



Message from our Chair

Dear Member

As promised last month, arrangements are moving apace to provide our members with interesting visits for the coming year. Jane Guy has released details of some Gardening Group Day trips, and the self-drive Events have 3 dates finalised, see details on page 4



Approximately 15 members managed to attend Horncastle u3a on 6th January to hear Jonathan Van Tam speak, and what an excellent morning it was. Unfortunately, he has now retired so that was the last chance to see him. We were a lucky few.

I'd like to invite our members to submit a photo of the Signs of Spring – the first snowdrops, daffodils, crocus etc coming up in your garden to feature in next month's edition – please send to newsletter@westwoldsu3a.org.

COMING UP THIS MONTH: The Winter Olympics are on from 6th to 22nd February.

DID YOU KNOW?

Not everyone celebrates Valentines Day but will have at some time in their life had a few kisses. Scientists have been studying the origins of kissing and their study suggests that the mouth-on-mouth kiss evolved more than 21 million years ago.

Research showed Neanderthal DNA and modern humans shared an oral microbe found in our saliva which means that they must have been swapping saliva for hundreds of thousands of years after the two species split. *I think I know someone who shows signs of a neanderthal origin!*

The Committee.

chair@westwoldsu3a.org

Local History Group 2025–26 Programme

February 10th. – A talk by **John Stopper** entitled "History of Lincolnshire Buses".

March 10th. – A talk by **Kenneth Moore** entitled "The Dicken Medal".

April 14th – A talk by **Hazel Barnard** entitled "The National Egg Collection".

May 12th. – A talk by **Jann Reade** entitled "Wisewoman".

Meetings are held at Middle Rasen Village Hall

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

OLD TELEPHONES REQUIRED

March 2026 is the 150th anniversary of the invention of the Telephone, the Library is hoping to have a display and talk on the history of the Telephone.

I am asking if any of the u3a members have an old Telephone and if so, would they be willing to loan it to the library for a couple of weeks.

Please contact me, Caroline Foster, by leaving a note at the Library.

Thank you.

Greeters Rota

February

Helene Vanclyff
Anna Ettridge
Brian Ward

March

David Ebbage
Alison Laing
Mike Newton

If anyone would like to volunteer as a greeter, please contact Pauline Cooper or Gillian Walker at the meetings or greeters@westwoldsu3a.org.

CATERING PLEA FROM RACHEL TELFER

Catering helpers are needed for the March meeting

Serving and Kitchen Helpers are always needed at the meetings, please contact Rachel Telfer at the next meeting if you can offer your help in the future.

Catering Helpers Rota

February

Serving: Gwyneth Thompson
Stephanie Fox
Kitchen: Rob Springett
Yvonne Heathershaw.

March

Serving: Norma Willis
TBA
Kitchen: Stephanie Fox
Sue Beck

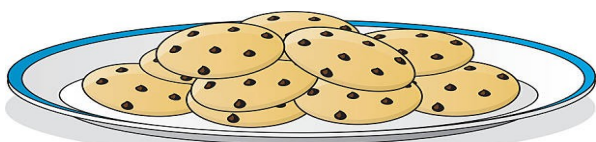
If any members would like to volunteer to help with catering at future meetings, please contact Rachel Telfer at the meeting.



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.**



Front Desk Rota Volunteers

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

12th Feb—Merilyn Coombes
12th Mar—Carol Jones
13th Apr—Anne Yeo

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

General Meeting Speaker Programme 2026

12th February 2026 – Ruth Taylor, Lincolnshire Wildlife – Donna Nook Seal Sanctuary

Donna Nook is a treasured landscape in the UK with Britain being home to 40% of the world's grey seal population.



12th March Mike Storr – “Masters of Mirth – The Sequel”

An affectionate look at some more Music Hall laughter makers including Joyce Grenfell, Stanley Holloway, Cyril Fletcher, Al Read to name but a few, Examples of their acts including their famous monologues!! His presentation looks at the characters, styles, origin of music hall comedy and its development .

