

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 72

DECEMBER 2017

EDITORS' CHAT



It's that time again and we wish you all a Merry Christmas and Happy New Year from the editors of the Newsletter. Enjoy the Christmas Fayre, but don't overdo the Mince Pies and Christmas Spirit too much.

Remember to wear your smart new 2018 membership badge at the January meeting to confirm that you have paid the new year's membership fee, (see message from Shelley Franklin on page 10).

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. 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.

We would also appreciate any feedback on things you would like to see in the Newsletter.

Many thanks from Terry Francis – Production Editor, and Brian Ward – Copy Editor.

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	1,330	1,383	1,253	1,267	1,063	
	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	1,423	1,348	1,762	1,651			

COPY DATE FOR THE MARCH ISSUE

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

24th February 2018

Send contributions it to magazine@westwoldsu3a.org



CHAIRMAN'S REPORT

Wow! What an exciting AGM we had. Now I never expected to write that but life is full of surprises. We had over 160 members present who all seem to be interested in the machinations of West Wolds U3A and some of those present knew more about the process than I did which I was grateful for – thank you Gail...

The highlight was of course the performances by the drama, ukulele and keep fit groups. We are so lucky to have such an enthusiastic membership who are rightly proud to present what they do at their groups. I mustn't forget to mention the displays around the room which were superb.

The new committee will have met and positions allocated by the time you read this but unfortunately we go to press before that meeting. Committee details will be posted on our website (www.westwoldsu3a.org) as soon as they are known. I'm looking forward to being part of the new committee.

As always if you have any ideas or suggestions please let a member of the committee know.

Steve McCarthy

A Message from Mandy Murphy

If anyone knows of any member that is ill or in any difficulty and would welcome a get well card or some other contact, please let Mandy Murphy know and she will arrange it. Her contact details are 01673 565295 or email mandy.murphy1396@gmail.com.

Cover Picture:

Market Rasen in the Snow (Photo by Brian Ward)

MY CHILDHOOD CHRISTMAS. By Joe Willis

It is the 6th December; it is cold and the snow lies deep on the earth. Full of expectations and also with some dread, all children are waiting for St Nicholas to arrive. Finally, there is a knock on the door and Mother calls - "St. Nicholas is here, children come out." And there he was; tall, dressed all in white robes, with a gilded hat on his head, carrying a shepherds crook and softly calling: "Hello children and God bless you." A white robed angel stood beside him. And skulking in the background was the Grampus, (the devil), dressed all in black, with horns on his head and thumping his tail, rattling a chain and swishing a birch cane, mumbling threateningly.

St. Nicholas asked us children: "Have you been good all through this year?" Of course, we knew that St. Nicholas knows everything; so we had to tell the truth. I confessed, that I had been rude to my Mother and had not always done my given chores. Now the Grampus rattled his chain threateningly and grumbled. But St. Nicholas pacified me by saying: "If you say sorry to your Mother, we will forget about your misbehaviour. And now you can tell me, what present you would like for Christmas." I wanted a new pair of full sized skis, mine were just children's size.

It is believed, that St. Nicholas comes to earth from heaven on a golden rope, accompanied by an angel. Also the famous "Good King Wenceslas" was in fact a real king in Prague, in Bohemia. His strong catholic, Christian beliefs infuriated his Mother. She antagonised

his Brother Boleslav to kill him. King Wenceslas was slain on the steps of the St. Vitus cathedral. Before he died, he forgave his Brother and so Wenceslas became the patron saint of the land Bohemia.

If a girl puts a cherry twig in water on St. Nicholas's day and the twig will blossom on Christmas Eve, the girl will surely marry in the coming year.

The main celebrations are taking place on Christmas Eve. The children are not allowed into the sitting room. There in secret, the Christmas tree is being prepared. Apparently, the Christmas tree is a symbol from the Garden of Eden in paradise. It is said the first decorated Christmas tree was publicly erected in the city of Strasbourg in the year 1605.

