



WSPu3a Newsletter

May/June
2023



The Broadway – Coronation-Ready

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

Did you know that according to research (Swan and Dorit 1996) curiosity can add to the longevity and quality of our lives?

Not only is there a strong correlation between curiosity and strong physical and psychological health, but the strength of the correlation between the two is surprising.

Malcolm Capps – Chairman

As we age there is cognitive decline but not in our curiosity.

As Eleanor Roosevelt said "*I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive.*" She might have said *Learn, Laugh and Live*.

Groups News

It's good to know we have several new members who have now joined and I do hope you will sign up for some of the groups; this is the easiest way to make new friends. In case you're not aware, all the interest groups' sheets are on a table just inside the door of Coronation Hall and if any of them appeal to you then please add your name, not forgetting your phone number and email address too. Even if the group is showing as being full please still add your name to the waiting list, as when we have enough members we can start another group.

Once you have signed up I pass your details to the Group Leader who will contact you.

I can usually be found near the table and will try to answer any questions you may have, or I can be contacted by email at:

groups@woodhallspa-u3a.org.uk

Please also bear in mind we always try to start a new group if any member has an interest for which there is no group. There are also blank sheets on the table, so just fill in the subject and I'll take it from there.

Val Shurben – Groups' Coordinator

Groups List

You can use this link to find a current list of the groups we support, and how to join up:

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

Online u3a

Find out more:

You can use these links to search for ways of furthering your interest in specific subjects, or even take part in some competitions:

Our own website

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

u3a – Online Learning Events

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

u3a Radio Podcast

Learn about how a photography group reached new heights by using a drone; how u3a members celebrated the coronation by creating their own crowning dishes; and what it takes to win a u3a quiz.

<https://youtu.be/bCRmGIGtU2M>



Into the mind of an artist:

Van Gogh Part 1

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh

<https://www.eventbrite.co.uk/e/into-the-mind-of-an-artist-van-gogh-part-1-tickets-626900043907>

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

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

Renishaw Hall and Gardens on Wednesday 7th June

A reminder that the coach will leave from Stixwould Road at 9am and return from the venue at 3.30pm.

Brigg Garden Centre

At the June meeting we will be taking names for our September outing. We are offering a leisurely drive through the Wolds to Brigg Garden Centre where we will take afternoon tea together in the Gardener's Retreat Restaurant. The proposed date is Tuesday 26th September and further details and cost will be announced later.

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%20Outings)

WSPu3a in the Community

'Who Dun It!'

Many thanks to all the intrepid wannabe detectives who took part in our recent murder hunt. As you will appreciate all detectives should be incognito – however, many were recognisable as they walked forward and backwards and forward again, and often repeated so the 1½ mile route became 3 miles for some!

Sorry, my fault as I appear to have made the clues too difficult – the answers were all provided as a process of elimination was used to solve the mystery. For the first time since organising these hunts-for-the-truth there was no clear winner – my apologies as it defeated so many. It was made a tad more difficult by the Park removing a notice

on the morning of the hunt – people are so unreliable!

10 teams took part all leaving at 10 minute intervals although many kept catching up and passing and everyone who participated enjoyed the day (well they said they did). The weather was lovely so that was a bonus.

The closest with 2 out of three answers were: [The Mixed Abilities](#), [The Three Musketeers](#) and [D'Artagnon](#) and [The Dynamic Duo](#) who all managed to find the place and the perpetrator but not the murder weapon.

Well done all!

Wendy Cotton – Hunt Organiser

Around the Groups in 30 days

Gardening

Marigold Cottage

Our May meeting of the Gardening Group was to Marigold Cottage in Sutton on Sea. Although it remained dry on this occasion it was sadly extremely cold with a freezing coastal breeze, however, Stephanie Lee, the owner, her Husband, and a team of her gardening friends ensured that we had a warm welcome.

Stephanie entertained us in her sitting room with a short talk about the Garden and how it had evolved and then invited us to brave the temperatures to view her accomplishments.



Not a large garden but full of growth and surprises, pathways and nooks and crannies. Well established and cared for. Packed to the millimetre with plants and small trees. She also had a nursery area full of plants for us to purchase. Her Husband had a small vegetable patch, which he opened for us to view and a few metres away via their garden path was the beach and a seaside view. Stephanie's enthusiasm was immense, and her team provided a wonderful Afternoon Tea with delicious homemade cakes. We had a lovely time despite the cold.

