



## WSPu3a Newsletter

April/May  
2023



St. Peter's Gates

Photo by thom Sefton

### 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>

#### Special Notice

We don't have the usual Monthly Meeting on thursday, 4<sup>th</sup> May, due to the Coronation Hall being used for the election. See [Coming Soon /Monthly Meetings](#) for further details

Editor

#### Chairman's Chat

The daffodils are nearly over and only the tulips remain.

The plans are made for the summer holidays and like most people in their Third age we are trying to get them in before or after the schools break up.

But we of the Third Age are on an extended holiday. We have time to snatch a sunny day

at the Lincolnshire coast or sit in the garden and chat to friends. Time for long games of croquet or bowls, time to admire the butterflies, birds and flowers or go for a picnic. *We have a chance to experience both the dimension of time but also its quality.*

[Malcolm Capps – Chairman](#)

## 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**,

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.

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

Thank you to everyone who has completed their membership renewal forms and sent in subscriptions. To date we have 215 paid up members. I have been informed of 5 members who are not renewing, which leaves 50 remaining.

If you have not renewed by the end of May you will be removed from the membership database and will not be able to attend monthly meetings, groups or outings.

If you would like to renew please follow this link to the Woodhall Spa U3A website where you will find a copy of the renewal form:

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

Bev Bennett – Membership Secretary

## Obituary

This obituary acknowledges members who have passed away recently.

We remember them for their contributions and for sharing something of themselves with us.

### Richard Mason

*Richard was a jazz aficionado and a much admired and respected member of the Jazz, Blues & Big Band Sounds Group, and also the Lunch Group. He had been a u3a member for many years.*

If you are aware of the recent passing of one of our members, please inform one of the Committee, lest we miss the chance to honour them here.

[Woodhall Spa u3a: Committee and Contacts \(u3asites.org.uk\)](https://u3asites.org.uk/woodhall-spa/committee-and-contacts)

## Your u3a Needs YOU

### Situations Vacant

We need volunteers to fill certain posts on the Committee. As Eric Midwinter, one of the founders of the u3a, said, "the u3a is, or should be, a self-mobilising, self-energising agency".

We are not a service charity. The organisation is ours and is run by its members.

The groups arise out of the interests of members. I recognise that not everyone has the skills to fill some of the roles, but out of a membership of nearly 240 there must be some members who are able to fill the posts.

There is also the pleasure and satisfaction to be had, working with others to improve our members' lives, to further their learning and interests. It can fun and a bit of a laugh.

If you wish to be considered for a post please talk to the Committee and fill in a nomination form. We shall be happy to help and assist you.

Malcolm Capps – Chairman

### 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

*This month, hear about a group creating post box toppers for the coronation; the u3a member who is an expert in pet psychology; and the u3a member who has created a word challenge, already played by thousands of u3a members.*

<https://youtu.be/iVVsXCINk2s>



#### Pilot Session – Family Photos and Family Histories

<https://forms.gle/ink1DMdjLCRXEReb6>  
or email Maggy Simms at [slp@u3a.org.uk](mailto:slp@u3a.org.uk)

Wednesday 14<sup>th</sup> June 10.30 am  
On Zoom

*Most of us have collections of photos, however small, that show our families' lives in the past. Photos are often the most common and sometimes the only record we have.*

*The session is led by social historians Laura King (University of Leeds) and Jane Hamlett (Royal Holloway, University of London). Both specialise in the history of the family in the nineteenth and twentieth centuries.*

## 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

#### May 4<sup>th</sup>

12 midday onwards  
Jubilee Park

#### May Meeting

Please be aware that due to Coronation Hall being used for Elections on Thursday 4th we are unable to hold our monthly meeting there. As an alternative we are holding a [Murder Mystery](#), starting and ending in Jubilee Park. Please note the start time as there is a staggered start.