As dusk falls, a bell rings and there, in the living room is the lit-up Christmas tree, decorated with pine cones, apples, nuts, sweets, gingerbread and some tinsel. The children were allowed to pick one item daily from the tree until 12th night. Under and around the tree, the eagerly awaited presents were given out and opened amid much cheering and banter. We were told, that the Christ Kindel, (the Christ Child) had brought that tree.

The centre piece on the festive laid out dining room table, was the huge dried carp fish, dressed with holly twigs full of red berries and surrounded by bowls of potato salad. The drinks were hot gluhwein, grog, honey mead, or hot tea laced with rum. The children could eat as much gingerbread and marzipan as

they liked. The carp had been purchased from the local Baron's fish lakes and was kept alive in the bath tub until ready for cooking. When cleaning the scales off the fish, you should put a fish scale into your wallet; it would fill your wallet with lots of money in the coming year.

Soon it was time to get ready to go to Midnight Mass. The walking along the road with a lantern was made easy because the Baron's ponderous oxen pulling big sledges had levelled and hardened the deep snow. The church, decorated with evergreens, was filled to capacity with smartly dressed people, some in colourful, national costume. With nostalgia, I still remember vividly singing in the church choir as a choirboy, singing without organ music to a hushed congregation, the Latin hymn -Te Deum Laudamus, (God, we praise you). The service ended, with a lone trumpeter playing the well-known carol -"Silent Night, Holy Night."

We all slept late on Christmas morning. Except Mother; she had to prepare the late dinner of home-grown, roasted goose, potatoes, cabbage and carrots. That was followed by Christmas Stollen with thick cream. On the second Christmas day, (Boxing day) the children were out trying their presents; the skis, the sleighs and ice skates in the deep snow or on the ice on the river. But during all the Christmas festivities, the farm animals had to be tended as usual: fed, watered, milked and bedded down. That was our way of life.

To-day, Christmas is hugely commercialised. In fact it has become big business. There are Christmas cards, many, many presents, elaborate dinners and foreign holidays. We eat turkeys,

fresh imported fruit and vegetables; and of course there is television.

How does it compare!

Joe Willisich



A CHRISTMAS POEM.

I wish you all the things, of which one says, how beautiful they are and they still exist.

The moment, when on his bird-wings, the lark flies into the blue of the sky;
The song, which is accompanied by the lute;

A poem, is changed into song;

A bell, which peals for peace;

When, in the evenings, you are homewards drawn.

I wish you all the things, which should comfort you in sorrow;

The colour of the butterflies;

The garden in its spring garments;

A blackbird, which sings for you;

A stroll through the wheat fields;

The rapture, which penetrates you, when resting in the shade of the woods;

The autumn leaves, full of reddish glow, which the storm has chased away;

The frozen lake and its glittering sheen.

When you quietly stand and say to yourself:

IT IS GOOD!

Merry Christmas to all.

Joe Willisich

Visit to Lincoln University Open Day 29th September

As reported earlier on our website, five members visited the university for LIGHTS (Lincoln Gets Hold of Technology and Science) open day. On arrival we split up to see various parts of the display according to our interests. As an engineer, I naturally headed to the robotics area, only to be rather



disappointed by what was on offer there. However using the very comprehensive events schedule and timetable, I was then able to join a tour of the science block and laboratories. Being new, these were well equipped for 80 undergraduates to work, and even contained screens so that the chemistry and biology lecturers and demonstrators could always be seen.

The guides in the science block then offered to show us their laboratories as there were only a few of us. It turned out our guides were doctoral researchers working on aspects of Type 1 diabetes and blood cancers! Their laboratories had of course much more complex equipment and gave some idea of what was needed for their researches.

Later in the afternoon I returned to the robotics building to have a tour of the engineering laboratories. There were only two of us and here we were shown around by a staff member. Apart from seeing the computer technology room with about 50 machines for undergraduate work, we saw some of the research areas where post graduates would work on projects.