Marigold cottage is open to the public most afternoons 2 until 4 pm for the next few months, (however the afternoon tea was only available to those on a group visit.). Well worth a visit.

Heather Colebrook – Group Leader

Five Mile Walkers

Goulceby

The singing of lark above a cornfield, a heron lazily flapping along the stream, reed buntings singing in the *elephant grass* and masonry bees buzzing in and out of their holes. Just a few of the glimpses of wildlife we had on May's walk from Goulceby.

The walk, which had been devised and led by Colin and Pat Budge, partly using the Viking Way and less travelled paths. After climbing Colley Hill to Moses Farm we turned towards Market Stainton and crossed and recrossed the River Bain and its tributaries.



Lincolnshire Reds – Mother and Calf

It is obvious that landowners are farming with a view to encouraging wildlife. Hedges have been laid, woodlands planted, cover strips are growing and there are areas of bog and rough pasture. In the marshy bottom of one of the valleys we were able to identify the flowering of Water Aven (Geum rivale).



Dandelion clocks show the way – photo by Bob Aspinall



Elephant Grass

The walk encapsulated not only the wildlife of the Wolds but also its landscape. The area is still a patchwork of pasture, grass valleys grazed by *Lincolnshire Reds* and fields of oilseed rape and corn. Being a circular hilly walk on a sunny day we were given wonderful views in all directions.



Heat Exchangers

The route included both Goulceby and Market Stainton churches. Goulceby Church is still open but with an aura of sad decline and centuries of worship. We found Market Stainton Church is an Airbnb heated by *heat exchangers*, described as "a cosy holiday home"!

Malcolm Capps – Group Leader

Dog Walking

Although our numbers were depleted we had a lovely walk through the woods, along the Spa trail and then back through the woods. The dogs loved it and the people did too! The weather was perfect so we finished our walk with coffee at the cafe in Jubilee Park. Some of us even had a bacon buttie! Come and join us if you like short walks and good company.

Judy Binks



Wild Flowers

Kirkby Moor Nature Reserve

On May 18th, the Wild Flowers Group enjoyed an outing to Kirkby Moor Nature Reserve. We walked through a variety of habitats including heathland, marshland and woodland and were able to study wild flowers in each of the areas. We were particularly pleased to spot three varieties of wild orchid: the *marsh orchid*, the *twayblade orchid* and the *common spotted orchid*. Other species included *germander speedwell*, *viper's bugloss*, *marsh thistle*, *cuckoo flowers*, *crimson clover* and *bugle*.

If anyone else would like to visit the Nature Reserve while the orchids are in flower, the entrance is on Kirkby Lane, just opposite the Wellsyke Lane turning. The path goes over heathland, then crosses a cattle grid. The orchids are on both verges of the path after the cattle grid.

Please note, no dogs are allowed on the reserve.

Maureen Moscrop



Croquet

The season for the Croquet Group runs from April to the end of September. However, this year we have had a dire start to the season.

The Woodhall Spa Croquet Club were to open their lawns, that we use, on 31 March however, there had been so much rain that their lawns were unplayable! In fact for most of April their lawns were closed and only on 14 May did they have all three lawns in use.

To give you some idea of the exceptional rainfall in March and April here are some figures for the closest weather station, Waddington:

	2019	2020	2021	2022	2023
Mar	50.0	17.6	14.8	41.5	74.6
Apr	27.0	13.2	5.2	14.4	52.8
Totals	77.0	30.8	20.0	55.9	127.4

Therefore we have had a faltering start to our season with no play at all in April! This does seem to have discouraged a few people as there are faces missing on Tuesday mornings. However, we have had two new players join our ranks and we were pleased welcome Debbie and Katherine to the Group.



The Croquet Group is joint Woodhall Spa/Horncastle u3a and meets in Jubilee Park at 10am on Tuesday mornings and we do have two qualified coaches to give us guidance.

There are only two things you need to bring along: a pair of flat soled shoes and a sense of humour!

John Cotton

Birdwatching

Outing to RSPB, Frampton

April is a good month to visit Frampton Marsh Reserve. Spring migrants are arriving and some overwintering northern birds are still lingering. The new arrivals and many resident birds are in full song, meaning they can be identified without the necessity of seeing them. It was just a pity that the day was overcast and damp with poor visibility and light. However it didn't rain and neither were our spirits dampened.

