

Lincoln u3a Newsletter August 2025



News and Announcements

Lincoln.u3asite.uk



I thought this an appropriate year, 80 years since the end of WWII, to try to reunite former members of the Women's Royal Naval Service. The Wrens who served in WWII are well documented and historical research is possible. However those who joined between 1946 to 1981 were recorded in ledgers giving Name, Official Number, Division, Date of Joining and a few other pieces of relevant information. When the Women's Royal Naval Service amalgamated into the Royal Navy in 1981 these ledgers were sent to HMS Raleigh and although thorough searches have been made, the ledgers have not been found.

During lockdown my friend Mandy (who like me was a former Wren) started a page on the internet appealing to all ex Wrens to email her with names and photographs of Divisions they were in. Quite a task as you can imagine after so many years. If we do not trace all the members of the Women's Royal Naval Service, then a slice of our history is gone forever, and as if we never existed.



I am appealing to you to ask family members, friends and neighbours, do you know anyone who served in the Women's Royal Naval Service. If you are successful and find a former Wren, then the poster will give you contact details. Thank you for all the help you can give.

Penny Hammerton
07746 617353

Penny pictured in Wrens uniform taken in 1970.

Front Cover picture:

I took this picture on 14 April 2022 at the Japanese Gardens, near Kildare, Ireland.

A Hellebore (genus *Helleborus*), most likely a variety of *Helleborus x hybridus*, commonly known as the Lenten rose. Deep burgundy to purplish-red. Leathery green leaves. Blooms early in the year (late winter to early spring). Often found in shady or semi-shady gardens, and they tolerate rocky or woodland conditions well (as in the photo).

Hellebores are popular in gardens for their early flowering and their resistance to deer and many pests. However, all parts of the plant are toxic if ingested, so care is needed around pets or small children.



Officers and Committee Members 2025

Chairman	Jim Innes	07803 827878 jim.innes21@gmail.com
Membership Secretary	John Wilson	01522 212028 jwtransmit@gmail.com
Treasurer	Mary York	01522 683288 maryyork880@gmail.com
Secretary	Sally Graves	07516 519655 graves_sally@yahoo.co.uk
Minute Secretary	Marie Elliott	mariewsh@hotmail.co.uk
Chairman of Convenors	David Hunter	07903 501205 david.hunter.tutor@hotmail.co.uk
Committee Member	John White	07860 649620 jonellie51@gmail.com
Committee Member	Mitch Elliott	01522 869407 elliott.mitch@gmail.com
Webmaster	Sue Firth	suefirthhr@aol.com
Welfare Officer	Anita Innes	07795 598958 anita.innes@outlook.com
Refreshment Hostess	Linda Ash	01522 500004
Newsletter Distributor	Mary York	01522 683288
Speaker Finder	Mary York	01522 683288
Newsletter Editor	Andi Bradley	(24hr Ans Phone) 01522 826274 andrewbradley@railmags.org

Please
note:

The Editor has a new email address, all emails should be sent to the new address, the old one no longer works. If you do send 'stuff' to the old email address I am likely to never see it.

andrewbradley@railmags.org

Chairman's Notes: May 2025

Membership.

At time of writing our membership has risen to almost 250 and continues to keep our Membership Secretary, John Wilson, very busy. Growth in membership provides new opportunities for interest groups and for volunteers to help assist with the running of Lincoln u3a.



Can I extend a very warm welcome to all our new members, you are vital to the future success of our organisation, and I am always available to listen to any new ideas that you may have to further enrich our group.

Vacancies remain on your Committee for the following roles: Chair of Convenors, Vice Chair, Social Organiser and Speaker Finder. The Vice Chair role is one that we would like to fulfil during this calendar year. The aim is to shadow myself, with a view to taking over the role of Chairman when I come to the end of my 3-year term in March 2027. We would also like to hear from any members who would like to be considered for any Committee role in the future.

Open Day & Coffee Morning.

Despite the poor weather our latest Open Day & Coffee Morning, held at the North Hykeham Memorial Hall on 27th May 2025, attracted a steady flow of members and visitors. The event broke even financially mainly thanks to the grant of £844 received from Lincolnshire Co-Op Community Champions award. We had a total of 66 visitors and members and have signed up 11 new members from the event.

I would also like to extend my thanks to our special guests for the event. Ian Johns from Lincoln City Foundation who also contributed a signed football shirt to the raffle and Brett Ayres - Groundworks Green Doctors.

Refreshment hostess retires.

On behalf of all Lincoln u3a members, I would like to thank Joy Power for her sterling efforts over the years, as our Refreshment Hostess. Joy is stepping down for personal reasons and will be missed by all. I am delighted to confirm that Linda Ash has agreed to take on the role. Linda has assisted Joy for some time and the handover has been smooth and professional. Thank you Joy and Linda for your hard work and keeping us all refreshed.

Regular monthly meetings.

A reminder that our regular monthly meetings (except the AGM) now commence at 10.15am with doors open from 9.30am.

Jim Innes



New Committee Member - Sue Firth

I am here to introduce myself as the newest member of the Lincoln U3a committee. When I retired a few years ago from 35 years as a civil servant in The Insolvency Service I planned to join the local U3a, but somehow never found the time until very recently. I attended the open day in June and, before I knew it, found myself being co-opted onto the committee to be the Webmaster. A rather grand title which I hope to do justice to when I am up to speed with how things work.



Over the years I have had volunteer roles with the Alzheimer's Society, Cruse Bereavement Care, St Barnabas Hospice and, most recently, as secretary of the Lincoln Film Society.

When I'm not volunteering my interests are mainly reading, cinema and football. I have been a season ticket holder at Grimsby Town for 27 years - blame my partner Tony, he's from there - and I follow the team home and away.

I am also editor of and contributor to an online fanzine called Cod Almighty.

Up the Mariners!

U3A Quiz Group

The Quiz continues with the same format, meeting at 10.00am on the first Monday of the month at the Bud Robinson Community Centre in Bracebridge. We hope to see all the regular quiz goers and any new members who would like to join us for a friendly get together and a little mental stimulation.



Please contact Pat Lucas by phone on either 07739 535109 or 01522 788593; or send an email to pmlucaslincs@btinternet.com for further information.