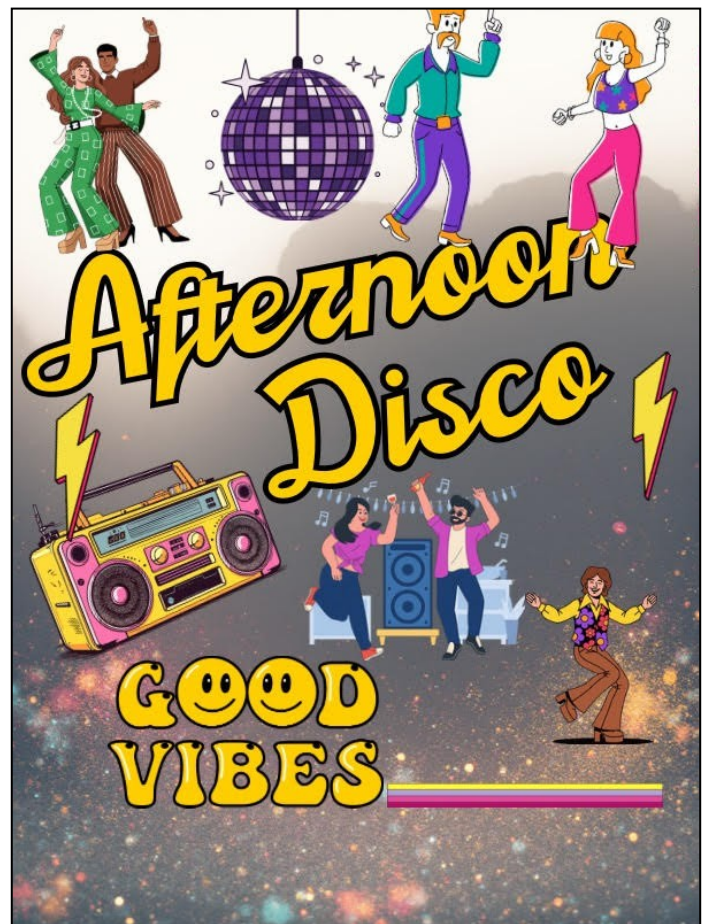


9th April 2026 – Roland Grant, The Falklands Conflict 1982 – “A Soldiers Experience”

A personal experience of a military man on the ground in the Falkland Islands which covers how we lived, fought and coped with the conflict.



AFTERNOON DISCO



This idea is currently at the stage of “Oooh I might quite fancy that.” Anybody else quite fancy that?

If so, why not email me and we can all (wishful thinking haha) perhaps work out a way to make it happen, especially in these days of Bluetooth speakers and playlists that can be easily created.....Psst! Perhaps one of the Arts and Crafts' Groups would even kindly offer to make us a glitter ball!

We could also go back in time with CDs, tapes or even records if people still have them together with the equipment needed.

Any takers? If so, please email me at

paulinetwinkletoes734@gmail.com

Don't let that address put you off, it's the same principle as calling a tall person “shorty”

Pauline Cooper

FORTHCOMING SELF-DRIVE EVENTS

MONDAY 23RD MARCH



NATURE WALK AT SOUTH ORMSBY ESTATE WITH STEVE LOVELL

MONDAY MARCH 23RD 9.30am
£14 TO INCLUDE REFRESHMENTS

2.5 – 3 MILES STEADY PACE OVER 2.5 HOURS, FLAT TERRAIN –WEAR SUITABLE SHOES/NEUTRAL COLOUR CLOTHING.

Look at nature in all of its forms in the wonderful early spring time. Expect to see Buzzards, Red Kites, Yellowhammers, Chaffinches and a host of other birds. Wild Flowers should also be prominent at this time along with some remarkable ancient trees in the parkland.

MONDAY 13TH APRIL



Behind-the-scenes experience.

Whether you're passionate gardeners or simply enjoy beautiful plants and good company, our nursery offers a warm welcome, expert knowledge, and plenty of inspiration!

