



WSPu3a Newsletter

March/April
2023



Royal Square Panorama

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

Can you make the first Thursday morning?
Are you free on the last week of May?
The answer is usually "No". If you are very fortunate, it is because you are on holiday or out with friends, or looking after grandchildren.

Now we have reached retirement and joined the u3a, a new path unravels; and so we are

Malcolm Capps – Chairman

not free on Wednesday afternoon or Thursday mornings. We are with friends learning something new.

We have done with Work, or as Larkin named it 'the Toad', and joined the Third Age!

Happy Easter to you All!

Groups News

Sadly we have lost two groups this month **Knit & Natter** as not enough members were attending, and **Lunch 2**. Despite having a healthy membership of 13, we could not get anyone to take over from Ann Burcher. We had been hoping to start a **Rock & Roll** group, but unfortunately this has not been possible for personal reasons.

The good news is that we have two new groups. **The Wild Flower Group** now meets on the third Thursday of the month, and **Canasta** will be meeting on the second and fourth Thursdays at the Cricket Club.

One group which we have been trying to start for a while now is **Church Architecture**,

[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 Renewal

Thank you to all who have sent me your membership renewal form and paid your £15 subscription.

We have 261 members and to date I have received 157 renewals. If you are one of the 104 yet to renew can I please remind you that your current membership expires on 31st March 2023 and without valid membership you will not be able to attend u3a meetings or any of the groups.

Renewal forms can be found by following this link:

[Woodhall Spa u3a Membership Renewal \(u3asites.org.uk\)](https://u3asites.org.uk/woodhall-spa/membership-renewal)

Once completed please return it along with payment to the address on the form or bring it to the next u3a meeting which is Thursday 6th April 2023.

If you have decided not to renew could you also please let me know by emailing me on membership@woodhallspa-u3a.org.uk

Many thanks

Bev Bennett – Membership Secretary

which is really a follow on from the Church Visits group. If it interests you then please add your name to the sheet.

Although we have several names on the **French** sheet it has been difficult to start a group as the scope goes from beginner to fluent. It may be that the group could be split into two abilities, so if you feel you would be able to contribute to either of these please contact me. As usual I will be near the groups' sheets table, or email me at the address on the Woodhall Spa u3a website.

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@woodhallsa-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@woodhallsa-u3a.org.uk, or 07989406313.

Continued

Situations Vacant – Continued**Communications Officer**

We are looking for someone to take on the Communications Officer role, to be responsible for keeping WSPu3a members informed of local, regional and national activities.

Overview of the role

- Be an active member of Woodhall Spa u3a Committee
- To distribute Committee communications to members
- To keep the National u3a, Regional u3a, and local media aware of the group's activities and achievements
- Maintain the membership mailing list in conjunction with Membership Secretary to ensure it is always up-to-date
- Provide feedback report and statistical information as required at Committee meetings
- To carry out a comprehensive handover to the new Communications Officer when appropriate

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 0798940631

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/_8bLiepR_iM



This month, hear about the group trying to increase the quality of life as we age; the history of Hadrian's Wall; and join podcast member Sarah as she goes along to experience pickleball for the first time.

A Day in the Life of Your Spinal Cord

This talk by Dr Bob Pullen of Prudhoe u3a explains how sensations, movements and more, pass through the spinal cord.

<https://www.eventbrite.co.uk/e/a-day-in-the-life-of-your-spinal-cord-tickets-543034339327>

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

April 6th

2:30pm to 4pm
Coronation Hall

Wedding Customs and Nursery Rhymes

Presented by Chris Hewlis

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.

Outings

An evening at Nottingham Greyhound Stadium 17th April.

Reminder for those joining us on the above trip. The coach will leave Stixwould Rd at 4 pm.

Day out at Renishaw Hall and Gardens 7th June.

Bookings now being taken. Payment of £36 to include coach, entrance fee and a guided tour of the Hall. Payment required by 4th May. See the Outings Group page for booking and payment details.

Tolethorpe Hall Theatre Saturday 12th August. Alan Bennett's Lady in the Van.

