



## Message from our Chair

Dear Member

Welcome to Spring, officially arriving on 20th March with the vernal equinox, and not a moment too soon. After last month's invitation to send in your photos of early flowers for the Signs of Spring feature, I'm pleased to say we had some lovely entries, see later in the Newsletter to see if yours was included.



Other notable dates this month are St David's Day (1st ) Mother's Day (15th ) and St Patrick's Day (17th ).

However, this month we are featuring one of our members in honour of the International Women's Day on 8th – Jane Guy. See the article in the Newsletter.

There is a wealth of experience and skills among our membership that we know nothing about, and probably our families are unaware of too. Maybe now is the time to write or record your life story for future generations of your family; but I would also like to invite our members to contribute to our Newsletter.

Jane's article this month will come as a surprise to many of you as she is very modest, and although we cannot all match up to Jane's life experiences maybe (or perhaps you can top them!), nevertheless you will have had an interesting life and career to tell us about.

You may have travelled or volunteered, picked up skills along the way without even knowing it. Do consider submitting something about your

life for future editions of our new Member Profile articles to be published occasionally.

### DID YOU KNOW?

10 Mar 1876 – 150 years ago  
Was the world's first telephone call. Alexander Graham Bell used his telephone to call his assistant, Thomas Watson, after spilling acid in his laboratory. The first words spoken by telephone were: 'Mr Watson, come here. I want you.' I wonder what he would make of today's mobile phones, a phenomenon he started all those years ago.

*Sharon Rupp*  
Chair



## Local History Group 2026 Programme

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

April 14th - A talk by Hazel Banard 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](mailto:paulettridge28@gmail.com)

### Greeters Rota

#### **March**

David Ebbage  
Alison Laing  
Mike Newton

#### **April**

Pam John  
Lucie Kew  
Valerie Wright

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

### CATERING PLEA FROM RACHEL TELFER

#### **Catering helpers are needed for the May 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.



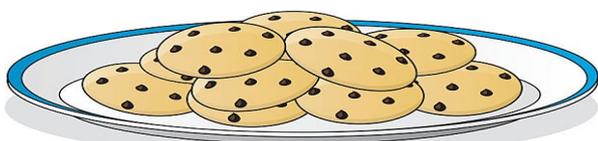
At the monthly meeting, tea & coffee is served from 9.15 - 10.15

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.



### Catering Helpers Rota

#### **March**

Serving: Norma Willis  
Christine Kettlewell  
Kitchen: Stephanie Fox  
Sue Beck

#### **April**

Serving: Elaine Butler  
Julia Radcliffe Watts  
Kitchen: Bill Roberts  
Kate Roberts

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 :-

12th Mar—Carol Jones  
13th Apr— Anne Yeo  
14th May—Amanda Curtis

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

*Sheila Nash*

# General Meeting Speaker Programme 2026

## March 12th 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.

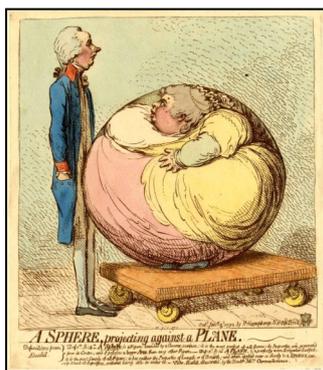
## 9th April 2026 – Roland Grant, The Falklands Conflict 1982 – “A Soldiers Experience”



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.



## 14th May 2026 – Adrian Gray MA - “Scandals of the Lincolnshire Gentry”

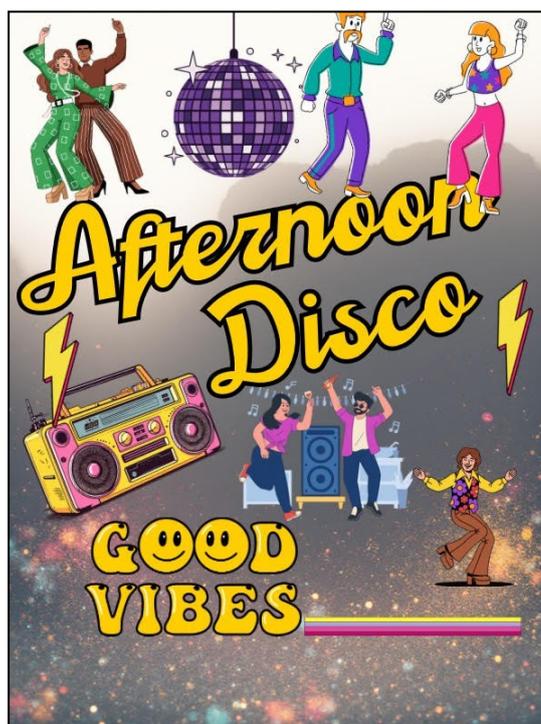


Scandals of the Lincolnshire Gentry and aristocrats of Lincolnshire who have repeatedly proved that they are ‘no better than anyone else’ through a succession of scandals – greed, corruption, adultery and much else. This entertaining talk picks out a few of the more colourful incidents from across the county, featuring most of its best-known historic families.

