

# Lincoln u3a Newsletter February 2026



News and Announcements

**[Lincoln.u3asite.uk](http://Lincoln.u3asite.uk)**



The MahJong group got together for a few hands of MahJong on 18th December last. Afterwards a few nibbles were enjoyed by those present. Come dressed Christmassy said the host, John Wilson, so the Editor obliged with red and green stripey tights. Well he did ask!

Pictured are L/R Ted Groombridge, Brian Windsor, Andi Bradley, and Sue Williams. Also present but out of picture were our Hosts John and Sue Wilson. A jolly afternoon!



The Art Group met on the 15th December for their last meeting before Xmas. Everyone brought something for the buffet which we had with our afternoon tea (plus some lovely warm mulled wine). There was not much painting done afterwards! The Art Group re-started on Monday, 5 January 2026, from 2-4pm, at St Luke's Church Hall Birchwood.

## **Officers and Committee Members 2026**

|                        |               |                                                                    |
|------------------------|---------------|--------------------------------------------------------------------|
|                        |               |                                                                    |
| Chairman               | Jim Innes     | 07803 827878<br><b>jim.innes21@gmail.com</b>                       |
| Membership Secretary   | John Wilson   | 01522 212028<br><b>jwtransmit@gmail.com</b>                        |
| Treasurer              | Mary York     | 01522 683288<br><b>maryyork880@gmail.com</b>                       |
| Secretary              | Sally Graves  | 07516 519655<br><b>graves_sally@yahoo.co.uk</b>                    |
| Minute Secretary       | Sally Graves  | 07516 519655<br><b>graves_sally@yahoo.co.uk</b>                    |
| Social Secretary       | Andy Briggs   | 07725 257440<br><b>briggsandrew272@gmail.com</b>                   |
| Chairman of Convenors  | David Hunter  | 07903 501205<br><b>david.hunter.tutor@hotmail.co.uk</b>            |
| Committee Member       | John White    | 07860 649620<br><b>jonellie51@gmail.com</b>                        |
| Committee Member       | Mitch Elliott | 01522 869407<br><b>elliott.mitch@gmail.com</b>                     |
| Webmaster              | Sue Firth     | <b>suefirthhr@aol.com</b>                                          |
| Welfare Officer        | Anita Innes   | 07795 598958<br><b>anita.innes@outlook.com</b>                     |
| 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<br><b>andrewbradley@railmags.org</b> |

Cover picture kindly submitted by Vera Holmes.

# **Chairman's Notes: November 2026**

## **Membership.**

At time of writing, our membership has risen to 269 and continues to keep our Membership Secretary, John Wilson, very busy. As usual January will see some members not renew for various reasons. However, it is encouraging that we have signed up several new members already in January. Growth in membership provides new opportunities for interest groups and for volunteers to help assist with the running of Lincoln u3a. We will shortly be investing in a card reader to provide an additional method of payment for membership and renewal.

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.



## **Beacon.**

On 1st January 2006, our Membership records on the central u3a database went live. This followed a transfer-and-vet procedure completed in December 2025, which resolved a few flaws. Our previous membership database was an Excel spreadsheet which will now be discontinued.

Since then, we have been updating Beacon records for those who have paid their 2026 subs. A personalised email was sent directly from Beacon to those who had yet to renew.

Beacon is a powerful tool for us and can print address labels (for the Newsletter), provide the means for authorised committee members to view your details, and create tailored communications to a selected list of members (e.g. a particular Interest Group). Our Treasurer is getting to grips with the financial side of Beacon, which will give further benefits when we activate it later this year.

I would like to thank John Wilson and Mary York for their hard work in getting Beacon implemented.

## **Committee.**

At time of writing, vacancies remain on your Committee for the following roles: Chair of Convenors and Speaker Finder. We would also like to hear from any members who would like to be considered for any Committee role either now or in the future.

## **Constitution.**

In November 2025 your Committee met to discuss the adoption of the latest u3a constitution which was launched in 2022. A sub-committee reviewed the new constitution and compared this with our old version. Following this process your committee voted unanimously to approve the new version, in line with many other u3a's across the UK. I would like to thank John White, John Wilson and Sally Graves for their hard work on the sub-committee.

The new constitution is accompanied by a document outlining the "local rules"

applicable to Lincoln u3a. The constitution cannot be changed but the local rules can be amended by your committee, in line with any changing requirements that are identified as we continue to grow and develop. The new constitution and local rules documents are available to view on the website. There will be a vote at the AGM to formally adopt them so you may wish to review the documents ahead of the AGM.

### **AGM**

Our next AGM will take place on Tuesday 3rd March 2026, at the North Hykeham Memorial Hall commencing at 10:15 with doors open from 09:30. The AGM usually takes about 25-30 minutes and we like to follow this with some entertainment, typically from one of our members or groups. This year Patrick Bond has kindly volunteered to provide some poetry reading to keep us amused. The agenda/proxy voting form was provided in the November newsletter along with the agenda/nomination form. These can also be viewed on our website in the "Documents" section.

### **Regular monthly meetings.**

A reminder that all our regular monthly meetings commence at 10:15 with doors open from 09:30.

Jim Innes

---

### **French Boule**

The venue is Boultham 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](mailto:cynthiak53@googlemail.com), so I can ensure we have sufficient equipment.

