



## Stamford Third Age Group

# NEWSLETTER

Issue 61

March 2006

### CHAIRMAN'S COMMENTS

My comments on improving weather last month were completely overturned long before the meeting - I should learn from this.

One of the main principles of the U3A is for us to learn, exercise our brains and be active thus giving us a good quality of life. There is good evidence that this is effective. An extreme example of this was included in the Winter Edition of the U3A News. Since his retirement a Third Age member has obtained a BA in German followed by an MA in Refugee Studies, completing these at the age of 96. He did consider following up with a doctorate but thought that three years might be a long time at his age. It is not expected that we should all try and follow this example.

As you may be aware, a National Campaign is now commencing from March to increase awareness of the U3A, and its benefits, across the country. As part of this, much information has been added to the National U3A website, which includes a good summary of what the U3A is, and what it offers, and is given under the heading 'Learning for Pleasure'.

Now to more local matters. I understand that members are reserving seats at the monthly meetings using coats, bags etc. This has caused some problems. Please note that although membership numbers have risen, there are still many more seats available than the numbers attending the meetings.

At the last committee meeting it was agreed that, in general, for the convenience of the majority, members should not reserve seats, and accordingly, I should be grateful if members abide by this decision.

Of course, formal Reserved notices might still be needed on specific seats for committee members and others who need to work to organise the meeting and can only come in at the last minute or even later.

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

**April 3<sup>th</sup>**      **Anatomy of an Orchestra**  
Mike Saunders  
Peterborough Symphony Orchestra  
*Note - this item will last an hour and a half*

**May 8<sup>th</sup>**      **Annual General Meeting**

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

**April 2006 Issue Note: Deadline 21 March**

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## MEMBERSHIP EXPIRES 31<sup>st</sup> MARCH

Thank you to those who have renewed their memberships by post. If you did not include a stamped addressed envelope, please remember to collect your new card as you register at the main meeting.

You may renew at monthly meetings, preferably with a cheque, but on the other hand, it will save time if you send your applications, cheques and SAEs direct to me.

Further details are on the membership forms, which are available from main meetings, group leaders and the web site. Please take an application form to any member who is unable to attend.

Gill Bolton 480611

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## BARBIE'S BOOK GROUP

Barbie Rojo has volunteered to lead another Book 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

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## SELF-HELP FOR HEALTH GROUP

Our next meeting at Essendine Village Hall will be on March 20<sup>th</sup> at 2 pm.

We shall discussing a very topical issue "What health checks we would like to have and why". Thereafter we are having a presentation on the work of the Stroke Association and considering other aspects of such disabilities. We are a lively bunch and every one is welcome to attend.

Sheila Halliday-Pegg

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## LOCAL HISTORY GROUP

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

**Tuesday, February 14<sup>th</sup>** – The speaker is Janice Moulds from Woolsthorpe Lodge (Isaac Newton's birthplace) who will talk about

**Dirty and Smelly - Life in a 17<sup>th</sup> Century Yeoman Farmer's House.**

Everyone is welcome, particularly new members.

John Plumb

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## ORAL HISTORY PROJECT

The project on Sport and Recreation in Stamford, 50 years ago and early in the 21st Century has been completed by the Oral History Group led by Janet Smith and comprising Mollie Birch, Phil Day and Phil Rudkin.

The project which started in April 2003 was based on interviews carried out with Stamford's older and younger generations.

The completed project will be on display at the March meeting before it is lodged in the Stamford Museum.

Janet Smith

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## NOTICE FOR GROUP LEADERS

If you are unsatisfied with your present meeting place there are some alternative venues available at a reasonable cost. One is available now and another will be coming up in the autumn. Get in touch with me for further details.

Hendy Farquhar-Smith 756316

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## ANOTHER ART GROUP

All our practical art groups are full. Is anyone interested in starting up another one – or more importantly leading one? A leader is not essential but I do need to have an idea of how many people are interested.

Dates and times will have to be finalised when we have some names. There will be a sign up sheet at the next meeting or phone me if you are interested.

Hendy Farquhar-Smith 756316

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## CITY OF PETERBOROUGH SYMPHONY ORCHESTRA CONCERT

The CPSO are putting on a Beethoven concert on Sunday 26<sup>th</sup> March at 3 pm at the Broadway Theatre. They are performing the Egmont Overture, the 5<sup>th</sup> Piano Concerto and the 5<sup>th</sup> Symphony.

