WEST WOLDS

u3a

"Learn, Laugh and Live"

Website: www.westwoldsu3a.org

October 2024 Newsletter

Issue 134

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

newsletter@westwoldsu3a.org

CHAIR'S REMARKS

Hello everyone

Autumn is officially here. I find it a great time to take stock of my admin and make sure everything is up-to-date. One thing I would ask you all to consider is the groups you belong to. If you have joined a group but no longer wish to attend please let the group leader know so they can remove you from their register.

We continue to grow and develop as an organisation and hopefully we remain open to suggestions from you, the members, on how we can improve. We should never forget that the ethos of the u3a is "by the members, for the members" and as a member you have an important role to play in maintaining a wonderful organisation. Please share your thoughts with us.

Have a great month.

Steve McCarthy, Interim Chair, chair@westwoldsu3a.org

FRONT DESK ROTA VOLUNTEERS

The volunteers to sit with Sheila Nash on the front desk for the next meetings are :-

10th Oct. — Steve Field 14th Nov. — Norma Willis 12th Dec. — Bess Scott Gunn

Sheila volunteers to do the role herself most months when she is available, and will contact people by phone or email to get them to sit alongside her or take over when she is not available.

If anyone else is happy to be added to the list, please let me know.

Sheila Nash

MEMBERSHIP RENEWAL FOR 2024-25

We are down to the last 50 members who have yet to renew their membership, which runs from September 1st to August 31st, we hope you continue to support the West Wolds u3a next year with all that we can offer. However if you do not wish to renew, please let me know as soon as possible.

You can pay for your 2024-2025 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings. For details, you will need to download and fill in a new 2024-25 Membership form, see online on our website, or available to pick up at the meetings, and return it to the Membership Secretary as detailed on the form.

Alternatively, you can now fill in the online Membership form on our website which sends your details directly to the email address membership@westwoldsu3a.org
We do need you to complete a form each year so that we can ensure that the data we hold against your name is correct and up to date.

The Membership fee for September 2024 to August 2025 has remained the same as last year for Individual and Joint membership, but we have decided that Associate Membership need only be £5:-

£18 for Individual membership £34 for Joint Membership £5 for Associate Membership.

If you do not renew by the November AGM meeting we will take it that you do not wish to and will remove you from the Membership, this means you will not be allowed to go to any further groups or General Meetings.

Terry Francis, Treasurer & Membership Secretary

SECRETARY'S NOTEBOOK - OCTOBER



The AGM

The aim of the AGM is to provide our committee the opportunity to explain their management of the charity to the members via the Chairman and Treasurer Report, and Financial Statement.

It also provides the members with an opportunity to ask questions before voting on any business items on the agenda. The most important of these is to accept the Financial statement and vote for a new Committee to manage West Wolds u3a for the coming year.

In order for these decisions to be made the meeting must be quorate, in other words 20% of the membership must be in attendance otherwise the AGM will have to be rescheduled.

In preparation for the AGM, the Secretary must circulate the following documents to all members 21 days beforehand: the Agenda, the examined end of year accounts (Financial Statement), Minutes from last year's AGM, and a list of proposed Committee members. This year we will include a personal statement to accompany the nominations so that members have more information with which to make a decision.

We would appreciate it if all members can attend to vote on these important matters.

Thank you Secretary on behalf of the Committee

PAT TESTING

I have arranged a PAT testing session in the Festival Hall

Committee Room on Wednesday 20th November from 09:00 to 12:00. All electrical equipment used for groups in venues such as the Festival Hall or New Life Church etc. must be PAT tested and certified every year. Please bring your equipment on the day or contact me to arrange to let me have it before the date.

Terry Francis

MEMBER CODE OF CONDUCT

As we are at Renewal time, it is a good opportunity to remind all members of the Code of Conduct which clarifies the standard of behaviour expected from each u3a member and is relevant to all.

- Members must always act in the best interests of West Wolds u3a and the u3a Movement, strive to uphold its reputation and never do anything which could bring their own, another u3a member, another u3a or the u3a Movement into disrepute or expose it to undue risk.
- Members are expected to use West Wolds u3a's resources responsibly and use them only to further its stated charitable objects/purposes.
- Members are expected to respect the current organisational policy of West Wolds u3a, regardless of whether it conflicts with their personal views.
- Members are expected to abide by West Wolds u3a's procedures and practices.
- Members are expected to treat each other with dignity and respect at all times.