### Donna Nook Talk

The Speaker from Lincs Wildlife collected £22.15 at the last meeting, thanks to all who donated on the day.

### AFTERNOON DISCO



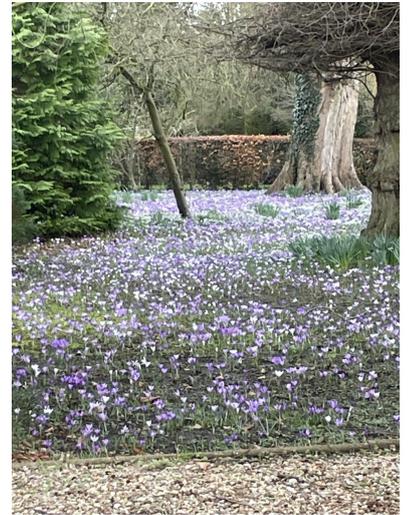
This idea is still currently at the stage of “Oooh I might quite fancy that.” Anybody else quite fancy that?

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.....we already have a potential DJ and a glitterball.

Any takers? If so, please email me at [paulinetwinkletoes734@gmail.com](mailto:paulinetwinkletoes734@gmail.com) Don't let that address put you off, it's the same principle as calling a tall person “shorty”

Pauline Cooper

# SIGNS OF SPRING



## Jane Guy, OBE



My career has been a real mixed bag. Some of my work was paid but much more was voluntary. I started my career in the House of Commons as a Hansard Secretary which involved sitting in the House when there is a 'Sitting' and taking the notes by shorthand and then typing up the notes later. We worked in teams of four plus a leader, and would do 2 hours on/in and 2 hours off/out. During the 2 hours out we would type back our notes. Generally, we would do 3 consecutive days in the House and 2 days answering MP's correspondence. While here, and responding to constituent's queries, I became a bit of an expert on the welfare benefits system and enjoyed helping sort out claims. It was a very interesting first job where I learned the importance of team working. Being in London, we were often given free tickets to many of the London theatres to see the shows that were not sold out, especially on weekdays.

I then married and moved to Plymouth and on a recommendation from one of the west country MP's,

I got a job working for a firm of solicitors and worked initially as a PA to the senior partner working across the three main areas (in those days), i.e. probate, conveyancing and litigation. I passed the Legal Executive exam after three years of study in my own time. I then left to start my family. That was where I learned how to be diplomatic and compose letters.

We moved back to London and with a very young child I was persuaded to take up fostering. Over the next 10 years, I fostered 28 children, one of whom found me on FB a couple of years ago. He lives in Essex now and is a senior IT manager for the UK branch of the Royal Bank of Canada. We are now close again and he is also in touch with all my children. While fostering I made contact with a social work team who recruited me to work with them. They gave me office space and referred clients to me for advice on welfare benefits. Many of them also had money problems. Over the next five years this developed into one of the first Money Advice Services in the country. It was very exciting times as we were challenging creditors who were not treating their debtors fairly. I represented some in court as a McKenzie Friend and found when a client had someone to articulate for them it was far easier to get a fair and reasonable solution, in many cases, simply writing off the debt. During this time I helped set up a national Charity with the National Consumer Council which is now called the Institute of Money Advisers and later became their General Manager. I am now one of their Honorary Members. I also was very involved in the setting up of another group called Money Advice Liaison Group (MALG) where money advisers and creditors met quarterly to work together for the benefit of debtors. I was invited by several water companies (South West Water, Southern Water and Anglian Water) and EDF Energy to sit on their new Charitable Trusts and on two as their Chairs. (Another story perhaps?)

While I was fostering, I was also approached by the BBC Children in Need Appeal to be one of their Trustees and later became employed as an Assessor. That role involved speaking to grant applicants, sometimes visiting their premises/project, writing a

report and recommending whether they should receive funding or not. I worked for the BBC for 25 years.

I moved back to Plymouth in 1987 and set up a new charity called SPLASH. This was an off-shoot of the charity Gingerbread and the new charity organised holidays for one parent families, both at home and in Europe and also arrange holidays in school holiday time for unaccompanied children. Many were referred by the NSPCC. I had to do a great deal of negotiation and fund raising to provide free places for some of the poorest children. It was a whole lot of fun. The English Tourist Board recruited me to sit on another new charity called The Holiday Care Service which gave out awards to those in the tourist trade who provided excellent facilities for people with disabilities, older people and single parent families. I was tasked with awarding badges to west country attractions which involved visiting and testing their facilities.

For the last five years before I retired, I worked for an Insolvency Practitioner and my clients were police officers and members of the armed forces. My remit was to prevent them from becoming insolvent and in some cases it would have meant losing their jobs.