#### 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.



## Around the Groups in 30 days

### Gardening

On the second Friday in April the group left sunny Woodhall Spa and set off for a visit to Potterton's Nursery at Nettleton near Caistor. As we turned onto the road leading to the nursery we were confronted with road closed signs, so a very bumpy diversion had to be undertaken to reach the site. The weather by now had turned rather chilly and threatening dark clouds had appeared. Jackie Potterton greeted us and gave us a tour of the nursery explaining the work they do. Alpine plants is their speciality growing thousands of plants from cuttings and seeds moving the new plants to different poly tunnels at certain stages of growth. A huge variety of alpine plants are grown.



This family business had displayed their plants on stands at lots of shows, winning awards including 7 gold medals at the Chelsea Flower Show. Today they concentrate on all types of shows and flower shows.



When it began to rain we retreated into a large greenhouse where we were served tea and cake followed by an interesting talk with examples on propagation. During this time we had a thunderstorm bringing heavy rain. By the time we left the rain had almost subsided. Although the weather had been unkind for our first outing this year we came away with garden ideas and of course lots of lovely little alpine plants. This nursery is a must if you are ever wanting alpine plants.



Elizabeth Leech  
Photos by Heather Colebrook

## Visiting Churches

### The Steepings

This month the Church Visiting Group visited two churches near Spilsby.

#### Great Steeping

We drove to Spilsby and through Holeton Holgate towards Great Steeping to visit the [Old All Saints Church](#), taking a right turn off the main road along Old Church Road. We followed a narrow one-track road past a farm, where we told to park as it was the only place we could actually turn to return after our tour. A short walk to the end of this road took us to a small church nestled in medieval pastureland by the River Steeping.

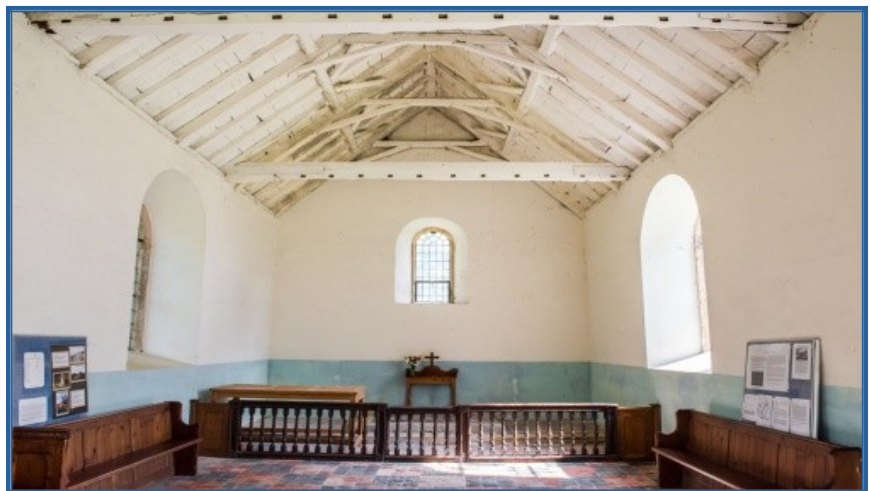


The Graveyard was quite large and scattered with many colourful wildflowers amongst a mixture of Medieval, Georgian, and Victorian gravestone.

The small church was originally medieval but had been rebuilt in 1748 in a Georgian style with round headed multi-paned windows of clear glass set in greenstone blocks and red brick. The greenstones were reused from the earlier church.

The original church was mentioned in the Domesday Book.

It has a plain interior with an oiel-de-boeuf or bulls eye window on the western wall, an 18-century communion rail and a small wooden bell turret. The single bell dates to the 19<sup>th</sup> century. The only carved item in the building is the wooden king post beneath the bell tower which supports the roof.



The Church is part of The Church Conservation Trust.

It was an idyllic place amongst the peace and quiet of the countryside.

Our thanks to the Key Holder for preparing the building for our visit.