Related Documentation available from the website or any Committee member:

- Principles of the u3a
- Complaints Policy
- Disciplinary Policy

ADVANCE NOTICE OF THE GROUP LEADERS AND VOLUNTEERS THANK YOU EVENT





This will be held on Wednesday 30th October 2024

At Market Rasen New Life Church Main Hall

Group Leaders Meeting starts at 2pm

Followed at 3:15 pm by the arrival of remaining Volunteers, when Afternoon Tea will be served for all.

Invitations have been sent but many have not replied yet. Please RSVP as soon as possible as final numbers have to be sent to the Caterer on 11th October.

Secretary on behalf of the Committee

Would your electrical appliances

<u>25TH ANNIVERSARY CELEBRATIONS</u> - IMPORTANT INFORMATION



Games Afternoon at Market Rasen New Life Church. Monday 21st October 1-4pm. A wide variety of board games will be available, or bring along your favourite.

Refreshments included £2

For those of you who would like to take part in this 25th Anniversary Games afternoon it would be appreciated if you could please buy your tickets at the next Thursday u3a meeting on the 10th October, I have to sell a minimum of 5 more tickets in order to go ahead with this event. Many thanks.

Payment in cash. See Pam Britton

You will need to sign up for this event **chair@westwoldsu3a.org**



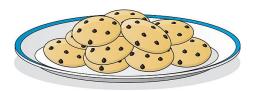


AT THE MONTHLY
MEETING, TEA & COFFEE IS
SERVED FROM
9.30 - 10.15.

PLEASE REMEMBER THAT THE CATERING STOPS SERVING AT 10:15, PLEASE ENSURE ALL CUPS ARE RETURNED TO THE KITCHEN BY THIS TIME.

THANK YOU FOR YOUR CO-OPERATION.

IF ANYONE NEEDS HELP CARRYING THEIR DRINK TO THEIR CHAIR, PLEASE ASK ONE OF THE CATERING TEAM.



Greeters Rota

November

Brian Ward Mary Orphanoudakis Marguerite Hopkins

December

Penny Nott Lucie Kew Pam John

Caroline Dale is asking if anyone would like to be a greeter, please contact her at the meetings or on 01673 844142.

Catering Helpers Rota

November

Serving:: Bess Scott Gunn

Penny Nott.

Kitchen: Valerie Wright

Eileen Bedford

December

Serving:: Jane Bridger

Stephanie Fox

Kitchen: Bernadette Heald

TBA

Rachel is looking for members who would like to volunteer to help with catering at future meetings, please contact her at the meeting.



ADVANCE NOTICE OF THE AGM

The 26th Annual General Meeting of the West Wolds u3a will be held on Thursday 14th November 2024 at Market Rasen Festival Hall at 10.30am.

Committee Nomination Forms will be available at the September General Meeting and should be submitted by Thursday 17^{th} October to the Secretary.

Members are invited to submit proposed and seconded motions for the Agenda by 3rd October to the Secretary on secretary@westwoldsu3a.org

Relevant paperwork will be sent to all members on 24th October and there will be 7 days in which to submit any questions in writing.



AN EARLY DATE FOR YOUR DIARY: West Wolds u3a Christmas Lunch at the Kings Head, Tealby on Thursday 12th December 2024

Tickets will go on sale at the October and November meetings.



Christmas Lunch Menu

The Kings Head, Tealby
Thursday 12th December 2024
Lunch is booked for 1.00. pm please be seated by 12.45 p.m.

Escalope of Lincolnshire Turkey
Served with duck fat roast potaloes, chipolatas wrapped in bacon and pub gravy

Grilled Fillet of Salmon
With a tarragon, lemon and hollandaise sauce, topped with juicy tiger prawns

Leek, Wholegrain Mustard, Brie, Cranberry and Broccoli Bake

All served with a selection of vegetables

Christmas Pudding
Served with brandy sauce

Banoffee Cheesecake
Served with chantilly cream

Chocolate Brownie
Served with ice cream

Tea/Coffee

2 Courses - £21.00

(This includes a tip for the staff)

Any dietary requirements please state at point of booking
Please consider car sharing if possible

Payment please by cheque made to West Wolds u3a, cash or contactless card which will incur an extra 50p charge.

INDOOR BOWLS SESSION

The Indoor Bowls taster session on Sept. 26th was a great success, We had three teams of new bowlers, with lots of talent spotted and good fun had by all. For further information please contact Cathy Whelan.









