

SHEFFIELD

U3A

LINKS



No. 127

February 2007

FROM THE CHAIRMAN

With a new year now in its second month, no doubt many of you have already fixed dates in your diaries for SU3A activities in 2007. Certainly there is much on offer, thanks to the respective organisers and coordinators without whom we could not function. In this issue there is a nomination form for members of your Committee. In terms of succession plans, especially for those who have given so much for so long, are there any “younger” members either in age or length of membership out there who would like to play a part in shaping SU3A’s future?

Although perhaps considering SU3A unique in a number of ways, we don’t operate in total isolation and some of you have already had direct contact with other U3A groups in different parts of the country. As well as getting to know our regional neighbours and sharing experiences, over the past three months I have been personally contacted by three other U3As with fast growing numbers and interested in finding out how Sheffield “copes” with so many groups and such a high membership. And we have also heard from one U3A in the South West whose Committee had voted our website the one on which they would like to base their own.

Nationally, U3A in the UK celebrates its 25th anniversary this year and we can only hope that the disastrous fire at the National Office does not restrict their original plans. On 18 December the National Administrator, Lin Jonas, sent all U3As this message -

“I promise you we will get over this catastrophe and normal service will be resumed. It won’t be easy, but it will happen” .

I have sent a message of sympathy and support from all of us.

Joan Keogh

Cover Picture - The “Hautbois” - see Lunch & Lecture, page 8

COMMITTEE REPORT

Your Committee was pleased to hold its first meeting of 2007 at the home of Rita Webster. We thank her not only for her hospitality on the day, but also in her role as Initial Enquiries Officer.

As usual the various officeholders informed the Committee of their activities since the previous meeting and proposals for the future. The specific details of those activities I will allow you to read for yourselves in this edition of *Links*.

The finances are within budget and consideration regarding Gift Aid is ongoing and proposals for its use are expected to be presented at the AMM/AGM on Friday 27 April 2007. Your Committee is looking towards the future and how best to ensure the continuity of your U3A. Publicity is playing an important role in promoting this future; through the website, *Links* and contact and outreach within Sheffield.

**YOUR
COMMITTEE
NEEDS YOU !**

You can be assured that all Committee members, and other voluntary supporters, are working hard at the task with which they have been entrusted. The tangible results of their actions will greatly benefit the U3A membership who can be confident that their future interests are the important factor in those actions.

Lastly "**YOUR COMMITTEE NEEDS YOU !**" This year five Committee members have served their term of office; why not increase your participation and stand for election to your Committee?

David Rance

Coordinators' Meeting

The next Coordinators' Meeting will be held on Tuesday 6 March 2007 at 9.30am for 10.00am at the Quaker Meeting House, St James' Street Sheffield S1.

**SHEFFIELD U3A TRAVEL
ANNUAL GENERAL MEETING
AND ART COMPETITION
THURSDAY 1 MARCH 2007**

1.30pm to 4.00pm

at Holy Trinity Church Hall, Millhouses

Come and discuss previous visits, future plans and ideas for future programmes.

We do appreciate your opinions and ideas on Sheffield U3A travel.

Come and have a sociable afternoon with us!

ART COMPETITION

The 2006 Art Competition was again a success, hopefully this one will be as successful. So take out your paint and paint brushes and show what wonderful talent we have in SU3A. There will be three judges, who will judge the pictures before the meeting, and all the paintings will be on display from 1.30pm for all to admire.

Categories: (Not necessarily connected with travel)

- 1 Animals
- 2 Seascapes / landscapes
- 3 Still life
- 4 Townscape

Minimum size 7" x 5" (13cm x 18cm) mounted on suitable card or framed. No more than four paintings per person, one in each category. All paintings will be returned.

Paintings should be sent or delivered to Shirley Marney from 5th to 9th February, between 5.00 & 8.00 pm.

ANNUAL MEMBERS MEETING AND SHEFFIELD U3A 21st AGM

**27 April 2007
2.00pm**

**The Masonic Hall, Tapton Hall, Shore Lane,
Sheffield S10 3BU**

The Annual Members Meeting this year will consist of selected groups who have agreed to put on a display and practical demonstrations.

We are obliged to have an AGM and this will be our twenty first. We try to make it as short as possible aiming for approximately 20 minutes for the formal part.

The Agenda, 2006 minutes and supporting information will be published in the April *Links*. Members wishing to raise business under clause 13(viii) of the Constitution should notify the Secretary in writing by the 8 March 2007 so that it can be included in the agenda.

