

WEST WOLDS

u3a

"Learn, Laugh and Live"

Website: www.westwoldsu3a.org

April 2022 Newsletter

Issue 104

Thanks for all contributions, these are very well received, I will endeavour to get them in if possible. *Terry Francis (Editor)*

newsletter@westwoldsu3a.org

CHAIRMAN'S REMARKS

Beautiful March weather has made outdoor activities much more pleasurable. It is a shame that the Strollers Group has not been able to restart because no one would take over from Cynthia. Each walk was led by someone from the group, so the overall convener did not have to do this but only make sure there were walks for the year at a planning meeting. I saw parts of Lincolnshire I would never have explored whilst I was a member of this group and got to know lots of people I had never met before.

My activities are still available to me since those conveners have agreed to continue. I am still running the Drama group which I started in the early months of my membership, nearly eleven years ago now. You do not need to be a long-standing member of u3a to lead a group. The committee will help you set up a group and we have a mentoring system to help new conveners. In May we will be showcasing some of our groups which would love new members to join them and asking members to suggest new groups they would like to join or even lead.

We continue to advertise our u3a on Facebook, in magazines, posters and the Market Rasen Mail and at events like the markets. Lincolnshire publicity however, for various associations and events, is often most effective if someone talks to someone else, since that jogs their memory of something they have already seen. So do continue to tell people about u3a, no matter what age they seem because they may pass the information on to someone who would like to join.

Best wishes

Gail Dennis, Chairman

SPEAKER PROGRAMME 2022

12th May – Martyn Fuller 'Recycling Facts & Fictions- How Your Bin Can Save The World'



Veolia are innovators committed to focusing on carbon reduction by preventing pollution, preserving natural resources, protecting biodiversity, combating climate change and raising environmental awareness.

9th June 'Age UK - Get Involved!'



Age UK Lindsey is an independent local charity, working to promote and improve the well-being of older people in East Lindsey, West Lindsey and North Lincolnshire. Katie and Lin will talk us through their initiatives and projects.

14th July Celia Lord 'So You Think You Know Lincoln Cathedral'



Find out what you don't know about our best known landmark.

CHANGES TO OUR GENERAL MEETINGS FROM APRIL 2022

Due to increasing costs, particularly for the hire of the Festival Hall for our monthly meetings, it has been necessary for the committee to consider how best to meet a potential shortfall in our funds. It has therefore been decided to increase our door fee to £1 from our April meeting onwards.

We hope that you will continue to support the monthly meetings where you can find out 'what's on', have a cuppa and a chat and hear a different subject speaker each month.

The Committee

GARDENING GROUP PROGRAMME



- 1st May: Visit to Dunholme Lodge, Dunholme. Open under National Garden Scheme.
- 25th May: Basic pruning workshop at The Fern Nursery in Binbrook. £3 p.p.
- 29th May: Coach excursion to Helmingham Hall Gardens and Plant & Artisan Market.
- 21st June: Visit to Overbeck, Scothern. Private garden of John & Joyce Good **(NEW)**
- 24th/27th June: A four-day holiday to The Lakes, visiting gardens and staying in the Riverside Hotel in Kendal.
- 19th October: Monthly meeting. Peter Williams
People, Plants, Places.
- 20th December: Monthly meeting. Janette Merillion,
garden designer "The sensual garden".

As shown above, on Sunday, 29th May we have organised a coach excursion leaving from Tesco's in Market Rasen. We are hoping for lovely weather!

You don't have to be a member of the Garden Group to attend and there will be something for everyone on the day we have chosen. There will be an artisan market, a plant fair from visiting nurseries and of course lovely gardens to walk around. You can take a packed lunch or buy lunch from one of the food pop-ups in the garden.

The cost which includes the cost of the coach, a tip for the driver and entrance to Helmingham Hall is just £45.00. For more information please contact Jane on 07971277482 or jane.m.guy@gmail.com

The holiday in June is for four days to the Lake District and again there are still some seats available on the coach. If you would like more information, please contact Jane as below.

To join the group, or for any other garden enquiry please contact me by phone

**Jane Guy: telephone 0797 1277 482,
email gardening@westwoldsu3a.org**

LOCAL HISTORY GROUP 2022 PROGRAMME.

- May - 10th. "The Falklands and Operation Blackleg" - David Oliver.
- June - 14th. "Railways of Lincolnshire" - Alan Stennett.
- July - 12th. Visit to Lincoln Cathedral, guided by David Oliver.
- August - 9th. Visit to the Joe Nickerson's Gallery at Rothwell - Paddy Schilling.
- September - 13th. "Discovering Cleethorpes"
A guided walk around Cleethorpes by Emma Lingard
- October - 11th. "The Louth Industrial Trail" - Stuart Sizer.
- November - 8th. "The Effects of the railway coming to Market Rasen" - Hazel Barnard.
- December - 13th. Christmas Quiz - Paul Ettridge.

