

REGISTERED CHARITY NUMBER: 114234

Woodhall Spa



CHAIRMAN'S CHAT

It's good to be back. Perhaps not back to the way things were but at least we are meeting together. We have tried to reduce the risks and follow the current guidance. You can help by bringing proof of double jabs or negative tests.

Autumn in academia is a time for new beginnings. A chance to try again. Like the start of a new term, we are eager to learn, laugh and live.

I hope you are gradually returning and enjoying your interest groups. I am told that there are a number of new groups forming. There are even freshers. We welcome you all and hope you will learn, laugh and live along with us.

As the new Chair of the National u3a Liz Thackray has said "Any organisation that doesn't get new blood won't continue to grow or thrive". Remarkably Liz only joined the u3a three years ago to learn German and now she's the National Chairman!

Charities have had a hard time of it lately. I have entered the Lincoln 10k (don't laugh it's 6 miles) and I am running for St Barnabas Hospice. If you would like to support them

please sponsor me with a small donation or go to [www. justgiving.com/fundraising /malcolm-capps](http://www.justgiving.com/fundraising/malcolm-capps). Thank you, it's a very worthy cause.

Malcolm Capps



NEWS FROM THE GROUPS' CO ORDINATOR

GROUPS' NEWS

It was good to see so many members around the table of groups' sheets at our September meeting. Lots of you joined groups, and added your name to those with a waiting list. We had so many names on the waiting lists of the three lunch groups that I have now started. LUNCH GROUP 4.

However, we now have 3 lunch groups with no leader. If your name is on one of these lists and you'd like to start meeting for food and chat please take a look at the list where your name appears and consider standing as Group Leader. It means you'll have the other group member's details, but they can all take turns to suggest/book venues.

I am pleased that Heather Colebrook has stepped forward to lead the QUIZ GROUP and we have two members of the BRIDGE GROUP who have volunteered the share the role of leader, Bev Bennett and Hilary Betty.

DOG WALKING is a new group which has been enthusiastically received. If you are interested in walking your four legged friend with others then remember to sign the sheet at the next meeting.

READING 1 This was a very successful group for a number of years and we are now trying to resurrect it. If you like to read and discuss the book, then this group could be for you.

GARDENING GROUP This very popular group has been inactive for some time now, partly due to restrictions, but also due to having no leader. This has been run very successfully previously with two members acting as Group Leaders, so maybe this is something you would consider? Maybe two, or even three, of the Gardening Group members could get together to run the group and other members could perhaps arrange trips to gardens from March to November, usually with a speaker during the winter months, but new leaders may choose to run it with a completely different format. The choice is yours. We have 41 members in this group, so please consider if you could talk to a friend about jointly running this group.

Members have suggested restarting a FRENCH GROUP and also CONVERSATIONAL SPANISH. Interested? Then please add your name to the sheet at the October meeting.

This is how groups are started, so if you have an interest let's see if there are other like-minded members to get a group formed. Just put the subject on a blank sheet on the table.

Remember I'm available on line or by phone if you have any questions. See the website for my details.

Val Shurben

News from Groups

Groups' Coordinator

CROQUET GROUP

The Croquet group have had a good 2021 season and as the leader I would like to say a BIG thank you to everybody who has given our group their continued support.



There was an excellent turnout for the end of season session, which I'm pleased to add produced some commendable play. We had two courts playing and both groups produced some quality competition, which is very encouraging for setting the standard for 2022.

Thanks once again everyone I sincerely hope that we can all meet up again next April for a new season in Jubilee Park with possibly one or two new U3A members coming to join our "happy band".

The photo below shows our group preparing to play their last session on a chilly but sunny Tuesday morning.



Left to right: Visitor, John Woodward, u3a members- Wendy Cotton, Ann Potter, Jacky Merrison, Linda Johnson, John Cotton, Sue Smiter, Robert Aspinall, Jeff Pitcock, John Johnson

WOODHALL WANDERS

Woodhall Wanderers – September Stroll

On Wednesday 22 September 17 hardy souls set out in glorious sunshine from South Thoresby Church.

St Andrew's Church

A lovely red brick church, situated in good walking country on the eastern edge of the Lincolnshire Wolds providing a quiet spot for a welcome rest. From www.explorechurches.org

For several of the walkers the hardest bit had been to get to South Thoresby as the hill from Belchford was found to be closed to traffic!