Cost is £36 including coach, ticket and free time in Stamford. Payment must be received by 6th April. This outing is currently sold out but names will be taken to fill any cancellations.

Sue Pollitt – Group Co-Leader

Find out more:

Use this link for booking and payment details:

[Woodhall Spa u3a: Outings \(u3asites.org.uk\)](https://u3asites.org.uk/Woodhall%20Spa%20u3a%3A%20Outings)

New Group

Canasta

Starting Thursday 13th April and meeting on the 2nd and 4th Thursdays of the month
at Woodhall Spa Cricket Club at 2 pm.

All are welcome – existing players and those new to the game
Easy to learn, great fun and you can chat whilst you play
First term of three months – £21

Please contact [Alan Wright](mailto:Alan.Wright@u3a.org.uk)

WSPu3a in the Community

Litter Pick – Horncastle Road



Fourteen members gathered at 7 am on a sunny Sunday morning to litter pick on the Horncastle road, just outside Woodhall. Armed with litter pickers and hi viz vests we collected 48 bags of litter.

It was mainly composed of cans, bottles, sweet wrappers, fast food containers etc. Will it change people's behaviour? I doubt it, but we cleared it away anyway.



If we had not then these would have still been piling up. A can takes 80-100 years to decompose, plastic bags 10-1000 years, plastic bottles 450 years, glass a million years. Polystyrene doesn't really decompose it just gets smaller and smaller, though you can recycle, upcycle and burn it.

At least we tidied it up and put the rubbish in a more appropriate place.

Thanks to everyone who took part and to David Leech for organising it.



Cairngorm MacWomble the Terrible (Malcolm Capps)

Around the Groups in 30 days

Wild Flowers

Goslings Wood

The Wild Flower Group had its first meeting on Thursday afternoon, 16th March 2023. It will continue to meet on the third Thursday afternoon of the month until October. We have decided to go to local places and share cars.

This month we went to Goslings Wood, which is a 25 acre site of oak/lime standards with lime, oak, hazel, birch and field maple, a remnant of ancient Langton Wood. The soil is neutral to mainly acid. It has been divided into a series of coppiced plots, which are cut in rotation.



We are able to identify the following, as well as more common plants:

*Blackthorn**
Bluebells
Celandine
Cow Parsnip
Curled Dock
Dog's Mercury

Honeysuckle
Lords and Ladies
*Primrose**
Pussy Willow
Ransoms
 (*see below)



The wood will be clothed with a mass of bluebells in a few week's time but today we were treated to a carpet of primroses in one of the plots.



Malcolm Capps – Group Leader

Science

Visit to the Lincolnshire Energy from Waste site, North Hykeham

The Science group made its second visit to the Energy from Waste (EfW) plant at North Hykeham. We learned just how Lincs County Council is introducing significant new ways it

plans to deal with up to 360,000 tonnes of waste a year over a 10-year period and we think you'll be really interested in the way that they are handling waste in Lincolnshire.



Find out more:

[FCC Lincolnshire EfW Lincolnshire Energy from Waste \(fccenvironment.co.uk\)](http://fccenvironment.co.uk)

Following the UK 2-year Environmental plan, EfW currently deals with 190,000 tonnes of residual waste, converting it into electricity, generating 105,000 MegaWatts annually. It plans to eliminate all single use plastic waste – reducing litter and changing the public's attitude to litter.

Resources from EfW

- The ability to power 29,000 homes or supply over 2/3 of Lincolnshire with electricity.
- Bottom ash comes from burning waste and is used in the construction industry, roads, housing and schools
- Metals can also be used for recycling

From Lorry to Grate

The waste arrives on 10 and 25 tonne collection vehicles from 5 waste transfer stations based at Boston, Gainsborough, Grantham, Louth and Sleaford. 30-33 trucks delivering 500+ tonnes of waste arrive on 6 days a week at the Shock pulse generators situated at the EfW weighbridges. 1 truck can be processed in an hour.

