



# Stamford Third Age Group

# NEWSLETTER

**Issue 90**

**ON LINE VERSION**

**August 2008**

## CHAIRMAN'S COMMENTS

It appears we're having what we call "Summer" in this country. When we got back from freezing at the Open Golf it was like arriving in the Mediterranean from the Arctic but in the few days between writing this and the meeting we may have gone back to Arctic!

I'm delighted to say that the Parcels for the Troops is going extremely well. Steve Bonde has sent me some e-mails directly from the troops and if anyone is interested, I'll e-mail them to you. Keep it up!

A couple of comments from members over the last few weeks has reminded me that this Newsletter is here for you to use. Tony Ross is advertising his Bridge Lessons in this edition. Any member can use the Newsletter to advertise anything they want to sell or a service they want to provide. What we don't accept is advertisements from non members. And speaking of this, I have another local service I would like to highlight for those new to the area.

We are very fortunate in Stamford that we still have a real old fashioned ironmonger's shop. You do not have to go to the huge DIY emporia in Ryhall Road for your nuts, bolts and pongle washers. You can get them at Harrison and Dunn - in All Saint's Street, near the main Post Office. They even smell like an old fashioned ironmongers. They have a huge range of goods and their staff give excellent service and are usually very knowledgeable. And their prices are reasonable.

I'm very glad to report that the Harlaxton Summer Schools went off very well indeed. This year we had no

major problems and only a very few minor ones. A great big thank you to everyone from Stamford U3A who either participated in, or helped with the Schools. Dates for next year are 5<sup>th</sup> – 8<sup>th</sup> July and 9<sup>th</sup> – 12<sup>th</sup> July. New courses for next year are Creative Writing, Antiques and Collectables and Gardens and Gardening.

Last Thursday I went, along with Joan Newey and some of her Social History Group, to a reception to mark the opening of the new play equipment at the Recreation Ground. This made a nice "Thank you" to Joan and her team for the work they did on researching the history of the Recreation Ground.

Inside the Newsletter you will see another appeal for Books for Sri Lanka. The last appeal was a great success with several tons of books being shipped out. This time the appeal is for books for children aged between 4 and 12. If you have any old books for children in that age range that you are no longer using, please give them to Tony Wakefield for the orphans of Sri Lanka.

Money is also welcome for the same cause, to be used for projects that attract matching grants from the Rotary Foundation.

All the best,

Hendy Farquhar-Smith

t: 01780 756316 e: h@StamfordU3A.co.uk

### COMMITTEE MEMBERS

Hendy Farquhar-Smith	Chairman
Paddy Thompson	Deputy Chairman
Percy Moss	Treasurer
Sue Webster	Minutes Secretary
Chris Rippington	Group coordinator
Jim Guthrie	Membership Secretary
Howard Jones	Speaker Finder
Sheila Halliday-Pegg	
Jill Haynes	

### MONTHLY PROGRAMME

**August 4<sup>th</sup>      The Tall Ships Experience**  
**Peter Gray**

**September 1<sup>st</sup>      Saints and Sinners**  
**Jill Collinge**

Monthly meetings are held on the first Monday of the month at Barn Hill, except for Bank Holidays. Coffee at 10 am - the meeting will start at 10.30 am.

**Registered Charity Number: 1077090**

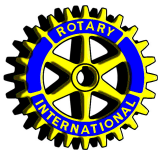
**September Issue** deadline 25 August

To become a member and for subscriptions please contact Jim Guthrie:

t: 01780 752755 e: Jim@StamfordU3A.co.uk

Please send comments and contributions to the Editor: Hendy Farquhar-Smith

t: 01780 756316 e: h@StamfordU3A.co.uk



**ROTARY CLUB OF STAMFORD  
SRI LANKAN TSUNAMI ORPHANS**

Thank you for your help with the book collection for the Tsunami orphans, we were able to send 6 ½ tons. Continuing with our supporting tasks for the orphans, this year we have two projects:

**More books**, reading age 4 to 12 only please.

**Money**, for projects which attract matching grants. (eg equipping the schools and orphanages which are only now being built).