French Boule

The venue is Boutham Park, where it's free to play. Weather permitting, from 10am until 11.30am. It is to be held weekly until October.

If this group interests you, please email me on cynthiak53@googlemail.com, so I can ensure we have sufficient equipment.

Cynthia Knox





<u>Speakers at Monthly Meetings 2025</u>		
5 August 25	Mike Burton	"The Maori - Great Canoes and Mighty Myths."
2 September 25	Roger Browne	"The Great American SongBook."
7 October 25	Paul Scott	Sir Joseph Banks.
4 November 25	Alan Stennett	Lincolnshire Railways.
2 December 25	Xmas meeting	Lincoln Ukulele Band.
Further speakers will be added as and when they are booked to appear.		

Speakers at Monthly Meetings

As you will see, Speakers for 2025 are booked until the end of the year. We are now looking for ideas and suggestions for 2026. Please do contact me if you know of any speakers that would interest our members. Alternatively also please let me know what type of speakers you would like to have at the monthly meetings in 2026.

My contact details are **maryyork880@gmail.com** or 01522 683288.

Looking forward to hearing from you with your ideas.

Mary York
Speaker Finder

Knock. Knock!
Who's there?
Little old Lady
Little old Lady who?
I didn't know you could yodel!

Knock knock!
Who's there?
Déja.
Déja who?
Knock knock!





Lincoln u3a Book Corner

As most Lincoln u3a members know there are books available to borrow at each monthly meeting. When you return or donate a book please put them in the box at the end of the table. We check & date each book and when they have been with us for at least a year we move them on – usually to a charity. You can borrow as many books as you like each time & even keep some if you want!

Christine Pritchard & Anne Birkett

CROQUET

Are you interested in trying something fun and new? North Hykeham Croquet Club meets every Tuesday at 1.00pm and would welcome new players. There is no need to worry about equipment as we can supply you with a mallet, which is all you would need.



We play at Hartsholme Cricket Ground off Skellingthorpe Road and the season started in May. If you are interested please contact me, Elaine Lewis, on 01522 686481.

Please come and join us for an afternoon of fun as well as strategy. It's always fun to knock an opponent's croquet ball out of the way!

We look forward to meeting you.

Elaine Lewis.

Hablamos Espanol - Spanish Conversation Group

The Spanish Conversation Group will meet on the 2nd and 4th Thursday of the month at 10.30am. A more advanced group will meet once a month for a coffee and Spanish Conversation. We haven't arranged a definite day of the month for this yet.

Contact details: maryyork880@gmail.com

Looking forward to hearing from you!

Table Tennis

The title of the fortnightly table tennis group has been changed to 'Table Tennis for All'. The previous title, which defined the group as 'Rusty and Rookie', did not do justice to some of the current participants. Please note we have no spaces at the moment but we'll keep your name on a waiting list if you're interested.

First and third weeks of the month, plus the fifth when there is one, on Fridays 10am-11am, at Ruston's Sports Centre, Newark Road.

Contact Maria North, 01522 425529 or email (preferred): marianorth@hotmail.co.uk





A GAME OF CHANCE

To help with fund raising, your committee have come up with a way of having a bit of fun and you may win some money at each monthly meeting.

We are going to introduce a 50/50 draw, it's not compulsory but is open to all including visitors, so the more people that enter, the more the prize pot will be.

When you come to reception, you can enter by paying £1 and write your name on a ticket. All the proceeds will then be split 50/50 between the prize pot and the u3a funds. At the end of the meeting the Chairman will invite someone to draw a name from the hat to win.

The draw will start from the August meeting, so come armed with your £1 coins and fingers crossed - Good luck.

'Big things of the world/Can only be achieved by attending to their small beginnings.' Tao Te Ching

I have taught qi gong in lots of places over the years but one of my favourite sessions is our U3A qi gong, held at Rustons every 2nd and 4th Friday. Since we began last autumn the group has mastered two different forms. We began with Eight Pieces of Silk Brocade - a short form which legend says was developed by Bodhidharma, the founder of Zen Buddhism, to develop both physical strength and energetic focus in the Shaolin monks. Legend also has it that Bodhidharma, who came to China from India was not an instant hit with the Shaolin monks and meditated in a nearby cave for seven years until they relented and let him in. In order that he did not fall asleep he removed his eyelids - represented in the daruma doll.



No such discipline is in evidence at our class (fortunately!) - but there is a great warmth and cheerfulness as we practice together.

We have also learned a form which has 18 different movements. It is one of the forms that you would see being practiced in public parks. I have the privilege of being at the front watching the group master the form, moving with grace and balance and above all a huge grin.

The picture shows some of the group doing a movement called *punching with angry eyes*. This is linked to the wood meridians - great for the joints, flexibility and for stopping anger from accumulating in the body.

If you are interested in trying out this health enhancing practice, you are welcome to come and try it - or have a natter to one of the group members.



Contact me on 07733 396891
Barbara Bond



List of Groups and Convenors 2025

Group	Convenor	Telephone Number
Art Group	Margaret Carstairs	01522 692656
Badminton	Rob Dummer	01522 801621
Circle Dancing	Margaret Doughty	01522 697177
Crafts	Elaine Harris	07970 431916
Creative Writing	Richard Stagg Penelope Hammerton	01522 262697 07746 617353
French Boule	Cynthia Knox	07766 575511
French Conversation	Christine Pritchard	07913 248116
Friday Gardens	Pam Derby	01522 720762
	Ann Smith	01522 788017
Mah-Jong	John Wilson	01522 212028
New Age Curling	Linda Ash	01522 500004
Philosophy	Lindsay Cutts	01522 705089
Photography	Mike Lincoln	07926 152058
Poetry for Pleasure	Lindsay Cutts	01522 705089
Qi Gong	Barbara Bond	07733 396891
Quiz (General Knowledge)	Pat Lucas	07739 535109
Scrabble	Margaret Ford	01522 534028
Spanish Conversation	Mary York	01522 683288
Table Tennis	Elaine Lewis	01522 686481
Table Tennis for All	Maria North	01522 425529
Ten Pin Bowling	Mike Lucas	01522 788593
Wednesday Lunches	Audrey Elliss	01522 731543
Walking Group A (Tuesday Trotters)	Mari Bebbington	01522 688102 01522 689315

What Happened in August.