There will be **FIVE** vacancies on the Committee. Nominations for election to the Committee should be made on the form at the back of this issue of *Links* and should be in the hands of the Secretary by Thursday 12 April 2007.

Barbara Steel, Secretary

SU3A MEMBERSHIP RECORDS AND ADMINISTRATION

You are probably all aware that SU3A, with over 2300 members, is the largest in the UK and still growing. However, all the administration is carried out in the homes of the office holders, thus enabling us to keep down the annual subscription to £7.

We must ensure that all computer systems used, both equipment and software, are up-to-date and robust. This especially applies to our Membership System, which performs many functions for our 2300+ members. The system in use for many years was based on Lotus, and had given good service, but it was decided earlier in 2006 that it needed replacing by a new system based on Microsoft Access software. It was also agreed that we should employ an outside consultant to build the system and train our Membership Secretary (Lorna Baker) in its use.

The final cost of this new Membership System should be in the region of £2000, including Microsoft software, new printer and training for Lorna.

The Committee feel that this investment is a positive step forward to enable SU3A to carry on working efficiently, with an ever growing membership.

Derek Cave, Treasurer

LOST YOUR MEMBERSHIP NUMBER?

Have you lost or forgotten your SU3A membership number? If you look at the envelope your copy of *Links* came in you will see that your membership number appears on the address label.

Fire at National Office

Early in December there was a serious fire at National Office. The main area affected was the Resource Centre. The Resource Centre service is temporarily suspended, whilst an attempt is made to salvage as much stock as possible. It is unlikely at the present time that anything you have ordered from this department for use by your Group will actually arrive. You are therefore requested to make other arrangements until a normal service is resumed.

The whole office has moved to temporary premises, but we are asked to use the normal address as mail will be redirected. The phone number and email remain the same.

Please look for updates of the situation on the website www.u3a.org.uk.

Barbara Steel, Secretary

Final Subscription Reminder

This could be your last chance to read a current issue of *Links*, unless your membership is renewed before 28 February by paying the annual subscription of £7 per person (whether *U3A News* is taken or not). If you have not already done so, please complete the form at the end of this issue and send it with your subscription to the Membership Secretary.

Any person who has not paid their subscription by 28 February will be deemed to have resigned and their name will be removed from the list of members.

Please make cheques payable to: **Sheffield U3A.**

Lorna Baker, Membership Secretary

SU3A Treasurer

The present Treasurer, Derek Cave, will come to the end of his term of office at the AGM next April. We are, therefore, looking to find a replacement in the near future, so that the next incumbent can work in parallel for a while, both in the Treasurer's job itself and in joining in Committee proceedings as a co-opted member.

If you wish to put yourself forward for this job, or just find out more information, please contact Derek.

The post requires either accountancy or book keeping skills and you can be sure that you will be given all the help you need to take on this key post. So - if anyone has previous experience

"YOUR COMMITTEE REALLY DOES NEED YOU!"

Note to All Coordinators

The website is now being used by 23 groups and the General Committee would like to encourage ALL groups to use the site more. It has been agreed that information, available between issues of *Links* should be put onto the website along with any important information coming from National Office. If you want advice on its use the Web Coordinator or any Committee member would only be too happy to help or you can go directly to the Group Coordinators page on the website.

Display Panels

SU3A has been offered some display panels, which are being sold off by another unconnected art group. The panels are large easels, capable of displaying four paintings on each side. They fold flat and do not take up a large amount of space. However, before purchasing them we need to identify someone who is willing to store them, e.g. in a garage, when not in use. It is hoped to purchase six in total. If you are able to help, please contact Shirley Marney.

LUNCH & LECTURE

You are invited to lunch at the Sheffield Park Hotel,
Chesterfield Road South, Meadowhead, Sheffield S8 8BW

Friday 9 March 2007. Please arrive at 12 for 12.30pm.

There is parking and the No.53 Lowedges bus stops at the Hotel

The menu will be:

A casserole of beef cooked in traditional style with ale and mustard croutons; white chocolate raspberry truffle topped with glazed raspberries; coffee and mints. The vegetarian option is a nut roast with oven baked vegetables.

The “Hautbois” are returning to entertain us playing music from the 17th century in the time of William and Mary.

‘BAWDY BALLADS AND RELIGIOUS WRANGLING !’



Barbara Steel

Helen and Rick will again use instruments of that era, including a recently acquired six foot high triple harp and a cello. They also bring history, costume and humour to their performance. Many of you have requested a return of this talented couple, so please encourage other members to attend.

If you would like to book a place, please fill in the form at the back of this issue. The cost will be £13.50.

