captain

### Litter Picking on Horncastle Road

See [Coming Soon](#) / [Litter Picking](#) for more information.  
Editor

## Around the Groups in 30 days

### Croquet

The new season for Croquet will be starting up again early April, there is no starting date yet but I'll let you know by an announcement at the next U3A meeting.

I sincerely hope that my regulars will be signing up again for another enjoyable season such as we enjoyed in 2022.

As always any member of the Woodhall branch of the U3A will be most welcome, if you have never played croquet but would

like to try your hand please come along to our venue in Jubilee Park on a Tuesday Morning's where you will find a very pleasant group of people eager to get onto the lawns for some exercise and friendly competition. As coach I promise any newcomers will be playing a game before the end of the session.

I'll look forward to seeing all my previous members and greeting newcomers.

Bob Potter – Coach

### Dog Walking

Dave and Bev Bennett led our February walk. We met in Kirkby Lane and walked through the woods. The dogs loved it. We saw the area where the mustard gas canisters were found and the remains of buildings used in the war. We finished the walk along the Spa Trail, ending up at Bev and Dave's for coffee.....perfect.

Judy Binks



### Outings and Theatre

Our first outing of the year to the Theatre Royal in Nottingham to see Fisherman's Friends the musical was a great success. The theatre was packed to the gunnels and we all enjoyed this heart warming story of an unlikely 'buoy band'.

Sue Pollitt – Group Leader





## Sew and Sew

## February in the Sewing Den



The beginning of a small quilt made using a method called Foundation Piecing. Pattern is drawn on fine fabric which is a guide for sewing. Patterned fabric is placed piece by piece on reverse.



To increase longevity of her husband's favourite slipper-socks, Carmel made a quilted sandwich using some of his old jeans on the outer sole and finally attached the soles with blanket stitch.



This quilt is almost finished. It was made by cutting out individual geometric shapes and sewing them together by machine. It now needs a border which is hand sewn.



Preparing a Pattern. All pieces printed in the book have been traced and individually enlarged to required size. This is for a twisted squares pattern block (see below).



The finished work.

Joan Willard – Group Leader



## Five Mile Walk

### Blankney

We met at Blankney Stepping Out car park. David and Elizabeth Leech were the walk leaders. Twenty-four of us set off along the coach road to Blankney Stables to view the carpet of snowdrops.



A friend of the Prince of Wales and the Marquess of Hastings, he was a character in one of great Victorian scandals. Chaplin was engaged to Florence Paget, the 'Pocket Venus', but was jilted and she married Hastings. Chaplin bought a racehorse 'Hermit' for 1000 guineas to run in the Derby. It started at 66-1 and won. Hastings placed a bet of £120,000 and lost (£12 million 2017). He was ruined. Chaplin sold the Hall in 1892 when his extravagant lifestyle meant that he had run out of money.



Blankney itself was atmospheric. The stables and the Church still survive but all that remains of the hall are a patch of rough grass, overgrown yew hedges and the gate pillars.

The Hall was once the centre of Henry Chaplin's Estate. He inherited it at 21 in 1861.



<https://www.blankney.com/about-us/our-history/>

We carried on along the Spires and Steeples route towards Scopwick before turning East towards the railway. Here a u3a member explained how the fields across the valley would be covered with solar panels as far as the road to the West.

Continued

*Blankney – Continued*

We walked on discussing the concept of 'green energy' the term 'green washing' and the ratio of sheep-to-acres and soil types.

On the way back we watched the hares playing in the fields and then drove to the Penny Farthing at Timberland for an excellent lunch.

Malcolm Capps – Group Leader



## Home Computing for Fun

### Scams and Phishing

Those of you that were at our last monthly meeting will know that our Chairman spoke about the increase of Scams and Phishing in this area, and gave some advice from the police. These things are worrying but provided you remain vigilant and follow a few simple rules you can stay safe.

I am repeating an earlier article concerning this, and will following it with some examples of Scams that people have experienced locally.

### Phishing

Phishing is a cybercrime in which a person is contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords. It is also used to encourage people to follow links which may install dangerous software on your device.

The criminals rely on the fact that we trust certain companies or institutions and copy their logos, email styles or language to fool us.

They often pretend to be HMRC, our bank or even the Police, thinking that we will be worried and will do as instructed. Many people have lost thousands of pounds to these fraudsters. However, these threats needn't worry us as long as we are vigilant and follow a few basic rules.

