

WEST WOLDS QUARTERLY

ESTABLISHED 1999



THE UNIVERSITY OF THE THIRD AGE

"Learn, Laugh and Live"



**THE NEWSLETTER OF THE WEST WOLDS U3A
IN MARKET RASEN AND SURROUNDING VILLAGES**

ISSUE 69

MARCH 2017



EDITOR'S CHAT

Hello, Welcome to the first edition of your Quarterly under the management of two editors for the price of one! We are the new editorial team that has been given the task of taking over from Geoff



Goddard, a hard act to follow. Thanks to Geoff for the last 5 years, he has done sterling work and also to Gail for all she has done as Chairman.

As always, this is your newsletter and therefore depends in no small measure on your contributions. You will see that we are inviting all our Group Co-ordinators to write a small piece about what they do and how they do it, working our way alphabetically through all the groups, and sharing them out as equally as we can across all four editions scheduled to be produced this year. The idea of this is to allow them to tell the world about their work, and hence to encourage others to join them. You may be surprised at just how eclectic we are in West Wolds U3A ... but there is room for much more, and we would especially want to develop more groups with a scientific or mathematical bias, as your Committee feels these areas are not well promoted at present.

Remember that the ethos of all U3As is to LEARN, LAUGH, LIVE!

We hope that this will be echoed in these pages and that you will bring something to them through your own contributions. Over the years since we were established in 1999, it has always been a struggle for the Editors to have sufficient material to fill the pages, so don't be shy, put pen to paper and send us your thoughts, and details of your work and deeds plus any unusual photos, to: magazine@westwoldsu3a.org.

Many thanks from Rupert Maxwell & Robert Murdoch, editors

(alias: Terry Francis – Production Editor, and Brian Ward – Copy Editor).

COPY DATE FOR THE JUNE ISSUE

Articles for the next edition should reach the editor no later than

26 May 2017

Send it to magazine@westwoldsu3a.org



CHAIRMAN'S REPORT

Hello from your new chairman. There's always a risk that a new broom will come in and sweep away all the good work that has gone on before and that certainly is not my intention.

We have a very strong and diverse U3A, however there is always room for improvement and although most people don't like change, especially as we get older, change is probably the only constant.

Elsewhere in the magazine there is an action plan that the committee has been working on for several months. It outlines our aspirations based on the survey undertaken during last year and we've already started working on these. We cannot do this alone and will be looking for support from you our members. Already we have a number of volunteers who are not on the Committee to organise catering, meeters & greeters and the Christmas lunch.

We will be encouraging more volunteers to join them as we move through the year.

Many thanks for your continued support
Steve McCarthy

WEAR YOUR NAME BADGES WITH PRIDE!

Your Membership card is also your name badge, which we ask you to wear at the Monthly Meetings - you may know who you are, but that ignores the fact that our newer Members are probably looking for Group Co-ordinators to whom they want to talk. Also of course, our new Members are not yet known to the 'older' ones, and so it is much more friendly to address someone by their name than to have to ask them for this information! Please therefore, everyone, wear your badge so we can all talk to each other on a personal basis.

Cover Picture

Kiplin Hall, North Yorkshire visited during October 2016

West Wolds U3A Action Plan

1. Monthly Meeting Organisation

1.1 Meeters & Greeters

- Appoint someone with overall responsibility for the 'meeting & greeting' process
- Create a register of 12 welcomers
- Purchase stick on /peel off flowers for newcomers to wear
- Create a checklist that can be used by welcomers to give a consistent introduction.
- Consider improving 'greeter' identity sashes/badges
- Develop a document that outlines our approach to disabled members.
- Email new members to discover their experiences of their first meeting

1.2 Catering

- Margaret Foster to be responsible for catering
- A list of helpers will arrange monthly roster

1.3 Sound System and Projector

- Someone to be responsible for equipment in the meeting venue, storage and provision as needed for the speaker, also the U3A Asset Register
- Create a list of helpers

1.4 Cupboard Contents

- Create a list of items held in the cupboard and display

inside the cupboard door

Why – the monthly meetings are a focal point and a showcase for the organisation. We should make it a consistently friendly and welcoming experience. The growing intake of new members requires more input from existing members. We need to involve as many people as possible in the physical organisation of the meeting so members understand it is their meeting and don't see every duty and every organising person as being solely a Committee member.