Leaving the church we crossed fields towards a decaying water pump, along the path close to the stream and across a stile on to the road. Here we were next to Belleau Bridge Trout Farm where whole or filleted fish may be purchased; in addition you could try your luck with a fishing rod. From personal experience the first option is far more successful!



A short walk up the road we crossed the bridge and turned right into woodland. With the stream now on our right we were heading upwards and towards open fields. Luckily the fields had been harrowed and the hard clumps from the previous week were now gone making walking across the field much easier.

At the top of the field were a couple of ladder stiles, which were particularly high, therefore no photos were taken of the climbing!

At this point there was also a particularly deep ditch to cross which also took a bit of negotiating and was also proof that

Lincolnshire is not just flat fens! Across the road and sanctuary in the church, and a short break.

This extract about Belleau St John the Baptist church is from www.explorechurches.org and makes interesting reading:

“This Early English church still retains some lovely original features including a piscina in the Decorated style and a 13th century effigy of a knight, recumbent in chain mail which is believed to have come from the nearby Cistercian priory at Greenfield.



But the real story here is how this tiny hamlet played its part in the lives of the early settlers in the New World. For it is here that three of the greats of early American history met, wrote, talked and preached in the church. They were Sir Henry Vane, Roger Williams and John Wheelwright.

Just around the corner lived Anne Hutchinson, Wheelwright's relative by marriage and one of the most controversial figures of the 1630s.

Vane went to New England as a young man in 1635 and was elected governor in 1636. But he became embroiled in controversy with Ann Hutchinson and John Wheelwright, and returned to England, where he married Frances Wray in 1640, a beautiful 16 year old from Lincolnshire's leading puritan family. It is likely he bought the estate at Belleau for his bride and it became their favourite home.

Vane was a prominent diplomat but eventually he fell out of favour with King Charles II and he was executed at Tower Hill, London in June 1662. A tablet stone commemorating his life can be found in the church."



I could find very little about the bell but there was a full-rigged sailing ship of this name launched in Birkenhead for a Liverpool merchant. It ran aground on the east coast and was towed to Hull and then scrapped. If you know more please let us know.

Refreshed we headed off uphill and on to a path across a huge, recently harvested corn field towards Swaby.

There are three double cottages in Swaby that were built by a father for his four daughters. The fourth pair are long gone but his plan was that each daughter would have a cottage to live in and one to rent out. He spent his life building them, he died the same year as they were complete 1821.

In 1934 a hoard of 178 silver denarii in a pot were found at Swaby in the field called 'The Bog' unfortunately we didn't see any. However, if you do wish to see these coins 162 are in Lincoln Museum and the rest in The British Museum.

Following Swaby Beck we walked along Swaby Valley, which goes through a garden, and on towards South Thoresby. We crossed the Beck, a very clean looking chalk stream, and headed back across fields to our starting point at the church.

John Cotton

BIRD WATCHING GROUP

The bird watching group has had two meetings since the last newsletter. On the 27th August we met at Whisby Nature Reserve near Lincoln. The weather was kind to us and

among the birds we saw were Grebe, Coot, Shoveler, Heron, Egret, Lapwing and Cormorant.

Grebe



Shoveler



Egrets



Lapwing



Following a pleasant walk around the lakes, we enjoyed coffee and cake in the cafe.

On the 24th of September we met at Fiskerton Fen Reserve. This was a new untested venue for us. It is quite small with a lake and access to the River Witham.

Once again, it was a beautiful day with great views across the fens. There wasn't much bird activity and we heard more birds than we saw. One of our members identified the call of a Cetti's Warbler which I had never heard of. We did see a buzzard, a great spotted woodpecker, a heron and the usual myriad of shell ducks and grebe.

The morning was rounded off nicely with coffee and cake at the Open Door cafe in Bardney.

Ann Fletcher

FIVE MILE WALKING HOLIDAY 2021

"A crown of kingfishers and a ? of herons. (answer at the end of this write up)

The Forest of Bowland was the destination for the Five Mile Walking Group's holiday this year. It proved a revelation to some of the group. Blessed with good weather, we were able to complete five walks and a railway trip from Settle to Carlisle as well as enjoying three excellent lunches.

The Rivers Hodder, Brock and Ribble provided beautiful surroundings for four of our walks and the hills of Bowland were a wonderful backdrop. There was much stopping to take in the scenery and every morning we awoke to a view of Pendle either bathed in sunshine or rising above the misty Ribble valley.

We were fortunate to see kingfishers and herons. The open grass fields and gentle slopes provided easy walking. No two stiles were ever the same and the suspended footbridges and stepping stones were quite exciting.

