



Stamford Third Age Group

NEWSLETTER

Issue 103

September 2009

CHAIRMAN'S COMMENTS

I thought that when I retired that the year would not start again in September in the way that the school year does, but I find that September still brings new beginnings. On the whole it was not a bad summer – not as wet as the previous two. And as the end of the year is approaching – two reminders. Percy is selling U3A Diaries at the reasonable sum of £1.90. And the Christmas Buffet and Entertainment will take place on Monday 7th December. Tickets priced £3 will be on sale at the October meeting.

Pat Gallacher has written to me thanking you for your support for her fund raising for Wajir - £2481 this year and over the twenty years she and Kevin have raised £100,000 for this good cause. But now anno domini is making her give up her active fundraising. We salute you Pat, for all your efforts.

You will see in the Newsletter that we are having one of our meetings for new members on Wednesday 7th October at Barn Hill. New members will be receiving an invitation so please do come along if you can. And Group Leaders, please come and support us as well. We depend on your input for the success of this meeting. And talking about groups, I have to report that the Financial Discussion Group has given up and the Science Group and the Geology Group are looking for new leaders. Honestly, it is not hard to be a Group

Leader. It does not need a lot of commitment as we all understand that if you want to go away, you just say – no group meeting that day. And it certainly does not need expert knowledge. Enthusiasm is all you need.

We are also looking for more people to train on the technical side at Barn Hill – this will include the sound system and the use of PowerPoint for illustrating talks. Any volunteers? Please get in touch with me if you are interested.

Two “domestic” points have come up again. Firstly it has always been the policy of the Newsletter to let members advertise any goods or services they have to offer. Very few members take this opportunity but it is available to anyone who wants to use it. Secondly, please can you not reserve whole rows of seats in the church at the monthly meetings. It is a bit off putting to new members that they cannot find anywhere to sit down. By all means keep a seat for a friend. We are reducing the number of seats reserved for helpers as well.

Enjoy the first signs of autumn

Hendy Farquhar-Smith

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

COMMITTEE MEMBERS

Hendy Farquhar-Smith	Chairman
Percy Moss	Treasurer
Sue Webster	Minutes Secretary
Chris Rippington	Group coordinator
Jim Guthrie	Membership Secretary
Howard Jones	Speaker Finder
Horace Farquhar-Smith	
Lynn Darwin, Kathleen Fryer, Judy Westwood	

MONTHLY PROGRAMME

Sep 7th Peterborough and Stamford Hospital Trust
Nigel Hards

Oct 5th The Ghosts of Peterborough
Stuart Orme

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

October Issue deadline 25 September

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

CALLING ALL GROUP LEADERS

We are having a New Members' meeting on Wednesday 8th October at 10.30 am. All group leaders are cordially invited to attend. We are changing the format slightly this time and if you can come and help us out, please let me know.

Hendy 756316

NEW MEMBERS' MEETING

There will be a meeting for new members on Wednesday 7th October at 10.30 am in the small upstairs room of Barn Hill. All new members are welcome and will receive a letter of invitation in due course.

CHRISTMAS LUNCH AT THE CROWN

Once more Christmas lunch has been arranged at the Crown. This year it will be in Monday 14th December at 12 noon for 12.30 pm. The cost is still only £16.95 for three courses and coffee.

Please sign up at the September meeting or contact

Judy Westwood

PEOPLE OVER 65

CAN GET FREE SMOKE ALARMS

To take advantage of this offer make an appointment with your local fire station who will arrange an appointment to fit a smoke alarm that will last ten years.

Those who are hard of hearing can get special equipment which includes fire alarm and a Strobe and Vibrating Alert system which will wake you when you are in bed asleep without your hearing aids. For more information contact

01522 782221

PARCELS FOR OUR TROOPS

The Royal British Legion, Stamford, are arranging to send to our troops, on active service in Iraq and Afghanistan, those small items which they cannot get locally and which means so much to them as a reminder of home! They tell us that they really would like to get puzzle books, disposable razors, travel games, sweets, wetwipes and personal toiletries. Anything but liquids and chocolates which do not post well.

The aim is to show them our concern and appreciation for everything they are doing under very difficult circumstances, and in particular, that they are not forgotten.

Please bring your donations a meeting, or contact Steve Bond for more information t: 752552

BALLROOM DANCING

The next meeting of this Group will not be until Wednesday 28th of October at 2.30 pm in the Roman Catholic Church Hall in Broad Street.

Everyone welcome. No need to have a partner.

Meg Atkins Moss

A1 THEATRE

All matinées - top price seats

Wed 28th Oct Twelfth Night
Richard Wilson as Malvolio
RSC Stratford (or trip to Stratford only)

Sun 22nd Nov Classical Spectacular
Royal Albert Hall

Thur 10th Dec Billy Elliott
Victoria Palace Theatre
Following a 3 course festive lunch at the Rubens Hotel.

