



# WSPu3a Newsletter

September/October  
2025



Victoria Avenue

Photo by the Editor

## The Committee's Briefs

### Contact the Committee

You can use this link to send a message to any of our Committee:  
[Woodhall Spa u3a Committee and Contacts Web Page](#)

## Co-Chair's Corner

### From Ced

I guess we all know and understand the Third Age bit in the name of our organisation, as First Age in education. Second Age as working life and Third Age as in retirement.

But what about the word University? Most certainly in the case of Woodhall Spa u3a it has minimal links to academia, so does it really apply or describe our activities? I have always

struggled with the word with reference to all of us. I looked it up and 'Yes it Does', as the definition of university can and does relate to a body, society or community coming together for a specific purpose. No degrees awarded, but look what we learn from each other.

[Ced Shurben - Co-chairperson](#)

## Groups News

There's a chill in the air, leaves are falling and nights are drawing in....Autumn is here and all groups are back in action....some of them are even making plans for Christmas!!

**Home Computing** looks as if it will not fold which is excellent news. This is thanks to one of the members who has stepped into the role.

**Table Tennis** is now back with Woodhall u3a due to the Horncastle member retiring due to ill

health. Again, it's thanks to a member volunteering.

The Walking Cricket match was a great success and several members suggested starting up a group. Anyone interested?

*The bad news is that time flies.*

*The good news is that you are the pilot!!*

Joan Willard – Groups Coordinator

## Groups List

You can use this link to find a current list of the groups we support, and how to join up:

[Woodhall Spa u3a Groups and Activities Web Page](#)

## Monthly Meetings

**Oct 2<sup>nd</sup>**

2:30pm to 4pm

Coronation Hall

***Tales from a Dairy Farmers Wife***

*Presented by Jane Barnes*

**Nov 6<sup>th</sup>**

2:30pm to 4pm

Coronation Hall

***The Inn at the Top***

*Presented by Neil Hanson*

**Dec 4<sup>th</sup>**

2:30pm to 4pm

Coronation Hall

***Morecambe and Wise***

*Presented by Steve Short*

## Upcoming Events list

You can use this link to find more details on all the events in our diary:

[Woodhall Spa u3a Events Web Page](#)

## Assets

### Two Card Tables Going Spare

The Bridge Group have two u3a funded folding card tables for which they have no further use.

If any member can think of any u3a purpose for which they could be used, please contact Hilary Betty on 07773 348364 for more details.

There is some urgency in trying to find a new home for these tables, so if anyone has any ideas, Please do respond as soon as possible.

If you can help with this, please also keep me informed.

Nigel Eborall, Assets Manager – [nigel-eborall@outlook.com](mailto:nigel-eborall@outlook.com)

## Group Noticeboard

### Outings

#### A final reminder about our trip to the Crich Tramway Village on Tuesday 7th October

The coach will leave at 9am. If you need any more information contact the organisers via the Outings page on the website, but please note that the website has been showing the incorrect date for this trip.

#### Coach trip to Norwich – Thursday 27th November

Coach departs 9am. Cost £21. There are places available.

#### Theatre trip to The Theatre Royal at Nottingham on Wednesday 25th March 2026

We have reserved centre stalls seats for the matinee performance of the revived West End hit musical of Miss Saigon. The coach will leave at 9am giving plenty of free time in the city centre before the show. The cost is £79 inclusive. There are places available.

You can book your place on either of these outings at the monthly meeting on 2nd October or you can contact the organisers via the Outings page on the website.

Sue Pollitt – Group Co-Leader

Find out more:


You can use this link to find more details on upcoming trips:

[Woodhall Spa u3a Outings Web Page](#)

## Online u3a

Find out more:

You can use these links to search for ways of furthering your interest in specific subjects, or even take part in some competitions:

<a href="#">Our own WSPu3a website</a>	<a href="#">Woodhall Spa u3a website</a>
<a href="#">u3a – Online Learning Events</a>	<a href="#">u3a Online Learning</a>
<p><b>u3a Radio Podcast</b></p> <p>Back again with another special summer episode of our 'Blast from the Past' where we've selected interviews from our archives that we think you would like to hear again.</p> <p>If you would like to share your story with the u3a radio podcast, get in touch by emailing <a href="mailto:communications@u3a.org.uk">communications@u3a.org.uk</a>...</p>	<p><a href="#">u3a Radio September</a></p> 
<p><b>Interest Groups Online</b></p> <p>As part of the u3a movement, members generously volunteer their time and share their knowledge, skills and experience with the members in their groups.</p>	<a href="#">Click here</a>