During my life I have also worked for several charities on their Trustee Boards; SSAFA, Plymouth Mind and Ageuk in Plymouth to name a few. I have been fortunate enough to have been invited to several Palace Garden Parties, met the Princess Royal on several occasions, Prince Charles (as he was) for a very posh dinner, and was honoured by Queen Elizabeth with an OBE for my services to charity.

When I retired, I was invited by Plymouth CAB to take over as the Manager as they were having a funding crisis and I worked full time (although voluntarily) for them for 5 years. I had often taken on roles as Trouble Shooter over the years and I relished the opportunity. After I moved to Lincolnshire 12 years ago Citizens Advice (nationally) invited me to help another ailing CAB service in Norfolk (Diss and Thetford) which I managed for three years.



What now? I have made so many lovely friends in my work and remain in contact with many who live all over the UK and I try very hard to stay in touch. Those of you reading this will know I facilitate our Garden Group, but I am also very involved on the committee of the Lincolnshire Hardy Plant Society and also the national Pulmonaria Group. Additionally, I take the lead in Health, Safety and Safeguarding at the Dunholme Bowls Club, am the Ladies Captain and of course on their committee. I live with my wonderful daughter and son-in-law in Faldingworth, and best of all is family time with four children, 16 grandchildren and 8 great-grandchildren.

### LINE DANCING VENUE CHANGE

Please note change of venue for Line Dancers with effect from Friday 20th March to Market Rasen



Methodist Church School Room.

*Pauline Cooper*

## PLANNING AHEAD – A THOUGHTFUL THING TO DO

Most of us are good at planning the important things in life. Wills get written, holidays get insured, paperwork gets organised. Yet thinking about our own funeral is something many people quietly avoid.

It is understandable, but spending a little time considering your wishes can be one of the kindest things you do for the people you leave behind.

When someone dies, families often have to make decisions quickly while coping with grief and many other decisions. Music, readings, religious or non-religious elements and the overall tone of the ceremony all need to be chosen. Without guidance, loved ones can worry about whether they are getting it right. Even a few notes can make a real difference.

Planning ahead does not mean organising everything. It might simply mean writing down favourite music, meaningful words or whether you would prefer a quiet, reflective farewell or something more celebratory. It is less about logistics and more about helping people understand what and who mattered to you. Some people find it helpful to consider one question: how would you like people to feel when they leave your funeral? Comforted, uplifted, proud or peaceful. That thought alone can bring clarity and reassurance.

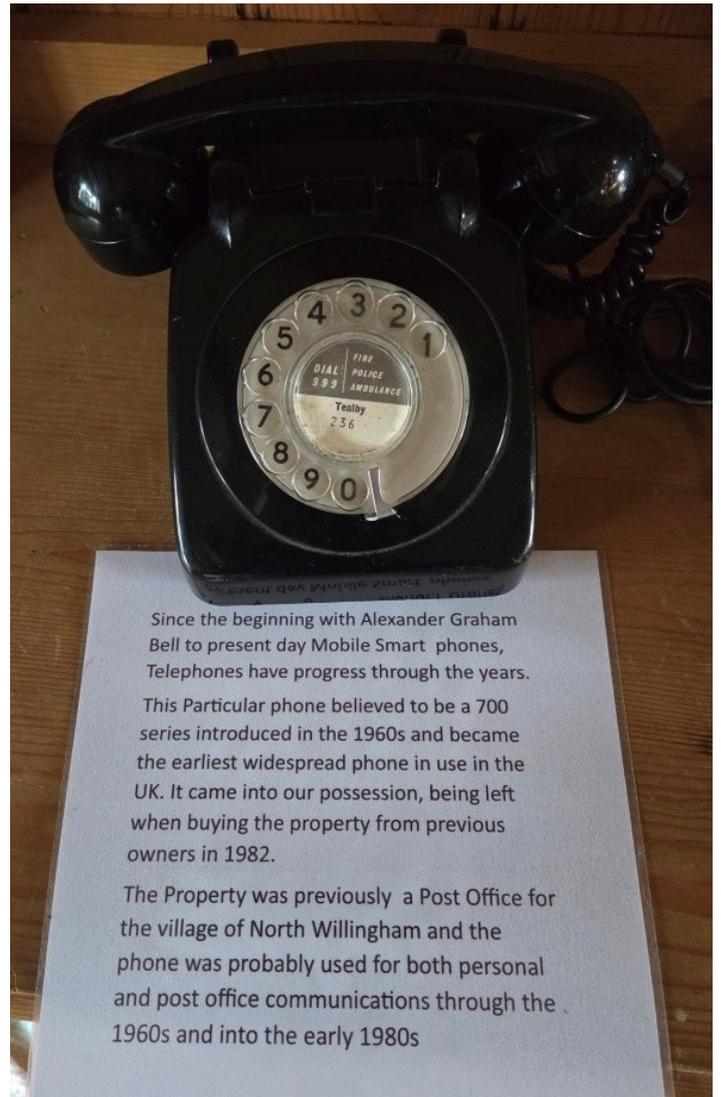
Reflecting in this way can also be surprisingly positive, offering a chance to look back on life with perspective and appreciation.