NEW MEMBERS' MEETING

Tuesday 13 March 2007

at 1.30pm for 2.00pm

**at the Quaker Meeting House, St James' Street,
Sheffield S1**

New and prospective members are welcome at these meetings.

Their primary purposes are:

- to welcome new members and help them to feel at home by telling them about U3A in general and Sheffield U3A in particular
- to deal with members on waiting lists and
- to assist in the creation of new groups

Do come, if you are a new or prospective member, or if you would like advice and help, or if you have difficulties over joining a group. We have been very successful up to now in creating new groups, which is the only way we can satisfy an ever-increasing membership. We also welcome coordinators with vacancies in their groups and those who wish to start new ones.

As you stand at the Cathedral tram stop, St James' Street runs west from the top of the steps to the left of the Cathedral and parallel with Church Street. The Meeting House is at the end on the right at the corner with Vicar Lane.

We look forward to welcoming you.

Peter Barclay, Publicity Officer

Literature Charity Quiz

How well do you know your Bronte from your Browning, or your Shelley from your Shakespeare? Do you know who said or wrote:

“It is a far, far better thing that I do now ...”
“A horse, a horse, my kingdom for a horse ...”
“The past is a foreign country, they do things differently there ...”

To find out how much you do know, come along to the Literature Quiz presented by Margaret Walton on

Saturday 21 April 2007

at Greens Leisure Centre, Napier Street, Sheffield

Open from 7.00pm for quiz to start at 7.30pm

Pea and Pie Supper or vegetarian option

Tickets £7.00 (includes quiz and supper)

Entry by ticket only
(form at the end of this issue of *Links*)

No more than six in a team, please
Teams can be arranged on the night

Ample parking and bar facilities available

All proceeds to the Friends of the Children's Hospital

For further information please contact Marion Edmondson

Theatre Group

I would like to thank Brenda Barwell for her help with the Theatre Group since its revival. Unfortunately, due to personal circumstances, she has had to give up and we wish her well for the future.

The first show we are booking is Ellesmere Operatic Society's production of *Mack and Mabel* at the Montgomery Theatre on Tuesday 27 March at 7.15pm. It is based on the Keystone Cops telling the story of two of its greatest legends, Mack Sennet "The King of Comedy" and his star comedienne Mabel Normand. When Torvill and Dean won the Gold Medal for Ice Dance in 1982, they performed to the overture from the original album causing a demand so great that the album was re-released in the UK. The show features Gary St. John as Mack Sennet.

Keith Roe is once again doing *An April Musical Cavalcade* on Sunday 29 April at 2.00pm and 7.15pm, featuring many of the usual artistes and the Fellowship Stage Band.

Finally, as you probably know, the Crucible is closing from March until 2009 for refurbishment. Except for the local operatic societies, our choice of local first class theatre will be limited. In view of this, we have decided to try a trip further afield and have booked a coach and tickets for *42nd Street* starring Paul Nicholas at Bradford Alhambra on Thursday 12 July at 2.00pm. This is the timeless, inspiring tale of small town Peggy Sawyer's rise from the chorus to Broadway Star with spectacular dancing and songs. This production is direct from Broadway and features the stunning sets and costumes from the US production. We are leaving Sheffield at 9.30am to allow time to visit the National Media Museum (formerly the National Photographic Museum) and have lunch or a wander into town.

All members of Sheffield U3A are eligible to come to any of our theatre visits.

Michael Cowen, Coordinator

Classical Concertgoers' Group

We invite you to join us for a visit to a concert given by the Philharmonia Orchestra at the De Montfort Hall, Leicester, on Thursday 3 May 2007. The conductor is Sir Charles Mackerras and the soloist is the acclaimed Russian violinist Viktoria Mullova, who will perform Beethoven's *Violin Concerto*, considered by many to be the finest violin concerto ever written. The programme also includes Mendelssohn's *Hebrides Overture* and the 8th *Symphony* of Dvorak.

Also included is an optional pre-concert discussion between Neil Roberts and members of the Philharmonia Orchestra.

The coach will leave the bus bay on Ecclesall Road South, near the top of Millhouses Lane, promptly at 4.15pm. The inclusive cost is £24.00 per person. Bookings may be made using the slip at the end of the February issue of *Links*.

Please include the names and contact numbers of all members for whom you are booking – and a stamped addressed envelope.

Our visits are open to all SU3A members. No special group membership is necessary.