1 August 1838 - Slavery was abolished in Jamaica. It had been introduced by Spanish settlers 300 years earlier in 1509.

6 August 1962 - Jamaica achieved independence after centuries of British and Spanish rule. During 150 years of Spanish rule, African slaves were first brought to the island. The British invaded in 1655 and the slave trade greatly expanded during the 1700s.

cont on page 14



	WEEK ONE		WEEK TWO	
	AM	PM	AM	PM
MONDAY	Quiz 10am-12pm	Art 2pm-4pm Table Tennis 2pm-4pm	Ten Pin Bowling 9.45 for 10am start	Art 2pm-4pm Table Tennis 2pm-4pm
TUESDAY	General Meeting 9.30am-12pm		Tuesday Trotters 9.45am for 10am Spanish Conversation 10.30am	
WEDNESDAY	French Boule 10am-11.30am 5th March until October		French Boule 10am-11.30am 5th March until October	
THURSDAY		Photography Group 2pm-4pm Mah-Jong 2.30pm-4.30pm	New Age Kurling 10.30am-12.30pm	Creative Writing 1pm-3pm for winter 2pm-4pm for summer French Conversation 2pm-3.30pm
FRIDAY	Table Tennis for All 10am-11am	Badminton 1.30pm-3.30pm	Friday Gardens 10.30am Qi Gong 10.45am-11.30am	Badminton 1.30pm-3.30pm

Lincoln U3A Ten Pin Bowling Group - News

9.45 for 10am start. A session costs £6.60 person which includes shoe hire if needed. Drinks are extra.

We now have between 18 and 22 regular players. The current list has 30 names on it but thankfully everyone doesn't come at once. We can normally accommodate a maximum of 24 players per session so if you would like to try your hand contact the Convenor Mike Lucas on 01522 788593 or **mikelucas593@gmail.com**





	WEEK THREE		WEEK FOUR	
	AM	PM	AM	PM
MONDAY	Ten Pin Bowling 9.45am for 10am start	Art 2pm-4pm Table Tennis 2pm-4pm Poetry for Pleasure 2pm-4pm Scrabble 2pm-4pm	Ten Pin Bowling 9.45 for 10am start Philosophy 10am-11.30am	Art 2pm-4pm Table Tennis 2pm-4pm
TUESDAY			Tuesday Trotters 9.45am for 10am Spanish Conversation 10.30am	
WEDNESDAY	French Boule 10am-11.30am 5th March until October Aspects of History 10am for 10.30am Circle Dancing 10am-11.30am	Wednesday Lunches 12pm for 12.30pm	French Boule 10am-11.30am 5th March until October	
THURSDAY		Mah-Jong 2.30pm-4.30pm	New Age Kurling 10.30am-12.30pm	French Conversation 2pm-3.30pm
FRIDAY	Table Tennis for All 10am-11am	Badminton 1.30pm-3.30pm	Qi Gong 10.45am-11.30am	Badminton 1.30pm-3.30pm

Corny one-liners.

Can gardens kiss?
 Why did the deer go to the dentist?
 Why did the fish blush?
 Why are lift jokes good?

Only if they have Tulips.
 It had buck teeth!
 It saw the Ocean's bottom.
 They work on so many levels!





U3A Tea And Coffee Rota 2024



Refreshment Hostess - Linda Ash 01522 500004.

Volunteers are always needed to help with serving tea and coffee, between 9am - 10am at the monthly meetings.

August 5th	Jenny Evan, Isobel Amoi, Christine Brooks, Maria Crees
September 2nd	Jude White, Cathy Ball, Anita Harrington, Chris Alford, Sally Elkington
October 7th	Jude White, Helen Pearson
November 4th	Stephen Turk, Anita Harrington, Leslie Tapley
December 2nd	



A Big Thank You to all our Volunteers for their help with the Teas and Coffees sessions at our Monthly Meetings, but, as you can see lots more volunteers are needed, if you feel you can help, then please let Linda Ash 01522 500004 know which date(s) you can help with.

Any volunteers for October (3 more required), November (1 more required), and December! So far no volunteers so at least 5 required. Aah go on, you know you want to!

Photography Group

Group Convenor: Mike Lincoln - Linxpix@gmail.com

Venue

Jubilee Hall St Giles on the corner of Lamb Gardens and Marlow Avenue, LN2 4EH. There is plenty of parking, full disabled access if required, coffee and tea are provided by the hall. First Thursday of the month from 2pm to 4pm, with a cost of £3 per member to cover the hire of the room.

Craft Group

Meeting every other week for a couple of hours to chat about all things 'crafty'. Anyone interested please contact by email

Elaine - elainejharris@hotmail.co.uk





THANK YOU, Thank you to The Greatest Generation.

VE Day 8th May 2025 - 80 Years. How could we mark this day at our Creative Writing Group. We had already set the Venue and list of suitable creative writing topics, but we had to do something to celebrate and pay our respects on such a momentous day. Enlisting the help of our Hostess Joan and thankfully her husband, who was kind enough to climb a ladder and hang Union Jack Flag bunting both inside and outside their home. Richard and Lenice bought Union Jack Flags for us to wave at appropriate moments. Joan searched the Supermarket and found cakes with Red, White and Blue sprinkles. I suggested that if anyone had something Red, White and Blue in their wardrobe that would add to the ambience. Encouraged to bring along photographs of family members in Uniform and to write tributes. Joan had her Father's tin of



memorabilia containing his original pay book and WWII mementos. I brought along photographs of my family members in uniform.

We were all transfixed by Sheila recounting her memories as a small child in WWII. My tribute was to thank my Mother who worked in the West End of London, making posh frocks for

posh people who went into a factory to make uniforms for the Army. She could remember how heavy the Greatcoats were to machine. To my Father who was a Master Carpenter and was in the Royal Navy, he repaired ships and anything made of wood. To my Uncle Richie who was an Army Signaller on the beaches of Normandy. To my Uncle William who was an Army Driver and received a personal certificate from General Montgomery thanking him for his outstanding service. Just my few of the thousands who helped win the war by doing their bit and I thank them for the life I was able to lead.