Cynthia Knox

---

### **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@rilmags.org](mailto:andrewbradley@rilmags.org)**

---

**Died this Day: 15 March 44 B.C.** - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and asked "Et tu, Brute?" (You too, Brutus?) Caesar then gave up the struggle and was stabbed to death.

## **Speakers at Monthly Meetings 2026**

|                                                                       |                       |                                                                                                                              |
|-----------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------|
|                                                                       |                       |                                                                                                                              |
| 3 February 26                                                         | <b>Nigel and Teri</b> | Music and singing.                                                                                                           |
|                                                                       |                       |                                                                                                                              |
| 3 March 26                                                            | <b>AGM</b>            | "Followed by humorous poetry by Patrick Bond"                                                                                |
|                                                                       |                       |                                                                                                                              |
| 7 April 26                                                            | <b>Fran Sandham</b>   | Solo walk across Africa.                                                                                                     |
|                                                                       |                       |                                                                                                                              |
| 5 May 26                                                              | <b>Tim Stubbs</b>     | Talk on Antiques                                                                                                             |
|                                                                       |                       |                                                                                                                              |
| 2 June 26                                                             | <b>Neil Hanson</b>    | 'Inn and Out at the Top.' Time running the highest inn in Britain in the 1980's.                                             |
|                                                                       |                       |                                                                                                                              |
| 7 July 26                                                             | <b>Roland James</b>   | Lincs Emergency Blood Bikes Service.                                                                                         |
|                                                                       |                       |                                                                                                                              |
| 3 November 26                                                         | <b>David Harrison</b> | 'Wines for Christmas' with a 'Best Value' selection, a 'Budget Choice' and a 'Push the Boat Out Set'. All available locally. |
|                                                                       |                       |                                                                                                                              |
| Further speakers will be added as and when they are booked to appear. |                       |                                                                                                                              |

*We are still looking for a Christmas theme speaker for December 2026 and would appreciate any suggestions.*

## **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 have introduced 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.**

**So come armed with your £1 coins and fingers crossed - Good luck.**

### **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](mailto: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](mailto:marianorth@hotmail.co.uk)

**“If Winter comes, can Spring be far behind?”**

— Percy Bysshe Shelley, [Ode to the West Wind](#)



Energetically, the message about New Year Resolutions is – don't go there! This is a time for conserving energy and preparing for Spring.

In Chinese Five Element theory, based on the Dao De Ching and on their observation of the natural world, winter is a time of stillness. A period of rest, peace, and calm in the cycle of life. Those short days and long dark nights are a time to guard our reserves by staying warm, eating well, and looking inward. It is very easy to find this time a bit of a slog – indeed Blue Monday has just gone by! I don't know if it is a coincidence that the colour the Chinese associate with winter is blue, but the idea that this is the time to be a bit reflective certainly resonates. I love the image of the moon reflecting on frozen water – clarity and light from darkness. We trust that spring will follow winter just as day follows night.

The element associated with this time of year is water. Water, of course, is necessary to sustain life and we are intimately connected to the energy of water; it supports movement and stillness. This is a time to really focus on “going with the flow” and to learn new skills for rest and relaxation.

In a few short weeks the sunset will be discernibly later. The birds are already more active, more colourful and more vocal. I have already had a flock of redwing in the garden. The energy of spring is like a bursting forth – an impulse to move into action. Spring is an expression of hope and new life.

The Qi Gong group is thriving. In the first part of 2026 as well as practising the Shibashi Set 1 form, we are learning the Six Healing Sounds. This is a practice where vibration and resonance supports the wellness of the different yin organs and their corresponding yang organs.

We meet at Rustons, 10.15-11am on 2<sup>nd</sup> and 4<sup>th</sup> Fridays

## **BACS Payments**

Now that we have an active Social Secretary in Andy Briggs, and events and trips are being arranged, we realised that it would be best to use a separate bank account for those activities. This will mean that payments for social events are more easily recognised. We therefore now have two accounts into which you can make BACS payments, and we thought that we should clearly identify which is which for you.

### **For Social Activities**

Account Name: Social Fund, Sort code: 20-50-21, Account number: 80886203

### **For Membership subscriptions**

Account Name: Lincoln u3a, Sort code: 20-50-21, Account number: 50899038

In either case, it is helpful if you put your surname as the Reference.

We will always include these details for you whenever we ask for a payment from you (for example on event notices or Membership Renewal) but thought that you might like to make a note of them to avoid any confusion. Thank you.

John Wilson, Membership Secretary

---

## **New Interest Groups**

At every Monthly Meeting, we put out a *Suggestions* book and invite people to put in there any ideas that they may have for new Interest Groups, Activities/Events or Speakers/topics. There have been quite a few and varied entries made for possible groups, as listed below:

|                       |                     |                             |
|-----------------------|---------------------|-----------------------------|
| Book Club             | Bridge              | BSL – British Sign Language |
| Daytime Disco Dancing | German conversation | Ham Radio                   |
| History               | Music               | Pilates                     |
| Rummikub              | Tai Chi             | Wellbeing                   |
| Yoga                  |                     |                             |

Have you been thinking “I wish there was a group who did ...”?

If one or more of the above sparks your interest, or if you have another idea for a group, please let me know. We only need a few members to start up a group, as witnessed by the new Mah Jong group (started with four members six months ago, and now has 12) or the Wednesday table tennis (started with five participants two months ago, and now has 11).