## Around the Groups in 30 days

### 5 Mile Walking

#### Hagworthingham and Bag Enderby

This month's walk began in Hagworthingham, just along the A158 from Horncastle. The weather was fine and sunny with only a few dark clouds appearing now and then. Our intrepid '5 milers' set off walking downhill towards Bag Enderby taking in the surrounding Wolds scenery.....beautiful as ever.



Following way signs and along farm tracks we crossed a couple of streams until reaching St Margaret's church at Bag Enderby. St Margaret's was open and provided a welcome stop for us.



The church dates back to 1470 and its most famous rector was George Tennyson, father of Poet Laureate Alfred, Lord Tennyson.

**ALFRED, LORD TENNYSON**  
1809 - 1892



The family lived in the nearby village of Somersby. Their history and that of the church was on several display boards inside. With the weather still fine we headed back up to Hagworthingham.



On the way we passed a paddock at Stainfield farm house containing a few animals including Llamas! The Lancaster bomber, Spitfire and Hurricane flew over head too. The final push came as we headed uphill, but it proved an easy feat for today's walkers....phew! A cuppa at JJ's cafe nearby was a good ending to yet another enjoyable walk.

Jan Smith

## James Jamerson

Now, I would hazard that that name is not so well known to most music-lovers.

And yet, [James Jamerson](#) was universally considered to be the best bass guitarist of the 20<sup>th</sup> Century. So why don't we know his name?

### Beginnings

Born 1936 in South Carolina, US, into a musical family, where he learnt piano and trombone.

He moved, with his mother, to Detroit in 1954, learning the double bass at school. He soon became proficient enough to start playing in Jazz and Blues clubs in town, building a solid reputation that gave him plenty of opportunities as a session bass player.

### Tamla Motown

In 1959, Jamerson joined Berry Gordy's Hitsville USA, for the Motown record label, where he transitioned to playing the electric Fender Precision Bass (pictured), providing the rhythmic backbone for the group of session musicians known as The Funk Brothers, which featured on most of the output of the Motown label during the 60s and early 70s.



[Wikimedia](#)

### Uncredited

As a member of the Funk Brothers, Jamerson was never credited on any of the 60 top-fifteen hit singles, including 23 number 1s he played on. This largely accounts for his relative anonymity, though his reputation in the business was unrivalled, with many bass guitarists citing him as their inspiration for taking up the instrument, not least John Entwistle (The Who), Brian Wilson (Beach Boys) and Paul McCartney (a moderately well known Merseybeat group), who all gave Jamerson credit for their own bass style.

### Late Recognition

Dying tragically early at 47, brought on by his chronic alcoholism, Jamerson was posthumously inducted into the Rock and Roll Hall of Fame in 2000 and awarded a Grammy Lifetime Achievement in 2004, with a number of industry polls ranking him at the top of their list of greatest bass players of all time.

### What we listened to:

His unmistakable, beautiful bass playing can be heard on most of Tamla's greatest hits, and his influence on a particular favourite bass line of mine that can be heard on 'Something':

[Ain't No Mountain High Enough – Marvin Gaye and Tammi Terrell](#) (Great Video!!)

[I Was Made to Love Her – Stevie Wonder](#)

[For Once In My Life – Stevie Wonder](#)

[I Can't Get Next To You – The Temptations](#)

[Bernadette – The Four Tops](#)

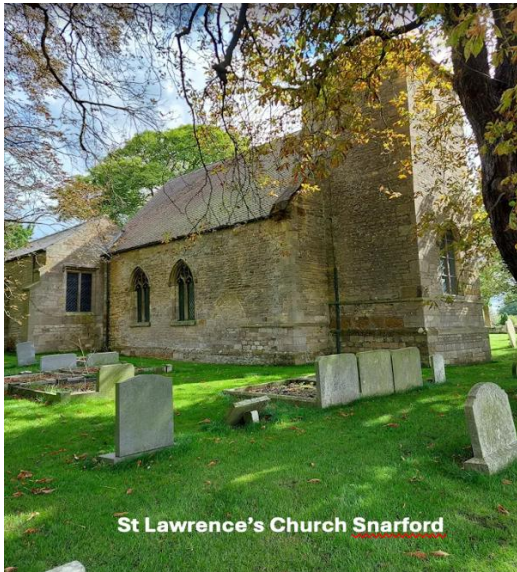
[Something – The Beatles](#) (Lovely video of the boys and their girls)

