



Message from our Chair

Dear Member



I hope you all enjoyed the ice cream at June's meeting despite our speaker being so nervous he raced through his presentation. Perhaps Ginny can calm him down and have him back one day.

We are now well into Summer and the school holidays so many of our members will be caring for grandchildren or taking a holiday. This may result in our groups being low on numbers or taking a summer break. However, July heralds the Wolds Wordfest, with literature-themed events over ten days and there is something for everyone (including children).

For example, an Open Art Exhibition Tuesday 1st to Sunday 27th July at Caistor Arts & Heritage Centre, who are also the starting point for an Evening 'Swifts' Stroll around the town on 19th July 7.30pm featuring a talk by Caistor Swifts Group with a simple supper followed by an amble around Caistor to watch the swifts feeding over the town square. Our Local Events page on the website has details of these any many more, so please take a look so you don't miss something of interest.

By the time you read this, the baking hot weather may have broken, but Wimbledon is still going, as are the Women's Euros so plenty to keep us out of the heat or rain if you enjoy sport.. Meanwhile, whatever the weather, enjoy the rest of summer.

chair@westwoldsu3a.org

MEMBERSHIP RENEWAL FOR 2025-26

We are getting close to that time again when we are going to ask you to renew your 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.

From the June meeting onwards you can now start to pay your 2025-2026 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings. When paying online, please add reference 'Mem and your surname.'

For details, you will need to download and fill in a new 2025-26 Membership form, which can be downloaded to fill in manually, copies will also be available to pick up at the meetings,. Once completed return it to the Membership Secretary as detailed on the form. **Alternatively, the easiest way is to fill in the online Membership form on our website which sends your details directly to the membership@westwoldsu3a.org email address.**

We do need you to complete a form so that we can ensure that the data we hold against your name is still correct and relevant and as a paper trail for me to ensure I get all members signed up.

The Membership fee for September 2025 to August 2026 has remained the same as last year for Individual and Joint membership, with Associate Membership at only £5 for members of other u3as :-

£18 for Individual membership

£34 for Joint Membership

£5 for Associate Membership.

Terry Francis,

Treasurer & Membership Secretary

General Meeting Speaker Programme 2025

10th July 2025 – Lisa Brundle – Portable Antiquities Scheme



The PAS is a voluntary programme run by the United Kingdom government to record the increasing numbers of small finds of archaeological interest found by members of the public. The scheme began in 1997 and now covers most of England and Wales.

14th August 2025 – Lincolnshire Bomber Command Centre

The International Bomber Command Centre is a memorial and interpretation centre overlooking the city of Lincoln, and telling the story of RAF Bomber Command's extensive losses of aircraft and crews during the Bombing of Germany during World War II.

11th September 2025 – The Art of Saving Lions—by Anna-Louise Pickering. – Rematch



The return of Anna-Louise Pickering who was cut short in April.

Writer, photographer and Conservationist for the Pollyanna Pickering Foundation

9th October 2025 – Kenneth Moore “You’ll Fly Laughing Part 2”



Another humorous account of 34+ years as a Royal Air Force Navigator from timing toilet break to the workings of the ejector seat and finally what the best dressed combat aviator is wearing these days!!

Local History Group 2025 Programme

July 8th.— CANCELLED DUE TO LACK OF INTEREST

August 12th.— A talk by Nigel Horner entitled “**Proper Objects**” exploring those with mental illness in Lincolnshire before the advent of The Lincoln Asylum.

September 9th.— No meeting – Summer Break

October 14th.— A talk by Chris Hewis entitled: “**Torksey on the Trent**”.

November 11th.— A talk by Hugh Nott entitled “**Paper making in Lincolnshire**”

December 16th.— The **Christmas Quiz** set by **Sharon Rupp**. A light hearted event with prizes for winners and losers.