How – Appoint a person to be responsible for each area and one person on the committee to oversee the arrangements for monthly meetings.

Who – Nominated committee member

When – All actions to be in place by the end of February 2017

2. Groups

2.1 Mentoring

- Develop an outline of the role of a mentor (SMc)
- Create a list of five mentors - ask for volunteers from members
- Develop a resource pack using

those available on the national website and signposting our own resources (venues, etc.)

Why – To develop a rich variety of new groups we need to support members to get their groups underway.

How – Develop a list of mentors using the experience from within the organisation.

Who – Nominated committee member

When – All actions to be in place by the end of February 2017

- Develop an annual timetable of presentations/displays by all of the long term groups where possible: it may be that some eg languages would better be able to have sections in issues of Quarterly.
- Encourage group co-ordinators to have a presence at the Meeting tables to recruit members, explain what they do etc

Why – Give an opportunity for members to see the range of activities and opportunities available.

How – Two displays each month; A list for group co-ordinators to sign up in November;

Who – Committee member assigned to co-ordinate the timetable

When – Timetable to be in place by the end of April 2017

2.2 Number and Variety of Interest Groups

- Develop a short “course” programme that runs annually
- Look for expertise to run science, technology and maths courses

Why – It fits with the ethos of the organisation and there is a gap in our portfolio of groups.

How – Ask at a monthly meeting for help to develop a series of short courses or area of research using the skills available within the membership backed up by request in next magazine.

Who – Ask for a volunteer from the new committee. BW happy to write articles for this, which could also be placed on website.

When – Timetable to be in place by the end of July 2017

2.3 Layout of Group Sign-Up Sheets

- Interest groups to be displayed by activity as per the website
- Install signage to clarify the subject areas: Exercise; Languages; Arts and Crafts; etc.
- Change the layout of the hall so there is more room to layout the sign-up forms.

Why – Survey responses mentioned the layout. We need to capture the imagination of new members at their first general meeting.

How – Change the layout as shown

in the proposal to Group Co-ordinator.

Who – Nominated committee member with assistance from member volunteer.

When – New layout to be trialled by April 2017

3. Develop a Skills Register

- Ask people to share their skills

Why – To help the committee and group co-ordinators to appreciate the resources available to them. Enable us to develop new groups that haven't been requested but might be helpful. Improve member engagement

How – Create a form (website/hard copy); revise the membership form to include a skills register; Request at a monthly meeting. Examples: Organisational skills; Professional/Academic specialism; Financial management; Languages; Trades/Crafts (mechanic, plumbing, electrician, etc.)

Who – Ask for a volunteer from the new committee

When – Data collection starts by the end of September 2017

4. Develop Community Links

4.1 Form Links to Bordering U3As

- Discover the strengths of our neighbours
- Share working group knowledge and skills

- Enable cross membership

Why – We can learn a lot from our neighbours and there may be skills in other U3A groups that we can benefit from.

How – networking meetings and personal meetings with other committees.

Who – Committee member - Neighbourhood Representative

When – September 2017 onwards

4.2 Form Links With Lincoln University

- Find a point of contact
- Develop a dialogue and discuss how the organisations can support each other (see Plymouth U3A and University article)
- Aim to have a plan of activities.

Why – Continue to be outward looking and to share our wisdom and experience with young people. To visit the campus for demonstrations and presentations.

How – Meet with the university Partnerships and Community Engagement Manager.

Who – West Wolds U3A Chairman and another committee member

When – September 2017

5. Web Site

5.1 Resource Centre

- Listings of local resources
 - National resources
 - Web links associated with interest groups
- Why** – Help group co-

ordinators and members to utilise all the resources at our disposal.

How – Add information to the web site as it becomes available/recognised

Who – Information from group co-ordinators and updated by the web administrator.

