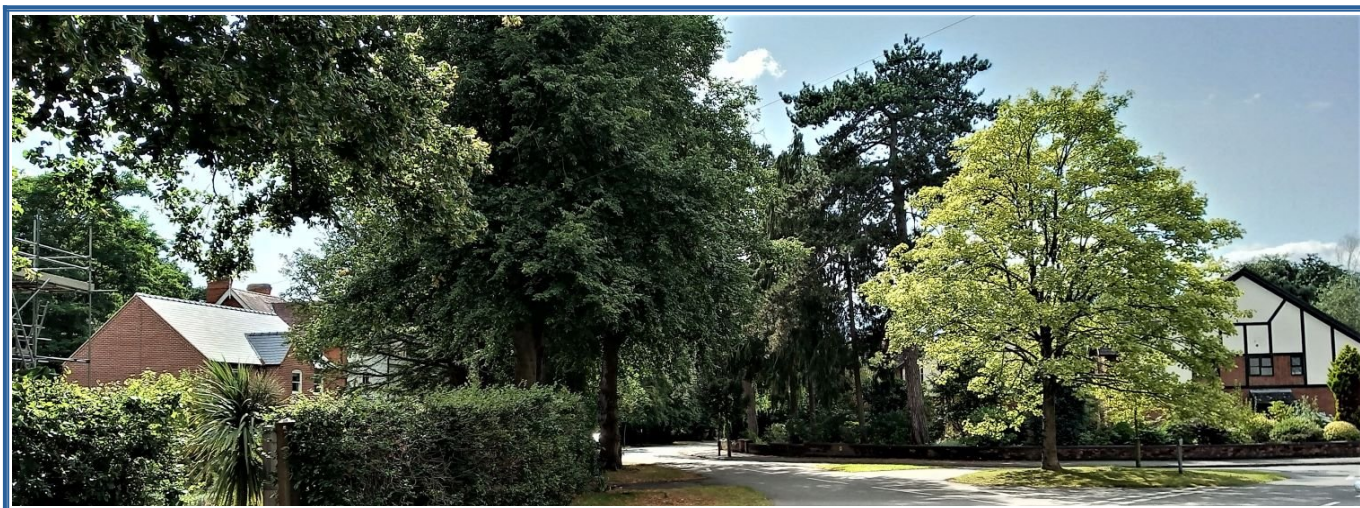




WSPu3a Newsletter

August/September
2023



Iddesleigh Road

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>

Chairman's Chat

Humour is a difficult thing. What we once laughed at, can now seem offensive and embarrassing.

We use humour both as a means of attack and defence. It can be very cruel. Satire holds up the vices, follies, abuses, and shortcomings of the world to ridicule.

Laughter improves self-esteem, relieves stress, and spreads happiness among people.

It can also help us cope with terrible events and make the best out of the toughest of times. Even during WWII, the cartoons of [Bruce Bairnsfather](#) and the comedy of [Karel Svenk](#) enabled people to forget, albeit for a short moment, the surrounding reality — death, hunger and fear.

So don't just learn and live but remember to laugh as well.

Malcolm Capps – Chairman

Groups News

Our two newest groups, [PHOTOGRAPHY](#) and [CRIBBAGE](#), I am pleased to say, are now active. They are still open to members if you would like to join either, or both, of them.

A new member's hobby is PARCHMENT CRAFT and CARD MAKING and she has asked if I will put out a sheet to see if any other members have a similar interest.

I do hope so. This is exactly how all our groups have started; by just one member hoping to share their interest.

Remember, you don't have to be an expert. The whole ethos of u3a is *shared learning*, so if there's a subject you'd like to know more about then let's see if we have any other members who have a similar interest.

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>

Your u3a Needs YOU

Situations Vacant

Assets Manager

We are looking for a *technically literate* someone to take on this non Committee role, to be responsible for the 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 Woodhall Spa u3a Business Secretary, secretary@woodhallspa-u3a.org.uk.

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>

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

September 7th

2:30pm to 4pm
Coronation Hall

Fraud and scams

Sharon Hall, Lincolnshire Police – How to spot and deal with internet fraud.