On this occasion half of the meeting was given over to refreshments, looking at the Memorabilia of Pilots Notes, RAF flying goggles and photographs all to the background of WWII music. Ending our tribute to the Greatest Generation.

Penny Hammerton
07746 617353
Creative Writing Group





Tuesday Trotters - Walking Group 'A'



Convenor - Mari Bebbington, 01522 688102.

August 12th	Linda	TBA
August 26th	Sylvia	TBA
September 9th	Lesley	TBA
September 23rd	Sarah	TBA
October 14th	Elaine Lovell	TBA
October 28th	Mari	TBA
November 11th	TBA	TBA
November 25th	Elaine Lovell	TBA
December 9th	Sylvia	Xmas Lunch
5 - 6 mile walks with an optional pub lunch afterwards.		

cont from page 9

11 August 1921 - Roots author Alex Haley (1921-1992) was born in Ithaca, New York. His Pulitzer Prize-winning novel, published in 1976, explored seven generations of his family from its origins in Africa through slavery in America and eventual hard-fought freedom. Roots was translated into 37 languages and also became an eight-part TV miniseries in 1977 which attracted a record American audience and raised awareness concerning the legacy of slavery.

13 August 1961 - The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West.

cont on page 25





In memoriam - Molly Ellicott

It was with great sadness in April, that we had to advise all members of the passing of our Life President, Molly Ellicott. Molly passed away on 26 April 2025, peacefully at home surrounded by her family, at the age of 89. Wife of the late Laurie Ellicott and mother of Nicola, Elizabeth and Dominic she also left 10 grandchildren and 3 great grandchildren.

Molly and Laurie formed Lincoln u3a in 1992 and Molly was still a regular visitor to the North Hykeham Memorial Hall for our monthly meetings until recently. Molly held several senior Committee positions during her time with Lincoln u3a and in recognition of her tremendous support, became our Honorary Life President.

It was also Molly who reminded all members at the March 2022 AGM that we were about to reach our 30th anniversary. This was celebrated with a cake at the following month's meeting, which Molly cut.

Molly's daughter Nicola Amos remembers how much her mum enjoyed Lincoln u3a and that she had made many lovely friends. She played Table Tennis well and got cross when I called it Ping Pong! Tony Ruffell was a good friend to mum in Table Tennis. She also enjoyed the Quiz and would often say how fairly it was run. Initially she was in the walking group and enjoyed leading the walks.

David Hunter our current Chair of Convenors, remembers Molly sitting unobtrusively towards the rear of the hall and still contributing however she could. She regularly suggested speakers and was first to remind us of the date for our 30th anniversary back in 2022. She was very familiar with our constitution and was the driving force behind Lincoln u3a's development for many years. She had a wonderful smile and enjoyed a chat - quietly exuding kindness, encouragement and wisdom. She will be greatly missed.

Judith Mccloughlin recalls - I knew Molly Ellicott for more than 10 years. She sat next to me when I first attended a Christmas General Meeting, and I knew no one there. After that I regularly sat with her and started to attend the Quiz on the first Monday of the month at the Bracebridge Community Centre. She knew most people at the meetings and the quiz, and it took me some time to realise she and her husband had



Above: 2018 - the 25th Anniversary cake made by Audrey Ellis.

Below: Molly cutting the cake, flanked by then Chairperson Sue Stocks, and Secretary Elaine Lewis.





founded the Lincoln U3A many years ago. She was a good listener and a loyal friend to many. We had a lot of fun at the quiz with her, she was our literary 'expert,' and we all said it wasn't about winning, but if we did win, we were all very pleased. She introduced me to others, and I'm pleased to say these people have also become good friends. I knew Molly had been ill, and had visited her, but even so it was a shock when she died. She was frankly irreplaceable.

Mari Bebbington Convenor of the Tuesday Trotters walking group recalls: Molly and Laurie started the Tuesday walking group and were the convenors for some years. Molly started a book with details of all walks with photos of the walkers and, as convenor, I now have this book. Details of walks from 1992-1998 are featured. They also organised short walking holidays in Norfolk, Derbyshire and Yorkshire for 6 or 8 members of the group which were very enjoyable. She also told me when I was 80 that I was now an OBE - over bloody eighty!

Extracts from Molly's walking group book:

The very first walk for Lincoln u3a took place on 28 April 1992 around Donnington on Bain. About a dozen took part including Molly and Laurie. This was followed by walks in various other locations, mainly in Lincolnshire some in Nottinghamshire, as the group developed. The walks typically ended with a pub lunch!



(Mari Bebbington)

May 1994 is recorded as the first time that a walk at Clumber Park was attended by an all-female group of 12, what the men were doing that day is unknown! The Clumber Park hotel provided an enjoyable lunch.





Both: Nicola Amos





Nicola Amos

The walks were led by different members of the group, and the book provides an interesting insight into how much they were enjoyed by all. It is not possible to detail many of the records for this article but here is one from Molly dating back to 22 November 1994:

Church Laneham & Cottam 6.5 miles in 2.25 hours - 17 walkers.

Another damp and overcast morning, but mild for November. The walk was beside the Trent visiting the tiny village of Cottam and passing the inaccessible Torksey Castle. Mud near the styles, but otherwise the paths were fairly dry considering the heavy rainfall during November. The Ferryboat Inn's welcoming fire, ready laid tables and quick service made a good end to the morning.

Molly and Laurie led the walking group until September 1998 at which point regular additions were discontinued. The walking groups (Tuesday Trotters and Saturday Striders) continued under several new leaders. However, the Saturday Striders group was closed recently, due to lack of numbers.

The current convenor, Mari Bebbington took over the role in 2005.

So, it is not just the founding of Lincoln u3a that we can thank Molly for, it is, for many members that have and continue to enjoy the walks, friendship, exercise and some lovely lunches.

This report compiled by Jim Innes. Pictures as credited.





Northern Pakistan and the Hindu Kush

...there just aren't enough superlatives to describe it.