So, send me an email, or give me a call, to express your interest. It doesn't commit you to anything, but we will have a better idea of what you would like to be done.

John Wilson, Membership Secretary

**[jwtransmit@gmail.com](mailto:jwtransmit@gmail.com)**

01522 212028

|           | WEEK ONE                                                   |                            | WEEK TWO                                                                   |                                                                                                                |
|-----------|------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|           | AM                                                         | PM                         | AM                                                                         | PM                                                                                                             |
| MONDAY    | Quiz<br>10am-12pm                                          | Art<br>2pm-4pm             | Ten Pin<br>Bowling<br>9.45 for<br>10am start                               | Art<br>2pm-4pm                                                                                                 |
| TUESDAY   | General<br>Meeting<br>9.30am-12pm                          |                            | Tuesday Trotters<br>9.45am for 10am<br><br>Spanish Conversation<br>10.30am |                                                                                                                |
| WEDNESDAY | French Boule<br>10am-11.30am<br>5th March until<br>October | Table Tennis<br>2pm-4pm    | French Boule<br>10am-11.30am<br>5th March until<br>October                 | Table Tennis<br>2pm-4pm                                                                                        |
| THURSDAY  |                                                            | Mah-Jong<br>2.30pm-4.30pm  | New Age Kurling<br>10.30am-12.30pm                                         | Creative Writing<br>1pm-3pm<br>for winter<br>2pm-4pm<br>for summer<br><br>French<br>Conversation<br>2pm-3.30pm |
| FRIDAY    | Table Tennis for All<br>10am-11am                          | Badminton<br>1.30pm-3.30pm | Friday Gardens<br>10.30am<br><br>Qi Gong<br>10.15am-11.00am                | Badminton<br>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\*\*](mailto:mikelucas593@gmail.com)

|           | WEEK THREE                                                                                                                                  |                                                                      | WEEK FOUR                                                                  |                                   |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------|
|           | AM                                                                                                                                          | PM                                                                   | AM                                                                         | PM                                |
| MONDAY    | Ten Pin Bowling<br>9.45am for 10am start                                                                                                    | Art<br>2pm-4pm<br><br>Scrabble<br>2pm-4pm                            | Ten Pin Bowling<br>9.45 for 10am start<br><br>Philosophy<br>10am-11.30am   | Art<br>2pm-4pm                    |
| TUESDAY   |                                                                                                                                             |                                                                      | Tuesday Trotters<br>9.45am for 10am<br><br>Spanish Conversation<br>10.30am |                                   |
| WEDNESDAY | French Boule<br>10am-11.30am<br>5th March until October<br><br>Aspects of History<br>10am for 10.30am<br><br>Circle Dancing<br>10am-11.30am | Wednesday Lunches<br>12pm for 12.30pm<br><br>Table Tennis<br>2pm-4pm | French Boule<br>10am-11.30am<br>5th March until October                    | Table Tennis<br>2pm-4pm           |
| THURSDAY  |                                                                                                                                             | Mah-Jong<br>2.30pm-4.30pm                                            | New Age Kurling<br>10.30am-12.30pm                                         | French Conversation<br>2pm-3.30pm |
| FRIDAY    | Table Tennis for All<br>10am-11am                                                                                                           | Badminton<br>1.30pm-3.30pm                                           | Qi Gong<br>10.15am-11.00am                                                 | Badminton<br>1.30pm-3.30pm        |

*Anne Birkett writes:*

I renewed my driving licence on Thursday afternoon, on line, and the postman delivered it at 11.00 on Saturday morning. Less than 48 hours, blimey!

## List of Groups and Convenors 2026

| <u>Group</u>                          | <u>Convenor</u>                     | <u>Telephone Number</u>      |
|---------------------------------------|-------------------------------------|------------------------------|
| 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<br>Penelope Hammerton | 01522 262697<br>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                 |
| 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                          | John Wilson                         | 01522 212028                 |
| 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<br>(Tuesday Trotters) | Lesley Tapley                       | <b>lat57@hotmail.co.uk</b>   |

### 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.

### **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



### **David Hunter poses this little puzzle.**

If I have nine golf balls and four small bags, how can I place golf balls in the bags so that each bag contains a different odd number of golf balls?

*The solution is upside down.*

Place one golf ball in the first bag, three in the second bag and five in the third bag, and then place all three bags containing golf balls in the fourth one. Simplest

**Solution:**

### **Something which may be of interest to members.**

Walking Cricket currently takes place at City of Lincoln Academy Sports Hall on Saturday's from 10am - 11am. Walking Cricket is a slower paced, indoor format of the game ideal for men and women aged 50 plus and what makes it so good are the holistic benefits the format offers to its participants - physical and mental health benefits as well as the chance to meet new people and avoid social isolation which, as you are aware, can be a challenge.