October 5th

2:30pm to 4pm
Coronation Hall

My Extra Life

Mike Newbold – Mike has been a TV extra for the last 18 years.

Outings

Brigg Garden Centre and Afternoon Tea Tuesday 26th September

A reminder that the coach will leave at 10.30am and return from Brigg at 4pm.

Coach Trip to York – Thursday 30th November

All seats are now reserved for this trip but Jackie will take names for a reserve list. Payment of £22 is due at the September meeting. Coach leaves at 9am and returns from York at 4pm.

Important reminder

When you put your name down for any outing you should take a note of the name and contact details of the lead organiser for the trip, which is always shown at the top of the yellow sign-up sheet.

Sue Pollitt – Group Co-Leader

Use this link for booking and payment details:

[Woodhall Spa u3a: Outings \(u3asites.org.uk\)](https://u3asites.org.uk/woodhall-spa/outings)

Group Noticeboard

Visiting Churches

We'll be in Roughton and Haltham on Bain on Tuesday 11 September, a change to the original published location. An Email will go out shortly to members of the group which will meet at 1:30 as usual near Heather's to share cars before setting off.

Michaela Moody – Group Leader

Cribbage

The newly formed Cribbage group will hold its first meeting on Tuesday 5th September in the Community Hall on Alexandra Rd (just past Witham View Vets) from 2-4p.m. Equipment will be provided and the venue is free. Come along if you know how to play or would like to learn. We will be meeting on the 1st and 3rd Tuesdays of each month.

Stef Lorenz – Group Leader

Art

The Art Group, which took a rest over the Summer, will not be starting again until 10th October due to holiday commitments.

This year we will be working through "The Step by Step Art Course" with lots of projects and new ideas. Please come along if you fancy developing your skills. Everyone welcome. We meet in the Community Centre on Alexandra Rd, which makes no charge, on the 2nd and 4th Tuesdays of each month.

Stef Lorenz – Group Leader

Bridge

The meeting time for the Bridge Group has changed very slightly. We now meet 15 minutes earlier than before.

We meet every Wednesday 1.45 to 3.45 at the Cottage Museum.

Bev Bennett – Group Co-Leader

Around the Groups in 30 days

Visiting Churches

St. Lawrence 's Church, Bardney

The group's August visit was to St Lawrence Church, Bardney and the Abbey ruins. Nine of us left from Victoria Avenue for the short trip to Bardney. We had arranged to park at the Old Angel Inn just across the road from the Church.



We were met by the keyholder Roger Parsons who had a novel way of introducing us to this beautiful church. He gave us a list of items to find. They included carved angels, painted charity boards, an incised stone slab from the abbey, a reredos, and several other items.

We formed into little groups and began our 'treasure' hunt. What a brilliant way to appreciate the features that can easily be missed. There was also a small exhibition of stones from the Abbey, with explanatory descriptions, found during various archaeological excavations.



After our quest we were invited to ask questions about all the things we had seen. What and interesting and informative chap Roger is. We headed over to the Old Angel Inn for coffees and to hear a little bit about the Abbey ruins we were going on to visit.

[Continued](#)

Bardney Church and Abbey – Continued

It's quite a long way along the lane and through a farmyard to find the gateway to the Abbey. We drove down in convoy to the little carpark by the entrance. By the gate is a carved statue of a monk with a talking information point. Unfortunately, this no longer works probably due to wear, tear and weather. After the customary photo shoot, we headed off across the field.



Following several archaeological digs over many years, the remaining stones have been covered over with earth to protect them from the elements, until such time as technology allows these kinds of ruins to be preserved in situ for all to see.

At first, we found the area flat and uninteresting and thick with sheep poo (and sheep) then we spotted several description boards in the next field – we'd gone in the wrong direction from the gate! Once in the right field, we found the boards made sense of all the lumps and bumps in the ground.

Having advised everyone to wear stout comfortable shoes for scrambling over the ruins, I turned up in shorts, and at one point, Barbara and I found ourselves scrabbling through nettles and thistles, but it was worth it.