The soloist is James Kirby and the conductor is Russell Keable. Tickets are available from the Broadway Theatre price £12 – concessions £10 and accompanied schoolchildren go free.

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## KEEP FIT GROUP

Improve posture, circulation, breathing and general health by exercising to music.

The Keep Fit Group will meet every Wednesday 12.15 to 1.15 pm.

For further information please contact

Clare Grant

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## SCOTTISH STRATHSPEY DANCING GROUP

This Group meets fortnightly at the Barn Hill Methodist Church at 11 am. Next meetings:

Wednesday, 8<sup>th</sup> March  
Wednesday, 22<sup>nd</sup> March

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

Barbara Carpenter

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## LUNCHEON GROUP

The Luncheon Group will meet at the Dolphin on North Street directly after the March 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

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## HARLAXTON

The First School is now full, but there are still some places on the Second School. The courses offered are:

### 13 - 16 July School Courses

<i>Contrasting Garden Styles of the World</i>	Glenys Whittle
<i>Botanical Illustrations</i>	Barbara Clemence
<i>Main and Branch Lines</i>	Geoff Smith
<i>A Geological History of the Midlands</i>	John Aram
<i>Computing for Beginners/Improvers</i>	Pam Bisnauthsing
<i>Singing for Fun</i>	Paul White

For more information contact

Rosemary McCulloch	01778 346184
Pat Leggett	01778 341248

## TECHNICAL ASSISTANT NEEDED

As you know, the refurbished Methodist Church now has state of the art technical facilities. We need to train people to operate these facilities when our speakers would like to use them. Full training will be given and your services will not be required at every meeting.

If you are technically inclined, and think that you would like to do this job, please contact Dick on 752101

## SCIENCE GROUP

The next meeting of the Science Group will be on 9th March at 2 pm in the small upper room at Barn Hill. It will be an illustrated talk by Tony Wakefield.

Our meeting in May is a visit to The Royal College of Physicians, Regents Park, London. Those interested please put your name on the list provided.

Percy Moss

## CASH BUYERS STILL SEEK BUNGALOW

Des and Janet Kempson, who have sold their house and are currently living in rented property, are seeking a bungalow for which they expect to pay the proper market price in a quiet area of Stamford. If you have a bungalow to sell, or know of one which is for sale, please tell

Des and Janet

## CHURCH VISITING GROUP

A Coffee Morning will be held at Welland Mews on Friday 24<sup>th</sup> March 2006 at 11 am to plan our visits for this year.

Please come along with your suggestions and ideas. Everyone welcome even if you have not visited a church yet with us.

Anna Bridger

## HARLAXTON

### Helpers Wanted

We need some willing hands to help on the first days of the two summer schools

Sunday 9<sup>th</sup> July and Thursday 13<sup>th</sup> July from 10.30 am to about 5 pm. You will be given a free lunch and have your travelling expenses refunded. If you can help, please contact

Hendy Farquhar-Smith 756316

## TRAVEL GROUP

### NEW YORK BREAK

Final information and ticket details will be sent to travellers any day now. Any queries, contact Paddy. Please note that any queries from 10<sup>th</sup> to 19<sup>th</sup> March must be made direct to Tailored Travel. Please make sure that Paddy knows your preferred pick-up point - bus station or Danish Invader.

All travellers are welcome to join Hendy on visits to Art Galleries but if you intend to visit MOMA you need to tell Hendy or Paddy asap as tickets may be booked in advance to avoid queues.

### TUSCANY - OCTOBER

Bookings for this holiday are going very well. If you are interested in the holiday you need to book asap.

### TRAVEL GROUP MEETING

The next meeting will take place at Barn Hill on Monday, 15<sup>th</sup> May 2006, 10.00 for 10.15 am.

## COUNTRY DANCING

The next meeting will be held at the United Reformed Church Hall on Tuesday 21<sup>st</sup> March 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 have some fun and exercise. Everyone welcome - no need for special shoes. For further information:

Mary Rowe

## 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> March - Holbein

Wednesday 22<sup>nd</sup> March - Bruegel

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

Hendy Farquhar-Smith 756316

## WALKING GROUP

March 10 <sup>th</sup>	<b>Peterborough Country Park. Farcett</b> Eating place to be decided	2	<b>John and Joan McNeill</b>
March 17 <sup>th</sup>	<b>Edenham</b> Five Bells	5	<b>Eric and Avery Woods</b>

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.