You all helped us make a success of the last appeal, would you please help us again to continue with the support of the Tsunami orphans.

Please contact me,

Tony Wakefield, t:757307 e:wakefield@stamford.uk.com

**ROTARY CHARITY BRIDGE EVENING**

There will be a Bridge Evening on September 12<sup>th</sup> in Barnack Village Hall in aid of the Rotary Club of Stamford charities.

Tony Ross is the Director and the format will be Chicago. 7.15 for a 7.30 pm start. Tickets are £10, which include a finger buffet and glass of wine, or soft drinks.

For more information and tickets call

Horace Farquhar-Smith t:756316 e:bridge@hfsweb.co.uk

**PHOTOCOPYING LICENCE**

The U3A Head Office has negotiated for all U3As to have a licence to copy a limited amount of material. Please, get in touch with me for information of what exactly is covered in this licence. Please note that it does not cover music.

Hendy Farquhar-Smith 756316

**CHURCH VISITING GROUP**

Meet at the church at 11 am.

**August 29<sup>th</sup>** **Castor** .  
Elaine and Mavis 755004

**September 26<sup>th</sup>** **Chesterton**  
Ken Moss 762394

Elaine Ward

**ART HISTORY GROUP**

After the Summer break, the next meeting of the group will be at 10.30 am, in the Livingstone Room of the United Reformed Church Hall on

**September 10<sup>th</sup> Subject for this meeting will be Klimt.**

**September 24<sup>th</sup> The subject will be The Dutch Paintings of the Samuels Collection at the Mansion House.**

This is as a "taster" for those going to the Mansion House in October and as a second look for those who went on July. For more information contact

Hendy Farquhar-Smith 756316

**PARCELS FOR OUR TROOPS**

Show your concern and appreciation for everything our troops are doing under very difficult circumstances in Iraq and Afghanistan by continuing to send them the items which they cannot normally get there - puzzle books, disposable razors, travel games, sweets and personal toiletries. Anything but liquids and chocolates which do not post well.

Bring your donations to the next meeting, or contact Steve Bond from the Royal British Legion for more information 752552.

**KEEP FIT CLASS**

Every Wednesday 12.15 to 1.15 at the Methodist Church Hall, Barn Hill, Stamford. Starting on 3rd September

This class which has been going for three years, is designed for the 50 plus age group. Our primary objective is to improve posture, circulation, strengthen arms, legs, tummy muscles and general health by exercising to music. Our exercises incorporate gentle dance movements which tone the whole body.

We have a friendly group and you are welcome to take part or just come to see what we do on any Wednesday morning. For more information contact

Clare Grant

**GROUP LEADERS' COFFEE MORNING**

As always I extend a warm welcome to all our Group Leaders to come for coffee at my house on Monday, 18<sup>th</sup> August at 10.30 am. As you know by now, rain is guaranteed! Please let me know whether you are coming or not so I can have an idea of how many cups to look out!

Hendy Farquhar-Smith 756316

**SELF-HELP FOR HEALTH GROUP**

The August meeting of this group will be held on Monday 18th August in the Ryhall Village Hall at 2 pm, when the talk will be '**Self-Help for the Screws**' - the ever-present Rheumatism.

We will also be discussing whether time really matters to us any more! Everyone welcome, for more information contact

Sheila Halliday-Pegg

**QUILTING AND EMBROIDERY**

Margaret Forsyth, one of the members of this group died earlier this year and the remaining members of the group made a quilt in her memory. It was auctioned by silent auction for £205 and bought by one of the Stamford group.

The money will go to support a school and hospital in Uganda who are sponsored by St George's Church.