[Continued](#)

*EfW, North Hykeham - Continued***Tipping Hall processes**

Trucks then progress to sections in the Tipping Hall where a crane delivers and mixes the food waste adjacent to the waste bunker, mixing the older and stacking the newer. Waste is then weighed and transferred from hopper to grate, essential the waste is mixed right and fed correctly. Items can be removed before they get too hot, controlled by a continuous emission monitoring system. Incinerated Bottom Ash is then transferred from the vibration table to the Bottom Ash conveyor for use in construction. Hot air dries the waste, hot gases provide extra oxygen to the incineration of the waste at min 850 degrees. Metals are riddled out in this stage of the process and collected off site for processing. Vehicle leaves, weighed again on exit.

The facility recovers energy from the waste in the form of heat from the combustion processes. A conventional boiler and economiser are used to turn the hot gases into steam. The steam produced is then fed into a steam turbine which generates electricity and hot water to deliver to the district heating network.

Flue gas is cleaned and returned to the atmosphere

Air Pollution Control Residue (APCR) is predominantly fly ash that results from the combustion process, in addition to the lime and activated carbon that is used as part of the air pollution control process. The APCR is captured in filter bags and sent for safe treatment at an appropriately licensed facility.

Michaela Moody

Find out more:

Follow this link to read Michaela's full report of the visit:
[lincolnshirewastetoenergy.pdf \(u3asites.org.uk\)](http://lincolnshirewastetoenergy.pdf (u3asites.org.uk))

Visiting Churches

Church of the Holy Cross, Scopwick

In March, the Visiting Churches group visited the church of the Holy Cross, the Parish Church in Scopwick. Built between the 12th and 17th centuries (C12-C17), of coursed limestone rubble and ashlar with ashlar dressings, it was restored in 1852 and 1884. It has slate roofs with ashlar coped gables with kneelers and cross finials, a west tower, a nave with aisles and a south porch, a chancel with north vestry. The tower has three stages with moulded and chamfered plinth, a second

stage band, and flat set-back buttresses with set-offs.

The interior has three bay nave arcades with double chamfered arches, all with moulded capitals and bases.

There are remains of an ornate C14 niche to south of chancel arch with crocketed gable and pinnacles, a C13 octagonal stone font, a C13 tomb with defaced effigy of a knight, C19 wooden roofs, wooden pews and choir stalls and a stone pulpit.

There is also a C20 reredos and altar rail.

Continued

Scopwick Church - Continued



Photo by – Nickfraser at the English-language Wikipedia, CC BY-SA 3.0 <<http://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

The war graves



Digby was one of the original sectors of Fighter Command and in the early days of the Second World War was very active in the defence of northern England. On 16th September 1942, the sector was taken over by the RCAF and until the end of the war was known as Royal Canadian Air Force Station Digby. Scopwick Church Burial Ground contains 50 Commonwealth burials of the Second World War and five German war graves. The graves form a plot. The 37 Canadian airmen buried at Scopwick lost their lives while stationed at Digby. They include an American airmen who served with the RCAF.

It's the final resting place of 'The Pilot Poet', John Gillespie Magee, who was killed in a mid-air collision over Lincolnshire on 11th December 1941. Magee was just nineteen years old when he was killed whilst serving with 412 Squadron Royal Canadian Air Force (RCAF) at RAF Digby and whilst the squadron was dispersed to RAF Wellingore. He wrote the famous airmen's poem 'High Flight'.

The group spent some time exploring the graves before retiring to the Royal Oak for coffee and cakes! It was very cold in the cemetery, with a sharp wind blowing!

Michaela Moody – Group Leader

In the south-west corner of the chancel is a very worn limestone effigy in sunken relief. It is very difficult to determine details and it can only be assigned a broad date from 1250 to 1340. It is likely that it was originally placed outside as it has two holes for draining water and it may have originally been covering a stone coffin the churchyard. The effigy is unusual in that the legs are crossed very low

Poetry

Two poems from our latest gathering, on the theme of *Nature and Spring*. The first laments the faltering start to Spring this year; the second is a call to embrace the wonders of Nature.