Derek Shipley, Coordinator

CORRECTION

In the last issue of *Links* I was very pleased to print poems in French from French (Intermediate) I. Unfortunately I managed to make two typing mistakes in the 8th line of the poem *Ce que me rend heureuse* by Inga Joseph. It should have read "La santé pendant toute la vie". My apologies.

Myra Smith, Editor

Literature Network

On Wednesday 28 March 2007 Karen Morton from the Sheffield University Institute for Lifelong Learning will lecture on the subject of "The Rise of the Novel" at Shirley House, 31 Psalter Lane, Sheffield.

We think this subject will be of interest to both the novel and literature groups and of course any other members will be welcome. The subject will be treated in the literary and social context of its time and we can then reflect upon how the novel has become a successful literary form which has adapted to changing times.

The cost for this event will be £3.50 per person and places can be booked using the slip at the end of this issue of *Links*.

Rita Brent, Coordinator

GROUP REPORTS

Whist and Dominoes

The dominoes we play is sometimes called Double Twelves. The dominoes are white with coloured dots to indicate the number e.g. 12 is grey, 10 is orange. There are 91 dominoes. The game is still based on multiples of 5 or 3, although more entertaining!

The whist is contract whist which does not need a foursome and is simple.

The essence of both games is to provide a relaxed and enjoyable atmosphere. We would welcome new players. Other times and days could be arranged if that would be more suitable.

Gerald Cartwright, Coordinator

Aspects of Art I

We are visiting the York Art Gallery on 24 May, calling at Selby Abbey on the way. If you are interested in joining us, please complete the booking form at the end of this issue.

Beryl Moore, Coordinator

Writing for Pleasure

Unfortunately I am informed that this group has had to cease meeting due to a coordinator not being found within the present membership. If any one would be interested in resurrecting the group and act as coordinator please contact me.

Peter Digby, General Coordinator

Strollers III (Saturday)

This group has vacancies for a few members. Anyone wishing to join should contact the Group Coordinator.

Judy Hillman, Coordinator

Enjoying Literature I

We meet on the first and third Thursday mornings of each month. The group chooses a topic from any branch of literature – novels, poetry, drama, biography and so on. Each member introduces and reads a suitable extract from his or her chosen source and the group then discusses it. Besides being interesting in itself, this procedure introduces new books or stimulates re-reading of books read long ago but now neglected.

We now have one or two vacancies. Anyone interested should speak to the Group Coordinator .

Jack Holland, Coordinator

Birdwatching I

For a while now members of Birdwatching I have been making annual trips abroad. We have had two birding holidays in Mallorca and one to Cantabria for birds, flowers and sight seeing.

In 2006 we made two trips, one to Slovakia and Hungary in October and another to Extremadura, Spain, in November. The number of birds seen on both journeys was impressive, with some in the groups clocking up a respectable number of “lifers” – birds they hadn’t seen before.

A three hour tour of Budapest was to have been included on our final day in Hungary, but this was severely curtailed by the 50th anniversary



of the 1956 uprising. It was a disappointment, but the small amount of Budapest we did see whetted our appetite for another visit.

The difficulty in feeding our two vegetarians was an interesting aspect of both trips. In Hungary on offer were: “Greek Virgin in a Fur Coat”, “Knuckle of the Baker’s Wife” and “Stew of the Cooock’s (sic) Balls” – not an easy decision ... however, double egg and chips fortunately saved the day!

Lesley Churton, Coordinator

Successful “Stuartship”

For the past decade Stuart Dawson has carried the banner for “The Dippers” - a walking group he was instrumental in setting up around ten years ago. His coordinating role has been so successful that the group's membership - just like Topsy, kept growin' an' growin' - and now tallies some 47 souls. On a good day and with a fair wind behind them, a full contingent of Dippers waving and wagging their walking poles as they close in on a stile could be quite a frightening sight!

However, as with all walking groups, a full turn-out never occurred, although it was a possibility and something that had to be considered when planning walks - particularly for lunch stops. For any *Links* readers unfamiliar with the now fabled and folk lore practices of The Dippers, it should be explained that pub lunches are an essential feature of all walks, so it will readily be seen that few hostelries can (or are willing to) cope with an assault by such large numbers. Even a turn-out by half of the group could present difficulties for pubs to cope with, and around field stiles the situation was not dissimilar to Bank Holiday traffic jams on the M1.

So, coincidental with Stuart's decision to take a back seat and let someone else take the strain, the group has agreed to form two sections: “Dippers I” to cover distances from 4 to 6 miles, with Donald Ward as Coordinator and “Dippers Too” for walks from 5 to 9 miles over more arduous terrain. Alan Simmons kindly stepped into the breach to temporarily take on the role of Coordinator for Dippers Too, but has now handed this role on to Ron Little.