**VISIT YOUR WEBSITE**  
[www.SU3ANews.co.uk](http://www.SU3ANews.co.uk)

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## COUNTRY DANCING

The next meeting of the Country dancing group will be held on Tuesday 19<sup>th</sup> August at 10.30 am in the Roman Catholic Church Hall. For more information contact

Mary Rowe

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## SCOTTISH STRATHSPEY DANCING

The next meeting of this group will be on 24<sup>th</sup> September. Dancing takes place in the upper room at Barn Hill starting at 11 am. New members are always very welcome. For more information contact

Graham Creedy

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## TRIP TO KEW

The Family History group are planning a trip to the National Archive Centre at Kew on Thursday 11<sup>th</sup> September. It may well be that other U3A members and friends would like to join us, but spend the day in Kew gardens instead. For more information or if you would like to go contact

Jim Guthrie 752755

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## STROLLERS

**Fridays, 11 am**

**August 8<sup>th</sup>**      **The Plough, Great Casterton**  
(about 2 miles) Anna Bridger

The 10.30 No 9 Kimes bus to Oakham stops opposite in good time and returns every hour.

**September 12<sup>th</sup>**      **Exeter Arms, Barrowden**  
(1.5+ miles) Jose Fox

For more information contact

Anna Bridger

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## FAMILY HISTORY GROUP

The next meeting of this group will be held at 40 Casterton Road at 2 pm on Thursday 14<sup>th</sup> August. If you are planning to attend, please contact

Carole Niehorster

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## MANSION HOUSE TRIP 9<sup>th</sup> OCTOBER

The list for this trip is now full. Please pay me at the August meeting.

Hendy Farquhar-Smith 756316

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## ACTIVE LIFE FOR THE OVER 50s

Swimming and Exercises at the Stamford Leisure pool. Open to all over 50s in the district. Timetables change with school holidays. Check details of the year's timetable at the pool desk.

Ann Linton

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## SINGING FOR PLEASURE

We will next meet on Aug 14<sup>th</sup> at 10.30 am at Barn Hill, and will have Margaret Smith as leader, who will give us a very lively sing along session. For more information contact

Rita Wood

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## WALKING GROUP

**August 15<sup>th</sup> Full day out Houghton Mill (near St Ives)**

7 to 8 miles, all flat. Time at the end to look round the Mill (NT Property) Meet at 110, Queen's Walk 9.30 am - we will share cars, park on my drive. Chris Rippington

**Sept 5<sup>th</sup> Wadenhoe**

Helen Simmons Meet at 10 am.

For more information contact Chris Rippington

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## INTERESTING COURSES

The Institute of Continuing Education of Cambridge University are holding the four courses listed below in the Education Room at Burghley House. Each course costs £76, or concession £59.

**Creative Writing - Fact and Fiction**

Meet at 11 am to 4 pm on 14, 28 Jan 09, 11 Feb, and 4, 18 March 2009.

**Creative Writing - Truth and Lies**

Meet at 11 am to 4 pm on 24 Sep, 8 Oct, 12, 26 Nov, and 12 December 2008.

**Family History - Fleshing out the Bones**

10 meetings on Tuesdays at 10 am from 13 Jan 2009

**Family History - Upstairs Downstairs, life in the Victorian house.**

10 meetings on Tuesdays at 10 am from 21 April 2009

The Institute hold many more courses at other centres, for details visit [www.cont-ed.cam.ac.uk](http://www.cont-ed.cam.ac.uk)

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## DO YOU PLAY BRIDGE?

Want to improve your play? An EBU registered teacher will start teaching Improvers classes in September on Tuesday mornings in the Stamford Bridge Club.

An introductory meeting will be held at Stamford Bridge Club, in the old Stamford Hospital Social Club, off Ryhall Road by Orme House, on Tuesday 26<sup>th</sup> August at 10 o'clock. For more information contact

Tony Ross

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## PLEASE VOTE

About 25% of those over 50 have Macular Disease (MD) to some degree. Those who suffer severely lose their central vision and are unable to read. However, with training sufferers can learn to read using their periphery vision - Eccentric Viewing. The MD Society's project to deliver Eccentric Viewing training across the UK has the final of the National Awards Lottery competition.

Will you please vote for this project before midday Friday, 8<sup>th</sup> August and help this project win the Lottery award.

Vote on line [www.lotterygoodcauses.org.uk/awards](http://www.lotterygoodcauses.org.uk/awards) or by phoning **0845 386 5267** (calls are charged at 1.5p from a landline). Either procedure is very simple to do.

*Do not vote after the deadline, as your vote will not be counted, and you may still be charged for the phone call.*

Janet Kempson

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