- Easy to play
- Great for balance and mobility
- Full of laughs and team spirit

If your organisation, members and partners are interested in getting involved or would like some further information, please get in touch with myself

**justin.owen@lincscricket.co.uk**  
07554 432092

## Tuesday Trotters 2026



Convenor - Lesley Tapley, [lat57@hotmail.co.uk](mailto:lat57@hotmail.co.uk)

|                                                                                                                                      |                 |                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------------------------------------|
| February 10th                                                                                                                        | Elaine Lovell   | Branston                                        |
| February 24th                                                                                                                        | Lesley Tapley   | Aubourn approx 5 miles                          |
| March 10th                                                                                                                           | Janet and Keith | Lincoln Green along river Witham approx 5 miles |
| March 24th                                                                                                                           | Lesley Tapley   | Scampton approx 5 miles                         |
| April 14th                                                                                                                           | Elaine Lovell   | Heighington                                     |
| April 28th                                                                                                                           | Sylvia W        | TBA                                             |
| 5 - 6 mile walks with an optional pub lunch afterwards.                                                                              |                 |                                                 |
| Please may I ask that any future potential trotters contact me by email <a href="mailto:lat57@hotmail.co.uk">lat57@hotmail.co.uk</a> |                 |                                                 |
| If people phone me and don't leave a message I tend to block the number. Sorry.                                                      |                 |                                                 |

## The power of advertising!

In the previous Newsletter, I advised that there would be a New Table Tennis session, on a Wednesday afternoon ... and we are now up and running with 11 members taking part!

We meet at Ruston's sports hall from 2pm to 4pm and can still take more players, as there are three tables available.



For further information, or to advise that you would like to join us, please contact John Wilson

[jwtransmit@gmail.com](mailto:jwtransmit@gmail.com)  
01522 212028.

We look forward to ping-pong!



### **French Conversation Group**

We had our Christmas lunch on 10 December 2025 at the Lincoln Sessions Restaurant. Here is a group photo of those who attended. Bon appetit.

---



### **Tuesday Trotters**

Walking Group Christmas get-together.

## **Norwegian Adventure**

I had wanted to visit Norway for a while and as my granddaughter was studying there it was an ideal opportunity to have a knowledgeable tour guide! So when Chloe was visiting the UK we set about the planning - she had the knowledge and Granny had the credit card!

I flew to Oslo and we arranged to meet in train station and we were using Messenger to contact each other - or so I thought! As I wasn't as techy as I thought we never received each other's messages! At the station we managed to meet up (but how many blonde girls in Norway?!) with a few minutes to spare for our train. Then a five hour trip to Myrdal for the picturesque Flam Railway which was lovely. At the village of Flam we were going to take a ferry across the fjord for a night's stay in an Airbnb. Chloe had assured me we didn't need to book the ferry as there would be plenty of room - there wasn't! However we were told to wait and if not everyone arrived we could get on. Luckily we did! The next morning we got the ferry again (but booked!) to Bergen via the Sognefjord where we stayed about 36 hours and crammed in lots of sightseeing in thanks to my granddaughter's organising skills. We saw the colourful wooden houses on the old wharf, went on the Floibanen Funicular Railway, the Fish Market and a traditional wooden Stave Church. Then we took a Hurtigruten ferry overnight to Alesund further north.

Alesund was an interesting town that had been almost destroyed by fire about a century ago and rebuilt in the Art Nouveau style. We walked round and visited an Art Nouveau Pharmacy and residence. The next morning we took a ferry again to go up the Geiranger fjord - lots of waterfalls and very picturesque.





That ferry came back to Alesund and then continued on overnight to Trondheim where Chloe lived and studied with her partner Kacper. I stayed 4 or 5 nights in their apartment in Trondheim and we did lots of sightseeing by bus or on foot. We visited Trondheim Cathedral which I'd been told had had a connection to Lincoln Cathedral. I asked a guide who told us that a medieval stonemason from Lincoln had worked at Trondheim - small world!



I never actually costed the trip but thanks to my granddaughter's economical ways (like Granny?) it was done as cheaply as possible - train and ferry tickets booked as student and senior. Also she sussed out cheaper cafes & restaurants etc.

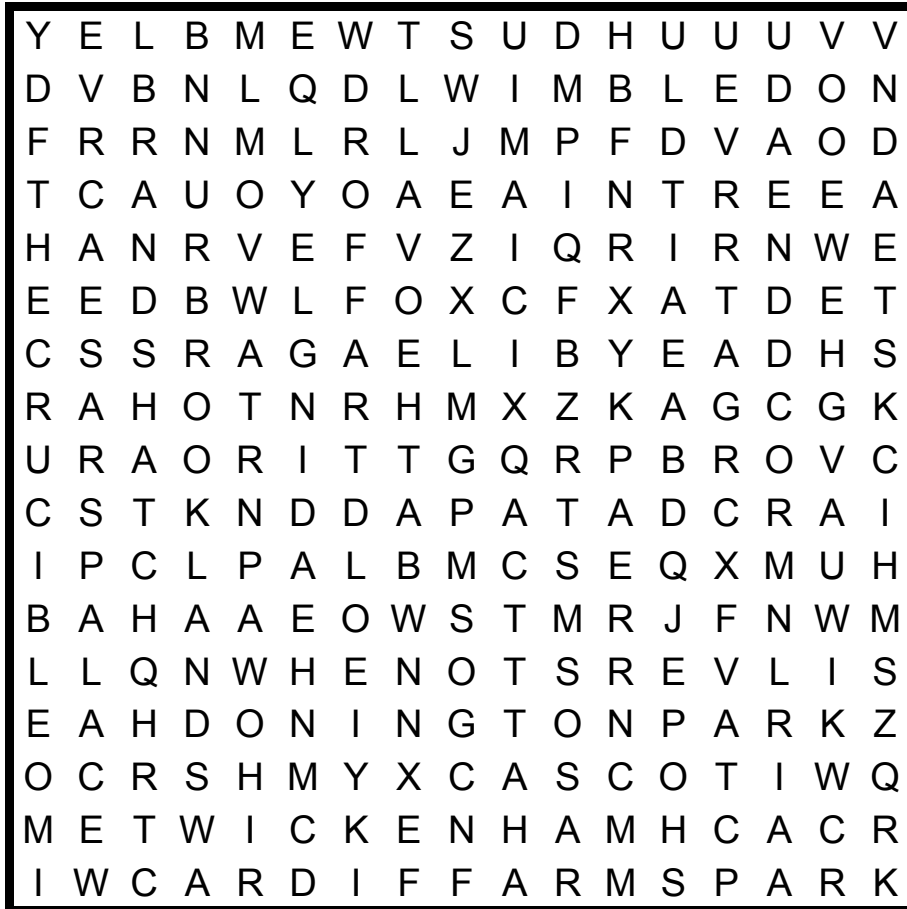
Words and pictures by Christine Pritchard.