Cilla Darvill

Five Mile Walkers

Well, near Alford

"I love it when a plan comes together". We, of course, are the "A Team." but this month's walk has been a long time in the planning. We have always been aware that the countryside at Well near Alford was worth considering, but it has been difficult to organise. Parking is always difficult for a large group and there are few options in Well. By sharing cars we were able to overcome these difficulties and what a treat it was.

Firstly, I have to say that this year's summer was on the 10th August so it was on a beautiful sunny day. The route arranged by Sue Pollitt and Maureen Mossdrop was a wonderful mixture of woodland, open high wold, parkland and quiet country lanes with some of the best views in Lincolnshire.



Well Hall house, church and park were both built in about 1730s for Francis Dashwood, a member of a Hellfire Club and Chancellor of Exchequer.

[Continued](#)

Well, nr Alford – Continued

It is unity-of-design that makes this landscape so special. From the grade 1 church, which is unusually orientated so that the view from the porch is across the parkland and lakes through the front door of classic Georgian house. And all with views of the surrounding woods and parkland, the Lincolnshire coast, the Wash and the Norfolk coast. A gem within a few miles of country.

Besides this there was a walk that included grazing deer, a field with a tri crop and unusual flora. For those who missed this walk we will repeat it.

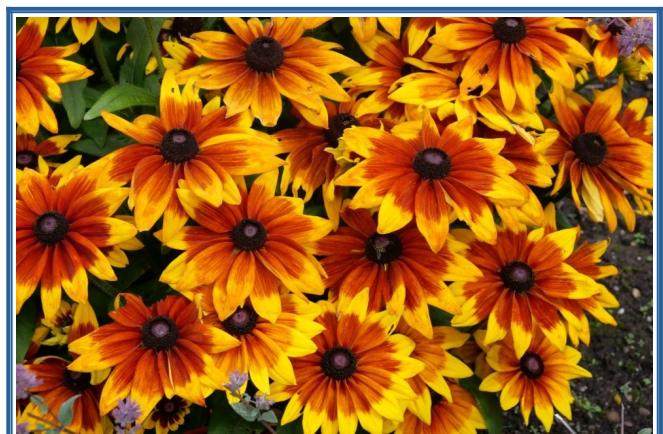
Malcolm Capps – Group Leader
Photos by Les Wylde



Photography

Friday 25th August saw the first meeting of the new Photography Group. Unfortunately not all of the members who put their names down for the group were able to be present.

However the meeting identified exactly what the members present are hoping to get from getting to know cameras controls and the effects they have on your photographs, to planning exercises to put into practice and actually see the results of taking your camera settings off AUTO.



It was agreed that the meetings will be on the 4th Friday of the month at the Parish Rooms at 11:00. Hope to see more of you there.

The meeting on the 22nd September will be exploring **Depth of Field**.

Ced Shurben – Group Leader

Sew & Sew

Our own u3a Group Co-ordinator Val (amongst other roles she performs throughout Woodhall Spa) has managed to find time to make herself a wrap-around dress (not shown) and a blouse. She is also sewing a quilt for the Linus project.



Blouse, by Val



Judy's Lockdown Quilt

During lockdown, Judy challenged herself to make a quilt using only fabric that she already had in her stash. Generally, quilts are created by making a *sandwich* of a patchwork topper, wadding and backing fabric.

This 'sandwich' is then quilted by sewing through all three layers. As you can imagine, manipulating large quilts under a standard sewing machine, can be physically demanding, to say the least. Judy's quilt however, has been made using the QAYG (Quilt As You Go) technique, which means that smaller blocks or sections are quilted, as the name suggests, *as-you-go*, rather than at the end. Most of the sashing has been sewn by hand to make a truly stunning quilt.



Joan's first quilt

For Joan's first quilt, she has curated a wonderful range of fabrics to make this beautifully fresh quilt which she plans to hang on a wall at home.

[Continued](#)

Sew & Sew – Continued

Our newest member to the Sew & Sew group is Bev. She is on a mission to make her first quilt for her first grandchild. She has borrowed her mum's sewing machine and is already making swift progress.



Bev's first quilt



Cathedral Windows, by Joan

Many crafters have UFOs (UnFinished Objects) that stall for one reason or another and lie neglected. Joan has recently backed, bound and given a new lease of life to a lovely example of 'Cathedral Windows', which she had made some time ago.