One test cell was large enough to contain a Mini car for work on self driving systems. Here the car was stationary and the scenery was projected on the cell walls to the front, sides and rear of the vehicle. The scenery moved at a rate simulating vehicle speed. In another test area, small scale work was being done on smarter burning of biomass. Here instead of just burning woodchip in a furnace to raise steam from the heat produced and thus drive a turbine and generator for electricity production, the research was on the control of the combustion process such that not only was the heat used conventionally, but the gasses driven off would be captured and separated for other industrial use. A further aim was to end up with a residue of almost pure carbon again for further industrial use.

What started out as a rather disappointing day, ended up for me as most interesting and instructive of the work that is going on, some of it in collaboration with Industry. It did seem a lot of effort on the university's part for only one day, but I for one appreciated seeing some of the researches and how some of these will be beneficial one day.

Barry Dukes (Photo by Terry Francis)

Visit to Cote Hill Cheese, Osgodby

It was a typically British wet day when we all met at [Cote Hill Farm in Osgodby](#) for a tour of the now well-known cheese producing business run by Mary and Michael Davenport. We were made very welcome by Michael and, after donning the obligatory blue plastic shoe covers and mop hat, we followed him into their 'factory'.

Because of the layout of the buildings, Michael explained that we would be seeing the whole process in reverse order so our first viewing was of the cheese being French wrapped in waxed paper ready for distribution.



As we followed Michael, his wife Mary, their son Joe and several others were soon visible through the large glass windows which allow a clear view of what is happening in the different rooms. The unpasteurised milk (so it retains its natural flora and enzymes) is filtered straight into the cheese vats where vegetarian rennet and a starter culture is added. Once stirred together, it is left to coagulate and the resultant curd is cut to release the whey. Mary was seen executing this then transferring the curds into containers where it was allowed to settle.



As we moved through the building, we saw the set cheeses being washed in brine or waxed red or yellow then stacked on shelves where they are regularly turned. At two weeks old, the Cote Hill Blue are pierced by hand with a needle to allow air to get in and form the blue mould and after 8 weeks it is fully mature.



From the 'factory' we moved to the milking parlour which is Michael's domain. Around 70ish mixed breed cows are milked here twice a day starting at 6:30am. About a third of the 500,000 litres or so of the milk produced annually or 800 litres a day, is used for cheese production with the rest collected by two major dairy companies. Needless to say, the cows

were back out in the field by the time we got to the parlour but the process and equipment was carefully explained whilst the crew yard outside was being 'mucked out' by machinery.

Back in the assembly room, the kettle



had boiled and the table was laid with plum bread, biscuits and plates containing a selection of cheeses for our delectation. Michael gave us a potted history of the business and Cote Hill Farm which has been home to the Davenport family since 1962. His father took on the tenancy and set up an accredited dairy herd which Michael eventually took over however, by 2004, low liquid milk prices forced them to ponder diversifying or giving up. Rather than throw in the 'milking machine', Michael decided to go on an artisan cheese making course, cascaded his knowledge to Mary and the business was born.

Realising there was a gap in the market for a soft blue cheese, they made their first batch in 2005; it was a nail biting time as they added the penicillium roquefort (the blue mould) and then waited a month for it to mature. Fortunately, all their hard work paid off, it turned out well and, as the saying

goes, the rest is history. Today the family is delighted to have no fewer than six varieties of cheese in its collection and some highly prized awards too; they also remain one of only a few farms producing a crusted soft and creamy blue cheese using unpasteurised milk. As an aside, there was cheese (and milk) available to purchase and enjoy later at home.

Well done and thank you to Sharon for organising such an interesting and most enjoyable visit and to the Davenports for the tour and their hospitality. I for one have learnt that making cheese is a complex and time-consuming business which demands close attention to detail so, congratulations to everyone at Cote Hill Farm for their hard work, vision and determination to succeed. Long may it continue.

Nadia Dawson (Photos by Brian Ward)

Congratulations to Sharon Rupp on beating her target for the Sky Dive at Hibaldstow in aid of the Air Ambulance.



EXCITING ONE OFFS FOR ALL TO ENJOY!!