Tom Sefton

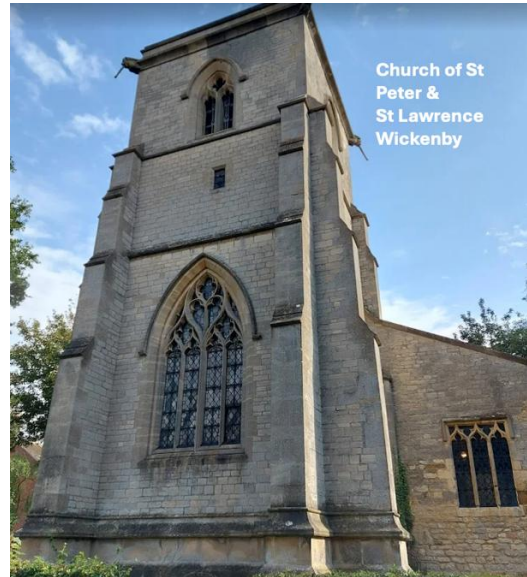
## Visiting Churches

## St Leonard's, Snarford, and St Peter and St Lawrence, Wickenby

For their September meeting the group visited two churches from the Wragby Group of churches – St Leonard's at Snarford, and St Peter and St Lawrence in Wickenby.



St Lawrence's Church Snarford



Church of St Peter & St Lawrence Wickenby

## St Leonard's

Members put their satnavs to good use traversing the narrow roads of East and West Lindsey on their way to Snarford but were rewarded with a visit to a church full of amazing monuments and features. The church is dedicated to St Leonard who was a martyr in Roman times. He was put to death on a griddle over an open fire. He is the patron Saint of many groups and trades including blacksmiths, coopers and cooks!

Of the medieval village and former mansions there is not a trace, but the present church appears to have been begun in the late Norman period, in the late 12th century. Inside, beneath the tower, is a splendid 15th century font, one of the finest in Lincolnshire. The Snarford family were replaced as Lords of the Manor by the St Paul family in the early 15th century when the line of Snarford male heirs came to an end. New money was injected into church rebuilding, with the chancel being enlarged substantially to house their huge monuments and making it into the St Paul family chapel. Two 16th and early 17th century generations are especially remembered in the church, St Thomas and his son Sir George St Paul.



The largest monument expresses all the hopes and aspirations of Sir Thomas St Paul for his family. Sir Thomas lies with his wife Faith, on a chest tomb with a canopy over the top which looks like an old-fashioned tester bed. The whole thing is in the latest renaissance fashion and is decorated with friezes of egg and dart moulding, and the posts supporting the canopy are decorated with acanthus leaves. The whole monument is coloured and is surmounted by the kneeling figures of their children. It was probably made in a Buton on Trent workshop and transported in pieces by ox cart to be reassembled in the church.

*Continued*

St Leonard's - Continued



A second monument is also exquisite, and beneath it lie the bodies of St George St Paul and his infant daughter Mattathia. Sir George's wife Frances is shown lying beside him, but surprisingly she was buried in Felstead in Essex the family seat of her second husband, whom she married some years after Sir George died young. She is said to have insisted on a marriage contract for this second marriage and evidently her second husband was somewhat vexed that he could not lay his hands on her wealth!

St Peter and St Lawrence

The group then moved on to Wickenby church where we were given a very warm welcome by Yvonne and Hilary followed by a cup of tea prepared from a small kitchen, a useful addition to the church, enabling it to also function as a community centre and meeting place for the village.

Hilary then took us on a comprehensive tour of the church. In its early days it had a thatched roof, with the later leaded roof stolen by thieves it is now slated. The west tower built by Gilbert Scott in 1868. A sundial is carved near the entrance door for the timings of Mass, and the main door itself boasts splendid, original, very early ironwork.



