



## Stamford Third Age Group

# NEWSLETTER

Issue 60

February 2006

### CHAIRMAN'S COMMENTS

At last the thick cloud from the beginning of the year has lifted and we are into more sunny weather and blue skies, albeit with a significant drop in temperature. This encourages us to look forward to the year ahead.

A significant event, which we as a committee must now consider, is the Stamford U3A AGM. This will take place as usual at the meeting on May 8<sup>th</sup>, the second Monday in May. Nominations for committee members will be required. Candidates must be proposed and seconded and confirm that they are willing to serve on the committee. Nominations should be sent to Joy Paterson. Further details will be announced at the monthly meetings.

For new members this and other operations of the U3A will be discussed at the New Members' Meeting on 15<sup>th</sup> February. We look forward to seeing many new members and group leaders at that meeting.

I recently read a short note in U3A News regarding 'living history'. The suggestion was that many of

us, when young, found that stories from our elders' life experiences were very interesting and often useful.

Now we are the older generation we may have stories from our experience and perhaps these should be written down and collected. Could this be via the formation of a Life Story group? I know that our U3A has carried out very successful history projects and have a very thriving Local History Group, but have we looked at more general life experiences? If anyone has any comments on this please, let me know. You may suggest a new group or tell me it has all been done already.

Finally, since I quoted the U3A national figures one year ago, membership has grown by 11,000 to 153,000 and the number of U3As has increased by 21 to 573.

Best Wishes  
Dick Colgrove

t: 01780 752101

e: dick@SU3ANews.co.uk

### COMMITTEE MEMBERS

Dick Colgrove	Chairman
Paddy Thompson	Deputy Chairman
Hendy Farquhar-Smith	Group coordinator
Percy Moss	Treasurer
Joy Paterson	Minutes Secretary
Kate Rogers	Speaker Finder
Gill Bolton	Membership Sec
David Ellis	
Chris Rippington	

### MONTHLY PROGRAMME

<b>March 6<sup>th</sup></b>	<b>Jubilee Sailing Trust</b> Ann Thomas
<b>April 5<sup>th</sup></b>	<b>Anatomy of an Orchestra</b> Mike Saunders Peterborough Symphony Orchestra

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

**NEWSLETTER ONLINE**  
[www.SU3ANews.co.uk](http://www.SU3ANews.co.uk)

**Registered Charity Number: 1077090**

For information on how to become a member and for subscription information, please contact the Membership Secretary, Gill Bolton,

t: 01780 480611

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

t: 01780 756316

e: hendy@hf-s.co.uk

**March 2006 Issue** Deadline **23 February 2006**

---

### KEEP FIT GROUP

Improve posture, circulation, breathing and general health by exercising to music. Some simple ballet techniques will be included to strengthen arms and legs, but this does not mean that you will be leaping around the room!

The meeting will be either 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Mondays 11 to 12 noon, or every Wednesday 12.15 to 1.15 pm.

If you are interested in joining please sign for Mondays or Wednesdays on the notice board at today's meeting - we need to have this information to book the hall.

For further information please contact

Clare Grant

---

### LITERATURE 4

Barbie Rojo has volunteered to lead another Reading Group, which will be held on the 2<sup>nd</sup> Thursday of every month in the morning.

If you would like to join, sign up at the meeting today or contact

Barbie

---

### SELF-HELP FOR HEALTH GROUP

After Christmas, most people start on some sort of diet! We are no exception. On February 20<sup>th</sup> at Essendine Village Hall we will be talking about a healthy diet, namely the GI diet.

Later in the month we are taking ourselves out for a meal, choosing the food to fit in with the diet (if we can). Come along and join in the fun.

Sheila Halliday-Pegg

---

### LOCAL HISTORY GROUP

All meetings are held at Barn Hill - 10 for 10.30 am.

**Wednesday, February 14<sup>th</sup>** – Sandra Bailey (one of our members) will talk about 'The Cottage Countess of Exeter' - an incredible story.

#### Summer 2006 Outings Programme

Booking forms for our programme of interesting outings will be available at the February meeting.

For more information please contact

John Plumb

---

### ART WORKSHOP

The next meeting of the Art Workshop will be on Monday, 13<sup>th</sup> February in Essendine Village Hall from 10 am to 12 noon. A further meeting will take place on Monday 27<sup>th</sup> February.

This is not a teaching Group. No instruction is given nor subjects or targets are set, though friendly constructive advice is always available. The Group provides an opportunity for members to follow their own interests and practise and develop their skills in drawing, painting or whatever aspect of Art appeals.

Gordon Bland

---

---

### RACE FOR LIFE

This very popular fund-raising event in aid of Cancer Research is being held in Burghley Park on 14<sup>th</sup> May. The number of participants (running is not obligatory) is restricted to 3000 and you have to register first. Registration costs £10, and once registered you will get sponsorship forms.

Register by either phoning 08705 134314, or go on line at [www.receforlife.org](http://www.receforlife.org) If you would like to join the U3A Group after you have registered, please contact

Rita Wood

---

### BOOKS ON WHEELS

This is a service provided by the WRVS to those who are housebound. Once a fortnight, a team of volunteers choose suitable books and take to them housebound elderly people. We do need more volunteers.