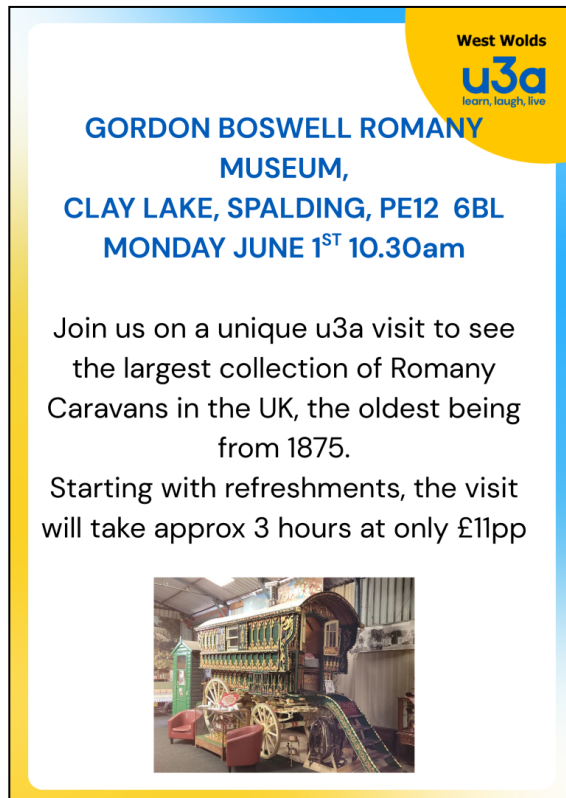
Behind-the-scenes experience at Pottertons Nursery, Moortown Road, Nettleton, LN7 6HX

Monday 13th April at 10am
£4 to include tea/coffee and cake

Start off with a hot drink and homemade cake then enjoy a stroll around Jackie's garden, the propagation tunnels, the nursery and the bits we never see.

MONDAY 1ST JUNE

Starting off with a DVD about the history of the Romany way of life and the caravans, then a guided tour of the museum and time to explore.



West Wolds u3a
learn, laugh, live

**GORDON BOSWELL ROMANY MUSEUM,
CLAY LAKE, SPALDING, PE12 6BL
MONDAY JUNE 1ST 10.30am**

Join us on a unique u3a visit to see the largest collection of Romany Caravans in the UK, the oldest being from 1875.

Starting with refreshments, the visit will take approx 3 hours at only £11pp

MONDAY 3RD AUGUST



DODDINGTON HALL GUIDED HOUSE TOUR & ENTRY TO GARDENS DURING SCULPTURE EXHIBITION

MONDAY 3RD AUGUST 10.30am

OPEN EXCLUSIVELY FOR WEST WOLDS U3A AT A SPECIAL RATE OF £14 PP INCLUDES TEA/COFFEE & BISCUITS ON ARRIVAL
NON-MEMBERS £20

NB: HOUSE IS OVER 3 FLOORS, **NO LIFT**. VIDEO OF UPPER FLOORS AVAILABLE FOR THOSE UNABLE TO ASCEND

Tickets available at next General Meeting
Sharon Rupp

STUMPED FOR A NEW HOBBY?

**ONLY
£3 PER
SESSION**

WHY NOT TRY
**WALKING
CRICKET?**

Monday • 11am-12pm

Market Rasen
Leisure Centre
01673 842695



ARCHAEOLOGY IN OUR LOCAL AREA

The first meeting of the new u3a Archaeological Group was held on the 27th January, with 10 members present. Our hosts, Helen Wilson, and Elizabeth Holmes, revealed the surprising story of an industrial revolution that hit their village in the mid 1800's.



Claxby is a village just north of Market Rasen that is seldom in the news, however in the 1800's the discovery of ironstone deposits in the parish prompted an upsurge in interest from several major ironstone mining organizations locally and in the Midlands. There are remains of a Roman villa locally, and they may have been aware of the deposits, however there is no record of extraction taking place.

In the early 1860's, viable quantities of ironstone were identified and from 1867 until 1885, the enterprise developed, attracting about 250

workers from as far away as Cornwall, the Newcastle area and the Midlands. The population grew rapidly and 20 houses were eventually built by the landowner to house that growth, similarly the school was extended to provide for the extra children.

Production peaked in 1873 at about 70,000 tons and then production reduced, and the number of miners fell to under 100, signaling the contraction of the industry, parts of which were described by the Rev. Sumner as a "gloomy cavern of disaster" due to the high levels of injuries and deaths. In 1885, the mines became uneconomic to operate, resulting in their closure. Interestingly, in 1934, the same ironstone strata, from the early Jurassic period (c. 190–180 million years ago), started to provide output to the Nettleton ironstone mining activities, which continued until 1968 when mining there ceased.