We travelled over to Clapham in the Dales for our last walk; an interesting contrast in scenery with limestone pavements and a maze of stonewalls, field barns and stiles followed by al fresco dining. The guide for our train journey to Carlisle was very informative and with marvellous views of the the Yorkshire Dales, the Ribble Viaduct, Peny-Gent and Ingleborough added to the pleasure of the journey. Some of us went to

the Cathedral, an interesting contrast in red sandstone to Lincoln. The Bookcase is a Mecca for any bibliophile. The museum has important collections on the Reivers and 18th century costume. "A grand day out Gromit!"

We enjoyed the local delicacies of Lancashire cheese, Bowland Hen Harrier, Porter's pies, Eccles cakes and hotpot, Sunday lunch was much appreciated at the Aspinall Arms (yes it is a relation) at Great Mitton and I had probably had the best fish pie ever at the Inn at Whitwell where we were fortunate to have a private dining room of our own overlooking the River Hodder.

The Five Mile Walking Group's holiday has become an institution. We are already thinking about next year. It is open to all with no obligation to walk only the offer of a walk every day.

Answer: a sedge of herons but there are alternative answers.



1 Clitheroe to Stoneyhurst 11 September : 2,3 Clitheroe to Great Mitton 12 September



4,5 Aspinall Arms.



6-10 Dunsop Bridge 13 September





11 Inn at Whitewell :12-14



Brock Mill and Beacon Fell 14 September



15,16 Settle to Carlisle 15 September



17 Carlisle Castle. : 18 Carlisle Cathedral : 19 Ribbleshead Viaduct



20-23 Clapham to Austwick 16 September



24 Happy Walkers

Malcolm Capps. Photos by Les Wylde.

SEPTEMBER 5 MILE WALKING GROUP

We try to walk in variety of landscapes so having walked in the Wolds last month this month we went to Heckington and particularly Star Fen.



Being the day before the trip to Bowland some of the regular walkers were absent but Sue Pollitt and Maureen Moscrop led a group of fifteen or more along the banks and beside the dykes on a wonderfully sunny day under big blue skies.



The subtly of this landscape is only apparent when you walk it. Although it seemed flat us, this is in fact on the edge of the real fen. Heckington and South Kyme are islands.



Despite having our agricultural experts with us, they were unable to identify some of the crops grown. Was an uncommercial crop of oats Elephant grass or part of the countryside stewardship and what exactly was growing in those poly tunnels?



We did however, come across impressive farm machinery spreading waste from a bio digester. Apparently this type of manure has several advantages over ordinary manure and you can spread up to 250 tonnes to the hectare but you do need a big farm to produce it.

Another conundrum was the Carr Dyke. "It goes nearly from Lincoln to Cambridge" "It's the second biggest Roman feature in Britain". So why does it stop dead in the middle of Star Fen?



If you live in the Fen you have got to know your dykes. Apparently it is reused by Hodge Dyke, which again makes a right-angled turn at the junction, until it crosses Heckington Eau, which becomes Head Dike as it continues eastwards. Continuing to the south, it reaches Littleworth Drove, where a house has been built over the remains. So there you have it."

Malcolm Capps. photos: Les Wylde

OUTINGS GROUP



Although there were just sixteen members on our first outing in twenty months it was a huge success. We all had a lovely day. An early start for us but it was a beautiful day and a leisurely drive over the Humber Bridge and through the Yorkshire Wolds brought us to Sledmere House in time for a coffee before setting out for our private tour of this lovely country house. We then had lots of free time to enjoy the parkland and famous walled garden and to have lunch in the new café. The rare breeds farm and shire horse stables were also a popular attraction.

Our next outing will be to the Sandringham Christmas Craft, Food and Drink Fair on Friday 19th November. Why not join us for a relaxing and entertaining style of Christmas shopping? There will be music throughout the day and also a special guest of a very renowned Opera Singing Santa! The coach leaves at 9am and the cost is £24 including admission charge. Payment by cheque please when you sign up at the monthly meeting on 7th October or come along to St. Peter's Hall at 12 noon on Tuesday 19th October.

Pauline Plummer

SANDRINGHAM CHRISTMAS FAYRE 19TH NOVEMBER 2021

TICKETS NOW AVAILABLE

The cost, including coach and entrance fee will be £24.00 each. The coach will leave at 9.00am from the lay-by on Stixwould Road and return leaving Sandringham at 4.00pm.

