



Stamford Third Age Group

NEWSLETTER

Issue 83

ONLINE VERSION

January 2008

CHAIRMAN'S COMMENTS

Happy New Year to everyone. Well that's the jollifications over again for another year and by now you will have recycled your cards and your Christmas tree (not if you have an artificial one I hope) and the house after looking a bit bare for a couple of days is back to normal.

I must once again thank everyone for all their hard work in making our U3A Christmas events such a success – the Drama Group and the other performers at the Christmas entertainment, Rita for co-ordinating it and doing the sing-a-long Messiah, Paddy for organising the lunch at the Crown, Elizabeth and her singers for singing round the old people's homes and anyone else who contributed in any way.

I hope you have made a New Year Resolution to offer to help out in the U3A. The Local History group is looking for new Committee members and the Walkers and Strollers are always looking for someone to lead walks and strolls. It doesn't matter if it's a walk you've done lots of time before. The good thing about growing old is that you might not remember doing it the last time. Anyway it's rather pleasant to do the same walk over and over again at different times of the year.

However, we have had some success in finding volunteers to help with the tea and coffee at the meetings. Sadly Jean Farmer who ran it for a year

after Edna retired from the urn, has also had to give up. But Kathleen Fryer and Daphne Barry have both offered their services. So a thank you Jean for her hard work in 2007 and another thank you to Kathleen and Daphne for offering to help. We always need volunteers to help with the teas and coffee at the meetings as we need to have three people to serve. There will be a sign up list at the January meeting. We also need people to sign in members and take their 50 ps. There is always a sign up list at the meetings for this. Tea and coffee helpers need to arrive just after 9 am. Sign up helpers need to arrive by 9.30 am

And talking about being forgetful, I had a typical U3A occurrence happen to me last month. I had been away for a few days and when I came back there was a message on my answering machine from a lady in Deeping. I rang her back and asked what it was she wanted to speak to me about. "Oh," she replied, "I can't remember. I'll ring you back when I do." She hasn't rung back.

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

January 7th	Grimsthorpe Castle Ray Biggs
February 4th	The Fifties Revisited Gerry Burrows

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

February Issue deadline 28 January

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

BEGINNER'S GUIDE TO FAMILY HISTORY

The University of Cambridge are running a series of 10 lessons on this subject at Burghley House. The lessons are being held on Tuesdays at 11 am – 1 pm, starting on January 8th 2008.

The cost will be £72 (£56 for concessions). For more information contact The Courses Registrar, University of Cambridge Institute of Continuing Learning, Madingley Hall, Madingley, Cambridge CB23 8AQ or ring them on 01954 280399.

NEW MEMBERS

There will be a meeting for new members on 21 February at the upper room of the Barn Hill Methodist Church, starting at 10.30 am.

This will give you the opportunity to meet the members of the Committee and some of the Group Leaders, and learn more about the U3A, both local and national.

All new members are welcome to attend.

TRAVEL GROUP

Bookings are now being taken for the holiday in Ireland from 15th – 21st May, staying in Dublin and Killarney.

Details and booking forms are available from Dick Colgrove on the Travel Desk at this meeting, or alternatively phone him on 752101.

The next meeting of the Travel Group will be held on Tuesday 15th January at 10 am in the Lower Hall at Barn Hill. The speaker will be Anthony King talking about a trip to the Himalayas.

KETTON CHURCH AND PARISH by Geoffrey Fox

This book was hurriedly edited and printed privately to ensure that Geoffrey could see it before he died.

There are copies for sale at the cost price of £20. For more information contact

Jose Fox

SELF HELP FOR HEALTH

Having recovered from the feasting of Christmas, we are going to discuss whether there are any benefits to eating red meat at our next meeting on January 21st at Ryhall Village Hall.

Our main topic will be "Caring for Friends and Relatives" from a health point of view, both yours and theirs. Many of us are involved in caring and it is important to look after yourselves as well as your charges.

Sheila Halliday-Pegg

SINGING FOR PLEASURE

Put some fresh air back in those lungs and lift yourselves up from the winter blues! Come and sing with us at the next meeting on Thursday, 10th January in the Barn Hill church at 10.30 am.