Do you have any UFOs in your cupboards that could benefit from another outing?

Carmel Sefton

Gardening

Aubourn Hall

The Gardening Group managed to dodge all the rain August threw at us, and a lovely sunny day saw 19 members on a visit to Aubourn Hall for a guided tour around the garden.

Continued



Aubourn Hall – Continued

Our guides were Ant & Tamsin, who until a recent influx of volunteers were managing the 12 acres on their own. They showed us round a wonderful mixture of informal and formal planting in a series of different 'rooms'. We enjoyed the Prairie Garden, the Croquet Lawn, the Rose Garden and other treats.



Built in the mid 17th century, the house itself is quite breath-taking and has been the home of members of the Neville family for most of its existence.



Aubourn Hall has an Open Garden several times a year and other events are in the planning stage. Details are all on their website: <http://www.aubournhall.co.uk/>

We completed our visit with tea & cakes – it was amazing to be able to sit outside.

Barbara Michaelides

Outings

Tolethorpe Hall and Stamford

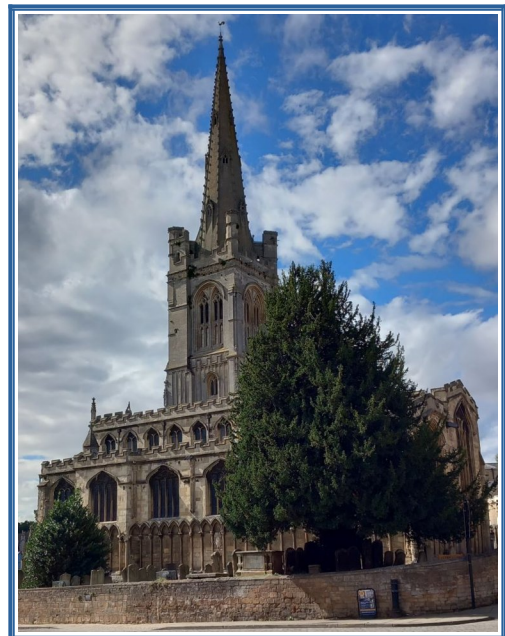
The sun shone for our annual trip to the open air theatre at Tolethorpe Hall. This year the matinee performance was moved to the morning so the group were able to spend time taking coffee in the beautiful gardens before we sat down to watch "Lady in the Van", a play based on Alan Bennett's own experience with a woman called Miss Shepherd, who drove her dilapidated van into his garden intending to stay for three months and ended up living there for fifteen years.



Stamford Shakespeare Company's version had two Alan Bennetts on stage, one interacting with Miss Shepherd and the other players, and another narrating the story often interacting with the other Alan and the audience. An excellent performance by all the cast and the audience loved it.



We were then taken by coach on the short journey to spend the afternoon in the lovely town of Stamford where members of the group enjoyed alfresco dining, sightseeing and shopping.



One of the group even had a massage in the market square! Safely home by 6.30pm. A lovely day out. I am sure Tolethorpe will be on our list of outings for 2024.

Sue Pollitt – Group Co-Leader
Photos by Sid Plummer

Bird Watching and Wildlife

Lincs Wildlife Trust Woodhall Spa Airfield & Kirkby Gravel Pits, 25th April 2023

Seven members of the Group assembled at the Airfield on a bright, breezy morning with broken cloud, providing good light and visibility. A common sandpiper on the North Lake shore provided immediate evidence of late summer migration having started. Two greenshanks feeding at the other end of the lake, opposite the hide, were also characteristic arrivals for the time of year.

Following the breeding season wildfowl moult, developing what is termed eclipse plumage, making them appear dull and much harder to identify than when in their spring finery, presenting a challenge to birders at this time of year. A list, in alphabetical order of all bird species identified by sight or sound is appended to this report

After an hour and a half on the Airfield we proceeded to Kirkby Pits. The gate to the

reserve car park is permanently locked, presumably to prevent any further vandalism to the hide, so visitors have to park by the entrance opposite the former waste disposal site. Several woodland species were present including a flock of long tailed tits, wren and robin identified by song and chiffchaff by alarm call. Further seasonal migrant waders were four snipe and three green sandpipers. Two pintail were feeding among the commoner duck species.