Little surface remains of the mining are evident as the Claxby area became a military training site in early 1970. However, perhaps one day parts of the underground "pillar" mining activities will be revealed to display the energy expended by those pioneering miners.

If you have any interesting archaeological information, finds or stories from the local area please forward them to me, and perhaps we can reveal another page of subterranean history!

David Ebbage-Group Leader.



Vietnam and Cambodia - a December Journey

December 2025 saw me heading off to the Far East with Vietnam and Cambodia in mind. It's a trip I've wanted to make for a long time and I was delighted to get the opportunity to travel there with a friend from my Pilates class in nearby Louth. The trip began at midnight when I got up to a cold early morning start in a wet and dreary Lincolnshire. I faced a drive to Heathrow for a 12 hour flight to Hanoi departing at 11am.

Arriving in Hanoi some 24 hours later I was met by a tapestry of colour, flavour, and gentle chaos as the trip began. The city greeted me with its warm winter air and the crazy swirl of scooters around Hoàn Kiếm Lake. The mornings mean strong coffee and warm bowls of phở for the local inhabitants; evenings are for wandering the Old Quarter, where every street is vibrant and busy.

And then, there's Train Street. I'll never forget the craziness of standing on the tracks amidst the houses and cafes. Locals sit on tiny stools going about their normal life while tourists line up with cameras and street vendors ply their trade. Then the message rings out that the Saigon-Hanoi train is due. Everyone is ushered to stand or sit well back as the train fills the street. It seems to go on forever but once past, the street reopens and life continues as before.

From Hanoi to Ha Long Bay to see the limestone islands and cruise on the emerald water. Now a UNESCO World Heritage site, legend says that a dragon once created the islands by spitting jewels into the water. We visited Sung Sot Cave by sampan, wearing life jackets left by the Americans during their time in the peninsula.



SD for Big Wide World

From there, the flight south to Da Nang brought a change of pace. The South China Sea stretches wide and bright, and the Marble Mountains rise over the city. A short hop to Hải An offers quieter streets and memorable meals. We witnessed the impact of the recent flooding in the Old Town and noticed how resilient the local people are getting on with life after the rain.. Our evening meal one night was taken in a restaurant that had been devastated in October but had since reopened. The food was wonderful and the hospitality lived up to a typical Vietnamese welcome as if nothing had really happened beyond the usual.

Then came Saigon or Ho Chi Minh City. A complete contrast to Hanoi in many ways, the capital is energetic, modern, and endlessly alive. The boulevards, a remnant of French colonial planning, are lively and full of many names we recognise in the West. The history of the city sits just beneath the surface waiting to be discovered on sultry evenings when you can sit out in bars until long into the evening.

Crossing into Cambodia for the final part of my adventure, Siem Reap felt like stepping into another world entirely. The people and the language are quite different, and the culture seems more akin to that found in parts of Thailand or India. The Angkor Wat temple site is the purpose of a trip to this part of Cambodia. On a very warm day we spent hours walking around this extensive Buddhist temple. Originally built as a Hindu temple dedicated to the god, Vishnu, Angkor Wat sits at the centre of many other temples, known to us through their use as settings in many films. We sat to watch the sun go down over Tonle Sap Lake, a large freshwater lake fed by the mighty Mekong River.

Eventually, the journey had to end. The long flight back to the UK felt like drifting between worlds, and the final drive up through the familiar roads of Lincolnshire brought everything gently back to earth. After three weeks of temples, coastlines, and cities that never seemed to sleep, the quiet of the Wolds had its own peculiar charm.

© S. Dean



SD for Big Wide World



Gardening Group – Future Events

Highlights

Cultivation and Propagation of Nerines and Agapanthus Wednesday, 18th February

Colin Hickman is our guest speaker this month.

Building on the work started by his father, Colin has developed the business at Hoyland Plant Centre in South Yorkshire.

Th nursery is the focus for the cultivation and propagation of Agapanthus, Tulbaghia, Clivia, Nerine and Amarine. The family holds the national collection.

Over the years many new cultivars have been developed including Hoyland Blue and Silver Anniversary to name just two.

The Hickmans are regular attenders at all the major flower shows where they have been awarded many Gold medals for their work.