Planning your funeral is not about dwelling on death. It is about making things easier for the people who care about you and helping them feel confident they are honouring you in a way that reflects your life and legacy.

*Anna Yates  
Celebrant, Psychotherapist & Hypnotherapist*

## Old Phone to be loaned to library for display

*By Mandy Curtis*



## FEBRUARY WALKS

### NEW MEMBERS WELCOME TO JOIN US

#### Chambers Farm Walk—Feb 3rd—4 Miles

Due to excessive mud and flooded areas, the proposed walk on February 3rd at Bardney was postponed and instead we had a drier (underfoot) visit at Chambers Farm Woods. A visit to the Granary tea room in Wragby afterwards for refreshments and good conversation completed an enjoyable morning.



#### North Owersby Walk—Feb 17th—4.5 Miles

10 walkers and 2 dogs enjoyed a good walk from North Owersby. Taking in Kirkby and Kingerby. We just made a small stop at the fascinating Kingerby church, beautifully decorated with spring flowers.



#### Willingham Woods Walk - Feb 25th—4 Miles

Today's walk was very enjoyable with warm temperature and lovely sunshine. A bit wet still underfoot, all managed to climb over a fallen tree OK. 4 Miles walk by all in 1hour 29 min moving time. Sat in beautiful sunshine for coffee and lunch at picnic ground kiosk.



#### A message from Paul Hiley

I am actively campaigning just now with Highways and Environment Agency over serious flooding on FP 134 into the woods via the flood alleviation scheme. I know there is water everywhere this month but this is actually causing an obstruction and people are being turned back. A website entry might help along these lines: "The popular right of way into Willingham Woods from Dairy Court alongside the flood basin has been underwater over recent weeks and some walkers have been unable to get through without wellington boots.

If you encounter an obstruction here (some 80m. from Dairy Court) please contact the Countryside Access Officer for this Gateway Walk.

*Paul Hiley*

## THEATRE GROUP NEWS



At Riverside Theatre Louth

**YEOMEN OF THE GUARD** by Gilbert and Sullivan.

SATURDAY the 20th June

Start 7.30

Tickets £15.



This will be The New London Opera Group's final visit to Louth. We have enjoyed their annual visits, their colourful costumes, wonderful singers and favourite songs.

The cost of the tickets are so much lower than any of the Tribute Bands.

Hope to see many of our Theatre Goers at this last performance.

Please ring Cathy Whelan for tickets  
07974856984

**Are you interested in organising trips to 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 other Theatre Trips look at the Lindsey u3a offering at  
<https://www.lindseyu3a.org.uk/copy-of-theatre>,  
you will need to join them as an Associate member**

RASEN AMATEUR THEATRICALS SOCIETY PRESENTS

# SLEEPING BEAUTY

A PANTOMIME WRITTEN AND DIRECTED BY  
NINA WILSON-RAZZELL



TICKETS - £8  
CONCESSIONS - £6  
FAMILY TICKET - £25  
(2 ADULTS, 2 CHILDREN)

TICKETS AVAILABLE FROM:  
MARKET RASEN LIBRARY  
& GARNETTS CONFECTIONERS

OR RESERVE TICKETS AT:  
contact.rasenrats@gmail.com

FESTIVAL HALL  
MARKET RASEN

FRI 13th MARCH - 7pm  
SAT 14th MARCH - 2pm  
SAT 14th MARCH - 7pm  
FRI 20th MARCH - 7pm  
SAT 21st MARCH - 2pm  
SAT 21st MARCH - 7pm

**RATS**



## 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

# Gardening Group – Future Events

## Highlights

**Alpine Plants and Bulbs – A  
Beginners' Guide**

**Rob Potterton**

**Wednesday, 18th February**

We're delighted to welcome Rob Potterton this month. Rob is one of the UK's best-known alpine specialists and co-owner of the award-winning Pottertons Nursery in Nettleton, Lincolnshire, and a long-standing grower, exhibitor, and speaker in the alpine world.

His family nursery has earned seven Chelsea Gold Medals and is regarded as one of Britain's leading sources of alpines, dwarf bulbs, and woodland plants.

Together with his wife, Jackie, they specialise in alpines, dwarf bulbs, woodland plants and snowdrops.

It's always great to have a local expert in our midst as we're guaranteed to have someone at our meeting who understands the challenges we face in this part of the UK with our cold winter weather and dry summer environment.