Everyone within “Dippers” is most appreciative to Stuart Dawson for all his efforts over the past ten years and sends a great big “thank you” to a super guy. He has left a tremendous legacy and will undoubtedly be a hard act to follow.

Ron Little, Coordinator Dippers Too

NEW GROUPS

Traditional Music

I have for many years played in traditional folk groups with, for example, Sheffield Traditional Fiddlers Society, of which I was a founder member. Folk music is not just “diddly diddly” tunes played at breakneck speed. I have a large collection of traditional tunes - including slow airs, polkas, waltzes and laments which sound great played either together in unison or part playing.

Folk music is not just “diddly diddly” tunes played at breakneck speed.

As to instruments, I play violin, button accordion (melodeon) and concertina. I used to play 2nd violin with Endcliffe Orchestra for six years. Other possible instruments could include flute, piano accordion, cello, or harmonica - although there may be even more exotic instruments out there. If there are any “lapsed” players out there we could start a “beginners’ group”. Classical players welcome.

Enjoying making music together is a wonderful experience. You don’t have to be a Yehudi Menuhin! Why not give it a go?

Contact Steve Smith.

Handwork and Craft II

We are re-forming this group and would welcome new members. We are willing to discuss frequency of meetings and suitable days of the week. Our venue is in S11 but this is also open to discussion.

If interested please contact Jean Davis.

Potential Walkers

New members or members who cannot find space in an existing walking group should contact the General Coordinator with their walking requirements (i.e. days preferred, required distance and severity). I have a member willing to advise on the setting up of a group, start it off and then hand over the running to the new group members.

Peter Digby, General Coordinator

Family History - New Groups

Over the past three years, researching your family history has become an ever-popular pastime. As coordinator for the Family History Group, I have seen our numbers increase considerably. and we regrettably felt unable to take more newcomers.

Starting a new group has been an option, but until now we have not had a second coordinator. Well, the great news is that Stuart Lodge (one of our existing members) has offered to be coordinator for Family History II. This is a real opportunity for us. This means that, as well as giving us extra capacity, we have been able to look at what experience we have between us. We have some existing members fairly new to Family History, whilst others are well experienced and advanced. So, from January 2007 we have two Family History Groups. I will coordinate Family History I. This is suitable for anyone wanting to start researching their family history or brush up on their knowledge. Family History II, coordinated by Stuart Lodge, is suitable for those who have gone beyond this.

If you are interested in Family History and would like to join a friendly group then please contact either myself or Stuart for more details.

John Bailey Coordinator Family History I

Discussion Group II

There are still a few places left in this new group, details of which appeared in the December Links. If you are interested, please phone the General Coordinator, Peter Digby.

TRAVEL NEWS

Travel Organising Committee

Shirley Marney, Coordinator

Ken Parkin, Treasurer

Derek Shipley, Minutes Secretary

Peter Frost Barbara Robertshaw Margaret Bullivant

Holiday Insurance - In no circumstances will Sheffield U3A be responsible for covering claims for loss of life, personal injury, medical expenses, accidents, loss or damage of luggage or personal property, cancellations or loss of deposits. Each person must themselves insure against these risks.

Group Insurance - From January 2007 **NO** Group Insurance will be arranged by Sheffield U3A Travel organisers. Each individual member will be responsible for arranging their own fully comprehensive insurance.

Only members of Sheffield U3A can join the tours/day trips.

Disabilities - The policy of Sheffield U3A with regard to taking members on trips is to be as fully inclusive as possible. However, our trips and tours contain a full range of activities and need to be considered carefully by individual applicants. The organiser must, therefore, be advised of any health issues or disabilities at the time of booking. This enables the organiser to discuss with the Tour Operator / Travel Agent or the place of interest on a day trip, as applicable, to assess the suitability of the trip for the member, who can then make an informed decision.

Whilst every effort will be made to accommodate a disabled person on all social trips, if there is a conflict of opinion for Short Breaks and Holidays the Tour Operator / Travel Agent will make the final decision.

Refunds cannot be given for cancellations unless a replacement can be found. In the case of a **cancellation**, please contact the day trip or holiday organiser or another member of the Travel Group Committee as soon as possible.

Please contact the Organiser if you are unable to be at your pick-up point, or want to change it. **Please** do not park in front of the doctor's surgery on Millhouses Lane. When sending a **stamped addressed envelope** it should be no less than 4 x 8 inches, with the new correct postage for its size.