Here's your chance to enjoy something different, and not have to get involved with a regular group date. Sign-up sheets for these (and future) ideas will be available at each Monthly Meeting. The events themselves will be arranged for later next year.

Antiques Roadshow: March 6th 2018 at Holy Rood Church Hall, Market Rasen.

We all enjoyed the presentation by David Palmer at an earlier Monthly Meeting, and he is willing to come back to see us, accompanied by some colleagues. This team will give you a valuation on your prized possessions, and talk to you personally about what you have brought along. This is a real exclusive for us, so please show your support! Amazing value, so get digging in Auntie's drawers and see what you can bring to light! Cost will be £3 for three valuations, or only £1 to watch.

(All arranged by Sharon Rupp)

OUR BEST AGM YET?

Our AGM last month saw an attendance of over 160 people, and nearly ten persons joining to become new members. The Committee thanks all those who helped prepare for the event, and who set up displays of 'arty crafty' works! Skills with the needle and the camera were on show for all to enjoy. The official AGM business did not take up too much time, and hopefully all those present were happy with what is going on behind the scenes to ensure our U3A moves forward.

Apart from the static displays in the hall, we enjoyed the ukulele band giving us airs on their g-strings, the drama group (complete with real live dog!) debating planning issues in small town life, and the keep fit group demonstrating why Charles Atlas has left a lasting legacy. We look forward to more groups responding to the call to show us what they get up to in their classes, at forthcoming Monthly Meetings. If you are one of those who turns up near 10.30 am, then change your habits and come along early so that you can take in all that is on offer from the groups, get up to date with our 'Pearl & Dean' details of future attractions on the large screen, as well as chat to fellow members and make new friends.

Again, well done to all concerned for the work they put into making our U3A a success.

Brian Ward.

Notice Board

General Meetings 2018

Held at Festival Hall, Market Rasen

January 11th: *"Keeping Healthy with Herbs"* – Cindy Teague. Medical herbalist providing a holistic natural approach to health care.

February 8th: *"Master Of Mirth"* - Mike Storr. An affectionate look at some of his favourite Music Hall laughter makers.

March 8th: *"Spire Chocolates"* - Lindsay Gardner.

Membership of West Wolds U3A

West Wolds U3A's year runs from September to August, so memberships are due for renewal in September each year. If you haven't renewed yet, but want to continue to be a member of West Wolds U3A, please complete a membership form and let us have it as soon as possible along with a payment of £15 per person. You can download the form from our website, or contact the Membership Secretary (details below) or your Group Co-ordinator to ask for a paper copy. If we don't hear from you by the end of December 2017, we will assume you no longer want to be a member.

We issue a membership badge each year, showing your name and the date your membership will expire. Please remember to wear your badge to all U3A meetings and events, so that we can quickly see who you are. It is so much easier for the people who are greeting new members, marking the register, taking bookings for visits or walks, discussing interest groups with you, or just wanting to chat. Wear your badge with pride!

Shelley Franklin, Membership Secretary
Telephone 01652 678283 or email shelley_franklin@yahoo.co.uk

THE WEST WOLDS QUARTERLY DIARY INSERT

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

COMMITTEE & MANAGEMENT RESPONSIBILITIES 2018

The 2017/2018 committee members are shown below, the responsibilities and positions will be decided at the December Committee meeting on the 11th December and communicated at the December Monthly Meeting, on the website and in the next issue.

Steve McCarthy Tel: 01673 308364
steve@pigyard.com

Ken Howitt Tel: 01652 678490
kenhowitt@btinternet.com

David Oliver Tel: 01673 880188
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Shelley Franklin Tel: 01652 678283
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Brian Ward Tel: 01472 852273
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Terry Francis Tel: 01673 842088
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Sharon Rupp Tel: 01673 857390
sharonrupp@hotmail.com

Linda Brighton Tel: 01673 843925
lindabrighton1@hotmail.co.uk

Pam Crooks Tel: 01673 565010
pamcrooks14@gmail.com

Support Roles (Non Committee)