**Pottertons Nursery is open throughout  
March to October (Monday – Friday  
10am – 3pm).**



## Highlights –

### Monthly Speaker Programme

17th Sept – Native Rewilding, Edward Cook

15<sup>th</sup> October – Gardening for Mental Health and Wellbeing, Jane Hickling

19<sup>th</sup> November – Royal Gardens of the World, Mark Lane

17<sup>th</sup> December – Christmas Tea, Bring and Share

21<sup>st</sup> January – Propagation for Grown Up Gardeners, John Cullen

18<sup>th</sup> February – Cultivation and Propagation of Nerines, Agapanthus, Etc., Colin Hickman

**18<sup>th</sup> March – Alpine Plants and Bulbs, Rob Potterton**

15<sup>th</sup> 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**

**New members always welcome**

Garden Group Leader – Jane Guy [jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)

GG, March 2026



# 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!**

## COST OF TRIP

£495pp (Deposit £75)

📞 079712 77482

🌐 [jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)



# Garden Group News

## Two Inspiring Winter Talks (Achillea and Agapanthus) and a Snowdrop Visit March 2026

The Garden Group has enjoyed a wonderfully enriching start to the year thanks to two engaging and good-humoured talks from John Cullen and Colin Hickman, each bringing their own expertise, stories, and practical wisdom to our members.

John opened the season with a lively session that blended horticultural know-how with his trademark warmth. His talk explored the small decisions that make a big difference in our gardens—whether that's choosing resilient plants, understanding soil behaviour, or simply learning to observe what nature is already telling us. Members especially appreciated his clear explanations and the way he connected everyday gardening challenges with achievable solutions.

Colin followed with an equally captivating presentation, drawing on his deep experience and infectious enthusiasm. His talk took us behind the scenes of garden planning and plant care, offering insights into structure, seasonal interest, and the joy of experimenting. Colin's practical tips—delivered with humour and plenty of real-world examples—left many of us inspired to try something new in our own plots.

Together, these two talks reminded us why the Garden Group thrives: shared curiosity, friendly expertise, and the pleasure of learning from one another. A warm thank-you to John and Colin for giving us such enjoyable and informative sessions. Their contributions have set a positive tone for the months ahead, and we look forward to many more opportunities to grow—both plants and knowledge—together.

### Snowdrop Garden Visit

Despite the lingering winter chill, members enjoyed a heart-lifting visit to the snowdrop garden in Faldingworth. The quiet, private garden offered winding paths dotted with bright clumps of snowdrops and the first hints of crocus colour among the winter browns.

After exploring, the group warmed up beside a wood-burning fire with tea, cakes and biscuits. Our host, Wendy, shared the remarkable story of how she and her late husband transformed the grounds—an immense undertaking that has resulted in a beautiful and much-loved garden.

Everyone left feeling that spring is finally on its way, with hopes of returning in the summer for a very different view of this special place.

**A resounding "thank-you" to our Group Leader, Jane, who always provides us with such a wonderful programme of activities each year.**

### Garden Group Workshop -How to Create an Indoor Airplant Display

Wednesday 4<sup>th</sup> March 2026, 2.30pm, Faldingworth  
£10

### Next Monthly Meeting - A Beginners Guide to Growing Alpines

Wednesday 18<sup>th</sup> March 2026, 2.00pm, New Life Church.  
£3 admission.

Further details from Jane Guy  
[jane.m.guy@gmail.com](mailto:jane.m.guy@gmail.com)



## WRITING FOR PLEASURE GROUP



The group continues to meet on the fourth Tuesday of the Month at the Station Master's Office in Rasen Station. We may be a small group but we are enjoying the challenges of working together and discovering new topics to explore.

The subjects for February were Resolutions and a Dialogue piece.

This is an interpretation of the start of a conversation piece that would lead on to dialogue. Here is a challenge for u3a members. How would you complete this scenario? What would be your dialogue between Jeremy and his father? We would welcome any of your pieces at the next meeting and we would welcome you should you like to join us, or you can submit them to a member of the Writing For Pleasure group.

Short conversation by Sue

It was only five words but Jeremy had been waiting for them all day. Ever since he'd got back from school and was certain his latest term's report had followed him. It happened after dinner. His father cleared his throat, peered over the top of his glasses and said it.

**"We need a short conversation".**

Jeremy knew from experience that it probably wouldn't be short and definitely not a conversation. It would be father telling him he hadn't tried, which Jeremy knew he had; that he would make nothing of his life if he spent all of his time playing football or cricket, which Jeremy knew he was better at than academia, and that Jeremy was wasting his opportunities. The only opportunity Jeremy would like at that moment was one to tell his father what he wanted and not what was being

decided for him, but that was never going to happen. It was so predictable, Jeremy could have written the script. With a sigh he got up from the table and followed his father into the study.

Have a go and complete the dialogue of this conversation, we think you will enjoy the exercise. If you would like to join us my telephone number is available on the u3a members interest group sheet.

The members hope to complete this dialogue as part of the work for the March meeting, and a piece entitled '**Twitch**'.

Now for all you Scrabble players:

THE FARMER

Farmer Clough paused his plough and looked around. He thought he had seen a chough fly through the air and land in the bough of a nearby tree, though he wasn't sure.

The tractor gave a cough as he started it again, and it was tough, he didn't have enough dough to buy a new one, but never mind.

He admired the view of the lough again as he passed, then stopped in the yard to slough his hands in the horse trough before he went in for his tea.