## Garden Visits group

Our garden visit group's final gathering of the year was at Floral Media in Caunton. Paula and Steve always provide a lovely day out for us by Paula giving a demonstration of a flower arrangement and Steve cooking an excellent meal. Marilyn was the lucky winner of the raffle for a Christmas wreath that Paula made. Paula is a professional floristry supplier and arranger for weddings and retail outlets etc. and Steve is a professional chef.

Marie Elliott





AINTREE  
 ASCOT  
 BRANDS HATCH  
 BROOKLANDS  
 CAESARS PALACE  
 CARDIFF ARMS PARK  
 DONINGTON PARK  
 EDGBASTON  
 HEADINGLEY  
 HICKSTEAD

LORDS  
 MURRAYFIELD  
 NEWMARKET  
 OLD TRAFFORD  
 SILVERSTONE  
 THE CRUCIBLE  
 THE OVAL  
 TWICKENHAM  
 WEMBLEY  
 WIMBLEDON

### **WordSearch**

A sporting theme to the words this month. Venues where sports are held or played.

There's 20 words to find.  
Solution on page 30.

## **EAST MIDLANDS NEWSFLASH**

### **STEP INTO THE PAST, WALK THROUGH THE PRESENT, LEARN ABOUT THE SECRETS BENEATH YOUR FEET AND SEE THE NATURAL AND HUMAN HISTORY OF YOUR REGION IN A WHOLE NEW LIGHT**

#### **NATIONAL TRUST WALKS**

I'm now delighted to announce that the National Trust team at the Belton Estate near Grantham, Lincolnshire has offered East Midlands u3as the opportunity to undertake bespoke walks on Belton Estate and the local area.

The suggested walks are:

- **Belton Landscape – Geology, History and Nature** [see attached description]
- **Military History Walk – Belton Estate** [see attached description]
- **Historical Walk Around Grantham** [see attached description]

All walk leaders are trained by the **National Trust Walk Leader Team**, and some have additional qualifications.

Free access to the Belton Estate and car park is included in the Landscape and Military History walks, for which there is likewise no charge.

Although this generous offer is likely at first sight to appeal mainly to walkers in u3as based in the Grantham area, it ought also to be of interest to u3a activity groups such as STEM, geology, archaeology, environment, natural world, Earth sciences, military and local history and genealogy, to name but a few.

**Enquiries to John P Beirne BSc (Hons), CEng, Walk Leader Co-ordinator – Belton Estate**

**Tel 07843 488 874      E-mail  
john.beirne1@icloud.com**

*John Lewis*

## **Decorating**

It's that time of year again, the decorating season. Well it is in our house anyway. Rather than go for the easy route and choose a decorator, we do it ourselves.

It begins with a trip to B&Q for the purchases needed. We plough through piles of colour samples in order to find just the right colours. This can take several weeks, especially if two people are involved. We go home with a bag full of match pots in various shades of paint and eagerly daub small samples of each colour across one wall. Then its decision time. Of course we each want a different colour which delays the process still more.

But eventually the big day arrives and we are eager to start the preparation process. Furniture is moved to other rooms, curtains taken down and a pile of dustsheets spread across the room to be painted, and not forgetting the good old frog tape to be attached hither and thither. The next holdup is the Frog Tape, its all gone. Thereby another trip to B&Q. By the time we are ready to start painting the light is fading and we decide to begin painting the following day.

On day two we get up early, dress in our painting clothes and are ready to roll. Paint tins are opened, with a degree of force, then we have a discussion as to who will paint and who will be helper, and cleaner of the paintbrushes and rollers. I prefer to paint but this is perhaps not the right decision, as I am yet to find anyone who is messier and clumsier than me, so now we take it in turns. But at last the painting has begun and its so exciting to see the first roll of paint on the wall. Or is it? More often than not, we stand back and announce, "I'm not sure I like the colour now" and already our previous excitement has mellowed.

However we continue until one wall is covered. We stand back again and, hopefully, we decide it might look better tomorrow when the paint is dry. My legs ache from climbing up and down the steps and my other half is eager to clear some of the mess I have made. He knows only too well that I am a dab hand at painting everything except the wall!

I retire to the bathroom to remove half a tin of paint from myself. I look in the mirror and cringe at the painted lady who looks back. Much as I try there is piece of paint that lingers for ages. Next I check the floors around the house where the paint on my sox has travelled. And then I clean the dogs.