GENERAL MEETING SPEAKER PROGRAMME 2024

10th October - "You'll Fly Laughing" by Kenneth Moore

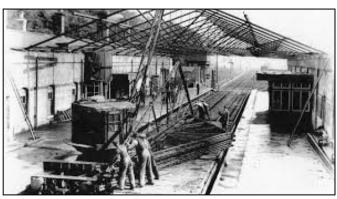
A humorous account of 34+ years as a Royal Air Force Navigator flying Shackletons, Phantom F4s, Tornados and finally AWACS.





14th November - AGM

12th December - The Arrival of the Railway to Market Rasen by Hazel Barnard





LOCAL HISTORY GROUP PROGRAMME

Meetings at Middle Rasen Village Hall

November 12th. A Talk by "The Red Arrows" - Awaiting Confirmation

December 10th. The Christmas Quiz set by Caroline Foster. A light hearted event with prizes for winners and losers.

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023 Email paulettridge28@gmail.com

THEATRE GROUP



UPCOMING EVENTS AT THE BROADBENT THEATRE.

FILM

THE ROCKY HORROR PICTURE SHOW

07:30pm Friday 25th October £10

UPCOMING EVENTS AT THE RIVERSIDE THEATRE LOUTH

BILLY JOEL 07:30pm FRIDAY 20TH DECEMBER

£23.50

Tickets will be on sale at the October meeting.

If interested please ring Cathy Whelan 01673 565608
Transport by own car/car share.

FOR ALL GROUP LEADERS

Looking for New Members? Why not tell us more about what your group does.

Write a short article or create an advert for a future newsletter.

Speak to the Group's Coordinator or Newsletter Editor to find out more

JIGSAW EXCHANGE



Are you a jigsaw fan? WW u3a member Lyn Henry has offered to set up a Jigsaw exchange/library. She has around 50 jigsaws to choose from.

If you'd like to borrow/swap or donate a jigsaw then please contact her – tel: 01673 843851.

BACKGAMMON GROUP – AT THE BISTRO

There will be an extra backgammon session at the games meeting at the New Life Church on Monday 21 October. Please book with Pam Britton who is organising the event.

For our meeting in November we will be at the Bistro, anyone wanting to join the group, please contact Bill Roberts for further details.

We are keeping to 2pm on the first Tuesday of the month.

MAHJONG GROUP





The Mahjong Group meets at the Lammas Leas Community Hall on the 4th Friday of the month.

If any members have a Mah Jong set that is surplus to requirements and destined for a charity shop, would you be willing to donate it to our group? We would be very grateful.

Contact Margaret Allerston on 01673 842247

BEADING GROUP



Would you like to join a new group to do beading? Beading involves the working of a variety of stitchwork to produce bracelets, earrings, necklaces or bookmarks etc, following patterns or being creative to produce something unique.

As always, the aim is fun, not work. Interested? Please contact Ann Hadlow on 07827 292813



CROCHET GROUP

Pat Hage is running a new Crochet Group on the 1st and 3rd Mondays of the month at 2pm in Market Rasen. Please contact her on 01673 849447 or by email on phage65@gmail.com

NATIONAL U3A FRIENDS SITE

Look at the u3a Friends site on the National u3a website at

https://www.u3a.org.uk/get-involved/u3a-friends

u3a Friends is an exciting new initiative to bring together stories and interests from across the u3a movement; to use our collective voice to change lives and to share exclusive member offers with our exclusive Friends Extra benefits program. All of these come together under the banner of u3a Friends. Signing up to the newsletter means you are up -to-date and in touch with all that's happening across the movement as it happens.

GAMES ON!



The next games meetings will take place on the 14th October and the 28th October. Venue will be at The Bistro Cafe, Market Rasen, 2-4pm. I hope you can make it.

Contact: Pam Britton on visits@westwoldsu3a.org or 01673 847750





CANASTA GROUP

The Canasta group is now in its second year. We meet every other Tuesday at Lammas Leas, Market Rasen, in the common room. From 2pm until 5pm. We are a friendly group and have 18 members at present. Not everyone comes all the time.

If you have never played Canasta before and think you might like to give it a go, come and visit us, you would also be welcome if you have played before!