Highlights

Monthly Speaker Programme

17th Sept – Native Rewilding, Edward Cook

15th October – Gardening for Mental Health and Wellbeing, Jane Hickling

19th November – Royal Gardens of the World, Mark Lane

17th December – Christmas Tea, Bring and Share

21st January – Propagation for Grown Up Gardeners, Peter Williams

18th February – Cultivation and Propagation of Nerines, Agapanthus, Etc., Colin Hickman

18th March – Alpine Plants and Bulbs, Rob Potterton

15th April – Ten Top Tips for Gardeners, plus Plant Sale, Martin Fish

Check out the monthly Gardening Group Newsletter for full details.

Available to all GG Members

Garden Group Leader – Jane Guy jane.m.guy@gmail.com

GG, February 2026





Garden Group News

The Quiet Brilliance of the Snowdrop

January - February 2026



Few flowers carry the quiet emotional weight of the snowdrop. Appearing when winter still has a firm grip on the landscape, this delicate white bloom has become a symbol of hope, endurance, and the promise of renewal.

Snowdrops (*Galanthus nivalis*) are among the earliest flowering plants of the year. While most of the garden sleeps, they push through frozen soil and even snow itself. Their nodding white bells seem fragile, yet they are remarkably resilient—able to withstand frost, sleet, and biting winds.

Each flower consists of three outer petals and three smaller inner ones, often marked with a soft green pattern. This understated elegance is part of their charm. They don't shout for attention; they whisper it.

Across Europe, snowdrops have been woven into folklore for centuries. One such tale says that Eve sat weeping in a cold winter landscape when an angel took pity on her—turning a snowflake into a snowdrop as a sign of brighter days.

Victorian gardeners adored them, and today they remain a firm favourite among winter gardeners and plant enthusiasts. Many of our own keen gardeners include the snowdrop in their list of favourite flowers.

Perhaps the greatest gift of the snowdrop is psychological. After weeks of grey skies and bare branches, their appearance feels like a gentle reassurance: light is returning, and warmth will follow.

If you have no snowdrops of your own, then why not make a visit to one of our own member's gardens to see these treasures? Look out for the information through the newsletter or the West Wolds website. Or better still, why not come along to our next meeting. you'd be made very welcome.



Garden Group visit - Snowdrops and Much More
Wednesday 11th February, 2.00pm

Next Monthly Meeting

The cultivation and Propagation of *Agapanthus* and *Nerines*

Wednesday 18th February 2026, 2.00pm, New Life Church. £3 admission.

Further details from Jane Guy

jane.m.guy@gmail.com

Gardening Group Holiday 2026

Jane Guy

Garden Group Leader

What's Included:

- ✓ Visits to gardens across Norfolk, Suffolk and Essex included

Highlights include Beth Chatto's Garden, Bressingham Gardens, Peter Beales Roses, Fullers Mill and East Ruston Old Vicarage, Hoveton Hall Estate.

- ✓ 3 night stay, Sprowston Manor Golf and Country Club, (Britannia Hotels), Norwich, Dinner, Bed and Breakfast included

Twin and Limited Single Room Availability (supplement applies)

- ✓ Travel by luxury coach—in style, comfort, and good company
- ✓ Pickup and return from Market Rasen
- ✓ Evening activities, full use of spa facilities plus extra Gardening Group Activities

Event Details:



29th June 2026



08.30 departure,
Tesco Delivery Car
Park



3 Nights Stay



Breakfast, dinner,
light refreshments
included



Sprowston Manor
Hotel, Golf and
Country Club



**Reserve Your
Spot Now!**

☎ 079712 77482

✉ jane.m.guy@gmail.com

COST OF TRIP

£495pp (Deposit £75)

A LITTLE ROMANCE DOES YOU GOOD!

If you've ever felt a tiny flutter of joy when someone says *buongiorno*, or caught yourself smiling at the musical lilt of *bom dia*, congratulations — you've already experienced the uplifting power of a little Romance in your life.

Not the candlelit-dinner kind (though no judgement). I mean the Romance languages — those warm, expressive descendants of Latin that have a habit of brightening even the greyest British morning.