So here endeth day two and the excitement has already disappeared. It will be a downward slope for the remainder of the job.

I haven't mentioned the wallpaper (one wall only) but I tend to stay well clear. My biggest trick was to drop a whole tin of paint from a shelf in the garage. It did a good job, including ruining my new pair of jeans. Just think just what I would do with a bucket of wallpaper paste.

You would think we would give up on decorating all together, but its funny how the mind has a way of forgetting. As soon as the daffodils show their heads I tentatively suggest another room which needs a lick of paint. Strangely I don't always get an answer!

Joan Shawe.

---

**The National Trust** item on page 20 opposite mentions '*see attached description*', due to space constraints I cannot include the descriptions here. If anyone would like to see them to help them, to make a decision maybe, then I can forward them to you via Email. Send me an email at the usual address.



## 2026 Away Days

### Stratford upon Avon—19 May

The trip will start from the North Hykeham Memorial Hall at 9.00am and you will be dropped in the centre of Stratford to enjoy the many delights of the town. The coach will return you to the Memorial Hall around 6.00pm. You may leave your car at the Hall. The cost is £35 per head for members (£40 for guests).



See Shakespeare's birthplace and Ann Hathaway's Cottage, visit a living history experience at Tudor World, take a canal & river tour down the Stratford Canal to the River Avon, see the sights from an open-top bus, or simply wander at your leisure around this historic town



Payments should be made by Lincoln u3a members using BACS to:

**Sort code: 20-50-21      A/c No: 80886203**

Please add your surname in the reference field.

Please let Andy Briggs the Social Secretary know when you have paid.

**Call 07725 257440 or email [briggsandrew272@gmail.com](mailto:briggsandrew272@gmail.com)**



# 2026 Away Days

## York—Tuesday 17th March

The trip will start from the North Hykeham Memorial Hall at 9.00am and you will be dropped in the centre of York to enjoy the many delights of the city. The coach will return you to the Memorial Hall around 6.00pm. You may leave your car at the Hall. The cost is £35 per head for members (£40 for guests).



Visit York Minster, explore the historic walls, find out about the Vikings at the JORVIK centre or the history of railways at the National Rail Museum. Or just wander around the medieval streets and treat yourself to tea at Betty's



Payments should be made by Lincoln u3a members using BACS to:

**Sort code: 20-50-21      A/c No: 80886203**

Please add your surname in the reference field.

Please let Andy Briggs the Social Secretary know when you have paid.

**Call 07725 257440 or email [briggsandrew272@gmail.com](mailto:briggsandrew272@gmail.com)**

## **A Heart Afraid to Breathe**

O silent heart you can't impart feelings made to share,  
Nor express emotions it's not that you don't care,  
Shut in your world where you withdraw no one can get close,  
Within these walls your prison escape you can't or won't.

A heart that cannot open to the joy that love can bring,  
No lasting tender moments, no embers flickering,  
Fearful to show your feelings you've kept them locked inside,  
Unable to release themselves they've slowly withered and died.

A life so cold and empty a heart so unaware,  
Of giving and receiving tender loving care,  
I see no outward sign of life, I cannot feel your beat,  
Imagine all those things you've missed, where are your memories?

O silent heart awaken reach out and be fulfilled,  
Arouse and share your pleasure before your pulse is stilled.  
Let go of your emotions allow your heart to breathe,  
Break free from your captivity before you cease to be.

V.Holmes©.

---

## **Lincoln U3A Quiz Group**

How's your General Knowledge? These are three of the questions from last month's quiz

1. Which medicinal ingredient is responsible for the bitter taste of Tonic water?
2. In which 1990's film does Edward Lewis meet and eventually fall in love with Vivien Ward?
3. What item is collected by Arctophiles?

If you enjoy a light hearted quiz then come along to our monthly quiz group. We meet on the first Monday of each month starting at 10.00am at the Bud Robinson Community Centre in Bracebridge. We play in teams of four, making up the groups on the morning so everyone can be accommodated, we generally have 10 or 11 teams. We have 8 rounds of 5 questions with a teabreak in the middle. The cost of the session is £3.00 with all takings being given back as small prizes for the winning teams after expenses have been covered.

For further information contact the convenor (and quiz master) Pat Lucas on 07739 535109.

P.S. Answers are on page xx.



## ***We are the Survivors !!!***

*We were born before television, before penicillin, polio shots, frozen foods, Xerox, contact lenses, videos, Frisbees and the pill. We lived before radar, credit cards, split atoms, laser beams and ball-point pens; before dishwashers, tumble dryers, electric blankets, air conditioning, drip-dry clothes and before man walked on the moon.*

*We got married first and then lived together (how quaint can you be?) We thought 'fast food' was what you ate in lent. A 'Big Mac' was an oversized raincoat and crumpet we had for tea. We existed before house husbands, computer dating, dual careers; when meaningful relationship meant getting along with your cousins and sheltered accommodation was where you waited for a bus.*

*We were before day care centres, group homes and disposable nappies. We had never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and young men wearing earrings. For us 'time sharing' meant togetherness.*

*Before 1940, "Made in Japan" meant junk; the term 'making out' referred to how you did your exams; a stud was something that fastened a collar to a shirt; and 'going all the way' meant staying on a double-decker bus until it reached the depot. Pizzas, Macdonald's and instant coffee were unheard of. In our day, cigarette smoking was fashionable; grass was mown; coke was kept in the coal house; a joint was a piece of meat you had on Sunday's; and pot was something you cooked it in. Rock music was a grandmothers lullaby; El Dorado was an ice cream; a "gay" person was the life and soul of the party and nothing more, and aids just meant beauty treatment or help for someone in trouble.*

*We who were born before 1940 must be a hardy bunch when you think of the ways in which the world has changed and the adjustments we have had to make. No wonder we are so confused and there is a generation gap!*

***BUT by the grace of god we have survived. Alleluia!***

The above was submitted by Ted Groombridge as a bit of fun. It did not survive the trip home unscathed, hence the wonky shape of it when I scanned it.

