

**SHEFFIELD**

**U3A**

# LINKS



**No. 130**

**August 2007**

[www.sheffieldu3a.org.uk](http://www.sheffieldu3a.org.uk)

# **From the Chairman**

## **25 pence – in your name**

By the time this issue of *Links* reaches you it is to be hoped that in the aftermath of the horrendous flooding, at least some people will be back to near normal living, although it is obvious from media reports that many have major problems that will take much longer to resolve. Looking at the membership list and postal districts, it is possible that some SU3A members were caught up in the disaster. Those of us who have been “lucky” or only temporarily inconvenienced cannot really imagine what people have been through - we can only wholeheartedly sympathise.

The Committee speedily responded to an appeal by the South Yorkshire Flood Disaster Relief Fund with a donation of £500, as recommended by the Gift Aid Working Party and after Committee members were formally balloted. If it had it been possible to collect Group Coordinators opinions quickly enough, I believe we would have had the support of the vast majority of members. You can calculate for yourself that the sum donated amounts to around 25 pence per member. I know that some Groups have already decided to make a further contribution, either by a collection or from their own funds, and others may decide to follow.

On an entirely different matter, you may remember that last year there was a Third Age Trust consultation exercise nationally on restructuring the Trust. But for the fire, we would have received a preliminary report earlier this year. (All the 163 replies were rescued, but partially burnt and soaking wet. Each sheet had to be dried out individually). Having now been studied by the National Officers, it seems that the submissions provided no clear mandate for any change whatsoever - only a

<b>Cover Picture: St Basil’s Cathedral, Red Square, Moscow; by Martin Cruise (see report page 17)</b>
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plea for simplifying the present way of operating. Proposals will be sent out for comments, with a view to their consideration at the 2008 AGM and the Committee will keep members informed.

News of future activities and a final call for your free seat on the Askham Bryan coach are in the following pages.

*Joan Keogh*

## **Committee Report**

The last meeting of the Committee was held on Friday 29 June, when newly co-opted member Clare Chiba was welcomed to her first meeting. Clare is also currently the Coordinator of the ICT Group.

Chairman Joan reported that she had written to Notre Dame School thanking them for allowing us the use of their computer facilities. She also reported the establishment of an Equipment User Group, chaired by John Brooke, to coordinate the purchase, upgrading and use of SU3A owned equipment.

Mindful of the importance of good internal arrangements, an essential requirement for all charitable organisations, a Governance booklet collated by our Secretary Barbara Steel was issued to all Committee members. This included details of the SU3A Constitution and job descriptions of all the Officers.

The policy on reporting requests for assistance in *Links* was discussed and it was decided that in future these would be limited to requests to participate in research projects from our two local Universities and their associated hospitals .

It was reported that accounts had now been received from all but one Group (see page 4). General Coordinator Brian Bezant reported that there were now 142 Groups in SU3A - 111 general, 26 walking and five open groups. He also updated members on the arrangements for the U3A Ridings Region

25th Anniversary Open Day on 23rd August 2007 at Askham Bryan.

Publicity Officer Peter Barclay updated members on recent and future publicity activities. These included participation in the 50+ event to be held at the Quaker Meeting House in July and an exhibition planned for the Central Library in November. Peter is asking for photographs of a wide range of SU3A group activities to be sent to him, so that a representative selection can be included in the exhibition display.

There was a wide-ranging discussion on the format and arrangements for the next AMM / AGM in April 2008, with the aim of increasing members' attendance and participation. The possibilities included a high profile speaker, a theme for the event, demonstrations, competitions and a quiz. All members of SU3A are invited to send their thoughts and ideas to our Secretary Barbara Steel for consideration by a sub-committee charged with making the detailed arrangements.

There was also a general discussion on how membership in the north of Sheffield might be increased following the demise of North Sheffield U3A. Derek Cave and Shelagh Woolliscroft were asked to lead a small sub-committee to develop a membership outreach project in north east Sheffield.

The next meeting is on 7 September.

*Roger Heesterman*

**ADVANCE NOTICE - October 2007 Links  
CHANGE OF PUBLICATION DATE**

Will all regular contributors please note that the October 2007 issue of *Links* will be published approximately two weeks later than usual. The copy deadline will be Tuesday morning 25 September and copies should be posted out on Thursday 11 October. I apologise for any inconvenience this may cause.