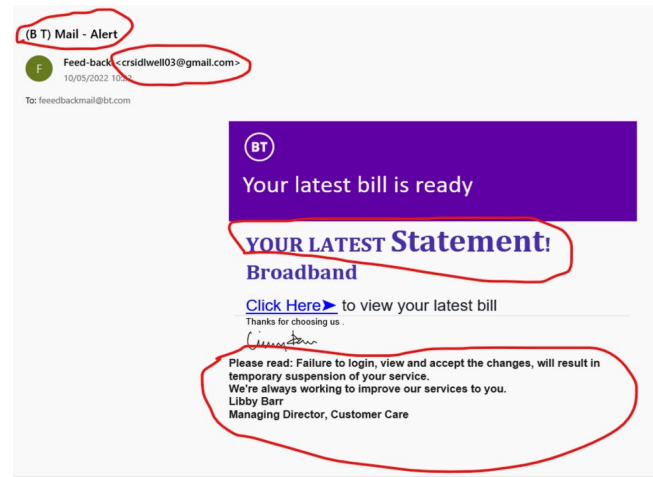
[Continued](#)



### Scams and Phishing – Continued Emails/Texts

Emails are one of the most common phishing scams. Everyone gets emails from their utilities, friends, people they do business with, and the majority are not a problem.

Here is an actual email that I received recently:



Dodgy emails have certain things in common and this one has most of them! Always look closely and things will begin to stand out.

- This appears to be from BT. The BT purple band has been copied into the mail.
- The text below is in different case and looks amateurish
- The word "Alert" at the top of the mail and the warning at the bottom is meant to make you panic.
- If you look at the sender's address at the top of the page you will see that it is someone's personal gmail account, not from BT at all.
- Finally, you will see that they want you to "Click Here" on the email. We don't know what will happen when we do, but we don't want to, and we do know that it won't take us to the legitimate BT website. **YOU SHOULD NEVER CLICK ON A LINK IN AN EMAIL OR TEXT UNLESS YOU ARE 100% SURE IT IS GENUINE.**

If you are not sure that a text or email is genuine call the company or organisation concerned and ask them if they have contacted you in this way.

### Telephone Calls

These can be harder to deal with because they put you on the spot.

Again, the caller might say that they are from Microsoft, BT, Amazon, HMRC or one of many others. They may tell you that you have a problem with your broadband or computer, or that you have a payment outstanding.

They may want you to log on to your PC or give them personal information. Often this type of thing can be very clever and make you doubt yourself and believe and trust them.

- An automated voice
- A few seconds before someone speaks
- The threat of court action or summons
- A call about something that you don't own or subscribe to

However, the thing to remember is that very few companies will contact you by phone in this way. If you think about it when did you last have a genuine business phone call? apart from possibly a return call from someone you contacted. Also, do not trust the number shown if you have Caller Display. It is possible for fraudsters to display a genuine number.

There are a few clues to this type of phone call:

Continued



*Telephone Calls – Continued*

And the way to deal with them is the same as emails and texts. If you do not recognise the caller and you are not happy with the call, you can hang up and it is likely that you will not hear any more. However, if you are not sure about the identity of the caller, hang up, look up the organisation or companies

genuine phone number and call them ON A DIFFERENT PHONE to check. Sometimes the fraudsters will stay on the line when you hang up and pretend that it is them you have called, so using another phone, maybe your mobile is safest. If you don't have another phone wait 10 minutes before you call.

**Useful links:**

- <https://www.takefive-stopfraud.org.uk>
- <https://www.lincs.police.uk/advice/advice-and-information/fa/fraud/personal-fraud/prevent-personal-fraud>

**Scams to watch out for that have happened locally**

- Email from recognised email address (friend or family member) asking you send money, buy gift card give bank details etc. Be suspicious of any strange requests like this from someone you know. Check with the person by another method, either by phone or in person. This could happen if an email account has been hacked. Worth changing your email passwords regularly.
- Phone call offering a service, new drive, conservatory or the like. Offering you a special deal, big discount as you have been specially chosen. You just need to pay a deposit to secure this one-off deal...
- WhatsApp message or text message from someone you know, often a close family member. They have lost their wallet, got into trouble etc and need cash urgently. Check with the person using something other than WhatsApp or text.
- Supposed Open Reach or BT call about your internet problem
- Amazon call regarding either an outstanding subscription payment or an unusual purchase on your account
- Calls from someone pretending to be Ofgem trying to get you to apply for an energy rebate
- Texts or emails supposedly from the Post Office, Royal Mail, UPS or some other carrier regarding a missed delivery
- Email regarding unpaid parking fees, often from somewhere you have never been.
- HMRC text message telling you that you have a tax refund and to click on link to claim. Another is a phone call, usually an automated voice from HMRC telling you that you are to be prosecuted and to press a key to speak to a caseworker.
- A call from someone pretending to be Microsoft saying that you have a problem with your computer and either asking you to log onto it or demanding payment to fix it.