All you need to do is be able to drive (or come along with a driver) and carry a couple of bags of books. It would probably not take up more of your time than one Monday morning every two months. For more details ring

Hendy Farquhar-Smith 756316

---

### PHOTOGRAPHY GROUP

#### 2006 Programme - Meetings, Tuesdays

**February 7<sup>th</sup>** 'Lenses and Shutters' Dennis Rotherham

**March 7<sup>th</sup>** 'Getting the Best from your Camera'  
(Digital and Film) Jack Slack

#### Visit - Wednesday

**March 1<sup>st</sup>** 'Focus on Imaging' NEC Birmingham  
Admission £6, pay at the door. More information, contact  
Isobel Jenner

---

### THEATRE GROUP

We are pleased to announce that all the tickets for the three Cambridge plays for February, April and May have all been sold.

For all those who have not managed to get a place, we are very sorry and can only hope that you have better luck next time.

Shirley Draheim-Jackson

---

### SCOTTISH STRATHSPEY DANCING GROUP

This Group is undergoing reorganisation - starting in February 2006 it will meet fortnightly from at the Barn Hill Methodist Church. Next meetings:

Wednesday, 8<sup>th</sup> February 11 to 12 noon

Wednesday, 22<sup>nd</sup> February 11 to 12 noon.

Strathspey dancing is Scottish based gentle movement to traditional Scottish music. Some equally gentle English social dancing will occasionally be included. We are a friendly group who would welcome new members.

No special clothing is needed; comfortable, flat shoes are suitable. In addition, you do not need to come with a partner. This group is now open to members of Welland U3A. Further enquiries to

Barbara Carpenter

---

### SCIENCE GROUP

The next meeting of the Science Group will be on:

9<sup>th</sup> February at 2 pm at Barn Hill.

The talk will be by Wing Commander Neal Newnham of RAF Wittering, on the Harrier Jump Jet. This is a very informative and enjoyable talk by an excellent speaker.

All members are welcome.

Percy Moss

### MEMBERSHIP RENEWAL

Membership expires on 31<sup>st</sup> March, 2006. Renewal forms will be available at the February meeting - these forms are also available on the website, and can be downloaded at any time.

To avoid creating long queues at meetings, it would certainly help, if the completed form, a cheque for £6 per member and a self-addressed stamped envelope was sent direct to me at the address shown.

Many of our members are unable to attend the main meetings, but they may download the forms from the Internet. Failing that, they can get forms from those who were able to attend.

Gill Bolton Membership Secretary 480 611

### CASH BUYERS SEEK BUNGALOW

Des and Janet Kempson, who have sold their house and are currently living in rented property, are seeking a bungalow in a quiet area of Stamford, such as Queens Walk, Luffenham Close, Stirling Road, or Ermine Close. They expect to pay the proper market price.

Therefore, if you have a bungalow to sell in any of these areas please contact

Des and Janet

### LUNCHEON GROUP

The Luncheon Group will meet at the Golden Fleece directly after the February meeting. Those who would like to go, will be asked to put up their hands during the meeting itself. For more information contact

Angela Fairmann

### ART HISTORY GROUP

The next meetings will be held at the Livingstone Room at the United Reformed Church Hall at 10.30 am (coffee from 10.15 on:

Wednesday 8<sup>th</sup> February - Bosch

Wednesday 22<sup>nd</sup> February - Durer

Do come along if you are interested in either of these two artists. Further information contact

Hendy Farquhar-Smith 756316

### TRAVEL GROUP

The next meeting of the Travel Group will be on Tuesday, 7<sup>th</sup> February 2006 10.15 for 10.30 am in the lower hall at Barn Hill.

As well as the usual business there will be a talk about an aspect of Tourism in France followed by a final briefing for those going to New York. If this is relevant to you please allow appropriate car-parking time.

Marketing material is now available for a proposed 7 day holiday to Tuscany starting 6<sup>th</sup> October 2006. Please see Paddy if you are interested.

Paddy Thompson

### COUNTRY DANCING

The next meeting will be held at the United Reformed Church Hall on Tuesday 21<sup>st</sup> February at 10.30 am.

This Group is proving to be very popular and enjoyable so if you haven't tried us before, come along and join us now. For further information:

Mary Rowe

### HARROGATE SPRING FLOWER SHOW

**Friday, 28<sup>th</sup> April 2006** There are still a few seats available for this trip - the cost will be £23 each. If you would like to go, please contact Sandy Ellis as soon as possible. The deadline is the March meeting.

Available pick up points are:

8.00 am The Deeping Stage  
8.30 am Stamford Bus Station  
8.35 am Danish Invader

Sandy Ellis

### WALKING GROUP

February 10 <sup>th</sup>	Empingham / Rutland Water White Horse Inn	4 4.5	Janet and Des Kempson	
February 17 <sup>th</sup>	Market Overton Black Bull	5	Eric and Avery Woods	
March 3 <sup>rd</sup>	Wing The Cuckoo	5	Roger Teasdale	
March 10 <sup>th</sup>	Peterborough Country Park. Farcett Eating place to be decided	2	John and Joan McNeill	
March 17 <sup>th</sup>	Edenham Five Bells	5	Eric and Avery Woods	

Walks are planned for the first three Fridays of every month. Those already scheduled are shown above. All walks start at 10.30 am, unless otherwise stated. Queries on individual walks please contact the Walk Leader. General queries please contact Eric or Avery Woods. Please try to share cars.