Meetings held at Middle Rasen Village Hall

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023 Email pauletridge28@gmail.com

RECEPTION TEAM

Thanks to many willing volunteers, I have compiled a list of members whom I can approach to help with registration on the Front Desk. I try to arrange 3 monthly cover which is published in the newsletter. The Front Desk can get quite busy but it's an opportunity to meet people and put a name to a face. We aim to be helpful and welcome members old and new with a smile. Often we know a member's first name but not their surname so showing your membership card is very helpful. We ask everyone except guests who are visiting for the first time to pay £1 to cover the cost of room hire and refreshments.

If you'd like to help from time to time on the Front Desk please give me your name and contact details and I'll be in touch.

Best wishes
Sheila (Nash)

CATERING PLEA FROM RACHEL TELFER

Catering Servers are needed for August, and Kitchen helpers in September, please contact Rachel Telfer at the July meeting.



At the monthly meeting, tea & coffee is served from 9.15 – 10.15

**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

August

Gillian Anderton
Mary Orphanoudakis
Pam John

September

Penny Nott
Gwyneth Thompson
Janice Adams

If anyone would like to volunteer as a greeter, please contact Caroline Dale at the meetings or on 01673 844142.

Catering Helpers Rota

August

Serving:: TBA
TBA
Kitchen: Alan James
Yvonne Heathershaw

September

Serving:: Liz Eastburn
Helen Wilson
Kitchen: TBA
TBA

If any members would like to volunteer to help with catering at future meetings, please contact Rachel Telfer at the meeting.

Front Desk Rota Volunteers

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

10th July—Jillian James
14th August—Amanda Curtis
11th Sept—Margaurite Hopkins

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

Sheila Nash



Theatre Group Outing

On Saturday 22nd our u3a Theatre group went to the Riverside Theatre in Louth to see The London Opera Group perform 'The Pirates of Penzance'. The group is a non profit making company who each year have come to Louth with their excellent singers, costumes and a live Orchestra.

This year was the always favourite Gilbert and Sullivan opera, The Pirates of Penzance. The singers were absolutely knock out and the combination of the sopranos and male vocals was stunning. It was a joyful production.

Last year we enjoyed HMS Pinafore. Next year the Opera Group will be back again in June. Highly recommended.

Cathy Whelan

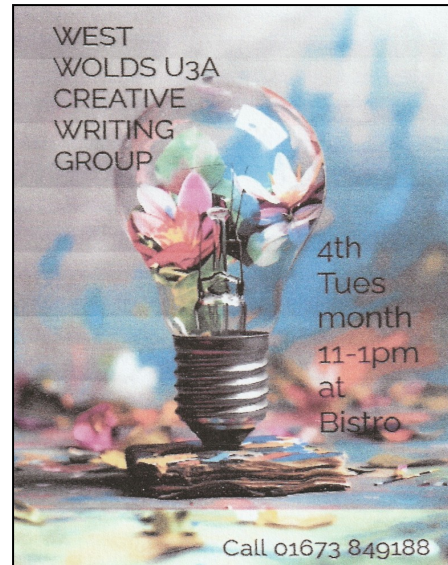
TORNADO SIMULATOR—PART 2



The second group attended Thorpe Camp to enjoy the flight simulator on 24th June. This time the participants flew a Tornado, Lancaster, Spitfire and Tiger Moth, as well as experiencing a glider flight and simulation of a real Lancaster Bombing raid over Berlin from WW2.

The final date for those on the waiting list will be announced shortly.

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

Volunteering at Meetings

I started volunteering at u3a to give something back. I am on the Tea/Coffee Rota. There are two people in the kitchen washing up, topping up the milk and tea pots and two people serving each month.

You have a choice of what you do and when you do it. Chances are you will meet someone new every time.

GO ON GIVE IT A TRY!

Stephanie Fox.

WOODHALL SPA- COAL TO KINEMA

On Tuesday 10th June, 18 members of the very popular u3a Local History Group, took a guided tour of the early history of the village, by local antiquarian Alan Bolt.