Five members of the group assembled at the car park, unfortunately the number reduced by health issues affecting some of the regulars. An instant highlight was provided by a newly hatched lapwing chick with its parent and already feeding independently about ten feet in front of the cars.

A list of 48 species were recorded, in alphabetical order, as seen or heard by at least one member of the party. Justice cannot be done to a reserve the size of Frampton in just over two hours so we concentrated on the wetland areas. Another hour spent on the wooded bank marking the Reserve's northern boundary undoubtedly would have brought an increase in the species tally to between sixty and seventy. However, some of us had to return to Woodhall for other commitments.

After assembling in the visitor centre and admiring a spoonbill, just outside, we walked along the road which leads to the sea bank, three of the party speeding ahead and taking a brisk walk round along the bank while the other two dawdled behind and only went as far as the steps. Along the road, in the dykes either side, numerous

sedge warblers uttered their rapid and varied song, full of imitation of other species. A northwards movement of swifts, the first of the year for all of us, took place from eleven o'clock onwards.

We regrouped again at the 360 degree hide where a mixed flock of dunlin, ruff and black-tailed godwit close by provided a great opportunity to study identification features of all three species and the extraordinary variations in spring plumage of male ruff.

Arriving back at the impressive new Visitor Centre soon after mid-day we took full advantage of the catering facilities for lunch. The challenge to record more species while walking to the cars was met by singing Cetti's warbler and Blackcap. A thoroughly enjoyable and satisfying outing.

Species Recorded:

<i>Avocet</i>	<i>Dunlin</i>	<i>Mallard</i>	<i>Sedge warbler</i>
<i>Blackbird</i>	<i>Gadwall</i>	<i>Marsh harrier</i>	<i>Shelduck</i>
<i>Blackcap</i>	<i>Goldfinch</i>	<i>Moorhen</i>	<i>Shoveler</i>
<i>Black-headed gull</i>	<i>Great crested grebe</i>	<i>Mute Swan</i>	<i>Skylark</i>
<i>Black-tailed godwit</i>	<i>Greylag goose</i>	<i>Oystercatcher</i>	<i>Spoonbill</i>
<i>Brent goose</i>	<i>Jackdaw</i>	<i>Pied wagtail</i>	<i>Starling</i>
<i>Canada goose</i>	<i>Lapwing</i>	<i>Pochard</i>	<i>Swallow</i>
<i>Carrion crow</i>	<i>Lesser black-backed gull</i>	<i>Redshank</i>	<i>Swift</i>
<i>Cetti's warbler</i>	<i>Linnet</i>	<i>Reed bunting</i>	<i>Teal</i>
<i>Chaffinch</i>	<i>Little Egret</i>	<i>Reed warbler</i>	<i>Tufted duck</i>
<i>Common tern</i>	<i>Little ringed plover</i>	<i>Ruff</i>	<i>Woodpigeon</i>
<i>Coot</i>	<i>Magpie</i>	<i>Sand Martin</i>	<i>Wren</i>

Poetry

Two poems from our latest gathering, on the theme of [Pastimes and Hobbies](#); the first describes the despair felt due to a spouse's watery addiction; the second is a collaborative effort between Paul and an AI chatbot called ChatGPT – if you'd like more information about how this fascinating poetic alliance works i'd suggest you ask Paul directly.

The Ballad of the Fish Tanks

*First there was aquarium one, filled with fish & plants and lots of fun.
Then there came aquarium two, as the fish collection just grew & grew.
Along then came aquarium three, meaning no room in Derek's den for me.
Following this was aquarium four – now barely enough room to get in the door.
Finally came aquarium five – my Derek is now lucky to still be alive.
Now he's looking at aquarium six – which is 6ft by 6ft 6.
If he mentions getting any more, he's like to get a punch on the jaw!
So enough is enough please no more strife – is the plaintiff plea from this troubled wife.*

© Rosemary Brown 2023

Hobby

*In my 30s I sought a new hobby,
away from architecture, something less snobby.
Photography seemed like a logical choice,
But all my shots came out with a blurry voice.
Over-exposed, under-exposed, focus out of whack,
my camera skills were clearly lacking.
And the processing, oh what a mess,
I'd get photos of someone else's life, I confess.
So I turned to shortwave radio, with glee,
listening to broadcasts from Russia and the U.S., you see.
Somewhere in between I believed was the truth,
and I always said, in case of war, I'd be the first sleuth.
I bought a high-quality Sony receiver, manual in style,
the thrill of the hunt made it all worthwhile.
And though I eventually got a digital one too,
the manual was more fun, that much is true.
Now I still have both radios, a treasured pair,
and I dream of the day when they'll once again be in the air.
I may not have become a famous photographer,
but at least I'm not listening to some fake news broker!*