If you are interested please contact us. chrispeaone@gmail.com. Or verabrisbane@gmail.com

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



DISCUSSION GROUP

Following the summer break the Group reconvened on the 18th September to discuss the most important events occurring since the start of the year. It's no surprise that we came to no common agreement, but that Elections, Wars, Climate Change, and Riots all generated lengthy discussions.

Was it significant that Climate Change was almost overlooked in the discussion? What would you want to discuss? Bring your views along to one of our meetings. The next one is on Wednesday 16th October.

Contact David Ebbage for further information on visits@westwoldsu3a.org or 01673 847750.

SOLO GROUP



The next solo group meeting will be on Friday 18th October at 2.00 p.m. in the New Life Church, Market Rasen. Our guest speaker will be a solicitor from Bridge Mcfarlane and she will be more than happy to answer any questions or queries you may have regarding Power of Attorney, Inheritance Tax and making a will etc so I would welcome your support for this presentation.

Ginny Beard

CREATIVE WRITING GROUP

Would you like to join a group of like-minded people who will support each other to create short pieces such as poems, comic verse, and stories? As always ,the aim is fun and satisfaction, not work. We are not looking to develop serious authors who seek fame and fortune. However we might just aspire to having the groups efforts appearing in this newsletter!

Interested? Want to know more? Please contact Sue Flower 01673 849188

THE WEST WOLDS GARDENING GROUP.



We welcome any new members to our group. Below is our programme. For our meeting programme we meet at The New Life Church in Serpentine Street on the third Wednesday of every month from 2 p.m./4 p.m.

Meeting Programme from September 24 to April 25

Meeting date	Speaker	Topic	
16 th October	Peter Williams	Shady characters and shy maidens	
20 th November	Rob Potterton	A labour of love	
18 th December	Quiz perhaps!	Christmas celebrations and afternoon tea	
15 th January	Alan Mason	More travels	
19 th February	Andrew Ward Gardening in a changing climate		
19 th March	Martin Fish	Propagation – plants for free	
16 th April	Hannah Sylvester	The medicine chest in your back garden	

If what you have read sounds like something you would like to do too, then please do join us for any events – but let Jane know first; jane.m.guy@gmail.com

Jane Guy

TURKISH DANCING GROUP

Just a note to inform the dancers among us, that for the time being this group will not be holding classes until maybe the New Year. Hopefully we may be able to encourage a few more to join us. In the meantime if you do fancy trying a few hip rolls, swaying and laughing, then please contact me.

Gillian Anderton 01673 844382 or 07983930019

MUSIC APPRECIATION AND RASEN BOOK GROUPS

Due to an impending house move Kathryn Wade will be unable to accommodate hosting the above two groups in future as she is downsizing.

If anyone in either of the groups can accommodate the groups in their house, please contact Kathryn to see what can be arranged.

Alternatively please contact the Group's Coordinator Gary Beighton to let him know if you are willing to help.

West Wolds u3a Gardens of Shropshire

Friday 18th to Monday 21st July 2025 - 4 days

4 Days by coach £575pp sharing £675 sole occupancy Half board Inclusive of entrance fees







Our first stop is at John's Garden, Ashford Nursery, Kingswinford. Arrive 1115 for visit and lunch (take pack up or purchase something in the restaurant at the Nursery).

Depart at 1.30pm and continue to Ruthall Manor near Bridgnorth, arriving at approximately 2.30pm. Visit includes entrance and tea and cake.

Depart at 4pm and continue to Telford, arriving at our hotel at approximately 5pm with time to relax before dinner.

Saturday 19th July: Goldstone Hall/David Austin Roses/Grooms Cottage Depart hotel at 9.30 am for our visit to Goldstone Hall, Telford. Coffee & biscuits included. Depart 11.00 am.

11.30 am. Arrive at David Austin Roses, Telford. We have lunch here (included in tour cost). Depart at 2.30pm and return to hotel.

3.15pm arrive at hotel. Time to relax before an early dinner at 6 pm.

7 pm: Depart hotel and travel to Grooms Cottage, Telford, arriving at approximately 7.30 pm. Visit includes a glass of prosecco and cake. 9 pm: Depart Grooms Cottage. Arrive back at hotel 9.30pm.

Sunday 20th July - Hodnet Hall/Wollerton Old Hall/Moat Hall

9.30 am: Depart hotel and travel to Market Drayton, to arrive at Hodnet Hall at approximately 10 am. Visit and lunch included.