*Sue Bentley.*

## Solo Group

The solo group met on Friday 20th February and were given a short talk by Bernadette Heald. Thank you to those of you who came to support the group. Our next meeting will be on Friday 20th March at the New Life Church at 2.00 p.m. The plan is to have a quiz with a difference.

Anyone who has any suggestions or ideas for future meetings is more than welcome to contact me at [GinnyB644@sky.com](mailto:GinnyB644@sky.com)

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

01673 844432 or 07980 209642

## 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

## 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*

## 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.

## 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.

## 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 March 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.  
[chrispeone@gmail.com](mailto:chrispeone@gmail.com). Or  
[verabrisbane@gmail.com](mailto: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, the next meeting will be on Wednesday 18th March..

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

# LANGUAGE GROUPS LATEST



**Join Our New Group**

## SPANISH LANGUAGE MEETUP



First Monday each month, 7pm  
Online via Zoom  
[languages@westwoldsu3a.org](mailto:languages@westwoldsu3a.org)

## Virtual Spanish

If you're unclear about what a "virtual" u3a group can be then take a look at our latest u3a language group - Spanish Language Meetup. This group is designed for anybody who can speak the language and wants to have an occasional opportunity to chat in their chosen language without leaving home.

Our new group has now started regular meetings once every month and will follow a chosen theme to enable anybody to practice a little vocabulary beforehand. This helps to build a little confidence before the session starts. The added advantage is that members get to develop their social media and computing skills at the same time!

If you'd like to know more about this new initiative, then get in touch via email or meet some of our fabulous language group members at a monthly meeting.

## Language Short courses

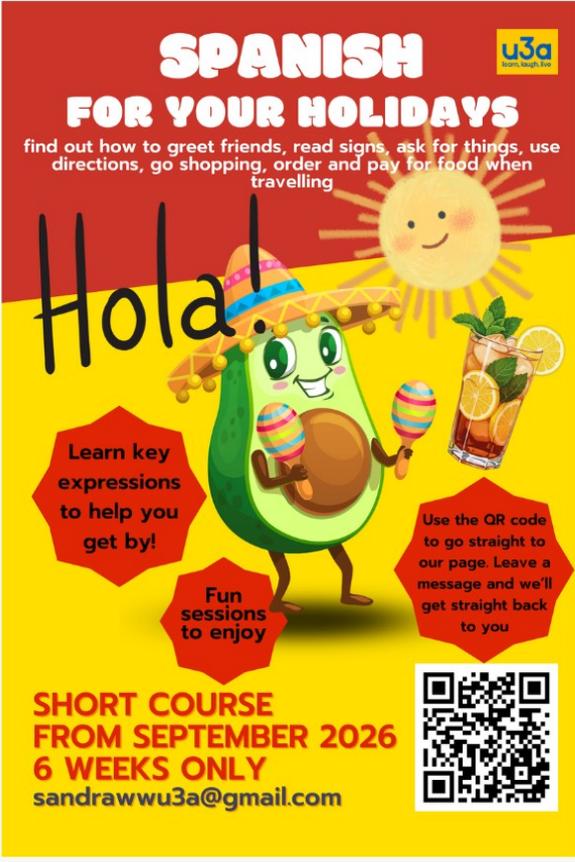
We pride ourselves on listening to what members want with our language groups and we like to keep things up-to-date and relevant.

Alongside our established groups we also run several short courses in Italian, Portuguese and Spanish. Most of these run through the summer at given start dates for about 5 to 8 weeks duration making them ideal for anybody who wants to try out a new language, learn a little for a forthcoming holiday or generally try to get to grips with learning in retirement.

Adverts like the one on the right start to appear over the coming months. You'll see them on the West Wolds website, in the newsletter and at monthly meetings.

Look out for these courses over the summer and get in touch to book your place.

For information contact  
[languages@westwoldsu3a.org](mailto:languages@westwoldsu3a.org)  
or use the QR Code



## SPANISH FOR YOUR HOLIDAYS

find out how to greet friends, read signs, ask for things, use directions, go shopping, order and pay for food when travelling

# Hola!

Learn key expressions to help you get by!

Fun sessions to enjoy

Use the QR code to go straight to our page. Leave a message and we'll get straight back to you

**SHORT COURSE FROM SEPTEMBER 2026 6 WEEKS ONLY**  
[sandrawwu3a@gmail.com](mailto:sandrawwu3a@gmail.com)



**ITALIAN: BEGINNERS PLUS AND NEW BEGINNERS**

We share a range of activities in a supportive and fun way. Meetings are fortnightly (1st and 3rd Thursdays from 10am) in Middle Rasen. New Beginners welcome at the same time. Details in current newsletter.