Black Sheep Brewery and Ripley Castle

Tuesday 13 March

Come and discover how award-winning ales are brewed in the Black Sheep Brewery in Masham, North Yorkshire. After our tour, we will be able to enjoy lunch in the Bistro Bar, with a complementary glass of the product. Soup and sandwiches can be ordered for £7.25 per person. If you would like to take this up, please indicate on the booking slip and include the extra payment. Alternatively, there are some food outlets and pubs in the village. Please note that, if you bring your own sandwiches there are no facilities for eating them at the brewery.

In the afternoon, we shall visit nearby Ripley Castle, which has been the home of the Ingilby family for over 700 years. The castle has been through many turbulent times, including a strong association with the Gunpowder Plot. On our guided tour, we will be told many humorous tales about the castle and the family (including how Oliver Cromwell was held at gunpoint) and we will be shown the portraits, furnishings, the arms and the armour. The highlight of the tour is the Knights Chamber, where we will discover the secret priests' hiding place and hear about the priests who once used it. Outside, there are acres of formal gardens, woodlands and parkland - perhaps we shall see the thousands of snowdrops or daffodils, which appear in the early part of the year!

The cost for the day is £24 and this includes coach travel, all admission charges and gratuities, guided tour at both venues and a cup of tea before we leave for home. To reserve a place, please complete the slip at the end of this issue and send with a stamped addressed envelope to Barbara Robertshaw.

Spalding Flower Parade

Saturday 5 May 2007

Come and join us at the 49th Spalding Flower Parade with the theme of Planet Earth. The parade includes many specially designed traditional floats decorated with over 500,000 locally grown tulip heads. The floats will be based on

Polar Ice Caps, Dinosaurs, Rain Forests, the Solar System and Earth, Wind, Water and Fire.

The coach will drop us near the festival gardens and the country fair, so there will be time to look around these venues before and after the parade. I suggest you take a packed lunch, but you should be able to get a coffee in the Festival Gardens.

The cost of the trip which includes coach, gratuities and the entrance fee to the country fair is £21 each. To reserve places, please complete the slip at the end of this issue and send with a stamped addressed envelope to Shirley Marney.

Vietnam and Cambodia Discovery (Archers) **23 October - 6 November 2007**

Come and join us to tour these two beautiful and interesting countries. We fly from Manchester Airport and stay mainly on half board in 3/4/5* hotels with a Tour Manager throughout.

We will visit Hanoi, Vietnam's capital city. From there we will see Chau Tay, the Chau Tay Phuong Pagoda and visit the water puppet show. In Halong Bay we will join a boat trip passing the islands of Trong, known as the "Heaven Gates". We will fly to Danang and have a sightseeing tour of the city. In Hue we will have a sightseeing boat trip to the Thien Mu Pagoda. We fly to Saigon, Vietnam's largest city, from there we will visit the Cu Chi tunnels, then onto Tay Ninh. We fly to Phnom Penh, then on to Angkor, Angkor Wat and Siem Reap.

The cost is £1805, which includes gratuities for drivers and Tour Manager, all the airport and fuel taxes. The single supplement is £295. The two visas required, insurance and the coach to the airport are not included in the cost.

To reserve a place, please complete the slip at the end of this issue and send with your deposit of £180, cheque paid payable to "Sheffield U3A Travel" and a stamped addressed envelope to Shirley Marney.

LATE AVAILABILITY - due to cancellation, one place available for St Petersburg and Moscow, 1-10 June 2007. Please contact Shirley Marney for information.

Day Trips for 2007

March 13	Black Sheep Brewery / Ripley Castle
May 5	Spalding Flower Parade
May	Canal Trip Foulridge Lancashire
June 12	Manchester Baths / Arley Gardens
July	Burnaby Gardens & Sledmere House
August	Black Country Museum
September	Ironbridge
October	Stockport Hat Museum / Bramhall Hall Cheshire.
November	Lichfield
December	York

U3A NATIONAL TRAVEL

Information about all “**U3A National Travel**” tours can be obtained from:

Yvonne Gutsell, email: Gutsellfravon@aol.com

Details of these tours appear regularly in U3A News. They are also available on the national U3A website at:

<http://db.u3a.org.uk/travel/> and SU3A members can ask to be informed when a new travel list is posted on the national U3A website (five times a year) by sending a request to: u3atravel@internet.com.uk

SHEFFIELD U3A TRAVEL

PLEASE NOTE THAT

ONLY POSTAL APPLICATIONS

WILL BE ACCEPTED FOR HOLIDAYS AND DAY TRIPS

Norwich and the Thursford Christmas Spectacular

Our three day break in Norfolk started out with the spectacular show at Thursford and no other show can compare (see article on page 28).