## **Group Accounts**

In the April issue of *Links* I requested that all Groups covered by Section 4 of the new Guidelines for Coordinators dated February 2006 (“Groups Open to all Members and Individual Groups with annual turnover - i.e. receipts or payments - over £1,000”) submit their annual accounts to the Treasurer as required by that Section.

I believe that virtually all such accounts for the past year have now been received, but some clarification of the “over £1,000 per annum” rule is required. This refers to the normal subscriptions payable by all members and not to special trips or events which are taken optionally by members. For example:

“Total annual receipts £1,500, of which £700 represents an annual trip - therefore net ordinary revenue is £800 - not over £1,000 and so not required to submit annual accounts to the Treasurer for that year.”

The same sum must be done each year .

Please now submit all required annual accounts to, and make enquiries of, the new Treasurer - Jim Rowland.

*Derek Cave*

## **Group Coordinators' Meeting**

The Autumn Meeting of Group Coordinators will take place in The Friends Meeting House in Sheffield on Tuesday 9 October 2007. The new Joint General Coordinators would like to meet as many Group Coordinators as possible. Coffee will be served from 9.15am and the meeting will commence at 10.00am.

# **Group News**

## **Classical Concertgoers' Group**

Our autumn visit is to the Bridgewater Hall, Manchester, on Monday 12 November, for a concert given by the Orchestre National de France, conducted by Kurt Mazur (celebrating his 80th birthday) and Louis Ortie (piano). The programme is an attractive one, comprising the *Leonore* Overture No. 3 and the Symphony No. 3 *Erotica* by Beethoven and the Piano Concerto No. 23 of Mozart.

The coach will leave the bus parking bay near the top of Millhouses Lane promptly at 4.15 pm and the inclusive cost is £29.50 per person. Bookings may be made using the slip at the end of this issue. Please send to Derek Shipley, with a SAE, to arrive no later than Friday 31 August. Please include the names and contact numbers for all members for whom you are applying.

Our visits are open to all current SU3A members and no special group membership is required.

*Derek Shipley, Coordinator*

## **Theatre Group**

We have three offerings in this issue. The first show is the ever popular *Dad's Army* including the lost episodes (erased by the BBC in 1969). The cast includes Leslie Grantham and Peter Martin and is at the Lyceum on Thursday 13 September at 7.45pm.

The second show is Ellesmere Operatic Society *Show Stoppers 2007* on Thursday 4 October at 7.15pm at the Montgomery Theatre, Surrey Street, Sheffield. It features the ever popular Gary St John and Wayne Biggin.

Finally we have to get our tickets for Keith Roe's *Christmas Cavalcade*. It is once again at 2.00pm and 7.15pm at the City Hall on Sunday 9 December.

All current members of SU3A are eligible to come on theatre visits.

*Michael Cowen, Coordinator*

## **Literature Network**

The autumn meeting of the Literature Network will take place on Thursday 25 October from 2.00 to 4.00pm at Shirley House, 31 Psalter Lane, Sheffield. Lisa Hopkins will give the lecture and her subject is *Shakespeare and Marriage*, about which she has written a book. She is Professor of English at Hallam University and a respected Shakespeare scholar.

The cost for this event is £3.50 per person, which includes tea and biscuits, and places can be booked using the slip at the end of this issue. These meetings are open to all current SU3A members.

*Rita Brent, Coordinator*

## **Thursday Bridge Group**

The Group is now accepting new members. If you are interested please contact the coordinator. The Group meets at Abbeydale Sports Club on Thursday afternoons between 1.00pm and 4.00pm. We have an annual subscription to meet costs.

Members must have a reasonable club standard of bridge and be used to duplicate bridge.

*David Jones, Coordinator*

## **Update On The ICT Group**

The first ICT Group came to an end in March. We all decided that it was time to let the next 20 on the waiting list have their turn and I was off on quite a long holiday anyway. The Group's donation to Hallam City Learning Centre at Notre Dame was £241 which will be used to buy further equipment for the computer room.

The twenty new members of the ICT Group met for the first time on 1 May. Such a large group is only viable because of the invaluable help given by Heather Lockwood and Adrian Simmerson. I would like to say a very big "thank you" to them both and also to Bryan Hancock for helping members of the Group whose computers are giving them trouble.