Anyway, make of it what you will, have a laugh maybe? I am sure some of the things mentioned make our lives today far easier than they otherwise would be.

It doesn't apply to me as I wasn't born before 1940!



## **“Breathing Is Good for You!”**

Well as overstatements go, that’s a pretty big one! Of course it’s good for you, if you stop breathing you needn’t worry about your energy bill any more – it might be very warm where you’re going!!!

Singing helps your breathing and general wellbeing in many ways, firstly by teaching you to breathe it helps your blood pressure, stress levels and lung capacity. As someone with high blood pressure and who lost 25% of my lung capacity due to pneumonia I’m actually speaking from experience. The human interaction also helps mentally and learning anything new helps your memory.

I don’t think men realise this fact like the ladies do. Lots of ladies sing and they know all about the benefits of socialising and enjoying themselves at the same time as looking after both their physical and mental health. We men seem to be a bit less aware of those benefits maybe because we’re shy or don’t think our voice is good enough. When you’re in a big choir your voice contributes and it’s hard to pick out any single voice even if you do hit the odd bum note or sing the odd wrong word (I know I’ve done it several times!)

Lincoln Male Voice Choir is exactly what it says on the tin – just men who sing together. We’re not a choral society most of us don’t read music and we’re not a bunch of opera singers (though apparently we make a fair fist of Nessun Dorma) We sing sea shanties and even a Welsh Rugby song - in Welsh! Don’t worry we have it written down phonetically and we’ve no idea what we’re singing!!! It’s worth saying that no one EVER gets picked out for criticism and your mates all around you are there to help you. It doesn’t matter you can just pick it up as you go along – the choir carries you as you learn. If you have experience all the better but its in no way essential.

Our rehearsals are great fun with a lot of banter between the different sections. We are led by a young but very accomplished MD called Tom who doesn’t take himself too seriously and joins in with the banter!!! We are blessed with a lovely classically trained lady pianist who’s a great favourite with the audiences in her own right. Yuan can actually cover up any of the odd mistakes we occasionally make! We do however get very serious when we start to sing!

We sing at lots of different venues from local churches to the Legends lounge at Lincoln FC or the opening of Bomber Command. We sing for different Charities but our nominated charity is St Barnabas to whom we gave a cheque of £1,000 at last year’s Lincolnshire Show.

We need more members! We currently number 30 but the more voices the better the sound. If you come and try it out we won’t chase you if you decide it’s not for you. So come along we rehearse on Thursday night at Mooreland Park Methodist Church, Skellingthorpe Rd LN6 7RB starting at 7pm.

OR just give me a ring on **07812 028346**

Steve Howard

p.s. The uniform is free when you’ve settled in!

## Down and Up

In December 2025 we abandoned the traditional xmas turkey and tinsel for a warm cruise in the Caribbean. These were my two highlights.

The first a mini sub in Aruba where we motored past old submerged scuttled ships that have now become artificial reefs and therefore covered with coral and inhabited by fish and other creatures of the deep before we rested briefly at a depth of 143 feet on the ocean floor.

The second a helicopter flight from Antigua over to Montserrat and its active Soufriere hill volcano. Its a visual delight for the human eyes, very difficult to photograph due to the turning and the speed of the helicopter. This volcano awoke in 1995 after centuries of stillness, killed 19 people in 1997, destroyed the town of Plymouth and caused mass evacuation and the destruction of their tourist trade. The south of the island is now repopulated with a large hill in between the town and the volcano and the land around the volcano thick and lush with exotic vegetation with the remains of the town of Plymouth in between.

We had a sticky moment at the start of this trip when we were told our helicopter would be overweight (I think that maybe due in part to the cruising diet!), and that one of the six souls booked would not be able to fly but thankfully one young man from the United States dropped out due to his nerves and his fear that we may be shot down as part of the Venezuelan situation!

Lesley Tapley



## THIRD AGE MATTERS MAGAZINE

This is a magazine printed by u3a Head Office which can be sent directly to your home address and contains news and information about other u3as from around the country. There are 5 magazines yearly starting in April.

As from April 2026 the cost for **ALL 5 Magazines will be £4.20**, which means each magazine costs 85p per edition.

If you wish to subscribe please contact me, **Elaine Lewis**, as soon as possible. I will need your name, full address with postcode and also a contact phone number and email address too.

I will need to submit all names and addresses by 10 March 2025.

Please contact me, preferably by email, as soon as possible.

My email is: [inneselew@gmail.com](mailto:inneselew@gmail.com)

Mob: 07952 099 932

You will be able to pay me at any of the meetings on the first Tuesday of the month, held at the Memorial Hall, North Hykeham and I will be available on 4 March 2025.

Once I have all those who wish to have the magazines, I will contact you all.