After a rather unsettling start (war mongering, a degree of trepidation and having some preconceived perceptions and inspite of everyone we knew thinking we were completely bonkers we arrived In Islamabad safe and sound on the 31st May. This leafy open city was a revelation and after a whirl wind visit including the biggest Mosque in the world and the cultural museum we started off northwards. We weaved through army and police checkpoints passing many vestiges of the British occupation for example the old trunk road and Churchills picket where a young Winston narrowly escaped death.

Driving through the beautiful, busy, and diverse Swat valley we were escorted by AK 47 armed police escorts. This was purely precautionary, and I believe the policemen all quite enjoyed escorting us to the archaeological sites, museums, bazaars and were most eager to chat and practice their English.

Everyone we met were friendly, warm, and truly delighted we had come to visit. Many tour groups had cancelled, and we were the only western tourists we saw for the whole duration! We all had never had to pose for so many photographs in our lives (even with the policemen)...how sad is that?

We left our little coach and our escorts and swapped to reconditioned ex Pakistani army open topped jeeps and headed on up to visit the Kalash people by a road carved out of the rock. These colourful people live a traditional life away from the modern world and long may it remain so.

On heading further north we were lucky enough to watch the final of a no rules, all behaviour acceptable polo match. We all felt like a mixture of Michael Palin and Joanne Lumley rolled into one. How did we get to be there? Well our guide Atta knew someone who knew someone and then there we were sandwiched in between the army, the VIPs and 20000 other people just all enjoying this incredible spectacle. When the match ended all the spectators' victors and vanquished dispersed with grace, tranquillity, and laughter. A lesson to be learned about sport, I think.

The air thinned and the mountains grew higher from which flowed glaciers, and the rivers grew wider, faster, and deeper. The Hunza area is truly magnificent.

Eventually we rejoined our little coach and circled back round to Islamabad via the Karakoram highway and the Barbusar pass (13800 ft)!

It is cool up here and is where the local Pakistani tourists come to avoid the encroaching heat of the cities. We witnessed the most incredibly awful driving by the other road users but it's all part of the fun, no harm was done and guess what we all survived to make it home back to the west.

An amazing country a true highlight of the World. Warm, welcoming, and friendly and not a hint of hostility anywhere to be seen. To be recommended? Absolutely yes even for the fainthearted.

Lesley Tapley





Field Of Dreams

My outward journey of life just beginning,
beyond my horizon stretched fields of dreams.
Time held no value it seemed to standstill,
til one I woke to Autumn's chill.

Where had time gone since I was young?
days lasted longer, night's were fun.
Life wasn't taken too seriously,
and tears didn't hurt or flow so deep.

Who activated my fast forward button?
and shattered the illusion of youth.
Yesterdays child clad in sweatshirt and jeans,
now having to face the moment of truth.

With my sell by date been and gone,
the passage of time creeps on.
Who knows the promise held in tomorrow,
may I take each day as it comes.

So what if I'm getting wrinkled and grey?
and my body parts creak and complain.
While the taste of loves sweetness stays close to me,
may the music of life, be at peace with my dreams.

V. Holmes ©.

Change of Address and/or Telephone Number

Name _____ Membership Number _____

New Address _____

_____ Postcode _____

Telephone _____ Email _____

Date _____ Signature _____

Please forward the completed form to the Membership Secretary





New Members, start here ...

Our membership currently stands at 247 people, and 52 of those have joined since January this year, so are new to the group. When a person joins, we provide a copy of the latest quarterly Newsletter, to give them an idea of the activities and interests that they may wish to join.

Every Membership Application Form has a section where the person applying can indicate which groups they are interested in. Sometimes this is left blank, or only one activity is ticked. In conversation, people tell me that this is because they want to experience u3a Lincoln first, and will then think about contacting someone, once they have an idea what we are like.

I would say to every new member "Try as many as you can" - you never know what you might newly enjoy, or where you might meet like minded people. To do so is simple:

Step 1:

- Have a look through the list of Activity Groups in the Newsletter;
- Find the contact details for the group leader (convenor) and give them a ring;
- Ask them to outline the activities of the group and any experience required.

Step 2:

- Arrange to visit the group for a "taster" session. This will be free of charge;
- Go along and join in the activity;
- Decide whether it is for you.

You will be surprised by the result, and will certainly enjoy some activity or interest in which you previously had no interest. Do give it a go. We would love to see you.

John Wilson, Membership Secretary
01522 212028
jwtransmit@gmail.com

**Why do seagulls
fly over the sea?**

**Because if they flew
over a bay, they
would be bagels.**

**Did you hear about
the man who got
hit by the same bike
every morning?**

**It was a
vicious cycle.**





V D N W O R B H T I A F F R E D D I E S T A R R W K U
R E H C T E L F L I R Y C W Q O D R Y M O B E J O K K
O R V A D Y B B O B V D O K R T O O D I N E K N O A A
V L U Y T O M M Y C O O P E R M D R I K Y R E K L F B
F L A N D E R S A N D S W A N N N Y C E H N N R H H P
U E K A R D E I L R A H C I I B E B K H A A G P B O N
G S U X I I H V L O O C L I H P K R E A N R O N U O S
J A S P E R C A R R O T B I A E R E M R C D O E T Y V
G B E R N A R D M A N N I N G B X M E D O C D L E B S
E J E N N I F E R S A U N D E R S N R I C R W L D H M
N V I C T O R I A W O O D Q L C Y E Y N K I I A R J A
K J W V E R E D N I R T Y M M O T R C G R B N Y O O I
Y A B J T G T D W R U Z J E I D D O L L I B X E G Y L
Y E K E N N Y E V E R E T T L O D W L I M I H N E C L
L X L S C O U R P K E N N E T H H O R N E N Y S R E I
L Y W I Y X S F H C N E R F N W A D V O B S L E S G W
O E O H A A W W M I C H A E L B E N T I N E D H E R H
N K N A X B C J A J U T H I N G E A N D B R A C K E T
N S Q S C L L X I D T R A C E Y U L L M A N B E L N E
O A R X S R E L L E S R E T E P G R R B R H A C N F N
C R M I T C H M I L L E R O L Z K T S O K K K Z R E N
Y U A X P B J M C B J E L T S A C Y O R Y G E Y V L E
L H Q D L Q Z B O B M O N K H O U S E C Z H R H I L K
L T Y O O T H A J O Y C E H T Y S R O F E C U R B X I
I R E T X A B Y E L N A T S N E I L I N N E S D F D O
N A G I L L I M E K I P S M I K E Y A R D W O O D U W
B T E K C I R C Y M M I J B R I A N C O N L E Y F O F