**SPANISH FOR YOUR HOLIDAYS**

A very popular short course lasting five weeks and a "must" if you're planning on speaking a little Spanish when you travel. Next course - Summer 2026

**SPANISH: INTERMEDIATE PLUS**

This popular and friendly group meets every Tuesday. We enjoy finding out about Spain and using the language to engage with others in our own group and beyond. Suitable for all who speak the language

**WHY NOT MEET OUR LANGUAGE GROUPS IN 2026?**

**PORTUGUESE FOR BEGINNERS**

5 Week Short Course  
Examines both the culture and the language  
Next course Summer 2026

**NEW VIRTUAL SPANISH**

Launching from 2026 - Ask for further details

**SPANISH BEGINNERS**

We use a range of Spanish materials to make our language learning fun and realistic. Resuming from July 2025. Ideal as a follow-on course to Spanish for Your Holidays. 2<sup>nd</sup> and 4<sup>th</sup> Fridays each month (1.30pm - 3pm).

**FRENCH BEGINNERS & FRENCH CONVERSATION**

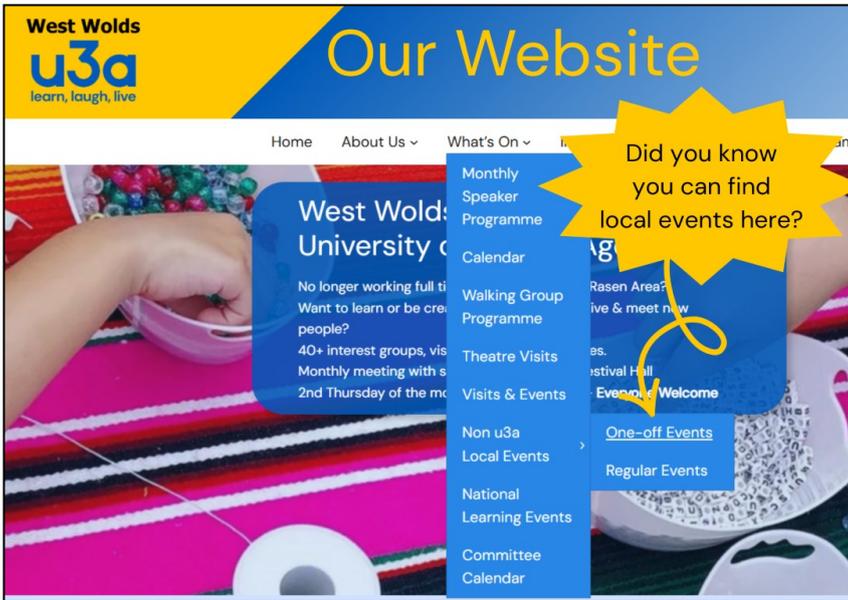
With two groups you'll find the level that's just right for you. Both our groups meet fortnightly on 2nd and 4th Wednesday evening each month sharing the same venue at 6pm in Lammas Leas Community Room. Sessions last one and a half hours

**FRENCH, ITALIAN, PORTUGUESE & SPANISH**

Contact Sandra for more details:  
[languages@westwoldsu3a.org](mailto:languages@westwoldsu3a.org)

**GERMAN**

Every Tuesday at 2pm  
New Life Church, Market Rasen  
Contact Gary for more details:  
[publicity@westwoldsu3a.org](mailto:publicity@westwoldsu3a.org)



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

westwoldsu3a



### 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
Mar 11th	Wragby	4-4.5 Miles	Rachel Telfer	07485 597868
Mar 17th	Holton le Moor	5 Miles	Alan Newman	07443 483831
Mar 24th	Faldingworth	4.5 Miles— Medium	Lesley Brewis	07510 353502
Apr 1st	Nettleham		Sharon Rupp	07803 694889
Apr 8th	Nettleton		Richard Scott	07498 580305
Apr 14th/15th				

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 February

Here are some photos from the Digital Photography Groups challenges from February, based on a theme of 'Boundaries' 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.

### Favourite of the month



Steve McCarthy



Mick Coupland

### Boundaries



Steve McCarthy



Terry Francis

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](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 2025/2026

### Chairman & Safeguarding Officer

Sharon Rupp Tel: 07803 694889

[chair@westwoldsu3a.org](mailto:chair@westwoldsu3a.org)



### Vice Chair, Publicity Officer, and Website Support

Gary Beighton Tel: 01673 849364

[vicechair@westwoldsu3a.org](mailto:vicechair@westwoldsu3a.org)

[publicity@westwoldsu3a.org](mailto:publicity@westwoldsu3a.org)



### Business Secretary and Data Protection contact & Displays Team

Kay Green Tel: 07900 818373

[secretary@westwoldsu3a.org](mailto:secretary@westwoldsu3a.org)



### Treasurer & Membership Secretary

#### Newsletter Production Editor and Technical Support

Terry Francis Tel: 01673 842088

[treasurer@westwoldsu3a.org](mailto:treasurer@westwoldsu3a.org)

[membership@westwoldsu3a.org](mailto:membership@westwoldsu3a.org)

[newsletter@westwoldsu3a.org](mailto:newsletter@westwoldsu3a.org)