ROMANCE LANGUAGES: THE WORLD'S MOST CHARMING FAMILY

Imagine Latin as a glamorous grandmother with a dramatic cloak and a talent for storytelling. Over the centuries, her children and grandchildren spread across Europe, each developing their own style:

- Spanish — bold, sunny, and full of energy
 - French — elegant, a little mysterious, effortlessly chic
 - Italian — musical, expressive, and always ready to gesture
 - Portuguese — smooth, warm, and quietly poetic
 - Romanian — the intriguing cousin with unexpected quirks
- Spend five minutes with any of them and you'll feel your spirits lift.

A BOOST FOR THE BRAIN (AND THE MOOD)

Learning a Romance language — even casually — gives you:

- a mental workout without the sweat
- a sense of achievement every time you recognise a word
- a playful escape from the everyday
- a window into cultures built on food, music, and connection

It's self-care with a dictionary.



A LITTLE ROMANCE IN YOUR LIFE

Slip a little Romance into your routine:

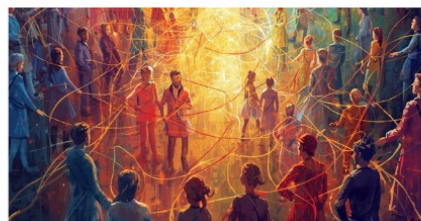
- greet your group with *buonasera*
- label your herb pots in Italian
- listen to a French weather forecast (they make rain sound glamorous)
- read a Spanish recipe aloud — it instantly tastes better
- whisper *bonjour* to your cat; they'll pretend not to care

Tiny moments, big smiles.

THE FINAL WORD

In a world that can feel rushed and serious, Romance languages offer a gentle reminder to slow down, savour the sounds, and enjoy the connections between people and cultures.

So yes — a little Romance really does you good. And the best part? You don't need roses, chocolates, or a violinist. Just an open mind, a curious ear, and maybe a group of fellow learners ready to laugh along the way.



Our popular romance language groups do have space so do ask if you'd like to join us.

Get In Touch With Us

languages@westwoldsu3a.org

DISCOVER THE NEW ARCHAEOLOGY GROUP



No need to be a Professor to join this group, however an active interest in Archaeology would help, especially as we are novices!

Our first meeting is on Tuesday 27th January at 2pm, and the topic, which will be given by Helen Wilson and Liz Holmes is: "Ironstone Mining in Claxby".

Currently we are oversubscribed, but if you are interested in joining us contact me on the number below. It is hoped that our future meetings will include local archaeological subjects and, later in the year, a visit to an active local dig. Come and join us and uncover Lincolnshire's past.

David Ebbage 01673847750

Solo Group

The solo group met on Friday 16th January and enjoyed a fun afternoon attempting a Beetle Drive. The next meeting will be at 2.00 p.m. at the New Life Church on Friday 20th February and one of our members, Bernadette will be giving us talk about her experiences in the Middle East as the Director of Nursing.

Any suggestions for speakers, games etc. for the forthcoming year will be very welcome.

For further information about the solo group please contact Ginny Beard on telephone

01673 844432 or 07980 209642

Email ginnyb644@sky.com

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.

Attention Indoor Bowlers



After much negotiation, we have been granted 5 rinks on Tuesday afternoons at 2:00 for 2:30 till 4:30.

We are very grateful to Jane Guy who will resume desk duty for us.

We also have a couple of rinks on Thursdays at 2:00 or 2:30.

This will be for the Autumn / Winter Season. New non bowlers are always welcome. Bowls and shoes available.

Please ring Cathy Whelan 07974856984

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?



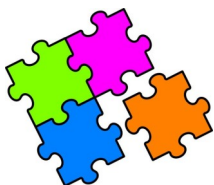
Table tennis is fortnightly on Tuesday mornings

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

Interested ?

Please contact Martin Keen on 07928 120265

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.

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

THEATRE GROUP NEWS



The Broadbent Theatre.

On the 13th February at an earlier start time of 7.00

They are screening...

The film Hamnet (not Hamlet) .

As it is a filming there is an earlier start at 7.0.

This film has had excellent reviews.

Telephone for Broadbent

0333 666 3366.

Are you interested in organising trips to the local Theatres.

Cathy is asking for someone to take over the Theatre Group as she will be stepping down from running the group.

**For more details contact
Cathy Whelan**

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



We have now moved to the new Bistro Bar and Kitchen at 7 Queen Street, Market Rasen. Please come along and join us on the 9th and/or 23rd February at 2pm, for an afternoon of fun. You are welcome to bring along your favourite game. There is parking at the back of the premises if needed.