Inside the church there is an alabaster tomb and lovely stained glass including three small panes of medieval glass containing the coats of arms of three medieval noblemen who owned estates in the area.

Just after four o'clock we left for home, our knowledge banks topped up!

Richard Gravestock  
Barbara Michaelides – Group Leader

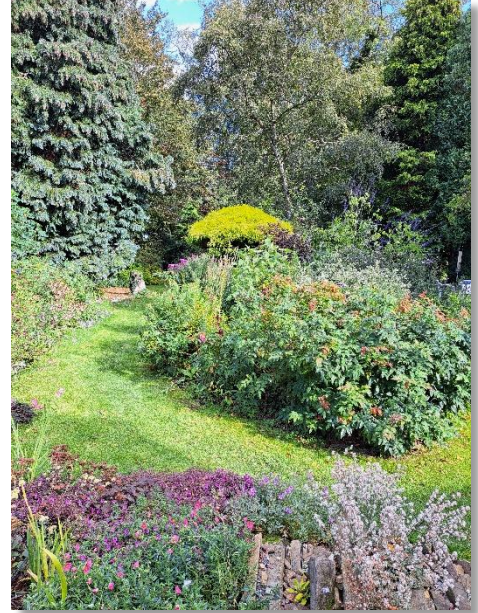
## Garden Visits

## Woodlands at Fotherby

The September meeting of the Garden Visits Group was unable to offer a suitable visit on the normal meeting date of the 2nd Friday of the month; however, an alternative was found for an Open Gardens Visit on Sunday 21st September at Woodlands at Fotherby near Louth.



Sadly, not many could make this visit but a small gang of seven did attend and we were treated to a wonderful afternoon in a very interesting garden. The weather thankfully held fine for the duration of our visit, and we were able to wander around at leisure a colourful woodland setting.....



.... with a good selection of plants for sale and an interesting display of paintings painted by the award-winning owner of the garden, Mr Armstrong.



We were lucky enough to have enough sun to be able to sit and have tea and cakes outside in their courtyard and all agreed that it was a garden worth visiting again in another season.

My thanks to Joanna Weatherhead for her suggestion and assisting me with the organising for this meeting, well worth the effort.

Heather Colebrook - Group Leader

Find out more:

[Garden Visits Group Webpage](#)



Wild Flowers

Moor Farm

"Summer's lease hath all too short a date." [William Shakespeare Sonnet 18](#)

For the last meeting of the year the wild flower group went to Moor Farm near Woodhall.

Moor Farm is a mosaic of heath, dry and wet pastures, bog and woodland, on Fen-edge sands and gravels. Much of the woodland has developed from abandoned pastures during the last 80 years.

It is a surprising rich environment. Two hundred and forty species of plants, 100 species of bird, 24 species of butterfly and 250 species of moth have been recorded.

As we walked around we came upon Lincoln Red cattle which were grazing the scrub. The grassland areas are grazed or mown in a traditional manner in order to retain their existing characteristics. The water level is managed to maintain the bogs and wet pastures.

I went feeling that flowers would be scarce, the leaves were turning. What would there be to see?

It turned out to be a fascinating introduction to **galls**

We all know of oak apples but I did not appreciate how many different ones there are and in what variety.

The tiny orange bodied, long legged Gall Midge, *Jaapiella veronicae* causes galls to form on Germander Speedwell.

The midge lays its eggs in the terminal buds of Speedwell plants, usually Germander Speedwell. These causes the young leaves to become thickened and deformed and hairy. A pouch develops to accommodate one or two orange-red larvae.

The knopper gall is a relatively new arrival in the UK as the wasp only arrived in the 1950s. It's found mostly on [pendunculate](#) oaks in England and Wales. The wasp, *Andricus quercuscalicis*, lays its eggs on the freshly pollinated flowers of the oak, causing the offspring to deform the acorn for its own uses. This gall develops over the summer and falls to the ground in autumn when the larvae emerge.

