



Stamford Third Age Group

NEWSLETTER

Issue 84

ONLINE VERSION

February 2008

CHAIRMAN'S COMMENTS

I don't know what the weather will be like by the time we have our February meeting but the run of mild weather we have had in January has been amazing. On Sunday 27th January we ate outside in the sunshine at Kew Gardens. Horace was so warm he had to take his coat off! As well as the crocuses and the snowdrops there were daffodils flowering. But what was more surprising was that there were some bushes of the rhododendron variety flowering as well as a magnolia. Horace actually managed to photograph a bee on one of the flowers.

On a totally different subject I got an e-mail from the secretary of the East Midlands Association of U3As about the fact that people in private old people's homes do not have any human rights. Two student nurses have started a petition to draw the attention of the government to this situation. If you would like to add your name to the petition it can be accessed on <http://petitions.pm.gov.uk/elderlyRights/> Please note the URL address carefully, and do not forget the H between the two last words. This address takes you directly to the appropriate page in the website.

Talking about East Midlands we are still looking for a couple of volunteers to attend the meeting of the East Midlands Association of U3As on Wednesday

13th February. Lunch and travel expenses will be paid for. The meetings are held near Newark.

I have two tickets left for the "From Russia" Exhibition at the Royal Academy on 12th March. I have already been to this exhibition and it is fantastic. There are things I never thought I would see outside Russia. If you have already signed up please pay me at the February meeting. The cost is £25 but it appears likely you will get a rebate on the day.

There are also a few seats left on the coach if you would like to have a trip to London – setting down and picking up at the Royal Academy in Piccadilly – nice and handy for Fortnums and many other places. Coach only - £12 .

We will be leaving the Bus Station at 8 am and the Danish Invader at 8.05 am. On the way back, we will be leaving London at 4 pm – hoping for an arrival back in Stamford between 6.30 – 7 pm.

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

February 4th **The Fifties Revisited**

Gerry Burrows

March 3rd **A Musical Interlude**

J Comber and J Pescher

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

March Issue deadline 25 February

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

MEMBERSHIP RENEWAL

is due on 1st April

Membership renewal forms will be available when you register at the February and March meetings. We will have an additional table to avoid congestion.

The renewal forms are being issued well in advance to ensure that the renewal process can be carried out gradually and smoothly. Please note that members who have their Newsletter sent will have their renewal forms included with this month's issue.

NEW MEMBERS

All new members are cordially invited to a meeting in Barn Hill on February 28th – please note change of date from the one announced in the January Newsletter. The meeting will start at 10.30 am.

CALLING ALL GROUP LEADERS

Now that we have so many groups it is impossible to get round all the group leaders. So please take this as a very cordial invitation to come to the meeting for new members on 28th February at Barn Hill. You will not have to stand up and speak about your group if you don't want to but it is an excellent way of seeking our new members if your group is flagging!

Hendy Farquhar-Smith 76316

SELF HELP FOR HEALTH

The next meeting of the group will be held at the Rhyall Village Hall on February 18th at 2 pm. At the meeting we are going to use our brains to make ourselves laugh, hopefully. Brain exercise is one of the ways of staving off mental decline. Our exercises are sociable and fun.

We will also be discussing what are useful aids in the kitchen and bathroom, with examples being brought in where possible.

Sheila Halliday-Pegg

SOCIAL HISTORY GROUP

First may I apologise to anyone who turned up on the 14th of January. Kath Fryer kindly contacted all those members for whom we had telephone numbers. If you were not contacted I would be grateful if you could ring me on 762163 and I will make sure your telephone numbers are recorded and this does not happen again.

The next meeting is on 11th February at 2pm as normal at 5 Truesdales. Please bring anything you have not read as yet – or alternatively something that interests you.

Joan Newey

SINGING FOR PLEASURE

The next meeting of the Singing for Pleasure group will be on 14th February at 10.30 am at Barn Hill.

Everyone welcome.

Rita Wood

DISCUSSION GROUP

Due to declining numbers attending, it has regretfully been decided to put group meetings on hold for the present.

However, if there is sufficient interest, the group might resume meetings later in the year, perhaps using a different format and/or meeting place. For more information contact

Tony Barry

TECHNICAL SUPPORT

Volunteers are required to provide technical support at the monthly meetings, by operating the audio visual equipment at Barn Hill.

If you are interested and have a reasonable knowledge of computers, please contact Hendy. Any required training will be provided.

Hendy Farquhar-Smith 756316

LOCAL HISTORY GROUP

The Committee are delighted to announce that Christine Bearne has expressed her willingness to be the Group's new chairman.