© ChatGPT/Curated by Paul 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>

Sew and Sew

Sleaford Hub

This month, instead of working on our varied sewing projects, we opted to visit The Hub in Sleaford which had 4 small exhibitions on show: **Quilt Art-Material Evidence**, **Histichery**, **Knitwell**, and **Exile**. Due to commitments, we were reduced to 4 on the day, but this meant that we could all fit in one car.

Histichery was Paul Stuchbury's collection of freestyle hand embroideries that created scenes from history.

Knitwell was a research project that investigated how aspects of a knitted fabric can impact our mental well-being.

Histichery and **Knitwell** were displayed in the stairwells and didn't really capture our attention, however the remaining exhibitions did.



Histichery



Exile

In collaboration with students from Royal School of Needlework and members of Sleaford Embroiderers, artist Susan Aldworth used her family history of emigration from Italy to London in 1923, to inspire her exhibition **Exile**.

Each embroiderer was given a piece of antique baby clothing and part of the family's story to illustrate. These garments were then hand-embroidered using words, photographs and images. We were impressed by the quality of the work.

Continued

Sleaford Hub – Continued

The worldwide members of the group **Quilt Art** are leading practitioners in quilt and textiles. Their exhibition, **Material Evidence**, was inspired by a former member Mary Fogg who was known for her painterly approach and use of recycled fabrics.



Tactile – Material Evidence

It has been a while since I have been to The Hub, but I found it definitely improved, and it is worth checking out their events and courses.

We enjoyed lunch in the Hub Café before being given a guided tour of Sleaford by our knowledgeable designated driver and Group Leader, Joan. We finished with an enjoyable diversion along the River Witham from Tattershall Bridge to Kirkstead Bridge. It was a lovely day of inspiration and education, in excellent company.

Carmel Sefton



Quilt Art

The quality and range of the work displayed was excellent. Although we agreed that not all qualified as quilts, we could find much to appreciate. A separate area was set aside to show the artists' experimental pieces, which allowed textile lovers to do what we love to do – touch the fabric!



Excellent company – Material Evidence

Home Computing for Fun

Latest Scams

Email Scams

Unfortunately, scams are becoming something that we have to deal with on a regular basis now.

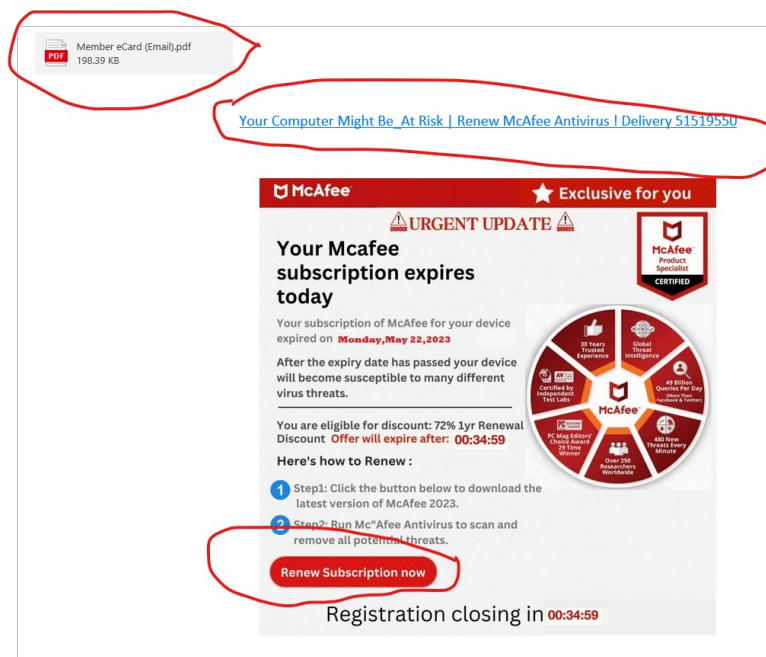
Just when you think they have run out of ways to trick us something new appears.

Here is the body of an email I received today (in fact I received it twice).