1 pm: Depart Hodnet Hall and continue to Wollerton Hall, Market Drayton, arriving at approximately 1.30pm. Depart 3.30pm and travel to Shrewsbury. Arrive at Moat Hall at 4.00pm for tea and cake. Depart 5.15.

Arrive at hotel 5.45 pm.

Monday 21st July - Depart hotel at 9.30am and commence journey home. With a garden visit en route, we aim to arrive back at Tesco's Car Park, Market Rasen at approximately 6 pm

Please note: Some gardens may involve steps or uphill walks to and from where the coach can park. This holiday is therefore not advised for those with restricted mobility. ALL DEPARTURE TIMES WILL BE ANNOUNCED ON THE COACH

Departing from Market Rasen at 8.30am: For further details contact Jane Guy Tel. 07971 277482 (e -mail jane.m.guy@gmail.com)



Telford Hotel Spa & Golf Resort, Shropshire (AA 4 star)

Situated in 170 acres and overlooking the Shropshire countryside, this stunning hotel with first rate facilities is located five miles from Telford and on the doorstep of Ironbridge Gorge.

- Bar & lounge, restaurant
- En-suite bedrooms
- Indoor pool, sauna, steam room & 18-hole golf course
- Lift

What's included:

- √3 nights' accommodation with 3 course, 3 choice dinner, and full English breakfast
- √Return executive coach travel
- √Porterage on arrival and departure
- √Visits and entrance fees as

*Price based on a minimum group size of 30 passengers and two persons sharing a twin/double room. Single room supplement £100 Deposit £75 by 31st January '25. Optional insurance £17pp

Booking Terms & Conditions apply



Tour details are subject to change and have been arranged in conjunction with Just for groups!

The Old Bakery, Queens Road, Norwich NR1 3PL 01603 886740 www.justforgroups.co.uk











u3a

GARDEN GROUP HOLIDAY BOOKING FORM

West Wolds

18TH/21ST JULY, 2025 to Shropshire

Name(s):	No. of places required:
Main contact address:	
	Postcode
Email:Tel:	Mobile
Special requests (mobility, dietary requirements, etc)	:
Next of kin	.Their mobile
U3a Membership Number	
PICK UP POINT: Lorry car park, 8.30 a.m. Return 6.00 p.m.	behind Tesco, Market Rasen @
• •	TWIN OR DOUBLE ROOM) WHICH INCLUDES AND 3 LUNCHES. NO REFUND WITHIN TWO ment £100. Insurance £17.00
·	this booking form with your deposit of £75.00 eques to be made payable to West Wolds u3anue, Faldingworth, Lincs., LN8 3FF.
To make an online payment (BACS) pay Lloyd Third Age (Sort code 30-96-09, account No 71	ls Bank; a/c The West Wolds University of the 220968) Ref. GG Holiday
More booking forms and any enquiries pleas 0797 1277 482 or iane.m.guv@gmail.com	e contact Jane.



AUTUMN LEAVES AND NEW BEGINNINGS: LANGUAGE GROUPS FLOURISH

As the leaves begin to change colour and the air takes on a crisp autumnal chill, language learning groups across our u3a are experiencing a surge in interest. Spanish, Italian, and French language groups, in particular, are reporting a significant increase in enquiries and new members joining their classes. We've welcomed many new members who have joined West Wolds to find out more about our groups and to make new friends.

This seasonal trend can be attributed to several factors. Many people see autumn as a time for new beginnings, and learning a language can be a fulfilling and enriching way to achieve this. Additionally, the shorter days and longer evenings offer more opportunities for dedicated study and practice.

So why not join a language group this autumn and embark on a linguistic adventure?

Get in touch with Sandra to find out more.

Whether you're looking to travel, looking to give your mind an additional challenge, or simply to expand your cultural horizons, learning a new language can be a rewarding experience.

CAN'T SEE THE LANGUAGE YOU WANT TO LEARN?

If we don't speak your language, then why not see if there are others who'd be interested in starting a new group.

We will always adjust our groups to accommodate new enquiries where we can, so don't be put off if a group is full.





SEE THE BIGGER PICTURE

As a national U3A Subject Adviser I'm well placed to support you with your interest journey. So don't be afraid to contact me about your ideas or questions. I'll always do my best to answer your enquiry.

WANT TO LEARN A LANGUAGE FROM HOME?