When – July 2017

5.2 Website Promotion

- Offer courses for small groups in getting the most from the internet
- Quarterly brief demonstrations

at the monthly meetings

- Use the projector slide show at the beginning of monthly meetings

Why – The internet is a useful tool in helping people in their lives and the West Wolds U3A website is becoming a more and more important source for our members

How – Short IT Workshops to be offered

Who – Website administrator.

When – April 2017



WEBSITE STATISTICS

Number of Web Accesses over the last two years

	Jan	Feb	Mar	Apr	May	Jun	
2015			478	776	894	1,207	
2016	878	1,127	960	1,275	1,266	789	
2017	2,153						
	Jul	Aug	Sep	Oct	Nov	Dec	Total
2015	1,592	1,729	2,055	993	1,175	528	11,427
2016	1,086	1,386	1,609	1,636	1,170	1,466	14,648
2017							

Notice Board

General Meetings 2017

Held at Festival Hall, Market Rasen

- April 13th** Gerry Burrows – Goodnight Children – Everywhere
- May 11th** Susanna Wesley – The mother of the Wesley family from Epworth Old Rectory by Cath Fordham
- June 8th** Meet Our Tiger – Don't panic it's not alive!! By Kathleen & Chris Barnett adopted parents to Bengal Tiger for Born Free foundation wildlife charity

Local History

Meetings held at the Church Rooms, Middle Rasen

Tuesday 11th April

Paul Howitt-Cowan: "G.F.Bodley – The Forgotten Genius of Victorian Architecture".

Tuesday 9th May

Caroline Foster: "Historical Stories"

Tuesday 13th June

Visit – Coach Trip to Hull with guided tour.

THE WEST WOLDS QUARTERLY DIARY INSERT

Remove this insert from your magazine, fold along the lines indicated

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Why not visit our website at
www.westwoldsu3a.org

INTEREST GROUPS

WEEK	Monday	Tuesday
1st	10:00 German 14:00 Bridge 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers	14:00 Film 14:30 Spanish
2nd	09:30 Paper Engineering 10:00 German 13.30 Cardcraft 14:00 Bridge	10:00 Local History 10:00 IT Workshops 14:30 Spanish
3rd	10:00 German 14:00 Bridge 14:00 Digital Photography	10:00 Country Walks 10:30 Strollers 14:30 Spanish 19:00 Film
4th	09:30 Paper Engineering 10:00 German 14:00 Bridge 14:30 Art Appreciation	10:00 IT Workshops 10:00 Music Appreciation * (*<u>Last</u> Tuesday of month) 14:30 Spanish

MONTHLY TIMETABLE

Wednesday	Thursday	Friday
10:00 Country Walks 10:30 Strollers	10:00 French 10:00 Patchwork * 10:00 Keep Fit 14:00 Drama 14:00 Patchwork *	10:00 Beginners Family History 10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling 14:00 Scrabble
10:00 Embroidery 10:00 4 Mile Walkers 12:00 Luncheon Group 14:00 Canasta 14:00 Poetry 19:00 Mr Ukulele Group	09.45 GENERAL MEETING Festival Hall Market Rasen  14:00 Drama	10:00 Family History 10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling
10:00 Telling our Stories 14:00 Readers Group 1 14:00 Gardening Group	10:00 French 10:00 Keep Fit 10:00 Patchwork * 10:30 Cycling 14:00 Drama 14:00 Patchwork *	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling 14:00 Scrabble* (* And 5th Friday of the month, if there is one)
10:00 Embroidery * (*Last Wednesday of month) 14:00 Readers Group 2 14:00 Knitting and Crochet (Oct – April) 19:00 Mr Ukulele Group	10:00 Cross Stitch 10:00 Keep Fit* (* And 5th Thursday, if there is one) 14:00 Drama	 10:00 COFFEE MORNING Jossals, Market Rasen 10:00 Latin 10:00 Line Dancing* 10:00 Biblical Hebrew 10:30 Cycling* (* + 5th Friday, if there is one) 14:00 Singing Together 14:00 Mah Jong 