For information about any of these talks or visits contact **Paul Ettridge telephone 01472 398921**
Email groupcoordinator@westwoldsu3a.org

LEARN HOW TO PLAY GOLF CROQUET



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The Croquet season begins again after 5th April and will take a week or so to get going again. Bob Potter, Woodhall Spa, croquet convenor has offered some coaching sessions for those who want to play in the forthcoming tournament.

The Wood Hall Spa U3A group meet at the Jubilee Park Lawns, Woodhall Spa every Tuesday morning at 10.15 a.m. till the end of October when the season ends. All equipment will be provided. Participants just need to wear casual clothing with flat soft soled shoes. Cost is £4 per session when participating with Woodhall Spa U3A members and lasts about 2 hours approx.

Anyone wishing to have some coaching sessions (4 West Wolds U3A members at each session) should email Bob direct dadannepotter@gmail.com The date of the tournament is still awaiting Woodhall Spa Croquet Club to set their fixture list.

Anyone who wishes to participate in the tournament contact Shirley.fuller60@gmail.com or 07810845178. or Shirley.fuller60@gmail.com

INCREASING OUR MEMBERSHIP

Can any members suggest any places in your villages around Market Rasen where we can place general u3a posters and Speaker Posters where people congregate, to advertise the West Wolds u3a.

Please let the Publicity Officer, Gary Beighton, know of any suggestions and whether you are willing to take a poster at the General Meeting to be put up in your village or area.

WALKING GROUPS NEXT MONTH'S WALKS

- | | |
|------------|---|
| May 4th: | Willingham Woods-Tealby
Leader – Rachel Telfer |
| May 11th: | Mkt Stainton 3-4 miles
Leader – Roger Thwaites |
| May 17th : | Snipedales
Leader – Yvonne Heathershaw |
| May 24th: | Goltho – 3 Miles
Leader – Sharon Rupp |

HEALTH ISSUES

If you have a hearing or sight issue, or any other health issue that you feel we may be able to help you with whilst attending a group or the general meeting, please speak in complete confidence to a committee member.

Catering Helpers Rota

May

Serving:: Keith Grayburn
Bess Scott-Gunn
Kitchen: Linda Grayburn
TBA

June

Serving:: Alison Lang
Christine Pearce
Kitchen: Vera Brisban
Mike Newton

Greeters Rota

May

Mary Orphanoudakis
Marguerite Hopkins
Kate Roberts

June

Gillian Anderton
Barry Dukes
Eunice Hughes

DIGITAL PHOTOGRAPHY GROUP- MARCH PICTURES OF THE MONTH

Furry Caterpillar – Suzanne Barker



Jazzy Umbrellas – Marion Blackstock



Reflections in Milton Keynes – Steve McCarthy



For more wonderful photos taken by the group look at our Photo Challenges page on the West Wolds u3a website, or why not come and visit our Showcase table at the May General Meeting where we will have some of our best photos on show and one of our members will happily talk to you about the group.

We normally meet at 2pm on the first Monday of the month at the New Life Church, but due to May bank holiday our next meeting will be the 9th May.
Terry Francis

LINCOLNSHIRE POLICE CYBERCRIME

On Monday 4th April Danny & Justin from Lincolnshire Police Cybercrime unit ran a workshop for members to improve security on their phones and tablets.

The session began with a presentation explaining what 2-factor Authentication means and how this protects us. They went on to demonstrate how quickly scammers can break passwords using the example of the common types of words people use (eg their pet's name), to examples of secure passwords that would take trillions of years to break but which are very easy to adopt.



Helpfully, Danny & Justin showed us how to securely store all our passwords on our devices, so there is never a need to write them down.

The session then proceeded on a 1:1 basis with tailored tuition and an opportunity for members to ask related questions.



Thanks to all who came and supported the event.
Sharon Rupp

MEMBERSHIP OF WEST WOLDS U3A

Some good news! Since the outbreak of the Covid Pandemic our numbers have dropped for many different reasons - a lot can happen in two years, particularly as we all get a bit older. However, I am pleased to say we are back up to the same number of members now as we were before Covid which is excellent.

We know the best way of recruiting new members is for our members to bring along a friend to one of our monthly meetings to give them a taster of what we have to offer and with our May meeting showcasing some of the groups members can join now is a good time to 'ask a friend' along. It will be great if you can!