Thank you also to the many other people who contacted me with offers of help. It seemed such a pity to have to turn these offers down, but more than three of us moving round the room would make it too crowded.

There are still 27 people on my waiting list for the next session, which will almost certainly start in early November. After that I shall be in a position to re-open the waiting list again.

My apologies to all those people who left messages on my answer phone and got no reply. I had become quite overwhelmed by the number of messages. If any of you are still interested, please contact me again in November and I promise I will get back to you this time if you do have to leave a message!

*Clare Chiba, Coordinator*

## **U3A Photography Competition 2007**

The closing date for this year's competition, which has as its theme *The Good Life*, is Friday 31 August. Full details are available from the Third Age Trust, Unit 3 Carpenters Court, 4A Lewes Road, Bromley BR1 2RN.

A Fun Night Out  
at the

# **Great SU3A Charity Quiz**

presented  
by the one and only

**PETER CHATTERTON**

at Esporta Leisure Centre, Archer Road, Sheffield  
on Saturday 27 October 2007

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

For further information please contact  
Marion Edmondson

## **New Groups**

### **A New Walking Group - P Group**

All interested walkers are invited to join P Group on its inaugural walk. We will set off from the Fox House Inn at 10.00am for a nine mile walk along the Edges on Wednesday 8 August. Feel free to just turn up!

The aim of this new Walking Group is to walk between eight and ten miles at a modest pace in and around the Peak District and Sheffield. We will be meeting on alternate Wednesdays and Thursdays (deliberately designed to fit in with D Group).

If you can't make the first walk and / or if you want further information and the walks programme, please contact either Jean Rodgers or Di Curtis.

*Jean Rodgers, Coordinator*

### **Learn to Play Bridge**

Bridge is not just a game - it can transform your social life! Just look at the number of bridge sessions run each week within Sheffield U3A. But you need to know how to play before you can take part.

This new Group has been set up to help those who want to learn how to play bridge. It is designed for those who have never played the game before and are absolute beginners. It will also cater for those who may have played the game in the distant past and want to start afresh. Come with a partner or on your own

Members will learn with the help of experienced tutors who

have been trained and are registered by the English Bridge Union. These two tutors will make learning fun in a relaxed and friendly atmosphere as well as providing individual attention.

Meetings will take place for two hours from 10.00am on Tuesday mornings at the Sheffield Bridge Club at 8 Thornsett Road, Nether Edge. Cost: £5 per session - this includes hire of accommodation and equipment and tutor fees. The first meeting will be held on Tuesday 11 September.

If you want further information please contact either Jean Rodgers or Ann Wall.

*Jean Rodgers, Coordinator*

## **Can you help - 1?**

I am a new member of SU3A and am considering setting up a new group to learn how to play bridge. My friend Maggie and I are complete beginners. We are looking for someone who could act as a teacher (with or without a partner) and up to six other people who would also like to learn how to play.

There is an added complication as I use a wheelchair and some venues will not be accessible. I would be pleased to lead the group from my home in Fulwood and suggest that we would meet once a month in the afternoon, days and times to be arranged.

If you are interested please contact me.

*Christine Barton*

## **NEW MEMBERS' MEETING**

**Tuesday 16 October 2007**

**at 1.30 for 2.00 pm**

**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 .*

# Travel News

## Travel Organising Committee

Shirley Marney, Coordinator  
Ken Parkin, Treasurer  
Derek Shipley, Minutes Secretary  
Peter Frost  
Barbara Robertshaw  
Margaret Bullivant

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

**Holiday Insurance** - In no circumstances will the Sheffield University of the Third Age 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.

**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.

**Cancellations** - 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. **Refunds** cannot be given for cancellations unless a replacement can be found.

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.

## **U3A Ridings Region 25th Anniversary Open Day Askham Bryan**

**Thursday 23 August 2007**

Come and meet members from the other 27 U3As in the Ridings Region. Observe or take part in some of the group activities that most of these U3As are presenting, including SU3A. These include card making, the Swanland Choir, music groups, circle and country dancing, displays of art, crafts and photography, philosophers' corner and much more. The event is from 10.00am to 4.00pm. There is casual seating within the various rooms being used.

The coach is **FREE** and there is no entrance charge. You can either take your own lunch (with indoor and outdoor seating) or purchase snacks and drinks from the "Deli Bar".