For me this was an obvious scam as I don't have McAfee. However, even if I did there are some red flags:

- The urgency required by you
- Calling for renewing subscription, but then Registration closing – which is it?
- An attachment, two links and an unsubscribe option (not shown but at the bottom of the email). **Never click on email links unless you are 100% sure the email is genuine.**

Even if you have McAfee Antivirus, it might be that your renewal is not even due, or you have your account set to Auto Renew so you would not get an email like this. Emails of this type often look very convincing as they copy the style and logos of the companies very well. However, if in any doubt at all, go to the company's website and log into your account and check your subscription status there.



Text Scams

There are still a lot of parcel scams circulating by text message. They may *appear* to be from Royal Mail, the Post Office, or any of the other courier firms like UPS or companies like Argos. They generally say that they tried to deliver a parcel and you need to click a link to arrange delivery or make a payment. In most cases you will not be expecting a delivery. If you are and you are not sure about the text you can normally check the delivery status on the company's website or the courier's app (eg DPD, EVRI or DHL).

Please let me know if you have had any scam emails, calls or texts so that I can share the details with your fellow U3A members.

Please contact me by clicking on the bird on the Home Computing for Fun page on the Woodhall Spa U3A website:

<https://u3asites.org.uk/woodhall-spa/page/115109>

Your monthly guide to what it means....

Malware

Malware the name for any software designed to cause disruption to a computer, server, or computer network, leak private information, gain unauthorized access to information or systems, deprive access to information, or interfere with the user's computer security and privacy.

There are many types of Malware. Here are the most common:



1. **Virus** – A malicious program that repeatedly copies itself, taking up space on your hard drive and causing your computer to crash.
2. **Trojan** – Pretends to be a legitimate file to gain unauthorized access to your device in order to steal data, install other malware, or even give hackers remote access to your computer.
3. **Spyware** – Allows hackers to spy on your computer and track your browsing history online.
4. **Adware** – Clutters your desktop with pop-up ads, inserts unwanted results in your search bar, and even redirects your browser while you're online.
5. **Ransomware** – Encrypts and locks your device unless you pay a ransom to recover your account.
6. **Rootkit** – Gains extremely deep access to your system, allowing it to hide from antivirus scanners and make changes to the operating system and other essential components.

To protect yourself against these types of malware and others, it's important to use safe practices when browsing online. For instance, don't download email attachments from people you don't know, don't download files from untrustworthy websites, and of course, install a good antivirus program.

Mobile Data

Mobile data is the internet connectivity delivered to your mobile devices wirelessly. If you're using the internet on your phone, and it's not connected to Wi-Fi, you're using mobile data. This data is provided by your mobile phone network provider and forms part of your contract whether this is Pay as You Go or Monthly. Mobile data is measured in MegaBytes (MB) and GigaBytes (GB). There are 1000 MB in 1 GB of data. All the information is sent and received by your smartphone via a wireless 3G, 4G or 5G. In areas with poor coverage your mobile data may be slow or not work.

The minimum amount of mobile data available is normally 1 GB. How much you need very much depends on your usage. If you only want to check emails, occasionally surf and check social media then 2 GB per month should be fine. However, if you like to stream music or video or play games as well a minimum of 5 GB is recommended. It is advisable to purchase enough data for your needs as many providers charge extra if you run out and need to purchase more.

Heather Maslen – Group Leader

Find out more

If you have any questions about these articles, **or have topics you would like me to cover**, please contact me by clicking 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

Tealby and Risby

The Woodhall Wanderers were back in the Wolds this month with a four mile walk from Tealby. The route took us from the village hall, through the churchyard and up into the hills. Our coffee stop at Risby gave us beautiful far- reaching views (with Lincoln Cathedral clearly visible on the horizon,).



We enjoyed the company of some curious Lincoln Longwool sheep and, the highlight for many, an ice cream from the little honesty shop! Back in the village, the King's Head pub proved tempting for many of the walkers. The Wolds were at their best, with May blossom covering the hawthorn bushes and swifts, swallows and house martins swooping above.

Maureen Moscrop

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 email them to me via newsletter@woodhallspa-u3a.org.uk, or use the link above.

Reading Heather's **Home Computing for Fun** pages is always informative, and now Heather has thrown open the pages to cover topics you want to know about, so be sure to send her your questions and requests.

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

Tom Sefton – Editor

