

## NEWPORT U3a NEWSLETTER - AUGUST 2025

August - some of the best memories are made in flip flops!

### LINCOLNSHIRE VISIT

Many of our members went on a coach holiday to the Lincoln area, arranged by Out & About Newport, We visited the home of Geoff Hamilton at *Barnsdale Gardens*, featured on BBC's *Gardeners' World* and wandered around his 38 unique 'garden rooms' designed by him to give viewers inspiration - all constructed with eco and



environmentally friendly principles. Afterwards we had free time to explore Melton Mowbray where some sampled its famous pork pies before taking a leisurely cruise on Rutland Water. Amidst spectacular scenery, aboard the *Rutland Belle*, we had an informative commentary and were given a majestic fly past by an osprey!

The fairy-tale turrets of the 900 year old Belvoir Castle rise over panoramic views of the Vale of Rutland and is the family home of the Duke and Duchess of Rutland. We viewed rooms that have hosted royalty including Queen Victoria and Prince Albert, all displaying an impressive art collection. We wandered among the classical formal gardens, woodland walks and landscaped parkland. Afterwards we took a journey on the Nene Valley Heritage Railway, the UK's leading international steam and diesel attraction, with rolling stock from many European countries. Interestingly our carriages were pulled by a diesel loco circa 1964 designed to shunt not pull a train! But that only enhanced the picturesque river and meadows that we passed by.

On our final day we visited the International Bomber Command Centre which was opened in 2018 in "recognition, remembrance and reconciliation" of all the people from over 60 Nations who supported the Bomber Command in WWII. The 'Wall of Names' includes 58,000 of them and was an emotional sight, especially for our members, Yvonne Seer and Rita Horton who found the names of their brother and uncle respectively, and were able to place a Poppy against their names. We then had free time for sightseeing in Lincoln, visiting the gothic Cathedral, Bishop's Palace or William the Conqueror's Castle - a perfect end to an excellent holiday.

All this was captured on film by our member Keith Rackham and can be viewed on [https://youtube.com/watch?v=TpGPfa4p3W8&si=7lkTOPRftr\\_py62n](https://youtube.com/watch?v=TpGPfa4p3W8&si=7lkTOPRftr_py62n)

## SWANSEA BOWLING TRIP

For the 18th year, members attended our annual outing to Swansea Bowling Club organised by Out & About Newport; always a wonderful day out. The weather was glorious when we arrived for Elevenses and a Sherry Reception on the patio. The optional dress code was 'Around the World' and there were some imaginative outfits



including a Red Indian, a Nun, ladies in traditional Japanese Kimonos, Pakistan Shalwar Kameez and a Hungarian costume, a Kenyan outfit, various Cowboys and Cowgirls, and two French onion sellers (minus their bikes!) We are already thinking of a theme for 2026!

The club's expert coaches explained the rules and basic techniques before splitting us into 10 teams and guided us through a few 'ends.' The matches were quite competitive as everyone tried hard to improve their game - the winning team was Chris Day, Gwyneth Hawkes and Beryl Williams. The catering stewards then served us a superb two course meal in the pavilion which was followed by the MC Celia Jones hosting a fun afternoon and a Quiz. She also reminded us of the fun activities we had undertaken on previous visits. The merriment continued on the homeward journey with lots of singing and laughter.

## BOULES

The Skittles Group meets throughout the year at the St Julian Inn twice a month. During the fine weather we meet in the pub's attractive riverside garden to play French Boules. Two teams, aptly named Les Escargots (snails) and Les Grenouilles (frogs), have enjoyed leisurely afternoons in the sun, although play could get quite competitive with some friendly rivalry and banter. Afterwards some relax on the sun deck whilst listening to the live Jazz band playing in the bar and enjoying the beautiful views.



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