Kirkby Pits is good site for wild flowers, which presented a diversion from bird identification. A thoroughly enjoyable morning culminated at the Ebrington Arms in Kirkby on Bain. As always, thanks are due to Ann Fletcher for organising the outing. Next month we shall be going out to sea on The Boston Belle.

Species Recorded:

<i>Black-headed gull</i>	<i>Carrion crow</i>	<i>Chiffchaff</i>	<i>Common Sandpiper</i>
<i>Coot</i>	<i>Cormorant</i>	<i>Curlew</i>	<i>Egyptian goose</i>
<i>Gadwall</i>	<i>Great tit</i>	<i>Green sandpiper</i>	<i>Greenshank</i>
<i>Grey heron</i>	<i>Jackdaw</i>	<i>Kestrel</i>	<i>Lapwing</i>
<i>Little Egret</i>	<i>Long-tailed tit</i>	<i>Mallard</i>	<i>Moorhen</i>
<i>Mute Swan</i>	<i>Pintail</i>	<i>Ringed plover</i>	<i>Robin</i>
<i>Shoveler</i>	<i>Snipe</i>	<i>Sparrowhawk</i>	<i>Starling</i>
<i>Stock dove</i>	<i>Swallow</i>	<i>Teal</i>	<i>Tufted duck</i>
<i>Wood pigeon</i>	<i>Wren</i>		

John Watt – Group Member.

Poetry

The Poetry Group are taking a summer break, but in the meantime, I thought I'd share some poems from our recent meetings: both are reflections on the experiences of youth, and the responsibilities that come with younger siblings....

When I was a Child	Growing Up
<p><i>I was a child and brought up in the War I was happy and carefree although we were poor We had no computer, no car and no phone We paid for the washer – it wasn't our own</i></p> <p><i>My mum made our clothes, she sewed all our frocks She knitted dad's socks as he worked on the docks Dad cycled to work every day – a long way And we always had fish for our tea every day</i></p> <p><i>I walked all the way to school on my own It was often quite hard, but we never did moan I loved it so much – the reading and sums And we said prayers at the end of the day for our mums</i></p> <p><i>I was chosen to say two poems on a stage I learned them by heart – it was hard for my age But i still say them all after 80 long years And I do hope i will as my 90th appears</i></p> <p><i>Another thing I loved at my school was to run We ran round two chairs and i thought it great fun We never had sports clothes, only what we were in And we picked up our shoes from a big open bin</i></p> <p><i>My sister was born, so now we were two I loved her so much and I still do We never had money but were very content We never had toys, only what we were lent</i></p> <p><i>We never knew different, – we all were the same We played with our friends and we played our own game We skipped and we hopped and we played in a den And it was Chapel on sundays at a quarter to ten</i></p>	<p><i>So here i am pondering What age are you When this occurs? Truly I am left wondering;</i></p> <p><i>Was it when my sister turned-up? 3 ½ years after me, And I was tasked with looking after her;</i></p> <p><i>Suddenly, my cousins hadn't come to play with me, No the baby was the draw; Did she really have right to my Teddy, Dolls and My Mummy and Daddy? She took everyone's time.</i></p> <p><i>When I was 7 and she 3 ½ Nursery beckoned, part of my school. She had a little bed and blanket, for afternoon rest. She was so sweet, sometimes I had to wake her, Find her shoes and coat so we could go home, And her smile, when she saw I had come for her.</i></p> <p><i>Then I knew I was the Grown-Up here, As she held my hand, and we walked towards the bus for home:</i></p>
© Anne Platts 2023	© Irene Derwent2023

Tom Sefton – Group Co-Leader

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

[Woodhall Spa u3a: Poetry Group \(u3asites.org.uk\)](https://u3asites.org.uk)

Home Computing for Fun

....(But not for Everybody)

There will be no technology talk this month. Instead, I am going to talk about people that we often forget when we are surfing the internet or checking our social media on our smart phones.