Please complete the slip at the end of this issue and send, with a stamped addressed envelope, to Shirley Marney.

## **Ironbridge and Coalbrookdale Thursday 20 September 2007**

Our visit takes us to the very cradle of the Industrial Revolution, where entrepreneurs and craftsmen learned how to produce high quality cast iron, in quantities hitherto unknown. This in turn would lead to new technologies, which created the world we know and the quality of life we enjoy today.

First, we visit the Museum of the Gorge for a general perspective and see a film which briefly explains the history of the site. We visit the Great Iron Bridge over the River Severn and the Tollhouse, now a museum, before travelling by coach to the recreated Victorian village of Blists Hill. After lunch, we shall spend the afternoon experiencing how people worked and spent their lives, from the professionals to the labourers and itinerant workers. Villagers in period costume at each site

explain their work and conditions, demonstrating their crafts, skills and place in village life.

The inclusive cost - travel, gratuities and admission charges - is £24 per person. Please reserve places using the booking slip at the end of this issue and send with a stamped addressed envelope to Derek Shipley, **to arrive no later than Friday 31 August.**

## **Hat Museum and Bramall Hall, Stockport Tuesday 9 October 2007**

The Hat Works in Stockport is the UK's only museum dedicated to the hat industry, hats and headwear. On our guided tour we will be taken on a journey through the history of this once thriving industry. Following the tour, we will be able to enjoy the large hat gallery with a collection of over 400 hats from around the world.

After lunch at the Hat Museum, we will drive the short distance to Bramall Hall, one of England's treasures! The manor of Bramall was first mentioned in the Domesday Book. Today the house is a superb example of a "Cheshire Black and White" timber framed manor house. We will have a glimpse into the Hall's fascinating history during our tour. The beautiful Tudor rooms have spectacular plaster ceilings and there are also many fine examples of furniture and paintings from different periods. The 70 acres of beautiful parkland have been landscaped in the style of Capability Brown.

The cost of the day is £23, which includes coach travel, gratuities, morning coffee and biscuits, lunch (coffee, tea and sandwiches) at the Hat Museum, and guided tours at both venues. The tearoom at Bramall Hall will be open for tea and light refreshments, at your own cost. If you would like to join us, please complete the slip at the end of this issue and send to Barbara Robertshaw.

## **Short Break to Berlin**

### **18 - 22 May 2008**

“Berlin ist eine Reise wert!” (Berlin is well worth a trip) is how the city promotes itself. Why don't you come and see for yourself?

We are flying from Manchester airport and are staying in the 3 star superior Mark Hotel in the centre of Berlin, near the Kurfurstendamm (the famous shopping street).

Our programme includes a guided city tour visiting such famous sights as the Brandenburg Gate, the Reichstag (the German Parliament), the former border-crossing site Checkpoint Charlie and the Wall Museum. A full day will be spent in the historic city of Potsdam. We shall cruise on the River Spree to see all the new government buildings and there will be time to visit one or two of Berlin's well-known museums. On the last day we will have a guided tour of the Reichstag and of the Charlottenburg Palace.

The cost is approx. £550 (single supplement is £95) and includes flights, bed and breakfast in the hotel as well as one evening meal, coach to and from the airport, coach and guide in Berlin, all gratuities except for the hotel, and entrance fees for places mentioned in the programme.

Members must arrange their own comprehensive travel insurance and send a photocopy to the organiser as soon as possible.

To reserve a place, please complete the booking slip at the end of this issue and send a deposit of £150 per person (cheque made payable to Sheffield U3A Travel) with a stamped addressed envelope (9 x 6½ in - 22.5 x 16 cm) to Barbara Robertshaw **to arrive no later than Monday 20 August 2007.**

## Skipton Canal Trip

One wet springtime morning we descended on Skipton. The rain did not deter us as we knew what a treat Peter Frost had in store. The group was comfortably housed on a long boat for a three hour trip along the Leeds Liverpool Canal.

As the weather cleared the boat left the old town and headed in an easterly direction. We passed into mellow farming country surrounded by hills

and roads half recognised from former car rides. How pleasant to leave the driving to our young skipper and idly explore the Pennines from

“one eye was on the countryside and the other on a feast in the bows”

his boat. Of course one eye was on the countryside and the other on a feast in the bows. We were not disappointed when it came to the self service lunch - with a variety of meaty and vegetarian dishes, plenty of salads and fruit, with attractive desserts to follow. True Yorkshire hospitality with a bar on hand for those who needed it. Even waterside cattle appeared to envy us as we tucked in. After passing Farnhill bluebell woods the long boat gently turned around.