The online branch of the u3a is known as Interest Groups Online (IGO). With plenty of additional interest groups this online community mean you can meet people from around the UK with a similar interest. The cost is £12 per year and this will give you access to a whole new community and an opportunity to make new friends. Follow the links to IGO on the national website.

sandrawwu3a@gmail.com

RECOMMEND A FRIEND PRIZE DRAW!



It is a proven fact that the way we recruit members most effectively is by you!

We have tried Advertising, Facebook campaigns and manning stands at various events, but what brings new members in most effectively are your recommendations.

So, talk to your friends and neighbours, bring them along to a meeting or two, or a Group.

The Prize Draw will be made at our October General Meeting.



TWO NEW FRENCH U3A GROUPS MEET FOR THE FIRST TIME

EXCITING NEWS FOR FRENCH LEARNERS IN WEST WOLDS U3A!

Two brand-new French u3a groups held their first meetings on September 19th at Lammas Leas Community Room. During the evening everyone had the opportunity to introduce themselves as well as to welcome several new members to our u3a. As a French interest group everyone had the opportunity to share ideas about how these groups will progress. We were also challenged to extend our own general knowledge of France with a fun packed quiz.

The first group, **French Beginners**, will provide an ideal opportunity for anybody new to learning a language for the very first time or returning to language learning after a considerable break.

The second group, French Conversation, will focus on conversation practice right from the start and will be ably supported by Jane and Sarah and one or two others who have spent time living in France. This group will be of interest to anybody with a more extensive knowledge of French. Whether you're looking to brush up on your grammar, expand your vocabulary, or simply practice speaking French, these groups offer a valuable opportunity to connect with like-minded individuals and make new friends.

Look out for Issue 2 of the quarterly French Newsletter which contains relevant information about meeting dates and times.

If you're interested in joining the waiting list for one of these groups or would like more information, please contact Sandra Dean sandrawwu3a@gmail.com

Don't miss out on this exciting chance to learn French and immerse yourself in French culture!

MURDER MYSTERY AFTERNOON TEA

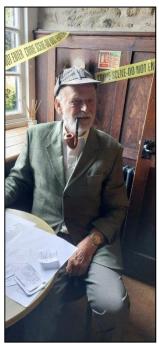
On Thursday 19th September, 35 members gathered at Tealby Village Hall for an afternoon of sleuthing, some even dressed for the part. People were welcomed at the door by Sherlock Holmes, aka Ian Rupp.



Lord Heathcliffe had been murdered at his manor house and six suspects, played excellently by the drama group, took it in turns to set the scene and their part in it. All the scenes being knitted together by Gail Dennis who presented the narration, with parts played by Mary Yates, Sarah Paul, Ruth Andrews, Janice Adams, Gail Razzell, Marion Blackstock.



The suspects were
Em Fatale – Lord Heathcliff's new wife
Dr Fumbles – Lord Heathcliffe's doctor
Blanche Batters – The cook
Dee Minor – Concert Violinist employed to play at the party
Misty Visions – a psychic
Sierra Tango – a Police officer



Whilst solving the clues we all enjoyed a delicious tea of sandwiches, savouries, scones and cake all made by Merilyn Combes, and served by Sharon Rupp, Gary Beighton and Yvonne Heathershaw.

The afternoon concluded with the revealing of the killer and it was agreed that a very enjoyable time was had by all.

Special thanks go to Sharon, Merilyn, Yvonne and Gary for all their hard work and to the drama group lead by Gail Dennis.

Iulia Francis

A Special Place

I love the thoughts I have of this place
I love the atmosphere and the space
I love the people I am going to meet
I love what goes on in every street
I love the language and the accent
I love to speak it and to say what's meant
I love the food and the wine
I love the leisurely way to dine
I love the culture and its stance
I love the country known as France

Summer Evening

Looking across the fields behind my abode
I see far beyond to the hills in the absence of road
The Hawthorn trees are full of red berries
A variety of birds are singing their melodies
The evening light now has hues of gold
As summer progresses but still has its hold
A nearby copper beech is standing so proud
Its shape and structure resembles a cloud
I love to see how the wood pigeons fly
A few flaps then almost drop from the sky
I bet they fly that way just for fun
They are pleased to feel the summer sun
A glass of wine in the garden is my feeling
To conclude this pleasant summer evening