For more information on membership please contact me on 07971277482 or jane.m.guy@gmail.com

GIFT AID

If you are a tax payer, donating through Gift Aid means the West Wolds u3a as a charity can claim an extra 25p for every £1 you give. It will not cost you any extra and enables us to keep our fees down and make the u3a more viable

You need to make a Gift Aid declaration for the charity to claim. You do this by signing the box on page 2 of our Membership form - so when joining the u3a or renewing your membership, please ensure you sign this box. If you haven't already done this when renewing this year, please contact Jane Guy to let her know you would like to give us permission to reclaim Gift Aid on your subscription.

The Committee

INDOOR BOWLING

This is a group run by Catherine Whelan, although Jane Guy is running it at the moment while Catherine gets her health back. The group has been meeting through the winter months every Thursday afternoon for a game of bowls. It is a lovely group of like-minded people; a sense of fun, sometimes competitive and always with some very gentle exercise. Most of the members have since joined Dunholme Bowls Club as they can then use the facilities whenever they like.

The group is closing now for the summer months but will be open again on the second Thursday in September. New members are always welcome.

Jane Guy

DISCUSSION GROUP

We are actively looking for new members to join this relatively new group. We meet on the third Thursday at 2pm at a member's house in Market Rasen where tea, coffee and cake are provided.

It's a lovely friendly group and so far we've had discussions on:

Do GP's surgeries need to reopen fully?
Is the internet taking over?
Verbal and sexual abuse?

Please join us you will be given a very warm welcome .

Our next meeting is Thursday the 21st of April. Please contact Angie on angewilson55@gmail.com or 07821140761

GROUPS DISCLAIMER

Please be aware that now groups or activities have recommenced, it is your responsibility to take care of your own health and safety when participating in any u3a activities, and ensure that any current Government guidelines around Covid are adhered to.

The Committee

Changes of Circumstance

If you have any changes of circumstance, e.g. change of address, telephone or email, or a death of a member, please let the Groups Co-ordinator and Membership Secretary know by phone or email.

COMMITTEE & MANAGEMENT RESPONSIBILITIES 2021/2022

Chairman and General Meeting Coordinator

Gail Dennis Tel: 01673 843575
chairman@westwoldsu3a.org

Vice Chairman

Jane Lloyd Tel: 01673 843078
vicechairman@westwoldsu3a.org

Treasurer

Terry Francis Tel: 01673 842088
treasurer@westwoldsu3a.org

Business Secretary, Speaker Finder

Sharon Rupp Tel: 07803 694889
secretary@westwoldsu3a.org
speakerfinder@westwoldsu3a.org

Membership Secretary and Safeguarding Officer

Jane Guy Tel: 01673 885415
membership@westwoldsu3a.org

Groups' Coordinator

Paul Ettridge Tel: 01472 398921
groupcoordinator@westwoldsu3a.org

Newsletter Production Editor and Technical Support

Terry Francis Tel: 01673 842088
newsletter@westwoldsu3a.org

Publicity Officer

Gary Beighton Tel: 01673 849364
publicity@westwoldsu3a.org

Secretary to

East Lincs. Neighbourhood
Shirley Fuller Tel: 01673 885948
eastlincs@westwoldsu3a.org

Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244
rachetelfer1@hotmail.co.uk

Greeters Coordinator

Caroline Dale Tel: 01673 844142
ginger.mike29@btinternet.com

Welfare

Mandy Murphy Tel: 01673 565295
Mandy.murphy1396@gmail.com

Website Administration

Steve McCarthy Tel: 01673 308364
webadmin@westwoldsu3a.org

How to Subscribe on the West Wolds website to receive updates and notice of New Posts by email.

Opening the West Wolds website homepage, www.westwoldsu3a.org, 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.

Back copies of all Newsletters can be seen on the website.

Sign Up For Updates

Enter your email address to get updates from Westwolds U3A and receive notifications of new posts by email.

Join 93 other subscribers.

Recent Posts

Here is the Interest Groups Monthly Timetable as shown before the Lockdowns, please contact the relevant Group Convener shown overleaf to ascertain if the group is running, and times and where they meet.