INTEREST GROUP CO-ORDINATORS

ABSOLUTE BEGINNERS COMPUTING

Lyn Henry 01673 843851

ART APPRECIATION

Linda Coveley 01673 857153

BIBLICAL HEBREW

Alison Atkinson 01673 849979

BRIDGE

Bryan Storey 01673 849625

CÂNASTA

Jan Watkins 01673 308791

CARD CRAFT

Cynthia Burke 01673 849506

CROSS STITCH

Cynthia Burke 01673 849506

CYCLING

Heather Barratt 01673 849393

DIGITAL PHOTOGRAPHY

Allen and Alice Forster 01652 678034

DISCOVERY GROUP

Mary Howes 01673 849554

DRAMA

Gail Dennis 01673 843575

EMBROIDERY

Pat Hage 01673 849447

FAMILY HISTORY

Steve Field 01673 857519

FAMILY HISTORY - BEGINNERS

Jacqueline Reid 01673 849490

FILM GROUP

John Bartlett 01673 857480

FRENCH

Pat Spolton 01673 828568

GARDENING

Mary Howes 01673 849554

GERMAN

Jo Howard 01673 862015

IT WORKSHOPS

Steve McCarthy 01673 308364

KEEP FIT

Dawn Stopper 01472 851133

KNITTING AND CROCHET

Sue Jacobs 01673 828898

LATIN

Gwen Parsons 07749 044413

LINE DANCING

Margaret White 01673 849274

LOCAL HISTORY

Jean Childs 01472 859347

LUNCHEON GROUP

Pam John 01673 844260

MAH JONG

Jacqueline Reid 01673 849490

MUSIC APPRECIATION

Ron Jones 01673 843438

PAPER ENGINEERING

Lyn Henry 01673 843851

PATCHWORK

Lyn Henry 01673 843851

POETRY

Eva Smith 01673 842218

READERS GROUP 1

Audrey Storey 01673 849625

READERS GROUP 2

Lyn Henry 01673 843851

RECORDER GROUP

Geoff Goddard 01673 842287

SCRABBLE

Audrey Storey 01673 849625

SINGING TOGETHER

Heather Barratt 01673 849393

SPANISH

Alison Atkinson 01673 849979

TELLING OUR STORIES

David Atkinson 01673 849979

TURKISH DELIGHT DESERT

DANCERS

Gillian Anderton 01673 844382

THE 4-MILERS

Mary Ellis 01673 842584

THE 9-MILE HIKERS

Helen Wilson 01673 828315

THE COUNTRY WALKERS

Ken Howitt 01652 678490

THE STROLLERS

Cynthia Burke 01673 849506

UKULELE

Heather Barratt 01673 849393

UPHOLSTERY AND FURNITURE

RESTORATION

Gail Dennis 01673 843575

VISITS

Brian Ward 01472 852273

THE GROUPS CO-ORDINATOR IS: KEN HOWITT

01652 678490 kenhowitt@btinternet.com

LIFTS: If you do not have transport it is usually possible to arrange lifts to the various venues. A contribution to the cost of fuel is also welcome.

GROUPS NEWS

Ethics Group

This is a new group run by Steve McCarthy to discuss ethics and moral dilemmas. The proposed next dates for the group to meet are

May 3rd

June 7th

July 15th

August 2nd

September 6th.

Please contact Steve if you are interested.

TURKISH DELIGHT DESERT DANCERS

Please note that there is a change to the program for this group, it will now be held only once a month on the 1st Monday of the month. Please contact Gillian Anderton for further information.



West Wolds U3A Gardening Group

Forthcoming Programme

Wednesday, April 17th

‘Clematis’ a talk by Mary Howes, Holyrood Church Hall 2p.m.

Sunday May 7th

Visit to Dunholme Lodge—NGS Open Day

Wednesday May 17th

2p.m. Visit to Margaret Foster’s garden.
Gardening Group’s annual plant sale

Tuesday June 7th

2p.m. Visit to Mary Barr’s garden. ‘Round the Garden’ quiz and plants for sale

Wednesday June 21st

Full day coach trip to Barnsdale Gardens

Visitors and New Members welcome. Enquiries Mary Howes 01673 849554.



Knowledge is knowing that a tomato is a fruit, Wisdom is knowing not to put it in a fruit salad.