Poems by Peter Ellis

WALKING GROUPS PROGRAMME FOR NEXT TWO MONTHS

Date	Place	Distance	Walk Leader	Telephone
Oct 15th	DODDINGTON	4.8 Miles	SHARON RUPP	07803 694889
Oct 22nd				
Oct 29/30th				
Nov 6th	BINBROOK	3 Miles	SHARON RUPP	07803 694889
Nov 13th				
Nov 19th				
Nov 26th	TBA		ROGER & IRENE DIXON	
Dec 4th	CLEETHORPES LUNCH AT STEELS		MERILYN	
Dec 11th	XMAS WALK – RASEN ROUND		YVONNE HEATHERSHAW	

Please contact the Walk Leader direct to sign up any of these walks or see Ken Howitt at the General Meeting. Walks can be subject to change so anyone who is not on Ken's mailing list must contact the walk leader to ensure they are booked on the walk before turning up.

Walks can be across uneven terrain, so please ensure you check with the walk leader about the details of the walk.

If you can offer to fill in any of the blanks and lead a walk, please contact Ken Howitt on 07933 744043 with the details of the walk.

Belchford Walk

Belchford is a small village in the Wolds and walks from here are always scenic. Thus our 'Juicetrump' walk on 17 September which passes through Scamblesby, gave lovely views on a clear sunny day. This walk named the Juicetrump refers to a wedge shaped mound thought to be a Neolithic barrow but is in fact a type of limestone outcrop, which weathers slowly leaving odd shaped humps.





<u>DIGITAL PHOTOGRAPHY GROUP-</u> PICTURES OF THE MONTH FOR SEPTEMBER 2024

Here are some photos from the Digital Photography Groups challenges for September, based on a fun theme 'Curves' and a technical theme of 'Reflections' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.



Favourite of the Month —

Dog in Mirror

Taken by Liz Argent

Reflections of a Photographer

Taken by

Brian Ward







Curves - Cobweb

Taken by Angela Coupland

Curves - Dock

Taken by David Newman

For more photos taken by the West Wolds u3a Digital Photography Group look at our Challenges page on the website at https://westwoldsu3a.org/?page_id=8458

GROUPS DISCLAIMER

Please be aware that 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 2023/2024

Interim Chairman and General Meeting Coordinator Steve McCarthy 07540 302603 chair@westwoldsu3a.org



Speaker Finder Ginny Beard Tel: 07980 209642 speakerfinder@westwoldsu3a.org



Vice Chair TBA vicechair@westwoldsu3a.org

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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

Email Address

Receive Updates

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

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

14:00 Spanish Conversation & 14:00 Spanish Conversation & 10:00 Cycling (Longer Rides)* 10:00 Cycling (Longer Rides) 10:00 Cycling (Longer Rides) 10:00 Cycling (Longer Rides) *And 5th Friday of the 14:00 Discovery Group *And 5th Friday of the month, if there is one) 10:00 Biblical Hebrew 10:00 Biblical Hebrew 10:00 Biblical Hebrew month, if there is one) 10:00 Biblical Hebrew Friday 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 10:00 Line Dancing 14:00 Solo Group 14:00 Mah Jong 14:00 Scrabble* 14:00 Scrabble INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups) 10:00 Latin 10:00 Latin 10:00 Latin Scrabble Scrabble 10:00 Italian for Beginners 10:00 Italian for Beginners 14:00 Architecture – every 10:00 Cross Stitch - FULL GENERAL MEETING (* And 5th Thursday, if 14:30 Recorder Group 14:30 Recorder Group **Market Rasen** Festival Hall Thursday 14:00 Indoor Bowls 14:00 Indoor Bowls 14:00 Indoor Bowls 14:00 Indoor Bowls 10:00 Patchwork 10:00 Patchwork 10:15 Keep Fit* 10:15 Keep Fit 10:15 Keep Fit 14:30 Drama 14:30 Drama 14:30 Drama 14:30 Drama two months there is one) 14:00 West Wolds Warblers 14:00 Artificial Intelligence 10:00 Cycling (Short Rides) 10:00 Cycling (Short Rides) 10:00 Cycling (Short Rides) 10:00 Cycling (Short Rides) 18:00 French Conversation 18:00 French Conversation 14:00 Rasen Book Group 10:00 Embroidery (*Last 10:00 Discussion Group 14:00 Gardening Group 18:00 French Beginners 18:00 French Beginners 12:00 Luncheon Group 14:00 Readers Group— Wednesday of month) 13:30 Beading Group Wednesday 13:30 Beading Group 10:00 Country Walks 10:00 4 Mile Walkers 10:00 Embroidery 10:30 Strollers 14:00 Poetry FULL 14:30 Spanish Intermediate 14:30 Spanish Intermediate 14:30 Spanish Intermediate 14:30 Spanish Intermediate 10:00 Music Appreciation 10:00 Beginners Family 10:00 Family History 10:00 Country Walks 10:30 3 Mile Walkers Tuesday 14:00 Backgammon 10:00 Local History 14:00 Upholstery 14:00 Upholstery 14:00 Upholstery 14:00 Upholstery 14:00 German 14:00 Canasta 14:00 German 14:00 Canasta 14:00 German History 14:00 German 14:00 Board & Card Games 14:00 Digital Photography 14:00 Digital Photography 13:30 Spanish Beginners 13:30 Spanish Beginners 14:00 Turkish Delight Desert Dancers 10:00 Embroidery 2 10:00 Embroidery 2 Monday 14:00 Crochet 14:00 Crochet WEEK 2nd 3rd 4th 1st