Conveners, please check the days and times for your group are correct and let me know if any changes are needed. *Terry Francis (Editor)*

INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1st	14:00 Bridge 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers 14:30 Table Tennis	10:00 Family History 14:00 Backgammon 14:30 Spanish 14:30 German	10:00 Country Walks 10:00 Cycling (Short Rides) 10:30 Strollers 14:00 West Wolds Warblers 14:00 Canasta	10:00 Beginners Italian 10:00 Patchwork * 10:00 Keep Fit 14:00 Indoor Bowls 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble 14:00 Discovery Group
2nd	14:00 Bridge 14:00 Recorders 14:30 Table Tennis	10:00 Local History 10:00 Beginners Family History 14:30 Spanish 14:30 German	10:00 Embroidery 10:00 4 Mile Walkers 10:00 Cycling (Short Rides) 12:00 Luncheon Group 14:00 Poetry	09:45 GENERAL MEETING Festival Hall Market Rasen 14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)
3rd	14:00 Bridge 14:00 Digital Photography 14:30 Table Tennis	10:00 Country Walks 10:30 Strollers 14:00 Embroidery 2 14:30 Spanish 14:30 German	10:00 Telling our Stories 10:00 Cycling (Short Rides) 14:00 Readers Group 1 14:00 Gardening Group	10:00 Italian 10:00 Keep Fit 10:00 Patchwork * 14:00 Indoor Bowls 14:00 I.T. Workshop 14:00 Discussion Group 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble* (*And 5th Friday of the month, if there is one)
4th	14:00 Bridge 14:30 Table Tennis	10:30 3 Mile Walkers 14:30 Spanish 14:30 German	10:00 Embroidery (*Last Wednesday of month) 10:00 Cycling (Short Rides) 14:00 Rasen Book Group	10:00 Cross Stitch 10:00 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Indoor Bowls 14:30 Drama	10:00 Latin 10:00 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides)* (*And 5th Friday of the month, if there is one) 14:00 Mah Jong

INTEREST GROUP CONVENERS

BACKGAMMON

Bill Roberts 01673 842703

BIBLICAL HEBREW

Alison Atkinson 01673 849979

BRIDGE – New Convener required

TBA - New Convener required

CANASTA

Jan Watkins 01673 308791

CARD MAKING

Ginny Beard 01673 844432 / 07980 209642

CROSS STITCH

Audrey Storey, 01673 849625

CYCLING

Gordon Jennings 0794 8881121

DIGITAL PHOTOGRAPHY

Pat Hage 01673 849447

DISCOVERY GROUP

Mary Howes 01673 849554

DISCUSSION GROUP

Angela Wilson angewilson55@gmail.com

DRAMA

Gail Dennis 01673 843575

EMBROIDERY

Pat Hage 01673 849447

FAMILY HISTORY

Jacqueline Reid 01673 849490

FAMILY HISTORY - BEGINNERS

Jacqueline Reid 01673 849490

GARDENING

Jane Guy 0797 1277482 / 01673 885415

GERMAN

Gary Beighton 0758 2227856

INDOOR BOWLS

Jane Guy 0797 1277482 / 01673 885415

ITALIAN (for beginners)

Patricia Spolton, 01673 828568

I.T. WORKSHOP

Steve McCarthy 01673 308364

KEEP FIT

Dawn Stopper 01472 851133

LATIN

Gwen Parsons 07749 044413

LINE DANCING – NOT CURRENTLY MEETING

Margaret White 01673 849274

LOCAL HISTORY

Paul Ettridge 01472 398921

LUNCHEON GROUP

Caroline Dale 01673 844142

MAH JONG

Jacqueline Reid 01673 849490

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

READERS GROUP

Audrey Storey 01673 849625

RASEN BOOK GROUP

Kathryn Wade 01673 849487

RECORDER GROUP

Geoff Goddard 01673 842287

SCRABBLE

Audrey Storey 01673 849625

SPANISH

Sandra Dean, 01507 313934 / 0773 4456213

TABLE TENNIS – NOT CURRENTLY MEETING

Brian Siddown, 01673 860433

THEATRE VISITS

Jane Lloyd 01673 843078

TRIBUTE BANDS

Phyl Murray 01673 838543

TURKISH DELIGHT DESERT DANCERS

Gillian Anderton 01673 844382

UPHOLSTERY AND FURNITURE

RESTORATION – CLOSED DOWN TIL SPRING

Gail Dennis 01673 843575

THE WEST WOLDS UKULELE GROUP

Tim Hirst, 01673 849571

WEST WOLDS WARBLERS

Terry & Julia Francis, 01673 842088

THE 3-MILERS

Ken Howitt 01652 678490

THE 4-MILERS

Ken Howitt 01652 678490

THE COUNTRY WALKERS

Ken Howitt 01652 678490

THE STROLLERS – New Convener required

TBA – New Convener required

THE 9-MILE HIKERS – New Convener required

TBA – New convener required

Have a look at our Facebook page for interesting information, share it to all your friends, to increase our membership.



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