Catering Co-ordinator

Margaret Foster Tel: 01427 668050
gordonmfoster@btinternet.com

Archivist

Paul Davison Tel: 07746 626482
davison216@btinternet.com

Welfare

Mandy Murphy Tel: 01673 565295
Mandy.murphy1396@gmail.com

Make sure you visit our website at

www.westwoldsu3a.org

And become a subscriber in order to receive all the latest news

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 Tuesday of month</u>) 10:30 3 Mile Walkers 14:30 Spanish

MONTHLY TIMETABLE

Wednesday	Thursday	Friday
10:00 Country Walks 10:30 Strollers 19:00 Mr Ukulele Group	10:00 French 10:00 Patchwork * 10:00 Keep Fit 14:00 Drama	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 Everyone Welcome Tea, Coffee, Event Notices Guest Speaker 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 19:00 Mr Ukulele Group	10:00 French 10:00 Keep Fit 10:00 Patchwork * 14:00 Drama	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* (* And 5th Friday of the month, if there is one) 14:00 Mah Jong 

INTEREST GROUP CO-ORDINATORS

ART APPRECIATION

Linda Coveley 01673 857153

BIBLICAL HEBREW

Alison Atkinson 01673 849979

BRIDGE

Bryan Storey 01673 849625

CANASTA

Jan Watkins 01673 308791

CAR ENTHUSIAST GROUP

Steve McCarthy 01673 308364

CARD CRAFT

Cynthia Burke 01673 849506

CROSS STITCH

Cynthia Burke 01673 849506

CYCLING

Gordon Jennings 01673 844222

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

To Be Announced

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

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

Allen and Alice Forster 01652 678034

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.

Group News

Coffee Morning. Fourth Friday of the month at 10am.

This group was established long ago to enable members old and especially new to meet together and chat. It has been invaluable in making new members feel comfortable with the ins and outs of the U3A.

After some years upstairs at Jossals in Market Rasen we had to move downstairs because of the awkward staircase. It has become clear that anyone coming into Jossals would not know which group of people there were U3A members.

We have therefore decided that in the New Year we will meet at the Advocate (just across the road) where we can have sole use of a ground floor room.

Disabled access is down the side street where there is also a small car park. Or use the Co-Op (free for ninety minutes). It would be good to see you there.

Details from Mary Ellis (01673 842584).



West Wolds U3A Gardening Group

Forthcoming Programme

Wednesday, January 17th 2018 - 'At Home' – a photographic review of our first 18 months and planning the future. Open invitation to anyone to come along and see what the gardening group is all about.

Wednesday, February 21st 2018 - Pruning workshop for fruit trees etc. Talk and demonstration by Trevor Rogers, Fruit growing consultant.

Wednesday, March 21st 2018 - 'Understanding the Latin' A talk by Pam Spolton – to clear away all those myths and help us understand those long Latin titles.

April 13-16th 2018 – Coach tour to Amsterdam to see the Dutch Bulbfields, Keukenhof Gardens etc

April 18th 2018 - 'Flowers for cutting and floral display' A talk and demonstration by Cecile Povey of Market Rasen Flower Club.

Meetings are held at Holyrood RC Church Old School Hall, King St, Market Rasen LN8 3BB. Visitors and New Members welcome.

Enquiries/details Mary Howes 01673 849554



*"If you have a garden and a library, you have everything you need".
Marcus Tullius Cicero.*

A SHOUT OUT FROM THE GROUPS

We have again invited a selection of 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.

SCRABBLE

Co-ordinator: Audrey Storey 01673 849625

The ever popular game where you need to be aware of the words that most of us have never heard of! How do you use Z's to good effect? Members meet at various locations at 14:00 on the 1st, 3rd and 5th Friday (if there is one)

SPANISH

Co-ordinator: Alison Atkinson 01673 849979

One mixed-ability currently.