[Continued](#)



### *The Steepings - Continued*

For our 2<sup>nd</sup> visit of the day, we headed for [Little Steeping](#).

We were met at the church by Basil Harwood, church warden and key holder. He had kindly opened the church and organised for someone to tell us the history of the church.

Colin Hinchcliffe, another church warden was our speaker.



The Reverend Steele was a notable churchman, he was appointed Bishop of Central Africa in 1874, he spent much time in Zanzibar and placed the foundation stone of the Christ Church in Zanzibar, the Cathedral building was based on his vision. He worked with David Livingstone to abolish slavery in Africa. Following our excellent talk from Colin we had a walk around the church to look at the items he had mentioned.



[The Church of St Andrew](#)

He told us that the building was built by Thomas de Redying in 1318 and 1353 and that it replaced an Anglo-Saxon church built under the supervision of Bishop Chad. The building is local Spilsby sandstone and in 1635 the Nave roof was replaced with green oak from the Forest of Well near Alford.

In 1859 The Reverend Edward Steere became Rector at the church, and it was almost in ruins. He set to and rebuilt it with the village carpenter, it was completed by 1912 and his plans and drafts are stored in the parish chest.



[Continued](#)

*Little Steeping – Continued*

Basil then led us away to his home in Little Steeping, where his wife had kindly laid out a splendid tea in her front room. We spent the rest of the afternoon happily chatting with them and Colin in their sitting room before taking our leave. A very generous gesture, which added greatly to a very interesting afternoon.



Heather Colebrook

## Bridge

### Calling All Bridge Players

A couple of places have become available in our Bridge Group.  
We are a small, friendly group of mixed abilities and experience.

We meet every Wednesday between 2.00pm and 4.00pm at the Cottage Museum.  
We book and pay for 10 sessions in advance which costs between £10–15 per person, depending on numbers. Great value...where else can you get good company, a game of cards plus tea & biscuits for 75p an hour??

If you are interested in joining us, please email me at [Bev911@btinternet.com](mailto:Bev911@btinternet.com)

Bev Bennett – Group Co-Leader

Find out more:

[Woodhall Spa u3a: Bridge \(u3asites.org.uk\)](http://WoodhallSpa.u3a.org.uk/Bridge)



## Five Mile Walk

### Pilgrimage Walk – Sempringham to Lincoln

Most of us knew the villages and could recite the litany of Sempringham, Threkingham, Osbournby, Aswardby, Silk Willoughby. Sleaford, Ruskington, Dorrington, Digby, Scopwick, Blankney, Metheringham, Dunston, Nocton, Potterhanworth, Branston, Washingborough, Lincoln, but actually walking the 43 miles, over just four days, was a different matter and gives pause for thought. In the end we have a store of shared memories. The pouring rain, the four badly ploughed fields on the way to Silk Willoughby, the slender spire of Rowston, eating packed lunches around the table at Osbournby and Potter, coffee at Wetherspoons and popping corks in the sun at the Cathedral. But most of all, we had the companionship of friends on a shared enterprise.



A Rainy Start



3<sup>rd</sup> Age Lunch in the Sun



Rowston Spire



Washingborough Only 4.5 miles to Lincoln

*Psalm 84 v5 "Blessed are those whose strength is in you, whose hearts are set on pilgrimage.*

Malcolm Capps – Group Leader



## Wild Flowers

For the April meeting the Wild Flower Group went to Bloxholm Woods, a Lincolnshire Wildlife Reserve which is an ash-dominated semi-natural woodland in the arable south-west Lincolnshire landscape. There is a marked walk through the woods following a definite path. We were surprised by the lack of bluebells but delighted by the display of early purple orchid. The wood also contains a number of introduced species like lilac, cherry and primula. The Goldilocks or Greenland buttercup is an unusual find.