Please contact Jan Smith at:-

[EMAIL - bobjan93@hotmail.com](mailto:bobjan93@hotmail.com) - [PHONE - 07919 857076](tel:07919857076)

Please refer to the Outings Group pages on the Woodhall Spa u3a website for the group's refund policy.

Jan Smith - Outings Group

LOCAL ENTERTAINMENT NEWS

Musical theatre show coming to St Peter's Hall, Woodhall Spa on November 18th

If you need to contact me, please try 0748 5128 996

or info@dogwoodproductions.co.uk

A new theatre show, rich in original music, will be touring in November, to rural venues in Lincolnshire, Leicestershire and Nottinghamshire. It is coming to St Peter's Hall, Woodhall Spa on Thursday 18th November. Find details and tickets on-line (www.dogwoodproductions.co.uk).

Another Winter's Tale, designed for all audiences (age 8+), is a journey through the shortest days and the darkest of nights. It draws upon tales of deepest winter from Japan, Russia and across Europe.

It includes shadow puppets, hand puppets and a Kamishibai, the traditional Japanese street theatre. The stories and songs, from the joyful to the dark, the new and the familiar, are told by two characters, nervously watching both clock and door, eternally on the run, but from whom or what? Who are they, what's their story? Friends, innocents, showmen, or something a little more intriguing? Only time will tell...

JUST FOR FUN

LEXOPHILES

*Did you hear about the fellow whose entire left side was cut off?
He's all right now.

*A bicycle can't stand alone; it's just two tired.

*The guy who fell onto an upholstery machine last week is now fully recovered.

*He had a photographic memory but it was never fully developed.



- *When she saw her first strands of grey hair she thought she'd dye.
- *Acupuncture is a jab well done. That's the point of it.
- *I didn't like my beard at first. Then it grew on me.
- *Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- *When you get a bladder infection, urine trouble. When chemists die, they barium.
- *I stayed up all night to see where the sun went, and then it dawned on me. I'm reading a book about anti-gravity. I just can't put it down.
- *Those who get too big for their pants will be totally exposed in the end.

Editor

SEPTEMBER 2021 GENERAL KNOWLEDGE QUIZ



1. What is the largest country in the world?
2. Name the composer behind the soundtracks of The Lion King, Inception and Pirates of the Caribbean.
3. How many elements are in the periodic table?
4. At which venue is the British Grand Prix held?
5. Which film was the first to be recognised as part of the Marvel Cinematic Universe?
6. Gordon Sumner is the real name of what famous British musician?
7. How many nations were scheduled to host games at Euro 2020 before its postponement?
8. What colour are the seats in the House of Commons?
9. Which southern Italian city is usually credited as the birthplace of the pizza?
10. Who said this famous quote: 'If you can't handle me at my worst, then you sure as hell don't deserve me at my best'?
11. Nick, Joe and Kevin are all members of which pop band?
12. How many fingers do Simpsons characters have?
13. In which country would you find the original Legoland?
14. How did Roxy and Ronnie die in Eastenders?
15. In 'Only Fools and Horses', by what name did Trigger always call Rodney?
16. When did the Vietnam War start?

- 17. The letterbox of 10 Downing Street in London has an inscription that reads “First Lord of...” what?
- 18. What language is spoken in Brazil?
- 19. Which artist painted the Mona Lisa?
- 20. What colour is found on 75% of the world’s flags?

Answers at the end of the newsletter

NEXT MEETING

October 7th. “Hedgehog Street”. Speaker: Jane Marriot

Jane runs the Timberland Hogspital and will help us understand more about hedgehog ecology, behaviour and conservation. As a species under threat, it is vital that we all do our bit to help preserve these lovely animals.



FUTURE EVENTS

DATE	TOPIC	SPEAKER
4 th November	‘A History of Jive’ Join Claire and Neil of Boston Jive for a history of dance through the years. Enjoy a demonstration of dances from the 40s and 50s and take a chance to relive your youth by taking to the floor.	Claire and Neil Seabrook
2 nd December	Just Magic. “Full of energy, lots of laughs and good fun magical entertainment for all” Brian, who lives in Metheringham has been a professional magician since 1999. Come along and be amazed	Brian Hellyer

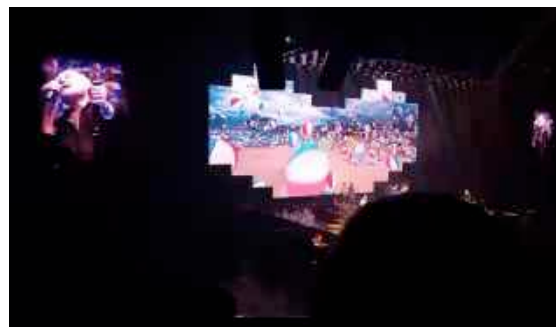
FINALLY A NOTE FROM YOUR EDITOR.....