WINTER 2008

February 12th – Two members of the National Trust – Dr E Gobbett and Janet Racklyeft will present a talk on "National Trust, Past and Present."

March 11th – Ann Feather will speak about Lady Margaret Beaufort (Henry VII's mother) who lived in Collyweston Palace

Particulars of the Summer Programme will be available at the February meeting.

TRAVEL GROUP

Istanbul was the clear winner in the voting for the mid October 2008 autumn holiday. We will stay in Istanbul for 5 nights.

An overnight trip to Bristol and Bath for early September is also planned. There are some places left for the holiday in Ireland commencing on 15th May. Details of these events are available from Dick Colgrove at the Travel Desk, or phone on .

The next meeting of the Travel group will be at 10 am on 29th April at Barn Hill.

JAZZ APPRECIATION GROUP

Our first meeting of the New Year got off to a good start with 12 enthusiasts playing their choice of popular singers in Jazz.

Our next meeting is on Monday 25th February at 2 pm. Please bring along a newly acquired CD so you can choose to let us all hear your favourite track - any theme as long as it is Jazz. Hope you can all make it and of course new members welcome.

Terry Watkins

COUNTRY DANCING

The next meeting of the Country Dance group will be on Tuesday 19th February at St Augustine's Roman Catholic Church Hall at 10.30 am. More information, contact

Mary Rowe

SCIENCE AND TECHNOLOGY GROUP

The next Science Group meeting will be held on February 14th at 2 pm at Barn Hill. The talk will be an open discussion on the UK Energy Crisis. The future programme for the Group and the nomination of a new Group Leader will be discussed.

Percy Moss

STROLLERS, Friday

8th February Ferry Meadows, Peterborough

Meet in the main car park at 11 am.

Leader Joan McNeill

Anna Bridger

NEW GROUP

Are you interested in the very topical subject of Climate Change?

Would you like to be a founding member of a Group dealing with this subject? If so, please contact

John Polkinghorne

CHURCH VISITING GROUP

A meeting will be held on February 29th at Welland Mews at 11 am to discuss Church Visits from April to September 2008. Everyone is welcome to attend.

Mavis Sharpe and Elaine Ward

SCOTTISH STRATHSPEY DANCING

Future dates are 6th and 20th February and 5th and 19th March at 11 am. New members still very welcome.

Graham Creedy

FROM THE ARCHIVES

From October 1998 Newsletter

How do you know you are growing older?

You get winded playing chess

Your children begin to look middleaged

You look forward to a dull evening

Your knees buckle but your belt wont

You get all your exercise from being the pallbearer to your friends who exercised.

You know all the answers by no one asks the questions

You just cannot stand people who are intolerant

You sink your teeth into a steak and they stay there

You sit in a rocking chair and can't get it going

You start a sentence but forget what you.....

WALKING GROUP

All walks will be on the first or the third Friday starting at 10 am.

February 15th Exton Fox and Hounds

Margaret Harkey

March 7th Fotheringhay

Rosemary Henley

March 21st Greetham Valley Golf Course

Marion Teesdale

This group is looking for additional members, especially men! For more information, or to join contact

Chris Rippington

e: cande@rippington99.fsnet.co.uk

KEEP FIT CLASS

Every Wednesday 12.15 – 1.15 pm at Barn Hill Church Hall.

Any U3A members who would like to join us are welcome to come and take part or just come along to see what we do. The class started in February 2006 and has gone from strength to strength. We have a very friendly group and look forward to our get togethers.

Our primary objective is to improve posture and circulation, strengthen arm and tummy muscles and generally improve our health by exercising to music. Marked improvements have been achieved by U3A ladies and gentlemen who attend this class and it has also benefited those with joint and mobility problems. For more information ring

Clare Grant

ART HISTORY GROUP

The next meetings of the Art History Group will be on Wednesday

February 13th Cubism

February 27th From Russia an introduction to the exhibition at the National Gallery

The meetings are held in the United Reformed Church Hall upstairs in the Livingstone Room. Talks start at 10.30 am. Coffee from around 10.15 am. Everyone welcome. For more information contact

Hendy Farquhar-Smith 756316

LIVERPOOL ART TOUR

The Deepings U3A are organising a five day Art Tour to Liverpool on the 9th June 2008.

Price is from £339 and there will be visiting the Walker Art Gallery, the Liverpool Tate, the cathedrals, Speke Hall, Shugborough Estate and calling in at the Lowry at Salford on the way back.

For more information, please contact

Brian Thornthwaite 01778 343093