Thank you for taking time to read this message.

Elaine Lewis

---

**Born this Day: 19 February 1473.** Astronomer Nicolaus Copernicus (1473-1543) was born in Torun, Poland. Considered the founder of modern astronomy, he theorized that the sun, not the earth, was the center of the solar system.

# Sheepwash Community Trips

## SATURDAY 21st MARCH 2026

### NOTTINGHAM DAY TRIP

#### with the RSC's HAMLET (Optional)

Have a day out in Nottingham

- explore history at Nottingham Castle, the National Justice Museum, the underground City of Caves, Ye Olde Trip to Jerusalem (the city's oldest pub), the Lace Market (with its independent shops, cafes and restaurants).

- enjoy a spot of retail therapy!

- go ice skating at Torvill and Dean's local rink.

- watch the RSC's "must see" new production of **Hamlet**.

Hamlet's mother has married his uncle, and at a less than decent interval since the death of his father. As he pulls at the threads of his not-so-happy new family, Hamlet unravels a web of deceit and immorality that leads to the ultimate crisis of conscience

#### PROGRAMME

#### Parking available by kind permission of Branston Community Academy

|                                                                    |         |
|--------------------------------------------------------------------|---------|
| Depart Branston Community Academy                                  | 9.00am  |
| (Pick up along Newark Road / North Hykeham possible - please ask). |         |
| Arrive Nottingham Theatre Royal                                    | 10.45am |
| The Royal Shakespeare Company's <b>Hamlet</b>                      | 2.00pm  |
| Depart Nottingham Theatre Royal                                    | 5.30pm  |
| Arrive Branston Community Academy                                  | 7.15pm  |

(**Please note** that no breaks en route are planned, there will be a toilet on the coach for emergencies)

#### COST

|                                                |     |
|------------------------------------------------|-----|
| Coach only                                     | £14 |
| <b>Hamlet</b> (stalls ticket) <b>and</b> coach | £56 |

#### BOOKING

Please state number of **coach only** /or **coach and theatre seats** required.

Please send **THE FULL AMOUNT** to Jacqui and Steve Spalding at 62 Washborough Road, Heighington, Lincoln LN4 1QR as soon as possible

**Cheques should be made payable to**

## **SHEEPWASH TRIPS**

**PLEASE ENCLOSE S.A.E. FOR CONFIRMATION / FURTHER DETAILS**

## U3A Tea And Coffee Rota 2026

Refreshment Hostess - Linda Ash 01522 500004.



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

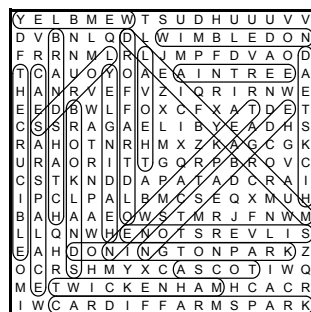
|              |               |
|--------------|---------------|
| February 3rd | Sonia Maynard |
|              | Lesley Tapley |
|              | Lindsay Cutts |
|              |               |
| March 3rd    | Jude White    |
|              |               |
| April 7th    | Maria Crees   |
|              | Wendy ?       |
|              |               |
| May 5th      | Jude White    |

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.

Are there any volunteers for March 2026 (2 or 3 more ideally), and a couple more for the April and May 2026 meetings. If you feel you can lend a hand, then get in touch with Linda by phone or at the monthly meetings.

Answers to the Quiz Group  
quiz on page 19

1. Quinine
2. Pretty Woman
3. Teddy Bears



## Speakers at Monthly Meetings

We are looking for further 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](mailto:maryyork880@gmail.com) or 01522 683288.

Looking forward to hearing from you with your ideas.

Mary York  
Speaker Finder

## Backstage Theatre Tour

We attend Lincoln Theatre Royal regularly, and have been keen to do the Saturday morning, backstage tour for a some time.

We eventually got the opportunity on Saturday, 25th October 2025, we did not know exactly what to expect - but it exceeded all expectations. They do small groups about 12-15, our guide was Ian, the Stage Manager, he has been at the theatre for 40 years and is an absolute font of knowledge! We visited all parts of the theatre, the main seating area, the dressing rooms, hospitality rooms, makeup and costume dept, we found it all very interesting - there is a rabbit warren of stairs and rooms behind the scene, we went up to the very top where all the stage curtains are changed - it's a very hard job to do, requiring three very fit people with a head for heights!

Ian spoke all about the very interesting history of the theatre, the hard times it has been through, some of the stars who have appeared over the years, he said the theatre has 14 salaried members of staff and 40 volunteers, without whose input they could not function. The tours take place three or four times per year on Saturdays beginning at 11.00am and last about two hours rounded off with tea and cake afterwards, current cost is £16.50 and you have to book, you have to be mobile and able to go up and down lots of stairs but, we both think it was worth it.

Jan and Norman Phillips



Two further pictures overleaf on the back page.



From the Editor:

My inbox is at **andrewbradley@railmags.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 May 2026 issue should be with me no later than 13 April 2026. You don't have to wait till the deadline! This is your Newsletter, I only do the editing.

**Registered Charity No.1036049**

Printed by Pelican Trust, 20-22 Crofton Road, Allenby Industrial Estate, Lincoln, LN3 4NL.  
Telephone: 01522 513533. Email: **enquiries@pelicantrust.org**