Well we had our first “live” meeting. Thanks to all who attended and followed the Covid guidance, this means we will be able to continue our monthly meetings and gradually get back to normality.



The weather is playing havoc with what we wear.
We are starting to join in life and start to enjoy some of our pre Covid activities.

I've just come back from a trip to Leeds, postponed for almost 2 years, for which I had to pack for any eventuality, rain, sun, wind. The only thing I didn't need to pack was snow gear... all the options added so much more weight to my bag, and as I was using my Walker for the first time, it made for an interesting journey, but I must praise the train staff who were extremely helpful on both legs of my journey. It was an experience in itself. But come 8 pm on the Monday night, all that faded away when the lights went up on the Genesis "Last Domino" concert. ... the 2 years waiting, was well worth it, the face mask, gel and security checks, as I was lost in the music.



The only down side was

seeing how frail Phil Collins was.

tap the ❤️ sound on

Thank you for all your news and photos; so great to see everyone having a good time. I still need your, write ups, photos, poems and jokes etc for the next edition, so please send in your contributions to me at newsletter@woodhallspa-u3a.org.uk no later than 5 pm on Tuesday 21st September 2021.

Have a good month, I am sure we are all looking forward to going back to "live" monthly meetings, so I look forward to seeing you on the 7th of October.

Your Editor- Helen

NOTICE BOARD



Dear Resident,

I have attached an update from Healthwatch, the local organisation that takes up residents' concerns regarding Health and Social Care.

This may be of interest to you, your family and friends:

Kind regards, Rob

Cllr. Rob Kendrick, Member for Metheringham Rural Division

Lincolnshire County Council, County Offices, Newland, Lincoln LN1 1YL

Twitter: @robkendrick53

<https://www.healthwatchlincolnshire.co.uk/news-and-reports>

EAR TO THE GROUND – Paul Membrey

- Did you know that the IC5 bus now runs via Lincoln County Hospital before terminating at Lincoln Central Bus Station?
- A quick way to report local problems. <https://www.fixmystreet.com/about/privacy>
- Help save the planet.....When you use this Ecosia search engine (not Google) the company plants a tree, instead of Google making a profit from your search. A worthy cause.

[What is Ecosia? - The search engine that plants trees](https://info.ecosia.org/what) <https://info.ecosia.org/what>

- UK Global Health Insurance Card (GHIC)

I thought members may be interested to apply for a free global health insurance card.

It's free on the government website: www.nhs.uk/ghic



[Applying for healthcare cover abroad \(GHIC and EHIC\)](https://www.nhs.uk/ghic)

Find out if you're eligible to apply for a new UK EHIC or UK Global Health Insurance Card (GHIC).

www.nhs.uk

A UK GHIC and new UK EHIC are free of charge.

Beware of unofficial websites, they may charge you a fee to apply.

You can use your card to access medically necessary state-provided healthcare when you're visiting an EU country.

Medically necessary healthcare means healthcare that cannot reasonably wait until you come back to the UK. Whether treatment is necessary is decided by the healthcare provider in the country you're visiting.

Medically necessary healthcare includes things like:

- emergency treatment and visits to A&E
- treatment for a long-term or pre-existing medical condition
- routine medical care for pre-existing conditions that need monitoring
- routine maternity care
- oxygen therapy and kidney dialysis

You can use a new UK EHIC while visiting:

- an EU country
- Norway
- Iceland
- Liechtenstein
- Switzerland

The EU countries are:

Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and Sweden.

SEPTEMBER 2021 GENERAL KNOWLEDGE QUIZ ANSWERS

1. Russia
2. Hanz Zimmer
3. 118
4. Silverstone
5. Iron Man
6. Sting
7. 12
8. Green
9. Naples
10. Marilyn Monroe
11. Jonas Brothers
12. Four
13. Denmark
14. They both drowned at Roxy's wedding in the hotel pool on New Year's Day
15. Dave
16. 1955
17. the Treasury
18. Portuguese
19. Leonardo da Vinci
20. Red


**BRITISH
HIERARCHY
OF NEEDS**