Arthur Askey
Bernard Cribbins
Bernard Manning
Bill Bailey
Bill Oddie
BNilly Connolly
Bob Monkhouse
Bobby Davro
Brian Conley
Bruce Forsythe
Charlie Drake
Chesney Allen
Cyril Fletcher

Dawn French
Dick Emery
Faith Brown
Flanders and Swann
Freddie Davis
Freddie Starr
Hinge and Bracket
Hylda Baker
Jasper Carrot
Jennifer Saunders
Jimmy Cricket
Joyce Grenfell
Ken Dodd

Ken Goodwin
Kenneth Horne
Kenneth Williams
Kenny Everett
Les Dawson
Michael Bentine
Mike Harding
Mike Yardwood
Mitch Miller
Neil Innes
Peter Sellers
Phil Cool
Rory Bremner

Roy Castle
Roy Hudd
Spike Milligan
Stanley Baxter
Ted Rogers
Tommy Cooper
Tommy Trinder
Tony Hancock
Tracey Ullman
Victoria Wood
Yootha Joyce





Wordsearch

Comedians and Comediennes - some very funny people. Comedy of course is subjective. Some find them funny, others do not.

Anyway, there is 50 of them to find in the grid. Some you'll have heard of, some maybe not. Some I know of but never got to see before they left us.

Unfortunately when hand typing I sometimes make an error, and there is one in the list. Billy Connolly is spelled BNilly. He is in the list like this, and also on the grid spelled the same. So you are still be able to cross him off.

My apologies for not noticing this before I compiled the Wordsearch.

Find the solution overleaf on page 25.

New Interest Groups

How many times have you looked at the list of Interest Groups in the Newsletter (or on your Membership Application form) and thought "Nah. There's nothing there for me. What I would really like to see is a group that does what?"

If there is an area of interest that you have, and believe that others might too, then have you thought about actually starting up a group to do that, within u3a Lincoln? It is highly probable that what appeals to you may well be liked by several others of our 247 members.

I went through that process myself, recently, with my wife and I interested in the ancient game of Mah Jong. It is a table top game a bit like rummy, but with tiles instead of cards. Sue and I had been playing it in North Devon, before we moved here, and thought that there may be others in our u3a Lincoln membership who might already play, or would like to learn. We now have a dozen players/learners and meet twice a month.

So, have a think, and let me know if there is a group that you would like to see formed. My contact details are given below. I will co-ordinate the responses and identify where there is a want/ need.

Watch this space!

John Wilson
01522 212028
jwtransmit@gmail.com





A BiT Of a Do

Dilyn greeted his master with characteristic enthusiasm, jumping on the bed, and dragging the duvet on to the priceless Axminster. His master merely stirred and snored in his comatose state, dreaming of ABBA, The Secret Santa and suitcases of Tesco's cheap Prosecco. When he did wake up his mouth felt, as they say Up North, "Like t'bottom of a birdcage". By now he had returned to the sober reality of a hangover Winston Churchill would have never admitted to. "Not now, Dilyn" he muttered as the dog threatened to lick him into sobriety. "Not unless you can find the Alka Seltzers".

As Alexander Boris de Pfeffel Johnson staggered to the Downing Street Flat's kitchen he narrowly avoided Dylan's neat pile of poo staining the royal blue carpet. What would Carrie have to say about that? And it would certainly be his fault. His sore head resounded with her admonishments. "You should have let him out. I can't do everything ... what with Romy and Wilfred" and so on. Come to that, where was Wilfred? Wilfred was a chip off the old block and there was no doubt that he would take advantage of his parent's high level preoccupations.

Wilfred was nowhere to be seen. But his presence was testified in the small handprints decorating the fabulous gold wallpaper, specially commissioned by Lulu Lytle, Carrie's friend and chosen expert in interior design. Boris gasped in horror and desperation as he tried to erase the childish imprints. This made things worse as the wallpaper showed signs of detaching itself from the wall. As he sipped the lively potion, he surveyed the scene in the garden below. Wilfred's swing was hanging listlessly from one rope and his Peppa Pig battery driven go-cart was upturned in the Margaret Thatcher vegetable patch. He could have sworn his arch enemy, the beast from the North East, was lurking in the privet, like the wicked fairy in the fable.

Upturned garden chairs, surrounded by empty bottles, festooned the patio, but no sign of human life. He questioned himself: "Was this a dreadful dream?? Worse was to follow as his investigations revealed the crushed remains of a Stromboli special meringue-thingey cake, described as "the lighter option" and much preferred by Carrie as part of the PM's healthy fitness and diet regime.

Still no sign of Wilfred, Carrie or Romy. Boris decided to venture into the nursery - a location he rarely patronised, leaving the management of the distaff side of Downing Street to Carrie and the Welsh Nanny. There was Wilfred soundly asleep in his small person's bed. A tentative removal of the Supermario duvet revealed a fully dressed Wilfred, hands stained with blue, indelible ink. A feeble cry of help emerged from the wardrobe. As Boris slid the doors to one side he spied the form of the Santa Strip-o-gram - in this case, the half -clad Santa Strip-o-gram. Wilfred slept on, snoring as only a Johnson knew how to.

Meanwhile, the terrified female Santa fled, assisted in her flight by the excitable Dilyn who managed to remove the remains of her costume. The noise was such to wake the dead, but Wilfred slept on. However, this was not the case with Carrie who emerged

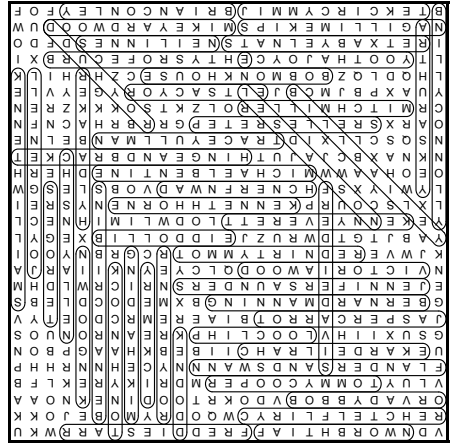




with baby Romy Iris Charlotte perched on her slender hip. Saucepans flew through the air as Boris tried to explain and the scene resembled a Whitehall farce (which, indeed, it was).