A SHOUT OUT FROM THE GROUPS

We have invited all group coordinators to provide a piece of about 75 words describing where and when you meet, how the group operates, what you get up to at your gatherings, your aims and objectives, if you are planning to expand or even to add a second group to cope with growing demand, all the sort of things that will interest members.

To fit these into the magazine we will be doing this in sections over the year, this issue we are looking at the first ten groups in alphabetical order to submit an item for publication, starting with letters A-D .

Absolute Beginners Computing

Art Appreciation

Biblical Hebrew

Bridge

Canasta

Card Craft

Cross Stitch

Cycling

Digital Photography

Drama

If you are interested in any group, please see the details on the group coordinators page. Here are what the Co-ordinators had to say about what the group offers, what you see here are those that responded:

Art Appreciation

Nine U3A members meet as regularly as we can on the 4th Monday afternoon at Linda Coveley's house.

We have discussed our favourite paintings, our own efforts, new artists and old masters. Linda and Peter have given presentations on Art movements. We have also been out and about to The Usher Gallery in Lincoln. We plan to go further afield in 2017 to Hull!

New members welcome, please phone Linda to check if we are in or out.

Caroline Foster

Canasta

In the 1930's and 40's, Rummy was the second-most popular

card game in the USA (after Bridge).

In the 1950's, Rummy fell out of fashion and was overtaken by two of its offspring, Gin Rummy (invented in Brooklyn NY) and Canasta (invented in Uruguay). Canasta is not one game but an umbrella term for a family of games. Variations are Samba, Bolivia, Brazilian, Joker, Mexicana, Hand and Foot, and Oklahoma. The group plays basic Canasta, but my husband and I very much enjoy Samba, which is a longer game and a little more complicated, and we hope eventually to teach it to the group. We have 8 players at the moment (which is as many as we can accommodate) and 2 reserves. So we usually have 2 games going, depending on numbers. It works well, for although Canasta is a partner game, you can play as individuals. Therefore it works for 3, 4, 6, 7, or 8 players.

If, as has occasionally happened, there are 5 of us, then we Watkins take it in turns. We are not too serious about it, though of course we all want to win, but we have fun, and it's a pleasant way to spend an afternoon.

Maybe if anyone else is interested, and could host a game, some of our group might like to join in to make a viable number.

Jan Watkins

Cardcraft

The Cardcraft group consists of approximately twelve members and we meet the second Monday of each month from 1.30 - 4.00 in the Church Rooms in Market Rasen market place.

We try our hand at a variety of different card making techniques. We have had a very successful afternoon making "iris fold" cards and at the next session we tried T bag folding (not really using t bags!!) to be followed by acetate and peel off cards in March, and Shaker cards in April, we will then have a break until September when we will meet until Christmas using paper weaving, embossing and stitching techniques on our cards.

There is a fee of £2 per session to cover rent on the Church Rooms.

Cynthia Burke

Digital Photography Group



Our cameras range from compact point-and-shoots to digital SLRs with many accessories. We aim to improve our photography by looking at aspects like composition, lighting and viewpoint and how photos can be adjusted once transferred to the computer. We all have different abilities and between us we can usually sort out any problems we experience.

Each month we set ourselves a challenge and review the photos at the next meeting. You can see the results on the website.



Some examples of our January Still Life Theme are shown here.

We would love to see your pictures.

Allen and Alice Forster

Drama Group

This group has been running for the last six years. We always welcome new members. In the main we read sets of plays and discuss whether we can visualize them being performed, whether we enjoyed them and considered them well written or not. We also read short pieces and monologues when member numbers are reduced due to illness and holidays etc.

We have performed hand held script pieces for U3A at AGM's. Members have also helped out at the Broadbent Theatre by cleaning it and doing front of house jobs for performances, learning about how much goes in to the production you see on stage.

Gail Dennis

The next issue of Quarterly will ask for items of news from groups: Embroidery - Latin, inclusive!

WE'RE ALL GOING ON A SUMMER HOLIDAY ...



Everyone loves a day out, or do they?