See: [www.woodlandtrust.org.uk/blog/2018/07/galls-to-spot-this-year](http://www.woodlandtrust.org.uk/blog/2018/07/galls-to-spot-this-year)

Here is a list of some of the flowers we saw:

<i>Alder</i>	<i>Alder Buckthorn</i>	<i>Aspen</i>
<i>Bramble</i>	<i>Downy Birch</i>	<i>Germander Speedwell</i>
<i>Heather</i>	<i>Honeysuckle</i>	<i>Large Birdsfoot Trefoil</i>
<i>Mouse-ear Chickweed</i>	<i>Ragwort</i>	<i>Rosebay Willow Herb</i>
<i>Small Scabious- both white and blue</i>	<i>Turkey Oak</i>	<i>Wood Sage or Woundwort</i>

Here are some of the species of wildlife we spotted:

<i>Bog Hoverfly</i>	<i>Comma Butterfly</i>	<i>Darter Dragonfly</i>
<i>Greater spotted Woodpecker</i>	<i>Grey Squirrel</i>	<i>Peacock Butterfly</i>

Malcolm Capps – Group Leader

Find out more:

[Wild Flowers Group webpage](#)



Alder Buckthorn



Bog Hoverfly

## Poetry

A welcome return to our monthly sessions, which saw us tackling quite an emotive theme of **Journeys**. Interpretation is key, as can be seen here; Paul paints a picture of his life as seen as a vista of buildings and places, while Marion tackles it with a more literal version of a memorable walk along a beach.

**Life's a Journey**

*The ticket stamped at birth, a journey starts,  
From that small suburb deep within our hearts.  
At two, the world was rationed, sharp and clear,  
Of coal-dust skies and winters of great fear,  
Where heavy snow would muffle every sound  
Upon the little, newly-pounded ground.*

*Then, on a bus, the landscape rearranged,  
A brighter, louder world came into view.  
We crossed the bridge that Westminster bestows,  
And passed the great clock tower, everybody  
knows.*

*The gilded hands of time began to spin,  
A brand-new, bustling chapter to begin.*

*And Piccadilly's lights, a golden flood,  
Meant I no longer knew the night was black,  
Just endless amber burning on the track.  
The city's symphony was my new score—  
The urgent cry, the engine's building roar,  
The hum of conversations, thick and deep,  
That sang the restless capital to sleep.*

*A Wren church held our vows, both humble, grand,  
A stony promise made by heart and hand.  
Then came our son, a child of brick and smoke,  
Who finds his joy where city spirits spoke;  
A true-born dweller, never more content  
Than in its vibrant, loud temperament.*

*My path wound through the civic and the trade,  
In County Hall and export deals, I made.  
The journey asked for duty, love, and skill,  
And asked again, and I obeyed its will.*

*Now, retired, the final change of gear,  
I've left the clamour for the country air.  
The constant sound is birdsong, not a car,  
And night is black and pricked with stars afar.  
Yet in this quiet place, I am content,  
A vibrant community where days are spent.  
A different light to see my journey out,  
With London's memory, there is no doubt.*

© DeepseekAI /Paul Membrey 2025

**Bolivar Sands**

*Mile after mile through Houston sprawl –  
that flashing succession of leering signs:*

*shopping-malls, car lots and eating joints,  
the ferry across Galveston Bay, reeling*

*at the heat of Texan sun; hassled by screaming gulls  
to finally arrive, and have this long sweep*

*of Bolivar Sands to ourselves. Wind gusts  
in from the Gulf of Mexico, stirs up the ocean,*

*sends rollers crashing on the beach –  
to drift back in rasping sighs. We walk in silence,*

*faces turned seaward, gulping salt-spray air,  
bare feet squelching warm, damp sand –*

*approaching a colony of birds – terns, herons,  
pelicans, preening and calling in congregation*

*all along the water's edge. Lapping up the display  
we want to get closer when, as at a gunshot,*

*they go up as one – an Alleluia of flapping,  
a shaken sheet lifted, a skitter of wings*

*along the ribs, lung-filling gasps as they wheel  
the sky and that lone hawk swoops back inland.*

© Marion Ashton 2025

**Read More:**

Use this link to see what else the group has written this month:

[September Journeys](#)

## 5 Mile Adventures in Norfolk



There has been a tradition for over 10 years for a subgroup of the 5 mile walking group to go on a walking holiday in September week 2. Locations have been varied across the U.K. including Shropshire, Northumberland, Yorkshire and Suffolk but more recently the location choices have been closer such that more people could join for part of the week. This year, peaking at 14 people, our choice was Norfolk which was not only convenient but was led by Colin and Pat Budge who are very familiar with the area. Colin constructed an excellent and varied week of coastal, inland and estate walks. The weather is often good and this year was no exception. Most of the time it was sunny and warm. It's not all about just walking either with meals out together socialising and having laughs and this year we went to the Cromer pier summer show which was hugely entertaining.