TELLING OUR STORIES

Co-ordinator: David Atkinson 01673 849979

When I first offered to run a 'Telling Our Stories' group, I wasn't sure if anyone would be interested. Five years later, 21 people have at some time or other been part of our group, with normally ten or so people meeting once a month. In that time we've heard the best part of 250 stories from every decade from the 1930s to the present day. We've heard stories from people's lives in at least seven countries, apart from holiday visits to quite few others.

So let me try to say briefly what I have got out of the last five years.

First of all, a real satisfaction and gratitude that people have taken up my offer, bought into my vision of what we might do and made something worthwhile of it.

Secondly, I've been fascinated, amused, moved, made to think and had my memories stirred as I've listened to all the stories I've heard, most of them beautifully told. We often seem to reflect on how much our world has changed over the last 80 years - for better and for worse.

Thirdly, I have valued being able to tell my own stories. It's not often we get the chance to do so. It's been good to have the undivided attention of those who listen without interruption.

Sometimes people who are offering their apologies for missing a meeting say 'It's alright, I'm not doing anything' i.e. they're not down to tell a story. But listening is as important as telling a story.

Then there has, of course, been the consumption of gallons of tea and coffee, and mountains of biscuits - all Fairtrade naturally, and the friendship and good company which is the norm for our U3A groups.

If you want to know more of the sort of stories we tell, I still have some copies of the booklet we produced in 2015 available (price £2).

TURKISH DELIGHT DESERT DANCERS

Co-ordinator: Gillian Anderton 01673 844382

Nettleton WI in Awe of Undulations

Nettleton WI Members enjoyed a hilarious evening when they were entertained by Gillian Anderton and her Turkish Delight Desert Dancers.

Not belly dancing exactly, as these ladies of certain years did not bare their midribs. Gillian had members rolling with laughter as she explained how she had been 'encouraged' to teach this dancing, although she is not a teacher, but had been a dancer many years ago.

She talked about the pitfalls of getting tangled up in your veil and rolling and swirling your hips when you've had a hip replacement. Then she and three of her dancers, plus Abdul the slave, gave a short demonstration with Gillian calling out the moves as they went along. The ladies were very agile and obviously this kind of dancing is a really good workout, especially for arms, stomachs and hips.

Members felt they had been thoroughly entertained, although none proved brave enough to have a go.

As reported in the Rasen Mail

UKULELE GROUP

Co-ordinator; Heather Barratt 01674 849393
A group that is already proving very popular, and has even given several public performances.

UPHOLSTERY & FURNITURE

RESTORATION

Co-ordinator: Gail Dennis 01673 843575
A "self-help" group pooling ideas and expertise and going on visits. We meet on an "ad hoc" basis.

YOGA

Another possible addition to our groups in the near future. Watch this space!

WALKING GROUPS

THE 9-MILE HIKERS

Co-ordinator: Allen and Alice Forster 01652 678034

If you fancy a longer walk than the 9-Mile Walkers could be for you. We aim for circular walks of 7 to 10 miles, starting within about an hour's drive of Market Rasen. During the summer months we also have a few walks further afield, within about 2 hours drive. This allows us to visit areas with a wider variety of scenery and different challenges.

The walks cover all sorts of terrain, although we do try to warn you beforehand of any major obstacles. Since there are rarely facilities en-route, we take a packed lunch and a drink and find a suitable picnic spot. You do need to be self-sufficient, wearing suitable clothes and footwear for whatever the weather may throw at us.

To ease parking problems and keep costs down (to us and the environment) we encourage people to car-share if possible. If transport is a problem for you just get in touch - we should be able to find you a lift.

If you would like to join us, regularly or just now and then, please catch us at the monthly U3A general meeting, give us a call or drop us an email.

COUNTRY WALKS

Co-ordinator: Ken Howitt 01652 678490

Various venues in the area. Start time 10:00am.

1st Wednesday and 3rd Tuesday of each month. See "sign up" sheets for details. Usually 5 miles approx.

We try, whenever possible, to offer an alternate, shorter walk to accommodate those who would prefer a slightly less demanding route (about 4 miles).

4-MILERS

Co-ordinator: Mary Ellis 01673 842584

As the name suggests, the group generally tackles walks of about 4 miles.