Our skipper added interest to the ride by giving details of the canal's history. It took 46 years to build for the transportation of stone, coal and other commercial goods. After prospering in the 19th century it closed to commercial traffic in 1964 due to lack of usage. Fortunately in this century it's worth as a holiday and educational facility has become recognised and it is back in fine condition.

After leaving our vessel in the afternoon we had a chance to split up and explore Skipton in the sun. Many made for the shops and market stalls, whilst others visited the castle. This was once the home of the Cliffords, a powerful family in Tudor times. Later, most of us sampled the delights of Skipton tearooms before the coach returned us safely to Sheffield.



Our thanks again to Peter Frost for a delightful day on the Leeds and Liverpool. It's a long canal, so we look forward to further ventures in years to come.

*Peter Barclay*

*(article and photograph)*

## **St Petersburg and Moscow**

Our excellent guide Igor was waiting for us at St. Petersburg airport. Our hotel was located opposite a large memorial which honoured the many brave people of St. Petersburg who died during the siege by the German army in the early 1940s.

The charm of St. Petersburg embraced us totally. We were enchanted by the layout of the city, the beauty of the architecture, its waterways and the cultural flair; not to forget the restaurants and the exquisite shops. We can only mention a few highlights - familiar names like Peter and Catherine the Great, Pushkin, Dostoyevsky, wealthy merchants like the Stroganow family, designers like Faberge etc. They all influence the ambience of St. Petersburg. Architects from almost all western European countries have also left their mark by creating the delightful palaces, churches, mansions, parks, museums and canals.

The Hermitage (the Winter Palace - below) seems to be the



most popular tourist destination, with its an amazing collection of art. We enjoyed a ballet performance in the intimate Hermitage theatre and on another evening we were entertained by folk dancers and musicians.

The trip to the cradle of St. Petersburg - the island of the Peter and Paul Fortress, with the highest spire in town, now sadly overtaken by the telecom tower - and our trip on the river Neva showed us further aspects of St. Petersburg. The trip to Pushkin introduced us to the historic aristocratic style of life during the summer season and Peterhof, with its beautifully groomed gardens and fountains (see right), and with Finland within sight, were a special experience.

We also had an opportunity to look at the countryside whilst travelling to Novgorod (one of the oldest towns), our eyes taking in the dimensions of the land so thinly populated. Our guide brought to life the history of the town, including the once important commercial side with its multipurpose buildings donated by rich merchants.

We concluded our visit to St. Petersburg with a journey on the Midnight Express to Moscow, which was a jolly experience. In Moscow we were welcomed by Galina, an outspoken Russian lady.

We started our city tour amongst many bombastic buildings in Stalin-style and neglected buildings in Russian Baroque. We stopped at Red Square with its contrasting sites - St. Basil's Cathedral (front cover), faced by the Lenin mausoleum and opposite the GUM building, housing expensive designer shops. Many wedding parties mingled amongst the tourists.



The visit to the Kremlin gave us a glimpse of the atmosphere during the years of communism. We were allowed on certain paths only, any diversion from them caused a guard to hurry across and reprimand us. The buildings within the complex were beautifully decorated with the now familiar frescos.

We also went to the monastery of St. Sergius in the

countryside of Lava. Here we could observe the country people on their pilgrimage to the Saint. That evening we left Moscow, with its frightening traffic, the excitement of travelling on the metro and a feeling of slight unease about “big brother watching”.

We flew to Prague, where our charming guide took us on a walking tour through the old town, which was a delight. After lunch was spent on the river, with afternoon tea whilst being serenaded - a wonderful finish to an exciting holiday.

a feeling of slight unease about “big brother watching”

Most important- a BIG thank you to Shirley Marney, who took such care of everybody. Her patience and tolerance with us were and are outstanding. Do-svidania (good bye).

*A and A Furness*

*Photographs by Martin Cruise*

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## **!!!! South Africa - 14 November 2007 !!!!**

Due to a late cancellation, there is one single room available on this 17 day SU3A Saga trip to South Africa (A World in One Country) departing on Wednesday 14 November 2007. If you are interested, please ring Shirley Marney as soon as possible.

