

# WEST WOLDS



"Learn , Laugh and Live"

## July 2020 Newsletter

### Issue 83

Thanks for all contributions, these are very well received, I will endeavour to get them in within the limited space available. *Terry Francis (Editor)*

### Chairman's Report

Dear Members

WELCOME to your West Wolds U3A Newsletter which you will see is this month mainly populated by articles from you, our members, and thank you so much for putting pen to paper for all our membership to enjoy. Keep your articles coming folks and we will get them all in when we can.

We will be producing the newsletter on a monthly basis whilst we remain in lockdown and plan to send it out via email and post the middle week of each month so if you have anything for August's edition please send it by MONDAY 3rd AUGUST to our news editor on [newsletter@westwoldsu3a.org](mailto:newsletter@westwoldsu3a.org) or if you don't have access to email give me a ring on either of the numbers below.

Having not had any response from our membership as yet regarding my plea for you, our membership, to put yourselves forward to volunteer for a place on YOUR committee I am asking again if there is anyone out there who could be a part of a worthwhile team of WWU3A members who run this organisation we all benefit from and take part in.

Please contact me on any of the contacts below for an informal chat, it would be lovely to hear from you.

I'm keeping my insertion in our newsletter brief this month as we have had such a great response from all of you with your articles, so keep them coming so my bit can be short (but sweet) every month!

Stay safe and well.

*Linda Brighton, Chairman, West Wolds U3A*  
**Contacts: 01673 843925 07762385929**  
[lindabrighton121@gmail.com](mailto:lindabrighton121@gmail.com)

### Theatre Visits.

Hello Theatre Goers,

In these strange unprecedented times, so many areas of our world have been lost to us all. Our Theatre visiting is one such area. Theatres are really struggling with so many cancellations and postponements. Booking Offices are closed and a few individuals have the mammoth task of rolling over bookings, from their home computers. Many Theatres have appealed for people to donate their tickets to help the Theatres survive.

Most of the shows that were booked for our U3A, have now been rolled over to dates in the future. This has happened several times so I have spoken to most of our Theatre group each time with the new dates that have now been changed again. The latest dates for most shows have now all been moved to 2021.

The 2 shows that have been booked and paid for are...

#### THE GOVERNMENT INSPECTOR

Originally booked for Wednesday 8th April, then moved to Wednesday 7th October is hopefully now... WEDNESDAY 10TH MARCH 2021.

#### OLIVER.

Originally booked for Thursday 14th May then rebooked to Thursday 10th September, is now... THURSDAY 13TH MAY 2021.

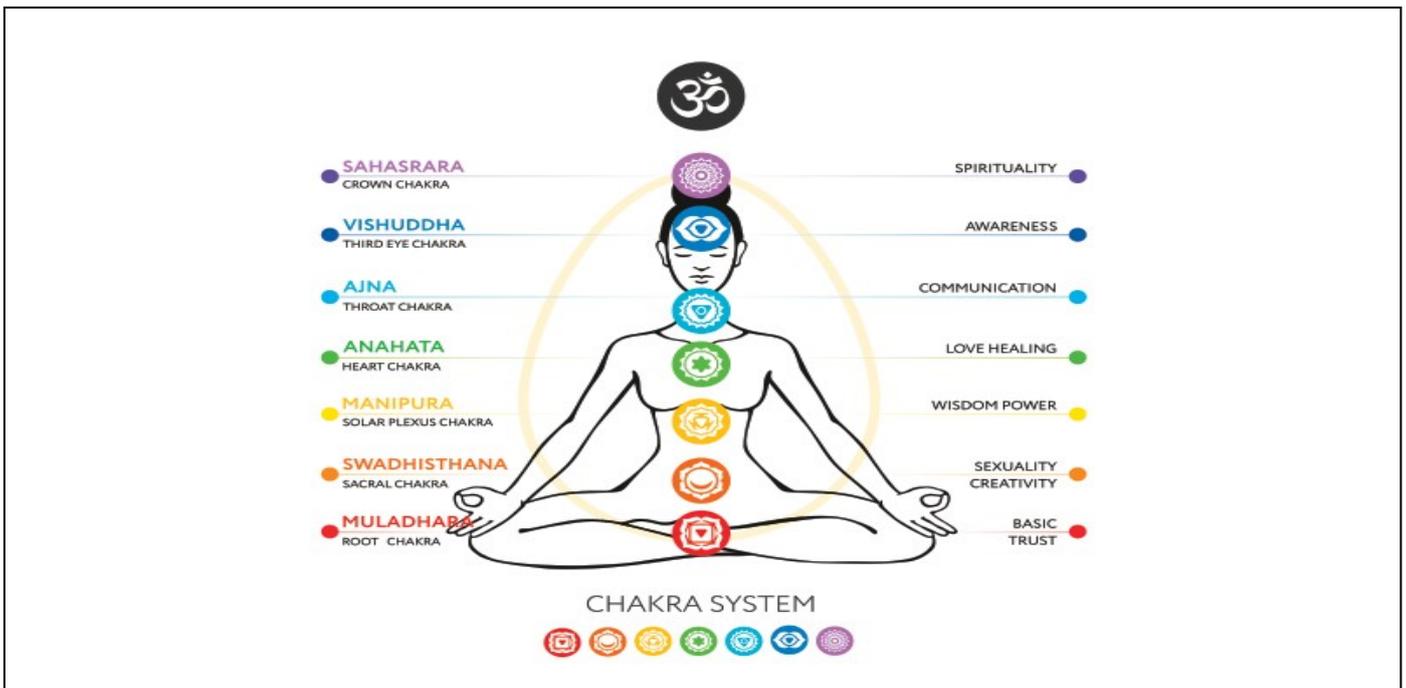
No news yet about THE GONDOLIERS.