If you are interested in joining us then please get in touch with Pamela Britton On 01673 847750.

EVERYONE WELCOME.



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 Discussion Group has now reached its maximum capacity owing to the limits of our venue. HOWEVER, if you are interested in joining this Group, we can Discuss possible options.

The Group normally meets, at 10:00 am, on the third Wednesday of the month.

Please contact David Ebbage on 01673847750 if you wish to learn more, or join us. Prior to our meetings, existing members will receive details of the topic for the next meeting.

Lastly, members may, occasionally, be asked to contribute a topic for discussion.

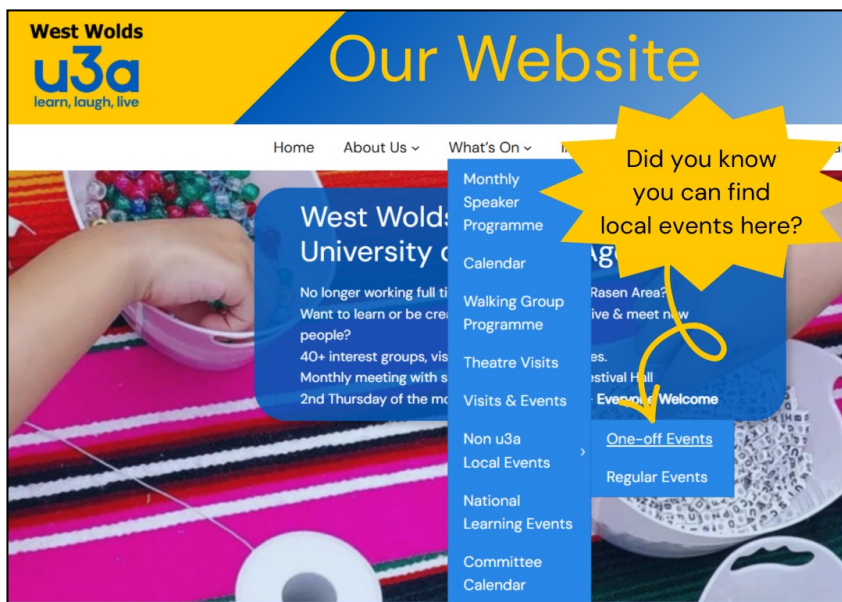
Dave Ebbage

MAHJONG GROUP



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

Contact Margaret Allerston on 01673 842247



Walking Groups Programme for next two months

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.

Date	Place	Distance	Walk Leader	Telephone
Feb 11th	Willingham Woods	4 Miles	Amanda Curtis	07950 658057
Feb 17th	Ranby	3.5 Miles	Yvonne Heathershaw	07990 643933
Feb 25th	Willingham Woods	4 Miles	Rachel Telfer	07443 483831
Mar 4th	Nth Willingham	6 Miles	Amanda Curtis	07950 658057
Mar 11th	Rothwell/Cuxold/Swallow		Sue Hannath	07774 402947

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.

Digital Photography Group Pictures of the Month for January

Here are some photos from the Digital Photography Groups challenges from January, based on a theme of 'Centre' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting. We have decided to have just one theme per month now as the group has grown in numbers and it takes us a long time to constructively critique and vote for our favourites from the theme.

Centre Theme
Wheel Swirl
Taken by
Terry Francis



Winter on the Steppes
Taken By Brian Ward

Favourites of the month

Favourite Sky
Taken by Pam Britton



Favourite of the month
Reflection in Window on
Steep Hill
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=27927

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

Chairman & Safeguarding Officer

Sharon Rupp Tel: 07803 694889

chair@westwoldsu3a.org



Vice Chair, Publicity Officer, and Website Support

Gary Beighton Tel: 01673 849364

vicechair@westwoldsu3a.org

publicity@westwoldsu3a.org



Business Secretary and Data Protection contact & Displays Team

Kay Green Tel: 07900 818373

secretary@westwoldsu3a.org



Treasurer & Membership Secretary

Newsletter Production Editor and Technical Support

Terry Francis Tel: 01673 842088

treasurer@westwoldsu3a.org

membership@westwoldsu3a.org

newsletter@westwoldsu3a.org



Speaker Finder

Ginny Beard Tel: 07980 209642

speakerfinder@westwoldsu3a.org



Groups' Coordinator

Nick Wilson Tel: 07938 186626

Groupcoordinator@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



Events Coordinator

Mandy Curtis Tel: 07950 658057



Support Roles (Non Committee)