Surprisingly, in 1811, a local businessman, John Parkinson, decided there was coal in the area and sunk a shaft to over 1000ft in a futile search. Instead, he discovered a subterranean spring, however by then he was bankrupt and the project ended. In about 1834, Thomas Hotchins aka Lord of the Manor of Thimbleby and Woodhall, tested the water and realized its possible therapeutic properties. Investing heavily, Hotchins erected the Spa Baths and built the Victoria Hotel.

With further development by Hotchins and others, the site gained its 'Spa' status, attracting many wealthy visitors. This was helped by the opening, in 1848, of Woodhall Spa Station, bringing visitors from London directly to the village. The railway cut through the village as evidenced by the shape of the local shoe shop close to where the line crossed the main road.

The Spa attracted many visitors, and further building occurred, much of it designed by architect Richard Adolphus Came, who stipulated in his plans that the use of the term "street" was banned, to emphasise the rural nature of the developments. Later investors maintained this philosophy and more hotels and shops were built in the 1890's.

Further innovation came in 1922 when the now famous "Kinema in the Woods" opened in the former cricket pavilion. Now extended to four screens, the Kinema has become a major local attraction.

Unfortunately, by now the water supply had dwindled and the recent 1st World War had diminished visitors to Woodhall Spa, and prior to the start of the 2nd World War, the village had taken on military significance with the construction of Royal Air Force Woodhall in 1942. History formed with the squadrons based there, especially 617 Squadron famed for the Dam Buster raid, and one of its renown pilots, Guy Gibson. Monuments to the fallen stand in the Royal Square, near the roundabout.



Time did not permit further exploration of the post-war history, however, our group, adjourned to the various local restaurants and cafes, or just took the opportunity to enjoy the wide variety of attractive shops to end an informative and enjoyable tour. We suggest you make your own visit!



Dave Ebbage

U3A AT THE DUNHOLME LODGE OPEN GARDEN



Our Display Team were at it again on Sunday 29th June at Dunholme Lodge where stalls, vintage cars, and gardens were on display.



Plenty of tempting cakes were available in the refreshments barn and we were serenaded by the Market Rasen Ukulele Band.



Volunteers are always needed to give the team a break, and the next event is on July 15th in the Festival Hall. Please step up if you can spare an hour to help.

Sharon Rupp



Community Marketplace Event

On **Tuesday 15th July**, 11am to 2pm
at **Festival Hall**, Caistor Road,
Market Rasen LN8 3HT



Come and
speak with local
charities and
organisations!





Why not join us for a **FREE**
cuppa, cake, and chat?



This is a free event to celebrate your local community,
everyone is welcome to come along

You can find out more information by emailing, calling or visiting our website.

lincscvp.org.uk/lcyp-community-marketplace-events-in-lincolnshire/
hello@lincscvp.org.uk
01522 551663



**VOLUNTEER
CENTRES
LINCOLNSHIRE**



Lincolnshire Community
and
Voluntary Partnership



Market Rasen

METAL DETECTING UNITES FAMILY HISTORY AND LOCAL HISTORY U3A GROUPS

The discovery of a mysterious lead token, in a local field, has turned out to involve the two u3a Groups above. Despite its folded state, the token, which is the size of an old Half Crown (remember them?), has some distinct lettering. Initial interpretation suggested it might have connections with Boots the Chemist, however this changed when the name Dunn became evident around the edge of the token, and the fact that boots and addresses were mentioned, all in Lincolnshire. A further clue was the inscription to the Jubilee on the side obscured by the folding of the token. The full texts were:



Side A: Around the rim: "Wear only Dunns" and "The Proprietors Addresses" Centrally: "Boots" and underneath three addresses of his shops, in Market Rasen, Sleaford and Brigg. Slight unfolding of this brittle metal revealed an image of Queen Victoria. The text is difficult to read in the fold but is probably:

Side B: Outer text: "Born 1819 Crowned (a slight guess!) 1838 Married 1840" Inner text " Victoria Jubilee 1887" This text surrounds the image of a young Queen Victoria.