### Speaker Finder

Ginny Beard Tel: 07980 209642

[speakerfinder@westwoldsu3a.org](mailto:speakerfinder@westwoldsu3a.org)



### Groups' Coordinator

Nick Wilson Tel: 07938 186626

[Groupcoordinator@westwoldsu3a.org](mailto:Groupcoordinator@westwoldsu3a.org)

[@westwoldsu3a.org](mailto:Groupcoordinator@westwoldsu3a.org)



### Displays Planner

Cathy Whelan Tel: 07974 856984

[committee2@westwoldsu3a.org](mailto:committee2@westwoldsu3a.org)



### Displays Team and Group Coordinator Support

Pam Britton Tel: 01673 847750

[committee1@westwoldsu3s.org](mailto:committee1@westwoldsu3s.org)



### Events Coordinator

Mandy Curtis Tel: 07950 658057

[events@westwoldsu3a.org](mailto:events@westwoldsu3a.org)



## Support Roles (Non Committee)

### Catering Coordinator

Rachel Telfer Tel: 01673 844244

[racheltefler1@hotmail.co.uk](mailto:racheltefler1@hotmail.co.uk)

### Greeters Coordinator

Pauline Cooper or Gillian Walker

[greeters@westwoldsu3a.org](mailto:greeters@westwoldsu3a.org)

### Welfare

Julia Francis Tel: 01673 842088

[juliafrancis22@gmail.com](mailto:juliafrancis22@gmail.com)

### Website Administration & Auditor

Steve McCarthy Tel: 01673 308364

[webadmin@westwoldsu3a.org](mailto:webadmin@westwoldsu3a.org)

### Social Media Admin

Stephen Flockton 07746 665521

[stevelaf@yahoo.com](mailto:stevelaf@yahoo.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](http://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	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p> <p>14:00 Turkish Delight</p> <p>Desert Dancers</p> <p>19:00 Spanish Online</p>	<p>10:00 Family History</p> <p>11:00 Table Tennis</p> <p>14:00 Backgammon</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Walking Group</p> <p>10:00 Cycling (Short Rides)</p> <p>10:00 Walking Group</p> <p>14:00 West Wolds Warblers</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:00 Italian Taster</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble</p> <p>14:00 Spanish Conversation &amp; Scrabble</p>
2nd	<p>10:00 Embroidery 2</p> <p>14:00 Board &amp; Card Games</p>	<p>10:00 Local History</p> <p>10:00 Beginners Family History</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:00 German</p> <p>14:30 Spanish Intermediate</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Embroidery</p> <p>10:00 Walking Group</p> <p>10:00 Cycling (Short Rides)</p> <p>12:00 Luncheon Group</p> <p>14:00 Poetry</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>09:15 <b>GENERAL MEETING</b> <b>Festival Hall</b> <b>Market Rasen</b></p> <p>14:30 Drama</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>13:30 Spanish Beginners</p> <p>14:00 Mah Jong</p>
3rd	<p>14:00 Crochet</p> <p>14:00 Digital Photography</p>	<p>10:00 Walking Group</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:30 Spanish Intermediate</p> <p>14:00 German</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Cycling (Short Rides)</p> <p>10:00 Discussion Group</p> <p>11:00 Table Tennis</p> <p>14:00 Readers Group – FULL</p> <p>14:00 Gardening Group</p>	<p>10:00 Patchwork</p> <p>10:00 Italian for Beginners</p> <p>10:00 Italian Taster</p> <p>10:15 Keep Fit</p> <p>14:30 Drama</p> <p>14:30 Recorder Group</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>14:00 Scrabble* <i>(*And 5th Friday of the month, if there is one)</i></p> <p>14:00 Solo Group</p>
4th	<p>10:00 Embroidery 2</p> <p>13:30 Spanish Beginners</p> <p>14:00 Board &amp; Card Games</p>	<p>10:30 Walking Group</p> <p>10:00 Writing for Pleasure</p> <p>11:00 Table Tennis</p> <p>14:00 Upholstery</p> <p>14:00 Canasta</p> <p>14:00 German1</p> <p>14:30 Spanish Intermediate</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Embroidery (*Last Wednesday of month)</p> <p>10:00 Cycling (Short Rides)</p> <p>13:30 Beading Group</p> <p>14:00 Rasen Book Group</p> <p>14:00 Artificial Intelligence</p> <p>18:00 French Beginners</p> <p>18:00 French Conversation</p>	<p>10:00 Cross Stitch – FULL</p> <p>10:15 Keep Fit* <i>(* And 5th Thursday, if there is one)</i></p> <p>14:00 Architecture—every two months</p> <p>14:30 Drama</p> <p>14:30 Indoor Bowls</p>	<p>10:00 Latin</p> <p>10:00 Line Dancing</p> <p>10:00 Biblical Hebrew</p> <p>10:00 Cycling (Longer Rides)</p> <p>13:30 Spanish Beginners</p> <p>14:00 Mah Jong</p>

## 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

### 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.