**Day 1**

Highlights of the week's walking started with a coastal walk from Heacham to Shepherd's Port incorporating part of the new King Charles 111 path through Wild Ken Hill reserve recently featured on BBC Springwatch. Returning on the lower track we went past homes made from timber boats which showed great creativity. Red Kites were very much in evidence swooping in the sky.

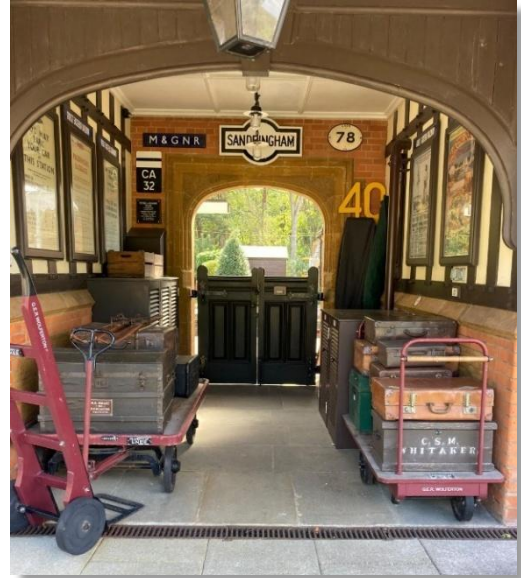
**Day 2**

Sunday brought us to Lord Melchett's estate with a tasty Sunday lunch at Heacham Manor. The walk was around part of the estates organic farmland famous for summer wildflowers and in May there is a riot of colour from poppy fields.

*Continued*



## Adventures in Norfolk - Continued



### Day 3

Monday was another highlight through Sandringham Park woodland to Dersingham Nature reserve and Sandringham Warren to the pretty village of Wolferton where we visited the Royal Victorian station where previous Kings and Queens would alight on their way to stay in nearby Sandringham House. The station was fully closed by 1969 following the Dr Beeching reorganisation of the rail network. An outstanding station full of memorabilia. We returned to have a picnic in the grounds of Sandringham.



### Day 4

Tuesday we walked from Sheringham to Cromer ascending at the start the Beeston bump, a significant glacial deposit known for its geological importance and biological interest. We had fantastic views and the ascent certainly exercised the lungs! A wonderful walk followed by the pier show and a fish supper overlooking the sea. Marvellous.

### Day 5

The walk on Wednesday from the pretty village of Thornham to Hunstanton passed through reed beds, sea banks and sand dunes with plenty of wildlife too. Half way we had a welcome stop at the Holme nature reserve cafe continuing our journey along the beach to Hunstanton.

*Continued*



## *Adventures in Norfolk – Continued*

### Day 6

Our final walk on Thursday passed through the grounds of the Old Hunstanton Hall Estate. It is very interesting that this is a walk that historically has been granted by the Le Strange family for local people to walk around the estate but only on Thursdays.



This unusual right was granted because local residents had repeatedly asked for access but were denied as the estate owners didn't want to see "the locals" walking on their land! A compromise was eventually agreed to access only on a Thursday because on that day the Lord of the Manor always went to a local market so would not be able to see the riff-raff (let alone u3a walking groups). 😊

All in all another wonderful week with fun, good company, exercise and good food. What's there not to like?

With big thanks to Colin Budge for creating such a varied itinerary and Les Wylde (aka David Bailey, our "resident" photographer!).

Steve Parry – Group Leader

Photos – Les Wylde

## The Final Word

### Feedback

You can use [this link](#) to view past issues of the Newsletter, or to send a note to the Editor:

[Newsletter Web Page](#)

If you have any suggestions or comments about the Newsletter I'd be happy to read them. You can email them to me via [newsletter@woodhallspa-u3a.org.uk](mailto:newsletter@woodhallspa-u3a.org.uk), or use the link above.

The Newsletter wouldn't exist without the contributors, so I'm grateful to all those that made time to write an article for us all to read.

Many thanks.

Tom Sefton – Editor

**u3a**  
learn, laugh, live