Here is a list of some of the flowers we noted:

<i>Bluebell*</i>	<i>Ground Ivy</i>
<i>Goldilocks Buttercup</i>	<i>Honesty</i>
<i>Lesser Celandine</i>	<i>Jack by the Hedge</i>
<i>Cowslip</i>	<i>Early Purple Orchid*</i>
<i>Crab Apple</i>	<i>Snakeshead Fritillary</i>
<i>Dandelion*</i>	<i>Wild Lettuce</i>
<i>White Deadnettle</i>	<i>*See photo</i>

Malcolm Capps – Group Leader



Field of Dandelions



Bluebells



Early Purple Orchid



## Outings and Theatre

### Nottingham Greyhound Stadium

Do you need something different to do on a Monday evening? This could just be the answer as our latest outing proved. Thirty of us left a sunny Woodhall Spa afternoon heading to Nottingham Greyhound stadium for a few hours of fun and good food.

This was a new experience for most of us as we settled into our seats at the stadium's terraced restaurant overlooking the race track. The wonderful, hard working staff brought our drinks and three course meal to each table before the races began. The choice of food was really very good. The restaurant became livelier as more people arrived including another U3A group from Mansfield.....also the wine was now flowing, which helped!



Down on the track the dogs were paraded in front of us ready to go. Each race appeared on large screens in the restaurant with the greyhounds' names listed. We could check out their form given the racing leaflet but I think most of us went for a favourite name. *Glengar Bobble, Bellmore Lola, Frosties Fella, Last Jedi, Swift Franklin* were just a few of some rather imaginative names that came up.

Race time began and so did the challenge of working out what to do, who to bet on and how. Again the staff were on hand to explain and take bets and once the first couple of races had passed we had the idea and the fun started!

We had winners throughout the evening and although not everybody was as lucky it was fun to share in their good fortune and excitement!



We thanked Neil our coach driver who brought us safely back to Woodhall and who managed to dodge as many potholes as he could in the dark. It was a memorable night for everyone.....the night we all 'went to the dogs'!

Jan Smith – Group Co-Leader

Photos by Sid Plummer

**Find out more:**

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

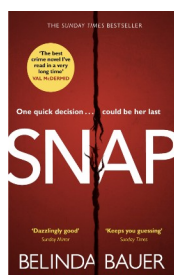
## Reading

We've read another four books since our last contribution to the Newsletter.

Firstly, ***Miss Benson's Beetle* by Rachel Joyce**. We considered this one a really good read.

Middle-aged teacher Margery Benson's obsession really is a beetle, not a car... in fact it's a New Caledonian Blue! And she travels to New Caledonia, completely unprepared & burning all her bridges behind her, in order to find it. But the book is really about the developing friendship between two women who are completely different from one another, as they each seek to fulfil their dreams. In spite of all

the tragedy it contains, the book is extremely funny and the unexpected mood changes from the tragic to the amusing help give the book a balance it would not otherwise have had.



***Snap* by Belinda Bauer** was our February book.

A stifling hot summer's day in 1998 on the M5. Heavily pregnant Eileen Bright's car breaks down. She leaves to get help. Eleven-year-old Jack and his two younger sisters are told to stay where they are until she returns. Most importantly of all, she tells Jack that he is in charge. This is pivotal to the story. But she doesn't come back. She never comes back, and the three children's lives are changed forever.

In March we read ***Five Survive* by Holly Jackson**

This is a crime-thriller about 5 American teenagers on a road trip from Philadelphia to the Coast of Alabama. It's a long drive but spirits are high, until the RV breaks down in the middle of nowhere. And as the wheels are shot out, one by one, the friends realise that this is no accident. There's a sniper out there. He's watching them and he knows exactly who they are. One of the group has a secret that the sniper is willing to kill for. As a game of cat-and-mouse plays out, the group

desperately tries to get help. Buried secrets are forced to light and tensions within the group reach deadly levels. Only one thing is for sure. Not everyone will survive the night....