Well who was Frederick Dunn? He was born in 1847 in Leicester, into a family associated with the local weaving industry, and in 1868 married his wife Hannah Hill. By the 1871 (Census), they were living at 18, Queen St, Market Rasen where he had become a trader in boots and shoes. In 1891 the census shows he and his large family had moved to Lincoln, but had retained the boot shops in Market Rasen.



Over the years the total number of shops he owned exceeded 80, and when he retired, he sold 45 shops to the Co-op. It's sad to think that there has been no recognition of his business in the local monuments as he was a latter day Richard Branson!

In my research I would like to thank Caroline Foster for her input for this article, and The Market Rasen Virtual Museum created by Adrian Richards for confirmation of some of my research.

Dave Ebbage

West Wolds University of the 3rd Age

No longer working full time and live in the Mkt Rasen Area?
Want to learn or be creative? Want to stay active & meet new people?
40+ interest groups, visits, low subscription fees.
Monthly meeting with speaker at Mkt Rasen Festival Hall
2nd Thursday of the month doors open 9.45 – **Everyone Welcome**

Check out our new look [website](#). The new layout uses the latest 2024 block theme. This should make it easier to read on all your devices – even on your mobile! It's no coincidence that it looks similar to the national u3a website. Hopefully you'll think it's more attractive and will appeal to more potential members. Thanks to Gary for all the hard work put into making it. If you have any issues with the new layout please report them.



Theatre Group

Shows for your diary
. Taking bookings at next meeting for.

Dream Abba Story

At Broadbent Theatre
20th September. £12/£13 pp.
£12 is for pensioners

And at the Riverhead Theatre

Calendar Girls

Saturday 13th September

Cluedo

Louth Players production
Saturday 11th October

Please see Cathy Whelan at the u3a meetings
if you are interested or ring 01673 565622
Transport by own car/car share.

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

westwoldsu3a



Anyone for Table Tennis?

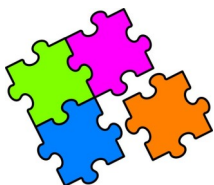


Table tennis is fortnightly on Tuesday mornings

At least 4 people are needed to keep hiring costs per person down.

Interested ? Please contact Roy James on 07933 361213 or e-mail on roystoncjames@gmail.com

Jigsaw Exchange



Are you a jigsaw fan?
WW u3a member Lyn Henry has 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.

Mahjong Group



The Mahjong Group now meets at the Lammas Leas Community Hall on the **2nd and 4th Fridays** of the month from 2-4pm.

Contact Margaret Allerston on 01673 842247

Poetry Group

Do you like poetry but never seem to have the opportunity to sit down and read and enjoy the words and thoughts of someone else.

Our poetry group meets once a month on the second Wednesday of the month. We are not a writer's group but if you want to read your own work that is fine. We each choose a favourite poem to read, and this usually leads on to some interesting short discussions, maybe about the poet or the subject or even the memories it has revived.

We break for coffee or tea and then continue with a second poem each. It is a very pleasant relaxing two hours. Unfortunately, we have lost a few members recently and the number has dropped. It would be nice to welcome some new members with their fresh thoughts and opinions.

Contact Group leader Eva Smith on 01673 842218.

Backgammon Group – at the Bistro



We meet 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.

Bill Roberts

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 Groups' Coordinator or Newsletter Editor to find out more

Games On



Board and Card Games together with Bridge will now take place on the second Tuesday of the month, The next meetings will be on the 14th July and 11th August at 2pm at The Bistro Cafe, please come along and join us for an interesting afternoon.

If interested please contact:
Pam Britton on davepame@gmail.com
or 01673 847750



Canasta Group

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

Discussion Group

The next meeting of the Discussion Group will be held on the 16th July, when the topic, suggested by Bess Scott Gunn, will be: "Freedom of Speech, is it dying/dead?"

Contact David Ebbage for further information on davepame@gmail.com or 01673 847750.

The meetings are held at Dave's house in Market Rasen, time/date : 1000 on the third Wednesday of the month.