The second day was a guided tour round Norwich in the morning. Some of our party elected to have the coach tour, whilst the tougher ones walked with our excellent guide, Margaret. Our tour of historical Norwich included Elm Hill, where the merchants and people of importance in the middle ages built their timber-framed houses faced with flint, the local building material. Each piece was trimmed and dressed by hand. Close by is the modern glass-fronted Forum, in front of which is an open air ice rink where one-to-one tuition is available - but none of the party wanted to try! We spent a very pleasant evening chatting with some of the Norwich U3A members who came to visit us at the hotel.

On the third day our party was split in two for a tour of the cathedral and Dragon Hall.

Norwich Cathedral was started in 1096 and is built of Norfolk flint,

which formed the core of the building, but the beautiful white stone came from Caen in Normandy. The spire is the second highest after Salisbury in the UK. Dragon Hall, discovered in 1979, is a unique trading hall built in 1430. The



modest exterior conceals a timber-roofed Great Hall with an original painted dragon.

After a full morning we left for home, in the capable hands of our driver John. Shirley had organised a very full and varied programme which everyone enjoyed.

Eileen and Ken Cliff

Christmas at Thursford The Ultimate Christmas Musical Experience

A scintillating show of serenades and songs, set in a splendid barn surrounded by a collection of old fairground organs, carousels and roundabouts. The barn was decorated throughout in Christmas scenes which brought magic into the afternoon.

A huge stage with many facets gave the audience of 2000 ample vision of each number. The cast and dancers appeared throughout the afternoon from many different parts of the barn, giving everyone the opportunity to be part of the cavalcade. With a cast of many talented professional dancers, singers, orchestral players and a Wurlitzer organist, what more could one ask for.

The choir, with their splendid voices, led us into Christmas carols and the skill of the pipes and drums into Old Lang Syne. The dancers in their short tartan skirts added to our enjoyment. A kaleidoscope of colour and movement. White doves signalling "Peace to All" flew and landed on their own dovecot.

What a brilliant show, it had everything and left the audience breathless and all determined to come again next year - the spell had been cast. Thanks to Shirley, we all had a treat a wonderful start to the festive season.

Beryl Toplis

MEMBERS' CONTRIBUTIONS

Fishing for Pictures

Problems with memory trouble many of us as we become older. Not just 'where did I put my slippers' or 'sorry I forgot your name', but fears about Parkinson's or Alzheimer's may loom larger than we admit.

When I visited Drew Tarmey at Sheffield University last spring I hardly realised how much interest it would generate. Drew tried out a number of tests on me that morning, some were manipulative tasks, whilst others involved studying picture patterns on his computer screens. We talked at length about his work as a neuro-psychologist and the study he has carried out amongst older people in South Yorkshire. He had written to Rita Webster to ask for help from Sheffield U3A and I was convinced that a few of us would be prepared to offer assistance in the summer. As it turned out, between 50 and 60 Sheffield U3A members and friends took part in the testing programme and Drew sent me a letter thanking us and offering some general observations.

The main finding was that below the age of 70 we performed well, but older members varied considerably in ability once they'd reached that age. Most members who used glasses were well fitted out, though a few needed to get along to the opticians more regularly. A striking difference between the SU3A sample and the rest of the population was the amount of cardiovascular exercise achieved per week. This correlated with lower scores in medical conditions amongst SU3A members. The marked improvement in regular exercise seemed to show up especially amongst people over the age of 70, younger members conforming to general population norms. Perhaps our extensive walking programmes can take comfort from this.

Drew's colleague, Janine, is conducting a parallel study of diet

amongst the older population. Part of the SU3A sample is starting to take fish oil capsules in the hope that the omega fats improve brain performance and assist memory amongst older people. At the end of 2007 the SU3A members will be retested by Drew Tarmey and his staff to see whether the theory holds up. I should add that fish is not the only source of omega fats; they are also found in flax oil which is available from many health food shops.

This study is vital in helping people to ward off memory loss. The test methods Drew employs are amongst the most sophisticated and could lead to a more satisfactory way of predicting brain disorders, but sadly it is very under funded. Recently a charity was set up to help to support this research and provide advice to older people on remaining active. Details can be found on the website [www. advant-age.org](http://www.advant-age.org).

The latest news is that Drew is able to offer testing to fresh applicants. If you are interested please contact him on (0114) 222 6526.