A bit improbable in places, but intriguing & worth reading if you like that kind of thing.



And lastly, a book we can recommend without reservation is our latest one, read & discussed in April.

***Little Wing* by Freya North** is a beautiful story full of atmosphere and love.

1969. Florence Lawson, a 16 year old schoolgirl who dreams of being an artist, finds herself pregnant and banished to one of the most remote parts of the UK.

1986. Dougie Munro, searching for adventure leaves the Isle of Harris for Art College and a career in London as a photographer.

2004. Nell Hartley, content with her life managing a care-in-the-community cafe in Colchester, discovers a shocking truth about her family.

Between London, Essex and the wild unpredictable Outer Hebrides, three lives collide and interweave as questions are asked and secrets surface. What happened to Florence? Why is Dougie reluctant to return home? How will Nell make peace with the lies she has been told? Somewhere far away the answers are hidden.

As you can see, we read a really eclectic mix of books. Our May book is proving a bit of a challenge though. It's ***Milkman* by Anna Burns**... described as 'a stream of consciousness story'.

Watch this space!

Barbara Michaelides – Group Co-ordinator



## Home Computing for Fun

### A Guide To Digital Chat (Messaging)

Once upon a time the telephone was the only way to get an instant connection with friends and family.

Now we have a number of options to instantly connect on our phones or other devices. Collectively, these connections are called "chats" and they can be text, voice or video.



These chats are dependant on both parties having the chat software or app installed on their device. They also require an internet connection either through wifi or mobile data. You will also need a webcam or front facing camera for video chats.

Most of the apps that you can use for chat are available on all devices. The exception to this is **Facetime**, which is only available on Apple devices, like iPhone and iPad.

#### Facetime



**Facetime** is installed on all Apple devices and can be used for voice or video calls. [Use FaceTime with your iPhone or iPad – Apple Support \(UK\)](#)

Chats aren't just limited to mobile devices. You can use **Facetime** on Apple Mac computers. All of the other chat options are available on your computer, tablet, laptop or smartphone.

Here are the common ones:

#### Skype



**Skype** can be used to make free video and voice one-to-one and group calls, send instant messages and share files with other people on **Skype**. You can use

**Skype** on your mobile, computer or tablet. It is ideal for a family group chat as you can chat for free for up to 50 people in a group.

[How do I create a group chat in Skype on desktop? | Skype Support](#)

[How do I create a group chat in Skype on mobile or tablet? | Skype Support](#)

#### WhatsApp



**WhatsApp** can also be used for voice and video calls, but most people use it for instant text chats and sharing photos. It can also be used for group video but does have a limit of 8 per group.

Because a lot of people have **WhatsApp** installed on their phone, it is useful for chats when you are out and about. Although most people have either unlimited or free texts on their phones, using WhatsApp is easier and free if the person you are chatting with has it installed.

[How to make a video call | WhatsApp Help Center](#)

#### Messenger



If you use **Facebook** you may already be familiar with **Messenger**. It allows you to text, voice or video message your friends. You can use **Messenger**

without using **Facebook** but you do need a **Facebook** account. Like **WhatsApp** it is more convenient to use as it is often installed on you mobile device and instantly accessible.. You can also have a separate icon for messenger so that you don't need to access it through **Facebook**. **Messenger** will also show you who is active on the app. You can group video call up to 50 people.

[Video call people on Messenger | Messenger Help Center \(facebook.com\)](#)

#### Zoom



**Zoom** became very popular during lockdown for groups to meet online. **Zoom** is free for video calls or for group video calls no longer than 40 minutes.

You need to subscribe for longer calls. It tends to be used more for formal meetings than informal chats.