Please note there will be no meeting in August, so we will recommence on Wednesday 17th September. If you intend to join the meeting on the 16th July, please let me know.

Music Appreciation Group



The Music group is suspended until 3rd Friday afternoon in September.

Please get in touch with me if you have any questions.

Kathryn B Wade. 01673849301.

Solo Group

Our next meeting of the solo group will be at 2.00 p.m. on Friday 18th July at the New Life Church, Market Rasen. Our guest is a representative from Wiltshire Farm Foods with some samples of their products and information for ordering etc. As usual your support is always appreciated. Thank you.

Thank you. Ginny Beard



¡Hola!

Fancy joining our new
Spanish Beginners Group?

**We have one or two spaces
to fill - so be quick**

Sessions every fortnight
2nd and 4th Friday
1.30pm - 3.00pm
commencing 25th July 2025
central Market Rasen location

Further details given when you sign up



sandrawwu3a@gmail.co.uk.





DISCOVER ITALY

GENERAL KNOWLEDGE QUIZ

TEST YOUR KNOWLEDGE OF ITALY'S RICH CULTURE
AND FLAIR FOR THE DOLCE VITA!

1. Which Italian city is home to the Quirinal Palace, one of the official residences of the President of the Republic?

- a) Milan
- b) Turin
- c) Rome
- d) Genoa



2. Which famous Italian explorer served under the Spanish flag and reached the Americas in 1492?

- a) Marco Polo
- b) Christopher Columbus
- c) Amerigo Vespucci
- d) Giovanni da Verrazzano

3. In which city would you find the Uffizi Gallery, home to masterpieces by Botticelli and Michelangelo?

- a) Rome
- b) Florence
- c) Naples
- d) Turin



4. What colour is traditionally associated with the Palio horse race in Siena's Contrada dell'Onda?

- a) Yellow
- b) Blue
- c) Red
- d) Green

5. What is Italy's national dish, often associated with long family meals and Sunday lunches?

- a) Risotto
- b) Pizza Margherita
- c) Lasagna
- d) Polenta



6. Which Italian city is famous for its ancient underground catacombs and the Cappella Sansevero with its Veiled Christ sculpture?

- a) Palermo
- b) Naples
- c) Bologna
- d) Ravenna

7. Who wrote The Divine Comedy, a cornerstone of Italian literature?

- a) Dante Alighieri
- b) Petrarch
- c) Boccaccio
- d) Machiavelli



8. What Italian region is famous for producing Parmesan cheese and Parma ham?

- a) Tuscany
- b) Emilia-Romagna
- c) Lombardy
- d) Campania

9. What does the Italian phrase "fare una passeggiata" mean?

- a) To eat a meal
- b) To take a walk
- c) To read a book
- d) To cook pasta



10. Which two countries border Italy to the north and are also part of the Alps?

- a) Spain and Portugal
- b) France and Switzerland
- c) Austria and Germany
- d) Monaco and Slovenia



Did You Know?



The Quirinal Palace has housed thirty popes, four kings, and now serves as the residence of Italy's head of state—making it one of the most historically significant palaces in Europe.



The West Wolds Gardening Group.



The beautiful montana clematis out now

The Garden Group meets monthly from September until April with a guest speaker. We are now in the 'summer season' when instead, we will be getting out and visiting local gardens of interest, by driving there and hopefully sharing car journeys with some fellow members. There are five garden visits as highlighted below.

9 th July	Open Garden	Spalding	Local Garden visit
18 th /21 st July	Coach holiday	The Golf Hotel, Telford	Visiting 7 gardens
6 th August	Open Garden	Boston	Local Garden visit
17 th September	Meeting with Edward Cook	New Life Church	Native rewilding

Our first meeting of the 'winter season' is on the 17th September when we have a talk on 'native rewilding'.