Frances Brindle, the Assistant Theatre Manager at Louth Riverhead Theatre sends her apologies, and asks that we bear with them during this difficult time. She says that she finds the empty Theatre a very sad place.

I can only add my apologies for all this inconvenience. I will be in touch with each of you when there is further news.

*Cath Whelan contact 01673 843820*

## The Sound Of Music



The Lincolnshire Wolds are indeed alive with the sound of music - you must have noticed the birds are more vocal and singing longer, louder and more beautifully than ever before. Nature is benefitting in many differing ways from less human noise and light pollution during the current lockdown. Years ago, with friends, I enjoyed composer and musician James D'Angelo's weekend course on the Healing Power Of Music, held at Glastonbury. We were lucky to be able to make music on many different instruments, including ones he had crafted himself.

Each note of the harmonic scale 'doh, ray, me' etc is paired with one of the seven corresponding chakras, the energy centres of the human body. There are more chakras above the head, but mainly healing, of any sort, works on these seven main ones. Each chakra represents a body part so starting at the head with the crown chakra, moving down the body, next is the third eye chakra, the throat chakra, heart chakra, the solar plexus chakra, the sacral chakra ending with the base chakra.

Basically, the head chakra governs the intellect, the third eye the intuitive, the throat represents the ability to vocalise and communicate, through singing and speech, the heart is about giving and receiving love in a myriad of ways, the sacral chakra is situated roughly in the stomach area and represents an individual's emotions. Last but not least, the base chakra governs our physicality and groundedness.

As these chakras are energy centres and meridians carry energies around the body, the flow of energy can become depleted at times if a person is unwell. Various healing modalities, such as Reiki healing or acupuncture are used by practitioners to release and balance the chakras through attunements, restoring the flow of healthy energy within the body. Drumming and singing bowls, sound baths, listening to music' all work in similar ways as each note or combination of sounds resonate within the chakras to restore well-being. When we listen to bird-song it has the same effects.

My musical tastes are quite eclectic, but for fellow-lovers of the classics I recently discovered the excellent cellists Stepjan Hauser, and the 2Cellists, of which he is one half. Their concert videos are on YouTube, Hauser's latest entitled 'Alone, Together' was set amongst the beautiful waterfalls of Krka National Park, his Croatian homeland. Happy listening!

*Susan Flower*

### West Wolds Warblers

If anyone goes past my house on a Wednesday afternoon and catches sight of me sitting at the table supposedly singing to myself they may think I am mad, I'm not mad, just glad to be able to sing along for a couple of hours with the Online Warblers. We have songs from the forties onwards so there is something to suit everyone, so thanks Terry and Julia for what you have done to keep the group together.

*Stephanie Fox*

## THE U3A GERMAN LANGUAGE GROUP. Visit to the Czech Republic. – Part 1

On the 1st of June 2015, fourteen U3A members were travelling on a mini bus to Newark railway station. For months now, David had been planning, buying railway train tickets, booking hotels and arranging taxis or mini buses. At Newark station they told us that our train was delayed for about an hour, due to engine failure. It was a pleasant warm day and eventually the train took us safely to Kings Cross station in London. But across at St. Pancras station, we encountered uproar and total mayhem.

All Euro Trains to Paris and Brussels had been cancelled, due to an "Incident" on the line between Ashford and Folkestone. It was 5 hours later, when the tannoy announced that a woman had been killed on the line. But now all trains were running again. Although there had been hundreds of passengers waiting, there was no disorder or panic. Even though additional coaches had been added, many passengers had to stand or sit on their luggage. When we arrived in Brussels at 22.00, we found our train to Cologne had long gone. Euro Star officials very efficiently booked our party into the nearby Pullman Hotel to spend the night. David had to go and change our train tickets for a early train next morning.

Tuesday 2. June.

At 6.15am we were on our way to Cologne. Because we had missed our train last night, we missed our dinner and stay at the hotel in Cologne. Now here, we had just time for a quick sandwich at the station, before we left at 9.48am on our scheduled train to Berlin and Prague. It was very warm, so we had to change our clothing. In Berlin we had just enough time to change trains.