A survey by the Office for National Statistics in 2020 found that although 10.3% of men and 12.5% of women aged between 65 and 74 did not use the internet, the number rose to 33.1% of men and 43.3% of women in the over 75 age group.

I am sure we all know someone who does not own a mobile phone or computer. They may be in the minority, but lets just take a minute to think about how they manage to do day to day things that technology helps us to take for granted.

Even people that have a computer or smartphone are often too nervous to use them for things that they would rather deal with in person.

Most would rely on face-to-face transactions or landline telephone calls. As we know the high street bank is becoming a rarity and soon we won't be able to buy a train ticket at the station. Call centres are being replaced with "online chats" which are often an Artificial Intelligence(AI) response rather than human response. Where call centres do still exist, waiting times can be very long and undeserving of the label "Help Centre" Not only that, we know that the "landline" that many older people rely on is due to be phased out soon.

I suspect most of us haven't even noticed how many things critical to our everyday lives we use technology for, whether using the internet, email, text messages or phone apps. Such as:

- Booking a doctor's appointment or flu jab
- Giving a meter reading
- Accessing bank statements and bills
- Making payments or accessing bank account
- Grocery shopping
- Comparing prices to get the best deal
- Ordering prescriptions
- Access to help and research

This leaves a lot of older people feeling cut off and at risk of scams and being ripped off. Although there is a lot of useful information from organisations such as Age UK, the majority is on the internet. They do however have a helpline phone number:

[Age UK Advice Line 0800 678 1602](tel:08006781602)

I am not sure if any u3a members are in this position, and if they are they may only get a hard copy of this newsletter. I do know that technology (or lack of it) worries a lot of people and often a friend, neighbour or family member can provide advice and put a mind at rest. Don't be afraid to ask for help.

Also, many of you (not just my group) are confident with technology, so perhaps look out for anyone you know that may need a bit of advice and reassurance. They don't even have to be a u3a member 😊

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

Hagworthingham and over the hill to Stainsby

The Wanderers were out in force on Wednesday 23 August. Seven of us set off from Mount Pleasant, Hagworthingham up and over the hill to Stainsby. On either side of us various crops were ripening and some being harvested. This lane runs parallel to and just east, by a matter of feet, of the Greenwich Meridian. At Stainsby House we spotted llama and alpaca in a field but they were not interested in us. The brown one was actually in a sand pit, rolling around having a dust bath and when he stood up was surrounded in a dust haze.



It had been spitting with rain just before we set off but now the sun was shining and the temperature rising. The two male members of the group were taken aback by the sudden spurt of speed by the ladies but all was revealed when we entered the Bag Enderby church grounds and they were seated in the shade on the only bench! I was going to take a photo of see no evil, speak no evil, hear no evil and do no evil but thought better of it!

Moving on from the church we were again out in farmland and following a track down to a ford. The local farmer was busy building a straw stack with huge oblong bales.

He had already got one a few fields away that was a couple of years old and tipping over as the bales were rotting. Just what do you do with mountains of straw?

This track is in fact part of the Greenwich Meridian Trail that starts at Peacehaven, approximately six miles east of Brighton city centre, the point where the Greenwich Meridian crosses the English south coast, and continues to where the Greenwich Meridian crosses the Yorkshire coast at Sand le Mere, just north of Withernsea. The trail is 273 miles long is detailed in a series of books, our area appears in Book 4.

[Continued](#)

Hagworthingham to Stainsby – Continued

At the bottom of the lane was our first ford, nobody waded across but they did pose on the bridge. Over the rise and there was our second ford and again no waders! Part way up the hill we had to give way to a tractor and trailer doing a grand job ferrying the grain that was being harvested from field to store.



It was only when we got to the road that we realised that there were several blue tractors and trailers engaged at different venues around Hagworthingham doing the same job!

On up the hill and we came out of the trees adjacent to the piggery. The smell was 'rural' and very strong! We now left the track and turned over a couple of stiles and across fields to come out on the main road at The George and Dragon, unfortunately not open.

Continuing along the road and back to our cars. Some of the group then went to sample the food at Rachel's and others to JJ's.

A lovely walk in the Wolds.

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 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 those who have taken time to contribute to this edition.

Many thanks.

Tom Sefton – Editor