All u3a members are welcome to come along to any of our meetings. All enquiries to Jane on 079712 77482 or e-mail jane.m.guy@gmail.com

Walking Groups Programme for next two months

Date	Place	Distance	Walk Leader	Telephone
July 16th	Cleethorpes	4 Miles	Yvonne Heathershaw	07990 643933
July 22nd	Tealby	4 Miles	Lesley Brewis	07510 353502
July 30th	Middle Rasen	4 Miles	Rachel Telfer	07443 483831
Aug 6th				
Aug 13th	N.Willingham	5 Miles	Amanda Curtis	07950 658057
Aug 19th				
Aug 27th	Donnington on Bain	4.5 Miles	Rachel Telfer	07443 483831
Sept 3rd	Keelby		Rosie De Smit	07711 682888
Sept 10th				

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.

IMPORTANT: Due to recent issues, please ensure you have the walk leaders' mobile number and they have yours. If a walk has to be changed or cancelled at short notice it is imperative that you have provided a mobile number so you can be reached on the day.

In addition PLEASE ENSURE YOU HAVE TOLD THE WALK LEADER YOU INTEND TO COME ON THEIR WALK. If you have not, and it is cancelled/changed, you will not be informed. If you cannot come after all, please let the leader know so the group do not delay the walk waiting for you. Thank You.

JUNE WALKS ARE BUSTING OUT ALL OVER

HEMSWELL TO WILLOUGHTON—4.5 MILES



On Wednesday 11th June, a group of 10 set off in fine weather for a walk through flat countryside from Hemswell village to Willoughton village & back. We passed large numbers of cows with their new offspring, apparently the farmer owns 1,000 cattle!. Our return route took us through the woods offering some relief from the heat of the sun. We finished our walk by the large red, white and blue maypole, restored in 1977 & still used today during the village May Day celebrations. Our journey home included a stop for refreshment at Hemswell antique centre.

Yvonne Heathershaw

HUTTOFT TO SANDILANDS—3.5MILES



On the 17th June, 9 walking group members braved the searing heat to walk from Huttoft Car Terrace along the sea front to Sandilands, there was high cloud which helped to stop the sun from burning us up completely, but it was still up in the mid 20s..

We were able to see the ongoing massive redevelopment of the Sandilands golf course into a Nature reserve, many ponds have been dug out beautiful paths and bridges laid and trees planted which will make this wonderful in a few years time. To round off the day some of us stopped for a drink at the Boatshed café at Huttoft, whilst two of the walkers said they were going for a paddle in the very inviting sea.

Terry Francis

BE WARNED..... A TALE OF NOT KNOWING WHAT MIGHT HAPPEN.

Staying Safe Behind the Wheel: A Personal Reminder

One of our members recently experienced a sobering moment on the road when a minor traffic incident led to a letter from the DVLA. The letter urged them to complete a timely sight test or risk losing their driving licence. Postal delays and being able to get urgent health appointments might mean that the deadlines before losing your licence expire. This experience prompted reflection—not only on personal responsibility but also on the challenges we all face as drivers as we grow older.

This member shared their story to remind us how crucial regular eye tests are, even if we feel our vision is unchanged. It's a valuable nudge to check when we last had our sight assessed—and whether it might be time for an update.

Their story also opens the door to a broader conversation: should the West Wolds u3a explore more resources around driving safety and ageing well? Perhaps it's time for a guest speaker, a Q&A session, or just a friendly reminder that no one is immune to the rules of the road.

If you'd like to read the full account or share your own reflections on the topic, please contact the editor.

DIGITAL PHOTOGRAPHY GROUP VISIT TO TOP FARM LISSINGTON

On the 16th June, 10 members of the Digital Photography Group were invited to visit to Top Farm, Lissington, by group member Dave Newman, who volunteers there. They were greeted by Jayne Hollingsworth, the owner and her assistants.



Top Farm is a small, family run primarily soft fruit farm but also grows fruit and vegetables, Jane gave a talk about the history of the farm which they took over about 3 years ago. They are bringing back the greenhouses which needed a lot of renovation when they took over.