At the station in Prague, 2 mini buses were waiting to take us to the Atlantic Hotel in Novy Mesto. It had been a long day travelling.

Wednesday, 3. June.

Here it was warm, very warm; shirt sleeve weather. After breakfast a mini bus took us to the Old Town Square. A guide, a smart young woman, a student, speaking perfect English, took us on a 6 hour long walking tour to see all the sights, just breaking for lunch before we embarked on a boat ride on the river Vltava. We were really tired, but we did enjoy our day.

Thursday, 4. June.

It was stiflingly hot! After a late breakfast, we slowly walked to the Old Town Square. From here a Bimmelbahn, (a miniature train) took us all over the city to see the sights in comfort. That was really enjoyable. We ate our lunch, sitting in front of the famous horoscopolical clock, watching the figures rotating to the twelve strikes of the bell. After lunch, we went by tram and a funicular railway to the highest point at the edge of the city. Here in beautiful parkland, crowds of people were enjoying the walks, the cafes and ice cream parlours. It was hot so we drunk some cool Radegast beer.

Friday, 5. June.

After a humid, sweaty night and a hurried breakfast, a mini bus was waiting to take us to the station. At 10.07am, the train left Prague and we travelled to Novy Jicin. Everyone was wondering what it will be like in the land of, " Back of Beyond", as they call it. But we shall see!

At Hranice and Suchdol we changed on to local trains. It was uncomfortably hot in these carriages. Taxis were waiting at Novy Jicin station and very soon we arrived at the Graphic Hotel, in a newly developed area. It was a lovely place with homely and helpful staff. All of us were gasping for a drink. After we settled in, they served us the famous, local "Radegast" beer. Refreshed, our group slowly wandered towards the town centre. First we had a look at the nearby College, where I studied; then past the castle, which is now a museum. Opposite is the smart, renovated hotel Praha, which was the Gestapo headquarters, where I was interrogated, arrested and imprisoned in the cellar. Then we walked through the ornate West archway into the town square.

All of us trooped into the information office, the former hotel London. Here I used to have my daily meals, a packed lunch and an evening meal. After everyone had got the information they needed, outside, we sat down at tables and had a drink. Once back at the hotel, they had arranged a beautifully decorated dining table for our dinner. So in spite of me having had a few doubts beforehand, all of the group agreed that it was another winner.

*Joe Willisch*

**See Part 2 next month**

## Songs to keep us laughing during the dark days

1. Ac-Cent-Tchu-Ate The Positive - Bing Crosby & The Andrews Sisters
2. Happiness – Ken Dodd
3. Always look on the bright side of life – Eric Idle
4. There's a good time coming. Though it's ever so far away (Old Pantomime song)
5. Love is something if you give it away (The Magic Penny) - Malvinas Reynolds
6. Dem Bones, Dem Bones, Dem Dry Bones (when my osteo-arthritis is very painful)
7. I'm H.A.P.P.Y
8. The sun has got his hat on – From Me & My Girl.
9. It's a hap, hap, happy day. – Arthur Askey

Do you remember when more child friendly songs were introduced to primary schools, courtesy of BBC Radio, here are some

1. One more step along the world I go
2. Autumn days when the grass is jewelled (This talked about jet planes being refuelled in the air and the last verse (always sung with gusto) ended with 'and a win for my home team)
3. He's got the whole world in His hands.
4. Dance, then, wherever you may be ( Lord of the Dance)
5. Oh Lord, all the world belongs to you.
6. Give me Joy in my heart (sing Hosanna)
7. Kum by yah
8. If I had a hammer
9. When I needed a neighbour, were you there, were you there ( Very appropriate for these days)

*Cicely Maycock*

## Latin and lockdown

Our group has been keeping in touch via e-mails. The teacher sends 3 e-mails a week. One of them sets out the homework for the week, another has the answers for the previous week's homework. The third one is a personal message. The group members have been in touch individually as friendships have remained strong. The main bond has been laughter. One of the group is considering knitting a balaclava, not as protection from Covid 19 but as a disguise , because lockdown has played havoc with her hair.

*Gwen Parsons*

## Quiz Answers for last issue

1. Living Doll
2. Sir John Franklin
3. Mallard
4. Ardnamurchan Point
5. Thurso
6. Robbie Williams
7. 1815
8. Answer JMW Turner
9. Sir Frank Whittle
10. Buttercup
11. George Martin
12. Chartwell
13. Idlewild
14. Feb 1971
15. Tony Hancock
16. Ken Loach
17. Molly Sugden
18. All places on historic Route 66
19. Northamptonshire.
20. Edward Elgar

*Paul Ettridge*

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Opening the West Wolds website homepage, look for the area shown on the right.. Enter your email address and click on the 'Receive Updates' button. You will receive an email from Wordpress, which refers you to opening your account. Make sure you click the link shown.

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