Some time later in the Partygate scandal, reviewed and scrutinised by the redoubtable Sue Gray, Boris was heard to utter, in his defence, that there were no parties, as such, during lockdown, describing such affairs as A Bit of a Do. (nudge, nudge, wink, wink, as they say up North).

This piece written by Liz Aldridge,
Creative Writing Group.



cont from page 14

15 August 1969 - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people. The event came to symbolize the counter-culture movement of the 1960's.

16 August 1977 - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3.30pm, at the age of 42.

24 August 79 A.D. - Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.

25 August 1918 - American conductor and composer Leonard Bernstein (1918-1990) was born in Lawrence, Massachusetts. Considered one of the finest conductors in American music history, his works included *West Side Story*, *On the Town*, and the opera *Candide*.

26 August 1883 - One of the most catastrophic volcanic eruptions in recorded history occurred on the Indonesian island of Krakatoa. Explosions were heard 2,000 miles away. Tidal waves 120ft high killed 36,000 persons on nearby islands, while five cubic miles of earth were blasted into the air up to a height of 50 miles.

29 August 1991 - Following the unsuccessful coup of August 19-21, the Soviet Communist Party was suspended, thus ending the institution that ruled Soviet Russia for nearly 75 years.

30 August 1797 - *Frankenstein* author Mary Shelley (1797-1851) was born in London.





Internet Buying

I've just been on the Internet, to do a little buying,
And I found the whole experience, extremely trying,

All I wanted was a special publication,
Of the Battle of Waterloo, an historical celebration
First I couldn't find it, under book or magazine,
So I typed in the search box, but still I had no joy,

I entered the address again,
Thinking I had the wrong company,
Back to the same home page
Where I had previously been,

Again I entered the details,
But still it was not to be seen,

This special commemorative historical magazine
I am starting to get annoyed,

I know it must be there, But still I have no joy,
So back to the home page, to look at all the listings,

Try as I might, it still seems to be missing,
Ah! Books I say, and the tab, I do press,

And to my surprise, it's missing there!

Back to the Home page, to have another go,
I search the tabs, and what do you know?

There is a little tab, stuck at the end of the row,
'Specials' it says, much to my delight,

So I click it, in the hope that it might

Reveal to me this publication, that I have long sought,

And there it is, so I select it much to my delight,

Up came the basket, so I thought I'd got it bought,
Till it came to paying, more information they wanted,

Of my name and address,

So I gave it, for the magazine to be posted,
Then came the payment, I took out my card,

Entered all the details, it wasn't so hard,

Then up popped the question, Password?

I was flummoxed, of this, I'd never heard,

Why? What is so secret?

That it needs this special word?

I only want to buy, not get the third degree,

For me it's the final dilemma, and the final hurdle,

Now I am too tired, to argue with this machine,

So I know now what I will do,

I press the exit button,

And save not what I've got,

I deleted everything,

And know what I should have done

Tomorrow I will order it - on the telephone.

This piece was written by Brian Davies (Bilko).





Penny Hammerton writes: Taking a water break at our Creative Writing Group Meeting. A very hot day and we are all huddled trying to get the benefit of the shade against the garage wall. An amazing turnout considering the heat.

(Stay cool everyone. Keep hydrated. Currently 30 degrees on my landing, but we mustn't moan about the nice weather now we have some! Ed.)





An Evening Out

Back in the 1960s, life was an adventure. Driving test passed, lawful consumption of alcohol, and the company of young ladies appreciated. During that time, I possessed a Ford Consul in primrose yellow, my pride and joy. Visiting pubs with friends in rural Bedfordshire was considered de rigueur.

On one such occasion, my drinking buddy and I, together with two girls we had made acquaintance, drove out to a particularly well thatched and upmarket pub nestled within a charming mid-Bedfordshire village.

After a great night, we left the pub to drive back into Bedford. The girls insisted they both take the back seat - as they had on the outward journey. Driving in the semi-darkness along a tree lined country lane, a rabbit suddenly appeared at the furthest extent of my headlights. It moved off to one side, but just as I was about to pass, it darted into the path of the car.

There was a sickening thump as it disappeared under the car.

"Stop! Stop!" Cried the girls from the back.

I stopped, and looking in the rear view mirror, and the girls the rear window, could see the poor creature flopping and twisting in obvious pain.

"What are you going to do?" They said in unison. "You can't leave it there." said one near to tears.

"Only one thing for it," I said, "I'll back up and put it out of its misery."

"You can't do that. It's cruel!" They continued the protestations.

I selected reverse and, looking over my left shoulder, began to move with the trepidation of what I was about to do. At that moment, the car was filled with light as a large car on full headlights came up behind us. Switching off the ignition I climbed out and was joined by my friend at the rear of the car. The other driver emerged from his car and enquired what the problem was and if he could assist. I indicated the badly injured rabbit and told him I was about to do the kindest thing by putting an end to its suffering.

"If you do that, I shall report you to the authorities." He said pompously. Adding "I've got your number."

"What else can we do, or what can YOU do?" I said with more exasperation than anger.

Silently, the motoring evangelical reached into his jacket inside pocket and produced a hip flask.

"Fine time to be taking a bit of Dutch courage" I thought.

But he continued with the hip flask and removing the cork, squatted down in front of the rabbit. After passing the open flask a couple of times under its nose, the rabbit suddenly sprang up, no sign of injury and bounded off onto the grass verge, then into a field and was gone.

By this time, the girls had joined us to witness what had just happened.

After regaining some composure, I asked

"What did you just do! How did that happen?" "What have you got in that hip flask?"

"Hair restorer." He answered simply.