Stiles and hills are usually avoided.

Participants are expected to take turns in organising the walks and the ensuing refreshment.

3-MILERS

A new group just set up. Same system as other walking groups.

PLEASE NOTE: If you join in you will be expected to "volunteer" to lead a walk in turn with the other group members!

THE STROLLERS

Co-ordinator: Cynthia Burke 01673 849506

This group is ideal for the less able who like a good stroll, enjoyable company and a pub lunch. Walks are of approx. 2 miles over fairly level terrain. Meet at various venues at 10:30am on 1st Wednesday and 3rd Tuesday of each month. It is essential to "sign up" as this group is very popular.

Combat Ageing with Exercise

Many research studies have conclusively shown that physical activity can greatly reduce the impact of ageing.

Exercise can work to slow down the ageing process in the body by stimulating complex mechanisms within the body that govern ageing in a variety of forms. There is no doubt that as you get older, exercise can improve bone density, reduce stress and maintain brain function.

Movement and exercise will increase breathing and heart rate; that will in turn pump more blood to the brain, increasing both energy production and improving body waste removal. Studies have shown that in response to exercise, cerebral blood vessels can grow and rejuvenate, slowing the loss of brain capacity associated with ageing.

Remember it's never too late to start exercising — you can gain benefits from becoming more active, even if you have been inactive until middle age or beyond.

Submitted by Dawn Stopper

Does anyone know where this picture of a Roman Villa was taken? Photograph by Pat Hage. See answer on page 21.



If My Body Was A Car

If my body was a car, this is the time I would be thinking about trading it in for a new model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little bit dull...

But that's not the worst of it!

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My white walls are stained with varicose veins.

It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here's the worst of it – Almost every time I sneeze, cough or splutter, either my radiator leaks or my exhaust backfires.

Submitted by Gillian Anderton

If you don't get to the monthly meeting, here are a few further details on the planned visits in 2018:

13 - 16 April: Dutch Bulbfields at Keukenhof to see the famous Spring flower displays, and the next day a trip on the Hoorn - Medemblik steam tram, with a U3A inspired extra - coffee and pastries served to our group as we trundle through the countryside, followed by a trip on a vintage boat. This is a PC Coach Holidays trip, with a discount for U3A members which I have negotiated. Full details in their brochure, and bookings to be made through them directly (website or 'phone) NOT via a Travel Agent, specifying you are a West Wolds U3A member. We already have a good sized group booked to go.

27 June: day trip to various Yorkshire gardens. Members of our Gardening Group will want to join this visit, but all members are welcome as always, and the gardens will of course offer photo opportunities as well. Firstly we go to Scampston Walled Gardens, providing nine acres of differing layouts in the grounds of Scampston Hall, near Malton. Lunch can be taken in the Café, or you might want to take a pack-up. On next to nearby Jackson's Wold, a traditional garden where we get a private tour. Finally on to Yorkshire

Lavender, with a whole array of scented lavenders in various garden layouts. A full day out, offering a range of different garden experiences. Pick up the leaflet for full details, plus timings and cost.

22 August: one for the technical boys and girls (yes, we have many ladies who have proved they enjoy going behind the scenes of industry). This is a long day, travelling to Newton Aycliffe in County Durham for a visit to the purpose built plant where Hitachi Rail EU are building new electric and bi-mode trains for various operating companies in the UK. There will be a presentation to our group and a tour of the production facilities - not a visit available to the general public.

Lunch will be taken at a nearby hostelry, (pre-ordered, own cost), after which we make the short journey to Darlington, firstly to take a look at the Head of Steam Museum, housed in the original Stockton & Darlington Railway station. Across the station yard is the S & D Carriage Works, now the home of the A1 Trust which built 'Tornado', a 1930s design steam engine, taken to modern technological standards, and now running on today's rail network on special trains. The current project is 'Prince of Wales', a different 1930s steam design, also by the LNER which served this East Coast route.

When complete, this will also be seen across the UK. Again, full details in the visit leaflet.