[Getting started guide for new users – Zoom Support](#)

*It is worth noting that chats can be impacted by a poor internet connection at either end. Video calls in particular can suffer frozen screens or loss of connection. Some of these apps can be better than others and it is just a case of finding the best one for you.*

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

### What3words

what3 words is a location app that you can download for free on your phone, iPad or any portable device. It works by dividing all locations into 3 metre squares and giving each square a three word name. Because it covers a much smaller area it is a lot more accurate than a postcode when trying to find an address.



For example, Coronation Hall is [///oversteersvisions](https://www.what3words.com/oversteersvisions)

It is particularly useful if you live in a remote location, or to direct the emergency services. Once you have downloaded the app you just tap on your location symbol on the map screen and your three word location name will pop up. Or you can type an address into the search bar and it will give you its three word name. It will then give the option to use Google maps or any other mapping app you have installed to travel to that location.

### Wordle

Wordle is a daily word game that gives you six chances to guess a five letter word. You can either download the Wordle app (which does have ads) or just access the New York Times website here:

[Wordle - The New York Times \(nytimes.com\)](https://www.nytimes.com/games/wordle) - It can be fun to challenge your spouse (on two separate devices, as you can only play once a day) to see who guesses first. Because this is the original US version, some words may be American options. There is a UK version:

[Wordle in UK English - Play Unlimited \(wordlegame.org\)](https://www.wordlegame.org/) - but this has ads the same as the app. There are now also other versions for longer words or more than one guess a day. You can use your search engine to find these.

### SCAM ALERT

The latest phone scams doing the rounds are calls pretending to be from Amazon, Microsoft or BT. **These are all SCAMS!! Hang Up!!**

**"Amazon" tell you your prime subscription is outstanding or expired.**

If you have a prime subscription you can check the status of you account and payment by logging in to your Amazon account.

**"Microsoft" tell you that have a problem with your computer.**

The chances are you do not have a problem. Even if you do consult a family member or an IT professional.

**"BT" tell you there is an issue with your internet connection or that your broadband has been hacked.**

Again, the chances are you do not have a problem at this time. If you do, contact your Internet Service Provider on their recognised support number.

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>



## Five Mile Walk

### Hagworthington to Bag Enderby

This month's walk was a circular from Hagworthington down to Bag Enderby, upwards to Stainsby and then back to our starting point opposite JJ's cafe. The heavens had opened the previous day, remember the torrential hail storm during the afternoon! 'April showers' had arrived and so I expected a lot of mud and few walkers. However, the sturdy '5 milers' turned up smiling, ready to go in the face of mud and the mention of a 'steepish' uphill walk back.



The route to Bag Enderby was pleasant, walking along signed farm tracks, the weather was fine, bright and not too chilly. We passed Holly House farm and went over a couple of fords which were running faster and higher due to recent rainfall. Everyone was enjoying good company and not minding the occasional puddle! Mr Cork, 'Jim', kept an eye on us from the rear and made sure nobody strayed, thanks Jim.

After an hour we reached Bag Enderby and stopped for a break and breather at St Margaret's church. The church dating from 1407, has an interesting history. Inside there are photos, articles and artefacts about the local area and its famous residents. The father of Alfred Lord Tennyson was the rector from 1806 to 1831 with the family living in the nearby village of Somersby. On the door of the church is a danish boss, or shield centre piece which was discovered during an archeological dig in fields close by. Outside wild primroses brightened the church yard memorials and a kindly passer by took some photos of us enjoying the scenery.

[Continued](#)



*Hagworthingham to Bag Enderby – Continued*

After a rest we carried on passing the thatched cottage at Ivy farm and upwards towards Stainsby. Along the way we noticed a field, which to our surprise had llamas grazing in it. Unfortunately they refused to pose for photos and kept their distance. From this point on our walk then became a bit of a climb, however the views looking back were well worth it. All in all the walk was just under 5 miles and thanks to everyone who came and made it a really enjoyable time together.

Jan Smith



## Movies

The Movie Group continues to flourish with our monthly screening, usually at the Silver Screen on a Thursday morning (we love the free tea or coffee and biscuits!).