Rob Dummer





The Other Me

I look in the mirror
 And what do I see?
 I see a person
 But, is it, really Me?
 I thought I was tall,
 But this person is squat!
 I knew I had hair,
 But, he's not got!
 I consider myself slim,
 And this person is not!
 I stand up straight
 I see his legs are bent!
 I'm wearing new trousers
 His, hang like a tent!
 I smile at the mirror,
 In return a scowl!
 I open my mouth,
 All his teeth are gone!
 I consider myself young,
 Oh! How I am so wrong!
 Next time I look at myself,
 I shall do it at night,
 When the lights are not on
 So I don't get a fright,
 Of this other person!

This piece was written by Brian Davies (Bilko).

Circle Dancing Group

The venue for this group is Moorland Park Methodist Church Hall, Skellingthorpe Road, Lincoln, LN6 7RB.

They meet from 10am to 11.30am on the third Wednesday morning of each month. In Circle Dancing the participants form a circle and hold hands as they move round to varied music. It is a very relaxing and enjoyable activity.



For further information please contact the Convenor, Margaret Doughty on Lincoln (01522) 697177.





Rail Trip to Switzerland

Having enjoyed a rail-based holiday to Lake Garda a few years ago, and given our decision not to fly anymore, we decided that we would like to do another rail trip, as we greatly enjoyed the travel last time.

With that in mind, we booked a trip to Switzerland, on the "Glacier Express" for May this year, to encompass the date of our 56th wedding anniversary. The route included Eurostar from St Pancras, then overnight stops in Strasbourg, Chur and Tasch, thereby covering a lot of the Swiss alpine region in the south and west of the country.

It started by us using our bus passes into Lincoln, to catch a train to London, with just one suitcase and hand baggage. As newbies to this area, it was a delight to discover that the railway station was just over the road from the bus station, so no worries about car parking or taxis. The journey to Kings Cross gave us a good view of our newly adopted county as we headed south. We stayed in a Travel Lodge near the station that night, ready for an early start the next morning.

At 9am, we presented ourselves at the tour operators office on the mezzanine level of the St Pancras International complex, met some of our fellow travellers, obtained our tickets, and then headed down to the check-in area for our Eurostar to Paris.

This was in a crowded hall, with very little seating, but a couple of young men, seeing our ages, kindly gave up their seats for us. Our tour manager found us and gave us our instructions as to the carriage we were booked into.

The Eurostar seating was comfortable, with a table, and there was a good storage area for the cases. We settled in, and started to enjoy the travel experience that is unique to a journey by rail. In Paris, we walked between Gare du Nord, where we had arrived, and Gare de L'est, for our train to Strasbourg - our first overnight stop - on the SNCF, which was spacious, comfortable, fast (!) and with a good buffet car. On arrival at Strasbourg, we walked from the station to our hotel, then again to the charming restaurant where we had our supper. This was a good opportunity to start to get to know some of our fellow travellers. The group was 36 people strong, mostly retirees like us, but with some middle-aged persons too, which added to the mix.

Next morning, we had a good breakfast before walking to the station to catch the train to Chur, with one change at Basle. Just 20 minutes to change trains, which was a challenge with everyone lugging their cases off one service, lugging them down ramps and up ramps to the appropriate platform, but it was done with good spirits (and a good informative tour manager), and all transferred safely, and accurately!

As we approached Chur, the scenery started to change, with more mountainous terrain and deeper valleys. We were at Chur for three nights, which is the oldest town in Switzerland, and therefore full of history and places of interest. After a day around the town, we went on the 'Berlina Express' to St Moritz. We came to realise that, given the time of year, the only visible snow was on the mountain tops, but the journey took us through beautiful lush valleys, each turn of the track opening up a new verdant scene. The train has huge, high windows, so cameras were out and clicking. St Moritz is set in a beautiful bowl, with a mountain backdrop and a large





lake in the foreground; a wonderful setting and the imagination could easily picture it with a wintrier blanket of snow.

From Chur, we travelled on the much famed 'Glacier Express' to the small town of Tasch, via Brigg where we had a short stop between trains. Scenery was, once again spectacular, with the mountains higher and the valleys greener. Whenever there was a particularly picturesque or significant view approaching the train would slow right down, to allow the photographers maximum opportunity of capture the scenery.



There was a change of engine at Brigg, and we didn't understand why until the track between Brigg and Tasch started to steepen, and a ratchet-and-pinion drive engaged on the steeper parts of the journey. Parts of that route are known as Switzerland's own Grand Canyon, and it was easy to see why.

From our hotel in Tasch, there was a trip into nearby Zermatt, which was very much a tourist town, with the majority of shops either selling walking/hiking gear or watches. We had lunch there, with chocolates for dessert! It was possible to catch a train from Zermatt up into the mountains, to get a closer look at the spectacular peak that is the Matterhorn. A little expensive, but an unforgettable sight for those who took up the option.

Our journey home was via Lausanne, and its lovely lake, then to Paris, across the city by coach, and back to London.



Whilst there was none of the wintry snow in the valleys, it was still a delightful journey, full of magnificent ever-changing scenery. Switzerland comes across as an extremely clean and well organised country, if a little expensive. There was, for example, little or no graffiti, and no rubbish lying about. All of the trains are spotless, with big windows, and run strictly to time!

A good holiday? You bet! But if you are thinking of undertaking a similar trip, make sure that you find out just how much walking is involved, as it may be more than you are used to.

John & Sue Wilson





Switzerland...see John & Sue Wilson holiday article on the previous page.

From the Editor:

My inbox is at andrewbradley@rilmags.org or you can phone me on 01522 826274 (24hr ans phone). If you get the answer phone, please leave your name and number and I'll get back to you. **Note the new email address!**

All copy for publication should ideally be in a **plain text** document attached to an email, or simply in the body of an email. Make sure you put U3A in the subject line. Pictures should be **attached** to an email. If you send copy as a written document, please write legibly, preferably double-spaced.



If you send any pictures, please send them as they are. That is, in colour (if they are colour photos), not cropped, no captions on them, and not resized. It's a big in-box, big pictures are good!

Copy for the November 2025 issue should be with me no later than 13th October 2025. You don't have to wait till the deadline! This is your Newsletter, I only edit it.

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Telephone: 01522 513533. Email: enquiries@pelicantrust.org