Spring Nature

*This thought I think gives me a vapour,
Where are you? The longest winter which I feared,
has been endured,
And now I see brave Daffodils, Primroses and whispering sparsely blossom,
But such harsh winds and snow.*

*In my eyes and bones I long for Cerulean sky, wispy clouds and colour,
New Spring green on shiny leaves a promise of joy, fresh air,
Picnics, sea breeze and outdoor adventure,
But now I see a row of shivering Crocus and Blossom on the floor.*

*Hurry up, springtime joy depends on sun, warmth, light showers and
Lifted spirits with anticipation of new adventures.*

© Irene Derwent 2023

Wake Up

*Wake up
Nature is waking up
Dark days of winter are over
Open your eyes
Open your heart to Nature
Listen to the Birds chirping
They are welcoming return of Spring
Buds showing their head above the ground saying hello
Be like the Birds
Be like the Buds
Be Happy Spring is here!*

© Bennie Membrey 2023

Tom Sefton – Group Co-Leader

Read more:

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

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

Home Computing for Fun

Should I Upgrade to Windows 11?



Until recently I have been reluctant to install Windows 11 on my Windows 10 desktop PC. I have had the Windows pop up inviting me to do so, telling me that my PC is compatible but I wondered if all my installed software would be compatible. The upgrade is free at the moment.

If you have not had the pop up telling you that you can upgrade, you can check by going to **Settings/Update& Security/Check for Updates** and it will show the update there.

Another thing you can do is run the PC Health Check from this link:

[Meet Windows 11: The Newest Windows Version | Microsoft](#)

If the update is showing as available to you that means that the hardware specification of your PC has been checked and is suitable. However, If you have software installed that you use frequently, or an older printer you may just want to check that it will work on Windows 11. I found the best way to do this was just to Google (other search engines are available) "**Will my insert model of printer work with Windows 11?**" or "**Will my insert name of software work with Windows 11?**"

I was concerned about my Microsoft Office 2016 but it was fine.

It is likely that your older PC will not be suitable to upgrade (my laptop isn't) and in that instance the only way to upgrade is to buy new. However, there is no urgency as Microsoft will continue to support Windows 10 until October 14, 2025.

So, you have found that your PC can run Windows 11 but don't know whether to upgrade?

Well my experience so far has been ok. The upgrade itself takes almost all day (on my wifi) so don't start this if you need your PC for something else.

Everything seems to work ok. You will notice differences in layout which take a while to get used to. Because I have two user sign ons with shared file access I had a couple of issues with file permissions that were easily solved, and might have been nothing to do with the upgrade. I have found that the first time I use any software/app it takes a bit longer to load, but apart from that my overall experience is good.

[Continued](#)

Home Computing for fun - Continued

Your monthly guide to what it means....

Keyboard Shortcuts

On your PC, using your keyboard keys can often be a quicker way of performing a function. Here are a few to try:



To enlarge or reduce text size _____

CTRL and + or -

Copy _____

CTRL and C

Paste _____

CTRL and V

Cut _____

CTRL and X

Print _____

CTRL and P

Select All _____

CTRL and A

Bold _____

CTRL and B

Find word in text _____

CTRL and F

Highlight text _____

SHIFT and arrow keys ← or →

Maximise or Minimise _____

WINDOWS KEY and up or down keys ↑ or ↓

Puts current screens side by side _____

WINDOWS KEY and arrow keys ← or →

Go forward or back in browser _____

ALT and arrow keys ← or →

When using a mouse to select several things:

- Hold down SHIFT to select several *adjacent* things
- Hold down CTRL to select several things that are *not next to one another*

Windows Updates

I have noticed after a routine Windows update on Windows 10 and 11 Microsoft are trying to sell you a Microsoft 365 subscription or a subscription to One Drive. You can just skip these if you are not interested.

Scam Alert

There are still a lot of hacked email accounts out there. Please be wary of any emails from people you know asking you to "do them a favour" or purchase something for them, especially if this is out of character for the person. If not sure, contact the person in another way e.g. phone, to check.