Catering Coordinator

Rachel Telfer Tel: 01673 844244

rachelterfer1@hotmail.co.uk

Greeters Coordinator

Pauline Cooper or Gillian Walker

greeters@westwoldsu3a.org

Welfare

Julia Francis Tel: 01673 842088

juliafrancis22@gmail.com

Website Administration & Auditor

Steve McCarthy Tel: 01673 308364

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Social Media Admin

Pauline Cooper Tel: 07716 805580

paulinecooper734@gmail.com

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

Open the West Wolds website homepage
westwoldsu3a.org look for the Subscribe box..

Enter your email address and click on the 'Subscribe' 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.

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 19:00 Spanish Online	10:00 Family History 11:00 Table Tennis 14:00 Backgammon 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German 14:30 Indoor Bowls	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 10:00 Italian Taster 10:15 Keep Fit 14:30 Drama 14:30 Recorder Group 14:30 Indoor Bowls	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 14:00 Board & Card Games	10:00 Local History 10:00 Beginners Family History 11:00 Table Tennis 14:00 Upholstery 14:00 Canasta 14:00 German 14:30 Spanish Intermediate 14:30 Indoor Bowls	10:00 Embroidery 10:00 Walking Group 10:00 Cycling (Short Rides) 12:00 Luncheon Group 14:00 Poetry 18:00 French Beginners 18:00 French Conversation	09:15 GENERAL MEETING Festival Hall Market Rasen 14:30 Drama 14:30 Indoor Bowls	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 11:00 Table Tennis 14:00 Upholstery 14:30 Spanish Intermediate 14:00 German 14:30 Indoor Bowls	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 10:00 Italian Taster 10:15 Keep Fit 14:30 Drama 14:30 Recorder Group 14:30 Indoor Bowls	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
4th	10:00 Embroidery 2 13:30 Spanish Beginners 14:00 Board & Card Games	10:30 Walking Group 10:00 Writing for Pleasure 11:00 Table Tennis 14:00 Upholstery 14:00 Canasta 14:00 German1 14:30 Spanish Intermediate 14:30 Indoor Bowls	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 14:30 Indoor Bowls	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

ARCHAEOLOGY

David Ebbage 01673 847750

ARCHITECTURE – CLOSED TIL NEXT YEAR

David Oliver 01673 880188

ARTIFICIAL INTELLIGENCE (AI)

Sandra Dean, sandrawwu3a@gmail.com

BACKGAMMON

Bill Roberts 07544 593070

BEADING GROUP

Ann Hadlow 07827 292813

BIG WIDE WORLD TRAVEL GROUP (BBW)

Sandra Dean, sandrawwu3a@gmail.com

BIBLICAL HEBREW

Eunice Hughes 07783 738533

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

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 565622 / 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— FULL

Pauline Cooper paulinetwinkletoes734@gmail.com

LOCAL HISTORY

Paul Ettridge 07916 910023

LUNCHEON GROUP

Kay Green Tel: 0790 081 8373

MAH JONG

Margaret Allerston 01673 842247

MUSIC FOR PLEASURE

Nick Wilson 07938 186626

ORNITHOLOGY

Ann Hadlow 07827 292813

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

PORTUGUESE—LANGUAGE & CULTURE

Sandra Dean, sandrawwu3a@gmail.com

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

Sandra Dean, sandrawwu3a@gmail.com

SPANISH INTERMEDIATE PLUS

Sandra Dean, sandrawwu3a@gmail.com

SPANISH FOR YOUR HOLIDAYS

Sandra Dean, sandrawwu3a@gmail.com

TABLE TENNIS

Martin Keen 07928 120265

THEATRE VISITS

Cathy Whelan 07974 856984

TURKISH DELIGHT DESERT DANCERS

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

WINE TASTING GROUP

Nick Wilson 07938 186626

WRITING FOR PLEASURE

Anne Gill 0767 073976

WALKING GROUPS

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.