For information, prices and application forms contact
Karyl Rey 753769

CHURCH VISITING

The next meeting of the Church Visiting Group will be on September 25th at Walpole St Peters – a very interesting church. Meet at 11 am. No lunch has been booked.

Rosemary Chappell

SCOTTISH STRATHSPEY DANCING

The next sessions will take place on 16th and 30th September, and 14th and 28th October. Dancing takes place in the Upper Room at Barn Hill at 11 am.

New members are very welcome – including men. For more information contact

Graham Creedy

WALKING GROUP

Sept 18th Boot and Shoe, South Luffenham
Chris Rippington

October 2nd Offers wanted

Oct 16th White Heart, Lyddington
Jennie Widdop

All walks start at 10 am. New members will be particularly welcomed. For more information contact

Chris Rippington

BOWLS - OPEN DAYS 19th and 26th September

Stamford and District Indoor Bowls Club are offering two Open Days at their Exeter Garden Premises for anyone interested in giving this entertaining pastime a try.

All necessary equipment will be provided as well as tuition by qualified coaches. Start 9.30 am for 10 am each session. Finish around 12 noon. No need to book. Just come either or both days.

There will be a follow up of regular bowls tuition on Saturday mornings following the Open Days for those who get the bug. For more information contact

Peter Herrick or Stamford Bowls Club 7566752

FAMILY HISTORY

The next meeting of this group will be on Thursday 15th October, then on Thursday 12th November and the last one for 2009 will be on Wednesday 16th December. The location will be at Les Coquelicots so if you are coming please ring Jim to let him know how many cups and biscuits he will need.

From January 2010 the group will meet on the third Wednesday of each month.

Jim Guthrie 752755

STROLLERS

September 11th Meet at the rear car park at the
Millstone in Barnack
Anna Bridger

October 9th **Crown Car Park, Great Casterton**
David and Felicity Baxter
Walks start at 11 am, come in good time
if you wish to choose your lunch.

November 13th Offers wanted

December 11th Offers wanted

All strolls start at 11 am promptly For more information contact

Anna Bridger

GROUP INFORMATION

The back page of the Newsletter has the latest information about Groups, up to the publication date. If there are any changes in between Newsletters, the information appears on the Group page of the Website, which is reviewed weekly.

If any groups would like to put additional information about their groups in the website, please contact

Hendy 7563165

TRAVEL GROUP

The next meeting of the Travel Group will take place at Barn Hill on Tuesday 29th September with coffee at 10 am and the meeting at 10.15 am. We will discuss the final arrangements for our Jersey holiday and future programme for 2010. In order to help the Travel Group Committee with the planning and organisation of future holidays we have compiled a questionnaire for members to complete. These will be available at the Travel Desk at the September meeting and also at the meeting on the 29th.

For more information contact

Dick Colgrove

JAZZ APPRECIATION

Our next Jazz session will be on Monday 28th September at 7 pm and the theme will be

'Tunes with street names in the title'

Terry Watkins

EUROPEAN HEALTH INSURANCE CARD (EHIC)

Ensure that your EHI card is still valid before you travel. If it needs renewing this can be done easily by visiting www.nhs.uk/healthcareabroad or by phoning 0845 6062030.

If you do not have a card, these contacts can also be used to acquire one - the cards are free. All you need is your NHS or NI number.

ART HISTORY

The next meeting of this group will be on

Wednesday 9th September when the subject will be
An Introduction to French Art.

Wednesday 23rd September when the subject will be
Georges de la Tour

Please note that from effect from the 9th September, these meetings will be held in the small upper room at Barn Hill.

The meetings start with coffee around 10.15 am and the talks begin at 10.30 am. New members are always welcome. For more information contact

Hendy Farquhar-Smith 756316

ART HISTORY TRIP TO TURNER AND THE MASTERS

There will be a trip to the Tate Britain to see Turner and the Masters on Wednesday 21st October. The cost will be around £30. Usual leaving times – 8 am at the Bus Station and 8.05 am at the Danish Invader. Sign up and **please pay at this meeting.**

For more information contact

Hendy Farquhar-Smith 756316

Visit your websites

www.StamfordU3A.co.uk

www.SU3ANews.co.uk

SINGING FOR PLEASURE

The next meeting of this Group will be on Thursday 10th September from 10.30 am – 12.30 pm.

For more information contact

Rita Wood

SELF-HELP FOR HEALTH GROUP

The next meeting will be in Ryhall Village Hall at 2 pm on 21st September, when we will be considering ways of managing and preventing intestinal diseases. Adverts and newspapers talk about this a great deal so we will try to sort out what is important.

Sheila Halliday-Pegg