Our Programme for the year ahead is as follows:

- | | | |
|----------------|--|------------------------|
| 24 March: | Café Jazz, Grimsby Central Hall: | Dave Cook Quartet |
| 12 April: | Louth Riverhead Theatre: | Lady In The Van |
| 18 - 22 April: | Cardiff and locale holiday | |
| 17 May: | Louth Riverhead Theatre: | Jesus Christ Superstar |
| 21 June: | Barnsdale Gardens | |
| tbc: | Humberside Airport | |
| 21 September: | Sheffield Assay Office, Winter Garden, Cutlers' Hall | |

NORTH YORKSHIRE MOORS & COAST VISIT, OCTOBER 2016.

The weather had been mixed, but we went everywhere as planned, and I hope that everyone enjoyed at least part of the trip. Solberge Hall Hotel looked after us well, and some members were heard to say they would enjoy another visit there, to experience a different itinerary. With the content of the programme ranging from walking through damp grass at Thorp Perrow to getting cinders from the steam train, from gusty winds at Whitby to strolling around the house and grounds at Kiplin Hall



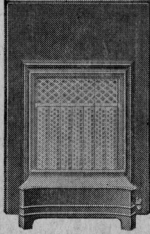
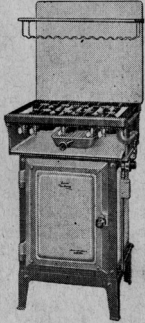
in the sunshine and sampling the monastic life and cider at Ampleforth Abbey, hopefully the trip was enjoyed by all.

Brian Ward





FOR ...
LIGHTING
COOKING
HEATING
GAS IS BEST

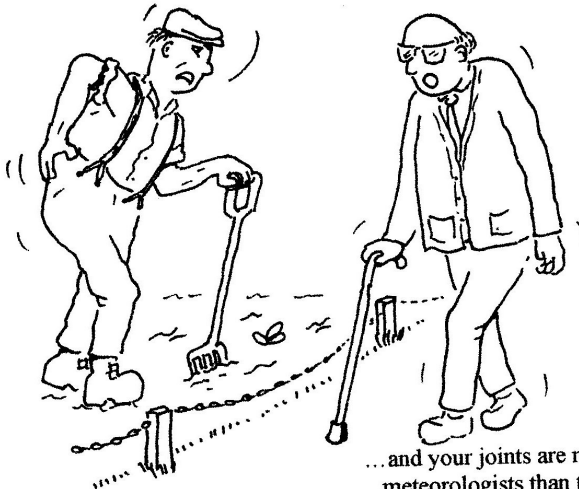



British housewives are fast realising the utmost value of gas and gas appliances in the home. The "High Beam" Gas Fire with the self-lighting Gas Tap and the "Radiation" "New World" Gas Cooker with the "Regulo" automatic oven heat control uphold the efficiency and economy of GAS and emphasises to the full the necessity for gas and gas appliances in the modern home.

See the latest display of Cookers & Fires at:-
MARKET RASEN NEW LIGHTING Co., Ltd.
GAS WORKS, MARKET RASEN.

Anyone remember this company ?

'Old age is the time of life when
actions creak louder than words.'



...and your joints are more accurate
meteorologists than the national
weather forecast.'

Drawn by Gillian Anderton

Musings of a U3A'er

Every second Thursday at a quarter to ten
At the Festival Hall in Market Rasen,
The U3A meeting gets underway
So come inside and see the display.

Say hello to the greeter, pay our dues
Then see a friend and catch up with the news.
Collecting a cup of tea and a biccie,
Cup and saucer balancing can be quite tricky.

The tables are laid with all manner of treats,
Sign up for some subjects before taking our seats.
Learn a language, go cycling, play scrabble, mah-jong,
Or on a trip with Brian you can't go far wrong.

Walking's a pleasure and keep fit too,
You should see what the Desert Dancers can do!
Then Steve calls "Please sit, we are ready to start,
but first I have some news to impart".

Then the speaker begins with a laugh and a joke,
Or sometimes some thoughts to inform or provoke.
All too soon it is over and time to depart,
But we've all had a great time and we're all in good heart.

So much to choose and all a delight,
Our motto Learn, Laugh and Live will see us right.
So come and join us, you'll be amazed,
What we oldies get up to in good old Rase.

Julia Francis