Rita Wood

GARDEN GROUP

The Garden Group's next meeting will be held on Wednesday 16th January at 2 pm at the Barrowden Village Hall and will include a talk by one of our own U3A members, well-known naturalist Phil Rudkin. There is plenty of room at the hall and any non-Garden Group members are very welcome to join us.

Full details will be on the board at the January meeting, when we will ask you for names and to pre-order your lunch. Refreshments will be available at a local hostelry before the meeting. For more information contact

Derek Warrick

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. Additional training as required will be provided.

Hendy Farquhar-Smith 756316

CREATIVE WRITING COURSE

Those of you who attended Taff Lovesey's talk to the Creative Writing Group might be interested to know that Taff is going to deliver a 10 week Creative Writing Course at Wake House, North Street, Bourne, starting on January 7th 2008.

The course will take place on Mondays from 1 pm – 3 pm and will cost £80 for the 20 hours of tuition.

For more information contact

t: 07506 486029 or

e: newfocusLL@btopenworld.com.

VISIT TO THE RUSSIAN EXHIBITION AT THE ROYAL ACADEMY

At this moment there is some doubt whether this exhibition of Impressionist paintings from Russian art museums is going to go ahead.

Nevertheless, I have booked places for us for March 12th. There will be a sign up form at the January meeting and if the trip goes ahead you will have to pay at the February meeting. The cost will be a maximum of £25 depending on numbers.

The coach will leave the Bus Station at 8 am and the Danish Invader at 8.05 am. For more information contact

Hendy Farquhar-Smith 756316

ART 1

The Art 1 Group will restart on 15th January. Any more information please contact

Olive Vinter

COUNTRY DANCING

The next meeting of the Country Dance group will be on Tuesday 15th January at St Augustine's Roman Catholic Church Hall at 10 30 am. More information, contact

Mary Rowe

KEEP FIT CLASS

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

We start again on 9th January and those 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

STROLLERS, Friday

11th January Uffington

Meet at the Bertie Arms at 11 am.

Leader Hendy Farquhar-Smith 756316.

8th February Ferry Meadows, Peterborough

Meet in the main car park at 11 am.

Leader Joan McNeill

SCIENCE AND TECHNOLOGY GROUP

There will not be meeting of the Science Group in January. As Percy is retiring shortly, we are looking for a volunteer to run this group. If you are interested please contact

Percy Moss

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

SCOTTISH STRATHSPEY DANCING

Future dates are 9th and 23rd January and

6th and 20th February at 11 am at Barn Hill Church Hall. We do not do the Highland Fling or the Eightsome Reel – we do just Strathspeys which are the slowest of Scottish Country Dances.

You don't need to bring a partner. Anyone who thinks they might be interested in some gentle exercise for mind and legs is welcome to come to the upper room at Barn Hill to give it a try or even just watch. Enquiries to

Graham Creedy

LOCAL HISTORY GROUP

John Plumb has resigned as Leader of the Local History Group and we are looking for someone to step in with enthusiasm, a deep interest in the subject and new ideas. Whoever comes forward will receive support from the well established, experienced and hard working committee. In addition, new members are required to join the Committee.

Next meeting will be on 8th January at Barn Hill at 10 am. John Plumb will give his talk – '**Water Everywhere**'.

12th February – a speaker from the Peterborough and Stamford Association of National Trust Members will speak about the work of the Association and the National Trust.

SUMMER 2008 - VISITS PROGRAMME

May 13th	Harlaxton Manor	2 pm
June 10th	Woolsthorpe Manor	10.30 am
July 8th	Tour of Kings Cliffe	1030 am
August	No visit	
September 9th	Corby Glen and Irnham	10 30 am

Details of the Summer Visits and the Booking Forms will be available at the February 12th meeting.

WALKING GROUP

January 18th – Uffington. Meet at the Bertie Arms at 10 am. Leader Chris Rippington

There will be a meeting of the Walking Group at my house on Friday January 25th at 10.30 am. Please do try and come and we need to discuss the future of the Walking Group. If you have a walk you would like to lead please contact me

Chris Rippington

ART HISTORY GROUP

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

January 9th	Van Gogh
January 23rd	Fauvism

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