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## **Art Exhibition - Diary Date**

As last year, Art Group I will be staging an exhibition of pictures and associated work. All SU3A members are invited to come along and view, with coffee hopefully available. The exhibition will be held on 26 and 27 October in the Methodist Church Hall at Banner Cross. Make a note in your diary!

*Ann Ritchie, Coordinator*

## Travel Group Programme for 2007

August 23	Askham Bryan - free coach
September 3 - 7	Highlights of Hampshire
September 20	Ironbridge & Coalbrookdale
Sept 22 - 4 Oct	Cruise - New England & Canada
October 9	Stockport Hat Museum & Bramhall Hall
November 8	Lichfield
November 10 - 12	Christmas Spectacular, Thursford, Norfolk
November 14 - 30	South Africa
December	York

## Some ideas for holidays for 2008

Mar 23 - Apr 6	Puerto Pollensa, Majorca
May 18 - 22	Berlin (short break)
June	Two centre in Austria
July	Tall Ships, Liverpool
September	Short break, Suffolk
November	Turkey

### Can you help - 2?

Every other month a small group of 3/4 people gather, for approx two hours, to complete work on *Links* by stuffing the copies into their envelopes, ready for posting. This takes place in the Sandygate area and further volunteers are required. If you like an interesting chat, with coffee/tea and biscuits thrown in, please contact Roger Heesterman.

**SHEFFIELD U3A TRAVEL**  
PLEASE NOTE THAT  
**ONLY POSTAL APPLICATIONS**  
WILL BE ACCEPTED FOR HOLIDAYS AND DAY TRIPS

# Members' Contributions

## Ticks and Lyme's Disease

**A**re you a walker? If so, do you have a walker's working knowledge of Lyme's disease? No? Then this article may help save you from catching an elusive and very unpleasant disease next time you are out in the country.

Lyme's disease is caught by a bite from a tick, a small spider like creature, though not all ticks carry the disease. Depending on the stage of their life cycle and whether they have fed recently, they may vary in size from 0.5 - 11mm. They spend part of their life living on deer, other small mammals and birds and part sitting on long grass, waiting for a suitable passing host animal, or person, to whom they can attach themselves. You are more at risk walking in grass, scrubby woodland, heath or moorland. The disease has now spread to all rural parts of the UK and even to urban parks.

### *Signs and symptoms*

The first sign of Lyme's disease is often a red, raised skin lesion, usually in the area of the bite, between three days to a month after the bite - commonly on the upper leg, upper arm or buttock. The rash expands concentrically and the centre of it may become ulcerated or blistered. Flu-like symptoms can appear, but symptoms can be very varied. The nearby lymph glands are often enlarged and tender. The rash is associated with general malaise, lack of joie de vivre, headaches and muscular pains and aches. Days or weeks later one may develop severe localised symptoms, which could last for weeks or months. Other unpleasant results can be meningitis, encephalitis, facial palsy and, possibly, heart problems and severe arthritis.

## ***Treatment***

Diagnosis is difficult, requiring many tests, and some cases are misdiagnosed. Not all doctors are fully knowledgeable about this disease. Treatment is with antibiotics in large doses for a long time. The earlier the treatment is started, the less likely one is to develop severe problems later. There is, therefore, a strong incentive to avoid catching the disease in the first place. Incidentally, there is no vaccine available against it.

## ***To spot ticks and avoid being bitten***

Walk in the middle of paths and check yourself after sitting on logs, leaning against tree trunks or brushing against vegetation. Keep your body covered by wearing light coloured long sleeved shirts and trousers tucked into socks - and shoes, not sandals. Clothes made from smooth or waxed material are harder for ticks to climb. Use an insect repellent on your clothing. Repellents containing permethrin are specially recommended. If you picnic, use a light coloured blanket for sitting on, so that you can more easily spot ticks. When getting back from a walk, take your outer clothes off before entering the house and check for any ticks on your clothing or body. Incidentally ticks are very intolerant of being dried out and any remaining ticks on one's clothing can be killed by putting the clothes in a hot drier for an hour or so. Check especially warm areas of your body, e.g. armpits, elbows, groin and behind the knees and ears. Check pets when they come in after walks and keep them off furniture, especially bedding.