**If you receive a scam in any form tell your friends and family and report it to Action Fraud at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040**

## Poetry

Two poems from our February meeting, on a theme of 'Growing Up'.

The first reflects on life after WWII in London; the second contemplates becoming a pensioner...

### Growing Up – Summer In Queens Park – North West London

Our Edwardian house was warm in summer time.  
The cold draughts of winter were gone.  
The trees in the park opposite were green again  
And the birds were in full song.

Even at ages 5, 6 or 7 we children  
Now could play in the park,  
With trikes, scooters, balls or skipping ropes  
After school and supper, until almost dark.

Weekends were special now  
As cricket took over – with Mum, the Scorer, keeping  
the peace,  
Dad and uncles played, even little brother taking a  
bow.  
Even the girls were allowed at the crease!

Cricket teas were always great.  
Stacks of sandwiches and cake, as much as we could  
eat.  
Food rationing was almost forgotten,  
So much to try – such a treat.

After the match ended – hopefully won –  
And after a few beers downed –  
We made our way home – no cars necessary in  
London  
Everyone used the Underground.

We, exhausted, rode on shoulders,  
Sleepy heads drooping, trying to keep awake.  
The adults were busy dissecting the match,  
Runs scored, wickets taken, perhaps a dropped catch!

Home, bath and bed with windows wide open,  
Tunes from the band in the park could be heard –  
Such pre-war customs the adults gladly welcomed  
And grateful our bomb-damaged home repaired!

© Jackie Darling 2023

### How Old???

So, a senior citizen I've become today  
And a good old state pension is on its way.  
My legs are achey, my knees aren't even real  
And moving too fast just makes me want to squeal.

I'm always forgetting what I'm meaning to do  
And don't even mention endless trips to the loo!  
Everything takes three times longer than before  
It's a real effort just to hobble to the door.

The wrinkles have increased. grey hairs have shown  
My waist has expanded, everything has grown.  
The eyes are tired and the back ain't too great  
In fact my whole body's in a bit of a state.

But my mind is still buzzing, sharp as can be  
So who cares that I can't whizz up a tree.  
I'm still treading those boards, loving it all  
So I'm standing up straight, proud & tall.

This is who I am now – yes I may be sixty-six  
But I can still be crazy & get up to some tricks.  
My humour won't leave me & I won't do as I'm told  
So here's to old age, being brave, being bold.

© Rosemary Brown 2022

Read more:

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

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

## Woodhall Wanderers

### February Walk

Woodhall Wanderers were out again following the rain. We could almost set our walking calendar by the rainy days, we do like to walk in mud!

This month we were walking around the Blankney Estate and admiring their display of snowdrops.

Being led by David Leech, who farmed the area, we learned about the various buildings we passed on our route and their past uses. We also found out about the old clay pits and brick works that have now disappeared along with all the associated workers cottages.



The month of March is also on our doorstep and the hares were out in force. Most were racing across the fields but we did see one couple stop to have a bit of a fight.

As we watched the hare we also spotted that the field had a flock of lapwing feeding and minding their own business.

Our next avian attraction was a red kite wheeling above a field. He then dropped to the ground but didn't appear to pick anything up. Unfortunately too far away for a photo. Back into the air, he flew away from us, I put my camera away, and then he appeared from behind a hedge and flew straight over our heads! A memorable sight but not recorded!



In the corner of a field is a new memorial to the crews of a Lancaster and a Hurricane lost in an accident during the Second World War, unfortunately they were on training flights. The old memorial that we saw the last time we walked this path was a propeller outlined on the ground. For more information follow this link: [aircrewremembered.com](http://aircrewremembered.com).



Our next walk will be on Wednesday 22 March, if you wish to join us please add your name to the Group list or drop me an email [cotton.jh@btinternet.com](mailto:cotton.jh@btinternet.com).

However, can I remind everyone that they do need to be fit enough and capable of walking 4-5 miles and to be properly equipped with boots/sticks if needed. There is a Short Walks Group, and a Dog Walking Group, if you are less able.

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