Both the above visits are available for booking as from now.

18 - 20 September: a return visit to country house hotel Solberge Hall, near Northallerton. We used it in 2016 for another programme, and were so well behaved that the hotel has offered us that year's rates! Each bedroom is unique, and all are double or twin bedded, so you don't get to sleep in the broom cupboard. This year's programme starts with a visit en route to Burnby Hall Gardens, near York, which many of us enjoyed in June 2015. The gardens are extremely varied and interesting, so a September visit will show them in a different light. There is a flower festival taking place in Pocklington, so it may be busier than usual. The interesting museum devoted to the life of Major Percy Stewart shows how his travels led to the inspiration for the gardens. A small café is on site. Later on, we continue to the hotel, and the evening will be enlivened by our own close up table magician, which never fails to entertain. Next morning we visit the unique Middlesborough Transporter Bridge, which crosses the River Tees. This is

a fascinating piece of Victorian engineering, now a Grade II* listed structure. Then on to Hartlepool Docks, for lunch at the National Museum of the Royal Navy, and the chance to tour and enjoy the Paddle Steamer 'Wingfield Castle', and the battleship 'HMS Trincomalee.' Dinner tonight will be a gourmet taster multi course menu, with wines included! Nothing but the best for our members and friends.

The final morning takes us to the renowned Bowes Museum at Barnard Castle, famed for its silver swans automaton, but containing so much more of the collection amassed by John and Josephine Bowes. Lunch will be served in a private room before we leave for the journey home. Full programme details and booking form available since October, and several rooms have already been taken by early bookings.

Stop Press 28th March, Visit to the restored Piece Hall in Halifax, where merchants tended their 'pieces' of cloth, then to the Victoria Theatre for a Matinee Performance of Swan Lake by the Russian Ballet of Siberia. Tickets are being held for us only until 19th December.

Brian Ward.

Joke of the Day – The other day my wife and I were laughing about how competitive we are – but I laughed more.
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Picture Quiz on page 19 - Children's slide at Willingham Fayre Ice Cream Parlour

The Wragby Show

West Wolds U3A chose the Wragby Country Fayre, held on Sunday September 3rd. at which to have their first exhibition stand to reach out to those members of the public who might be interested in joining us.

to join us at our next Monthly Meeting to see what we are about – and nearly twenty completed our Quiz for a year's free membership, from which we gained their personal details. The winner was Sally Baxter, who has recently moved to the area.



Luckily it stayed dry all day, increasing footfall; from our vantage point by the door in one of the marquees we were able to catch people arriving and leaving and talk to them about what our U3A can offer.

Several existing U3A members from all over Lincolnshire stopped to have a chat, but more importantly half a dozen or so non-members look likely

My grateful thanks to Brian Ward for being my co-conspirator with designing and enabling the event; and to Terry & Julia Francis who helped with printing the display materials, and manning the stand nearly all day, and also Linda Brighton who came and dazzled the public with her outfit and personality - all of them gave invaluable help.

Sharon Rupp (Photos by Terry Francis)



Christmas Wordsearch

Find all the words below the tree. Then, reading from the top, left to right, take each unused letter to make a hidden message.

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                S H
              A L A L
            V E L T E C
          T F E N S H
        A G U B A N I S
      R P N R S I M L
    M A E R I K T N E H
  R T R T E K E E G G
S R S O Y O S C Y N I Y
E T Y S F T S E O A E T
  E I S U A E E L C N T L R H
R S C I N I L E S S T S A H
T M H R I A T T D T T S S P S C
  A O Y S E N N S G N S H L D N A
A L G O O L K G I E E A O G D O R I
L H A P P Y O C M K H D C R I W D V
Y R E I N D E E R A N U C E W F L S Y Y
      C A R E
    A R C C
  
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chestnuts mistletoe presents reindeer stocking fun

ivy crackers tree cake snow star toys

Rudolph candles chimney angels carols sledge sleigh

tinsel turkey lights bells fairy holly cards party

Santa icing happy frost

Answer will appear on the West Wolds website