We were allowed to wander around the 5 acre plot and greenhouses some of which were at about 40 deg. C and were invited to try the fruit that was on the bushes. They had grapevines in one greenhouse and apricots and nectarines in another.



Jayne and her assistants Nicki Rodrigues and Elisabeth Eastburn then provided tea/coffee and cake for a donation to the St Barnabas charity, the cakes supplied by the Annex Cafe. Punnets of strawberries, Tay berries and raspberries of various kinds were available to purchase for a small price. Although it was hot, everybody agreed they had had a great afternoon and taken lots of photos for our themes this month. Look out for their Facebook page.

Digital Photography Group Pictures of the Month for June 2025

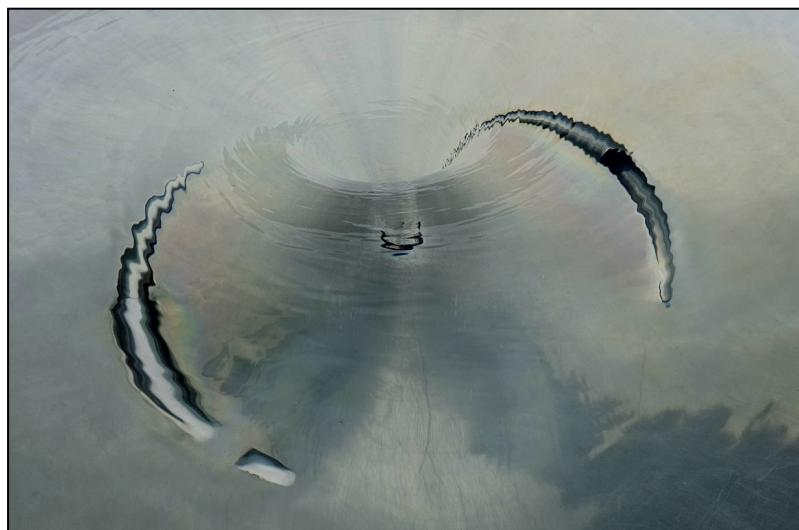
Here are some photos from the Digital Photography Groups challenges from June, based on a technical theme of 'Colour Riot' and a creative theme 'Temptation' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.

Favourite of the month

Vortex

Taken by

Jane Pittard



Technical—Colour Riot

Beads

Taken by

Angela Coupland



Creative—Temptation

Forbidden Fruit

Taken by

Martin Keen



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=7658

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 be 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

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Sharon Rupp Tel: 07803 694889

chair@westwoldsu3a.org



Vice Chair, Publicity Officer, and Website Support

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Business Secretary

Kay Green Tel: 07900 818373

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Newsletter Production Editor and Technical Support

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groupcoordinator@westwoldsu3a.org

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Ginny Beard Tel: 07980 209642