Peter Barclay

Obituaries

Joseph (Joe) Lockwood

Joe lost a hard fought, four year battle against cancer. He was a great supporter of SU3A, particularly Walking Group A of which he was a member for 16 years.

He will be sadly missed by all who knew him for his fascinating story telling and his wonderful sense of humour. He was a very highly respected man.

Condolences go to Nicki, his son Nick and his wife Sarah.

Shirley Marney

Ernest Horton

Sadly Ernest, aged 75, died whilst away in Norfolk. It was a fitting tribute and clear testimony to the fact that he was known and respected by so many people, that at the funeral service there was in effect “standing room only”.

The support for Ernest was fully justified – a Sheffielder through and through, a family man, an ex-industrialist, a churchman with a wide range of interests and a willingness to help others whenever the occasion demanded.

Within SU3A his interests included poetry, bowls, bridge and of course local history, a group which he formed some ten years ago. It is in this connection that so many of us will remember him, for his enthusiasm to add to his considerable knowledge, be it of Sheffield families, industrial heritage, city buildings or the surrounding countryside.

Anyone lucky enough to become a member of Ernest’s group could not fail to feel the warmth of his welcome, immediately being involved and made at ease.

He will be sorely missed but not forgotten.

Denis Pilley

**SHEFFIELD UNIVERSITY OF THE THIRD AGE
2007 MEMBERSHIP RENEWAL FORM**

Regd. Charity No 703147

Name (1): (Mr/Mrs/Miss/Ms)

date of birth:(*dd/mm/yyyy*) ____ / ____ / _____

Name (2): (Mr/Mrs/Miss/Ms)

date of birth:(*dd/mm/yyyy*) ____ / ____ / _____

Address:

.....

Postcode: Tel No:

I / We attach a payment of £ for membership at £7.00 per person.

If you do NOT wish to receive U3A News tick here:

Please note that members not renewing before 28 February 2007 will be deemed to have resigned.

GIFT AID DECLARATION

If you are a UK taxpayer, Sheffield U3A can claim back tax on your subscription(s), provided that your current annual tax bill is more than the tax reclaimed (£1.96 on a £7 subscription). If so, please complete the declaration below:

I(PRINT NAME)

am a UK taxpayer in accordance with the above and wish Sheffield U3A to treat the above subscription(s) as Gift Aid donations.

Signed:Date:

Please make cheques payable to: "Sheffield U3A" and send to:
Mrs Lorna Baker, 8 Thornsett Gardens, Sheffield S17 3PP.

**NOMINATION FORM FOR ELECTION TO
SHEFFIELD U3A COMMITTEE**

To be returned by **Friday 13 April 2007** to the Secretary,
Barbara Steel.

Name of person nominated

Address

.....

2007 SU3A membership number

Tel No:

Groups to which nominee belongs:

.....

Name of Proposer SU3A No

Signature of Proposer

Name of Seconder SU3A No

Signature of Seconder

I am a member of Sheffield U3A and agree to be nominated
as a candidate for election to the Committee of Sheffield U3A
at the Annual General Meeting on Friday 27 April 2007.

Signature of Nominee

Date

Sheffield U3A Calendar

2007

March 1	SU3A Travel AGM
March 6	Coordinators' Meeting
March 7	Theatre Group - <i>Don't Look Now</i> , Lyceum
March 9	Lunch and Lecture - Sheffield Park Hotel
March 13	New Members' Meeting
March 13	Black Sheep Brewery / Ripley Castle
March 14	Concertgoers' - Symphony Hall, Birmingham
Mar 21 - Apr 1	Rome, Sorrento and Amalfi Coast
March 27	Theatre Group - <i>Mack & Mabel</i> , Montgomery
March 28	Literature Network - <i>The Rise of the Novel</i>
April 21	Literature Charity Quiz
April 27	AGM and Annual Members' Meeting
April 29	Theatre Group - <i>April Musical Cavalcade</i>
May	Canal Trip Foulridge Lancashire
May 3	Concertgoers' - De Montfort Hall, Leicester
May 5	Spalding Flower Festival
May 21 - 25	Short Break - North Wales and Snowdonia
June 1 - 10	St Petersburg and Moscow
June 12	Manchester Baths / Arley House
July	Burnaby Gardens & Sledmere House
July 12	Theatre Group - <i>42nd Street</i> , Alhambra Bradford
August	Black Country Museum
September	Ironbridge
September	Short Break - West Sussex / Chichester
October	Stockport Hat Museum / Bramall Hall
Oct 23 - Nov 6	Vietnam and Cambodia Discovery
November	Lichfield