INTEREST GROUP LEADERS

ARCHITECTURE

David Oliver 01673 880188

ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

BACKGAMMON

Bill Roberts 01673 842703

BEADING GROUP

Ann Hadlow 07827 292813

BIBLICAL HEBREW

Alison Atkinson 01673 849979

BOARD & CARD GAMES GROUP

Pam Britton 01673 847750

CANASTA

Vera Brisbane 07870 185247

CARD MAKING

Ginny Beard 01673 844432 / 07980 209642

CROCHET

Pat Hage 01673 849447

CROSS STITCH-FULL

Audrey Storey, 01673 849625

CYCLING

Gordon Jennings 0794 8881121

DIGITAL PHOTOGRAPHY

Terry Francis 01673 842088

DISCOVERY GROUP

Mary Howes 01673 849554

DISCUSSION GROUP

Dave Ebbage 01673 847750

DRAMA

Gail Dennis 01673 843575

EMBROIDERY

Pat Hage 01673 849447

EMBROIDERY 2

Pat Hage 01673 849447

FAMILY HISTORY

Janet Wilson 07966 232247

FAMILY HISTORY - BEGINNERS

Janet Wilson 07966 232247

FRENCH BEGINNERS

Sandra Dean, sandrawwu3a@gmail.com

FRENCH CONVERSATION

Sandra Dean, 0773 4456213

GARDENING

Jane Guy 0797 1277482

GERMAN

Gary Beighton 0758 2227856

INDOOR BOWLS

Cathy Whelan 01673 565608 / 07974 856984

ITALIAN (for beginners) - FULL

Sandra Dean, sandrawwu3a@gmail.com

KEEP FIT

Dawn Stopper 01472 851133

LATIN

Gwen Parsons 01673 601086

LINE DANCING

Margaret White 07504 774631

LOCAL HISTORY

Paul Ettridge 07916 910023

LUNCHEON GROUP

Kay Green Tel: 0790 081 8373

MAH JONG

Margaret Allerston 01673 842247

MUSIC APPRECIATION - CAN ANYONE OFFER

ACCOMODATION FOR THIS GROUP

Leader Required

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

READERS GROUP-FULL

Audrey Storey 01673 849625

RASEN BOOK GROUP

Jo Speakman 07922 002251

RECORDER GROUP

Geoff Goddard 07752 945543

SCRABBLE

Audrey Storey 01673 849625

SOLO GROUP

Ginny Beard 07980 209642

SPANISH - BEGINNERS - TAKING A REST -

STARTS AGAIN IN JANUARY 2025

Sandra Dean, sandrawwu3a@gmail.com

SPANISH CONVERSATION & SCRABBLE FULL

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS - FULL

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS - STARTING

FROM SEPTEMBER

Sandra Dean, sandrawwu3a@gmail.com

THEATRE VISITS

Cathy Whelan 07974 856984

TRIBUTE BANDS

Phyl Murray 01673 838543

TURKISH DELIGHT DESERT DANCERS - PAUSED

UNTIL THE NEW YEAR

Gillian Anderton 01673 844382

UPHOLSTERY AND FURNITURE RESTORATION –

CONTACT GAIL FOR FURTHER INFORMATION

Gail Dennis 01673 843575

WEST WOLDS WARBLERS

Terry & Julia Francis, 01673 842088

THE COUNTRY WALKERS

Ken Howitt 07933 744043

THE STROLLERS - NEW LEADER REQUIRED