speakerfinder@westwoldsu3a.org



Displays Planner

Cathy Whelan Tel: 07974 856984

committee2@westwoldsu3a.org



Displays Team and Group Coordinator Support

Pam Britton Tel: 01673 847750

committee1@westwoldsu3s.org



Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

racheltelfer1@hotmail.co.uk

Greeters Coordinator

Caroline Dale Tel: 01673 844142

ginger.mike29@btinternet.com

Welfare

Julia Francis Tel: 01673 842088

juliafrancis22@gmail.com

Website Administration & Auditor

Steve McCarthy Tel: 01673 308364

webadmin@westwoldsu3a.org

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

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)*

INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1st	14:00 Crochet 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers	10:00 Family History 14:00 Indoor Bowls 14:00 Backgammon 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German	10:00 Walking Group 10:00 Cycling (Short Rides) 10:00 Walking Group 14:00 West Wolds Warblers	10:00 Patchwork 10:00 Italian for Beginners 10:15 Keep Fit 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble 14:00 Discovery Group 14:00 Spanish Conversation & Scrabble
2nd	10:00 Embroidery 2 13:30 Spanish Beginners	10:00 Local History 10:00 Beginners Family History 14:00 Indoor Bowls 14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate 14:00 German	10:00 Embroidery 10:00 Walking Group 10:00 Cycling (Short Rides) 12:00 Luncheon Group 14:00 Poetry 14:00 Music Appreciation 18:00 French Beginners 18:00 French Conversation	09:15 GENERAL MEETING Festival Hall Market Rasen 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 13:30 Spanish Beginners 14:00 Mah Jong
3rd	14:00 Crochet 14:00 Digital Photography	10:00 Walking Group 14:00 Indoor Bowls 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German	10:00 Cycling (Short Rides) 10:00 Discussion Group 11:00 Table Tennis 14:00 Readers Group – FULL 14:00 Gardening Group	10:00 Patchwork 10:00 Italian for Beginners 10:15 Keep Fit 14:30 Drama 14:30 Recorder Group	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 14:00 Scrabble* (*And 5th Friday of the month, if there is one) 14:00 Solo Group 14:00 Spanish Conversation & Scrabble
4th	10:00 Embroidery 2 13:30 Spanish Beginners 14:00 Board & Card Games	10:30 Walking Group 11:00 Creative Writing 14:00 Indoor Bowls 14:00 Upholstery 14:00 Canasta 14:30 Spanish Intermediate 14:00 German	10:00 Embroidery (*Last Wednesday of month) 10:00 Cycling (Short Rides) 13:30 Beading Group 14:00 Rasen Book Group 14:00 Artificial Intelligence 18:00 French Beginners 18:00 French Conversation	10:00 Cross Stitch – FULL 10:15 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Architecture – every two months 14:30 Drama	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:00 Cycling (Longer Rides) 13:30 Spanish Beginners 14:00 Mah Jong

Interest Groups & Leaders

ARCHITECTURE

David Oliver 01673 880188

ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

BACKGAMMON

Bill Roberts 01673 842703

BEADING GROUP —FULL

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

CREATIVE WRITING

Sue Flower 07752 085409

CROCHET—FULL

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, sandrawwu3a@gmail.com

GARDENING

Jane Guy 0797 1277482

GERMAN

Gary Beighton 0758 2227856

INDOOR BOWLS

Cathy Whelan 01673 565608 / 07974 856984

ITALIAN BEGINNERS PLUS

Amanda O'Connor/Sandra Dean,
sandrawwu3a@gmail.com

JIGSAW EXCHANGE

Lyn Henry 01673 843851

KEEP FIT

Dawn Stopper 01472 851133

LATIN

Gwen Parsons 01673 601086

LINE DANCING

Pauline Cooper 07716 805580

LOCAL HISTORY

Paul Ettridge 07916 910023

LUNCHEON GROUP

Kay Green Tel: 0790 081 8373

MAH JONG

Margaret Allerston 01673 842247

MUSIC APPRECIATION

Kathryn Wade 07783 977800

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

PORTUGUESE—LANGUAGE & CULTURE

Sandra Dean, sandrawwu3a@gmail.com

READERS GROUP – NOW CLOSED

Audrey Storey 01673 849625

RASEN READERS

Stanley Shiel 07510 152471

RECORDER GROUP

Geoff Goddard 07752 945543

SCRABBLE

Audrey Storey 01673 849625

SOLO GROUP

Ginny Beard 07980 209642

SPANISH—BEGINNERS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH CONVERSATION & SCRABBLE – IS TAKING A REST UNTIL NEXT AUTUMN

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS – STARTING FROM SUMMER 2025

Sandra Dean, sandrawwu3a@gmail.com

TABLE TENNIS

Roy James 07933 361213

THEATRE VISITS

Cathy Whelan 07974 856984

TRIBUTE BANDS

Phyl Murray 01673 838543

TURKISH DELIGHT DESERT DANCERS – PAUSED UNTIL SEPTEMBER

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

WALKING GROUP

Ken Howitt 07933 744043

If a group is showing as FULL, and you would like to join, talk to the relevant Group Leader, they may be able to help you start up a new second group.