If you think your email account may have been hacked, make sure you change your password

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>

Aviation and Military History

The Year So Far

Avro Lancaster

The Group's 2023 meetings have got off to a good start. In January we watched a new DVD about the Avro Lancaster bomber, which had an emphasis on the people – the aircrew, their wives and sweethearts and the ground-based support needed for their operations. February saw our own ex – RAF officer Mac talk about the Air War in the Gulf 1990–91. We all had our memories of this but Mac's insights into the tactics and actions was very illuminating.

Biggles Goes to War

The March meeting of the Group was a classic, with an outside speaker (Michael Credland BEM) giving a talk entitled "Biggles Goes to War: the Royal Flying Corps 1914–18". It was more than a talk, Mike brought along a lot of artefacts from his extensive collection of Great War RFC and RAF memorabilia, from uniforms to aircraft parts. Mike described each of them and connected many to the individuals who used them. Being able to relate things to people, seeing their photos and hearing their history was quite an emotional experience for all who attended.

Looking Ahead

New Venue

As a Group with around 25 members, we have been looking for a new venue for our 2023/24 meetings for a while. St Peter's Church Hall is OK but it's really too big and anyway their hire costs have been escalating. We are now going to try the Woodhall Spa Parish Council Chamber at their Offices in Stanhope Road. Our first meeting there will be on 5th April, at 2 pm when the subject will be "The American Civil War", presented by yours truly.

Thanks go to..

Thanks are due to our u3a Committee, who made a grant for us to buy a water boiler for our tea breaks in the Council Chamber: It will be available to use by the other groups who use the venue. Apparently, the members of the Parish Council are not provided with hot drinks!

Thanks are also due to our members for proving very loyal during the leadership handover and the associated hiccups, hopefully the new season will be more settled. Though the programme for this season's meetings is still somewhat fluid we hope to have something for everyone.

Malcolm Perks – Group Leader

Woodhall Wanderers

Scrivelsby to Mareham-on-the-Hill

The sun was shining on the Wanderers this month, which really does make a change, and also after having had a couple of dry days it wasn't too muddy underfoot.

We met opposite the Lion Gate at Scrivelsby for our walk up to Mareham-on-the-Hill. Initially there were 14 of us but a lady who was holidaying locally tagged along with us for the first mile and then went on her own way.

The footpath leads through the deer park of Scrivelsby Estate and we were treated to seeing the deer there very close by. The ladies of the herd decided that they needed some exercise and galloped up and down for us but the gents just eyed us cautiously. Further on there was another herd of deer grazing.



As we reached a roadway we could hear the bleating of sheep coming from a barn, most probably announcing the arrival of new born lambs.

Moving on we had no stiles to cross today but we did have a couple of cattle grids and a ford. The stream was in full flow but the bridge was sturdy and no trolls were hiding underneath! Now following a farm track we started our climb up towards Mareham-on-the-Hill.

Whilst the track is not steep, this is Lincolnshire and we are unaccustomed to hills and this was a long slow incline. Stopping partway up the track we took in the views across the county and as it was a clear day we could see for miles, farmland as far as the eye could see.

Continued



Scrivelsby to Mareham-on-the-Hill – Continued

When we looked at leading this walk it was February and the woodlands were full of snowdrops and aconites, unfortunately they were all gone, but looking closely in the hedgerow there small patches of violets showing through. Fortunately we have photos of the snowdrops and aconites but the violets were too small and delicate to show up on film.



Arriving at Mareham-on-the-Hill we had a rest against some bails before setting off on our return. The marked footpath is about 25 yards into the field and runs parallel to the fence, we therefore walked alongside the fence rather than on the muddy path out in the field. Luckily for us the fields that had been recently ploughed were now harrowed and seeded and not the mud bath that they had been.

Turning onto what looks like a very rough track it is in fact a gated public highway and runs through Scrivelsby Estate from Boston Road towards Wood Enderby we crossed the beck using the bridge rather than the ford and then continued up our final hill! Here we were welcomed by a very noisy pack of German Shepherd dogs, luckily they were behind a wire fence.

We were now retracing our steps across the park and nearing our destination. It was only four miles and the weather just right for walking, sunny, breezy and no rain!

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