It's then back to The Inn for a coffee for some of us when a lively debate often ensues. Last month we saw *Women Talking* which really divided the group. We mark out of 10 and for that film the scores went from 1 to 9 which shows how differing our tastes are. One of our members once remarked to me that sometimes the film chosen would not have

been one she would have bothered to see, but joins us anyway and invariably enjoys the film.

We are starting to see the 'Live' performances shown at the Kinema and last month several of us enjoyed seeing *The Life of Pi* from the Wyndhams Theatre in London, which featured state of the art visuals and puppetry similar to that seen in War Horse, if you were lucky enough to see that on stage. We are fortunate to usually enjoy a good film, and always good company.

Val Shurben – Group Leader

## Poetry

Two poems from our April meeting. The first is a meditation on our shared experience of existence, and the second is an expression of the wonders of the nature of love...

### Wonderful Humanity

You are wonderful  
You are special in so many ways  
Forces born at the conception of the Cosmos have helped shape what you have become  
Exploding stars have contributed substance to the constitution of your body  
Your DNA has survived an incredible journey through lives and time  
Virtual worlds that can not be seen or touched can be felt and explored with your amazing mind  
You are awake to the art of existence

Sometimes though, you consider that life's cards are stacked against you  
You are most often upset with careless words  
Trivialities rise up like unscaleable walls  
Terrible things damage and take their toll on all of us

Be easy on yourself  
Remember where you have come from  
Consider the numerous threads that connect you to the fabric of eternity  
Be still and enjoy being what you are

Thank you for your inspiration  
Thank you for sharing your insights with us  
Thank you for giving us something of yourself  
Your next thought is the newest event in the ongoing act of creation  
With every second, you take another brave step along this great path  
Nothing has claimed your last breath  
And yet, beyond even that your story continues

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### The Colour of Love

The colour of love is green, like nature is always growing.  
The shape of love is boundless, limits not knowing.  
The sound of love is harmony, whose music is ever flowing.  
The touch of love is compassion and all the ways of showing.  
If there is a smell for love, caught on spring's breeze blowing,  
It is the spray of crashing sea or season's first grass hoeing  
And fresh baked bread, or breakfast toast,  
Fresh washed hair, Sunday roast,  
Fresh sawn pine, a polished chair,  
Fresh cut flowers to fill the air.  
A symphony of perfumes everywhere.  
And deep inside a feeling always glowing.

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Tom Sefton – Group Co-leader

Read more:

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

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## Woodhall Wanderers

### Donington-on-Bain to Biscathorpe

The walk began from Donington-on-Bain with a fine but cool morning greeting the 14 walkers. Before leaving the village walk leaders Pat & Colin Budge visited the local church of St. Andrew's with its eleventh century tower. The church tower was restored in 1779 after the previous spire had been pulled down with ropes by the villagers one Sunday because no-one in the village liked it.



As the sun began to provide some welcome warmth the group slowly climbed the nearby hill to achieve beautiful panoramic views of the Bain valley only being punctuated by the nearby 351 metre high Belmont mast. Heading northwards following the high ridge there were many opportunities for bird watching with an abundance of yellow hammers, robins, chaffinches, skylarks and even a very vocal warbler in the adjoining fields and hedgerows.

After a coffee stop the group descended to the twin Biscathorpe fords, which were fast flowing after the recent rains. Continuing along the Bain valley the return journey passed the now abandoned church of St. Helen's and then after passing through another kissing gate alongside the River Bain with its adjoining lakes with nesting swans and many geese and ducks.

[Continued](#)



### *Donington-on-Bain to Biscathorpe – Continued*

After crossing the final footbridge the grassy meadow took us back into Donington-on-Bain and a well earned rest whilst some of the group visited the village shop for some coffee and cake.

Colin Budge

Photos – Colin & Pat Budge.



## 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