## ***How to remove embedded ticks:***

### ***DO***

- Carry tweezers or a special tick removal tool (obtainable from pet shops) and antiseptic wipes with you when going into tick habitat. Use the tweezers to grasp the tick as close to the skin as possible without squeezing its body. Pull it out without twisting. Ideally use plastic gloves or shield fingers with paper before removing a tick,

as infective organisms can enter through breaks in the skin or mucus membranes (i.e. eyes, mouth or nose). If you don't have tweezers, use a cotton thread. Tie a single loop around the tick's mouth parts as close to the skin as possible, then pull gently upwards and outwards.

- Cleanse the bite and tweezers with antiseptic before and after removal.
- Save the tick in a labelled container in case of later symptoms.

## **DON'T**

- Squeeze or twist the body of the tick as this may cause the head to come off, leaving it embedded in your skin.
- Use your fingernails to remove a tick. Infection can enter via any breaks in your skin, e.g. close to the fingernail.
- Try to burn or freeze the tick off, apply petroleum jelly, nail polish, vinegar, Vaseline or any other chemical. Any of these methods can cause discomfort to the tick, resulting in regurgitation of its stomach contents, from which you may catch the disease.

## **Safe walking!**

*[Information obtained by John Brooke from various newspaper articles and websites. If you require further information, a Google internet search on "Lyme's disease" will point you to various useful websites.]*

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## **Letter**

Dear Editor,

I would like to take the opportunity to thank Margaret Walton and Marion Edmondson for the fun evening they organised on 21 April at Greens Leisure Centre. The Literature Quiz night was attended by over 70 knowledgeable quizzers. Competition was palpable with lots of prizes keenly fought for. The charity beneficiary on the night was Friends of Sheffield Childrens' Hospital and £233 was raised for them.

Many thanks to all who made this good result possible.

*Ken Bramall FSCH Treasurer and SU3A G & H Group walker*

## **Obituary**

### **Irene Roberts**

Irene has been an enthusiastic member of SU3A since its infancy in 1985. Combining her expertise in languages with a love of foreign travel, she was the tutor of one of the German Groups for many years and helped to lead a couple of walking holidays in Greece.

In addition she was among the founder members of Walking Group "A" and of the Country Dancing Group. She died in St Luke's and will be greatly missed by all who knew her. Our condolences go to her brother and his family in Scotland.

*Marjorie Michael*

## **U3A National Travel Group**

Tours are provided by U3A National Travel Organisers for U3A members.

Currently for 2007 there are two European and one worldwide tour still available. In 2008 there are two UK tours, eleven European and Mediterranean tours and seven tours worldwide planned and on offer.

Information about all of these tours can be obtained from the Third Age News or by going to [www.u3a.org.uk](http://www.u3a.org.uk) (the national U3A website) and registering a username and password. The U3A National Travel Newsletter is published in the spring, summer, autumn and winter.

## Sheffield U3A Calendar

2007

August 14	Classical Concertgoers' - <i>Patience</i> , Buxton Opera House
August 23	Askham Bryan - U3A Ridings Region Event
Sept 3 - 7	Short Break - Highlights of Hampshire
September 7	General Committee Meeting
September 13	Theatre Group - <i>Dad's Army</i> , Lyceum
September 20	Ironbridge & Coalbrookdale
September 22	Cruise - New England and Canada in the Fall
October 4	Theatre Group - <i>Show Stoppers 2007</i> , Montgomery Theatre, Sheffield
October 9	Group Coordinators' Meeting
October 9	Stockport Hat Museum and Bramhall Hall
October 16	New Members' Meeting
October 25	Literature Network - <i>Shakespeare &amp; Marriage</i> , Shirley House, Sheffield
October 27	Great U3A Charity Quiz, Esporta Leisure
November 2	General Committee Meeting
November 8	Lichfield
Nov 10 -12	Thursford Christmas Spectacular
November 12	Classical Concertgoers' - Bridgewater Hall, Manchester
Nov 14 - 30	South Africa - A World in One Country
December 9	Theatre Group - Xmas Spectacular, City Hall

2008

Mar 23 - Apr 6	Winter Warmer, Puerto Pollensa, Majorca
May 18 - 22	Berlin (short break)
June	Two centre in Austria
July	Tall Ships, Liverpool