

From the Chair

Where has the year gone? A phrase probably echoed by many of you as 2012 speeds by us and 2013 speeds towards us. Those of us reading this are lucky in one respect in being able to look back on the enjoyment of shared knowledge, skills, experience and interest being a member of SU3A brings. Thanks as ever to the few who make that possible, the band of volunteers who give up valuable time and effort and continue to keep everything going for the many.

Talking about volunteers, during the recent successful Olympics we heard many accolades about the wonderful volunteers and how much their hard work and cheerful demeanour had made a difference to the games. It was very heart-warming to know there is such a spirit in this country. However, in the Sheffield U3A we are leaders in the field of volunteering, whether it is coordinating a Group, organising events, joining a committee, making tea or putting chairs out. We should take every opportunity we can to celebrate our volunteering success and show the world at large what we can do when a willing band of individuals work together to provide learning, socialising and fun.

A quote I saw somewhere read:

"The reasons volunteers are not paid is not because they are WORTHLESS but because they are PRICELESS"

It will not have escaped your notice that it is time once again to re-subscribe to SU3A for the 2013 calendar year. I am pleased to report that in these days when everything seems to go up, that the *annual* fee of £10.00 remains the same for another year. It also remains lower than that of nearly every other U3A in our region.

Please spare a special thought at this time for our Membership Secretary, Lorna Baker, who will be processing nearly 3,000 membership renewals before the end of January. This is a formidable task so please give your email address on the renewal form. This allows Lorna to sent out your new membership number by email (your number changes every year) and thus saves valuable time for Lorna and money for our organisation. Also please remember that if you have not renewed by the end of February 2013 then you will have deemed to have resigned.

If you decide to re-join after the deadline it will cost you an extra £5.00 to do so as it doubles the administration involved.

We have recently completed a promotional video on "Sheffield's best kept Secret": our U3A. A small team from our membership worked together with two young professional film-makers to create a DVD that showcases the great diversity of interests we have to offer.

A big thank you to all the Groups that contributed but unfortunately we could not include you all due to the length of video commissioned and time constraints on the team. It was an interesting project to do, at times chaotic, with meetings cancelled because of floods. One member was so eager to take part in the process that SKYPE was attempted from Spain for one meeting. But we got there in the end and are pleased with the result. A very special mention to the team - you all know who you are - who worked tirelessly and learned a few things along the way. You can view the DVD via the link on our website and it is also available on YouTube.

Another piece of good news is that the Yorkshire and the Humber Region is to run a brand new Yorkshire Summer School at the Northern College, (formerly Wentworth Castle) near Barnsley from 5 - 8 August 2013. Courses will include *Digital Photography*, *Thinking Fast and Slow* and *Jane Austen's England* with more subject areas to be announced. To register an interest in attending please go to www.yahru3a.co.uk but this by no means commits you in any way.

Yet another piece of news and hot off the press: apparently Sheffield is the biggest U3A in the country once again and by quite a margin. We have 2,971 members and the former leader Peterborough 2,700-ish. So, if anyone knows if there has been a pandemic that affected the members of the U3A in Cambridgeshire, perhaps they will let me know as it is a mystery where 200 members have disappeared to and so quickly! However it is a great way to end 2012 back on top.

Finally, may I wish you and yours festive greetings for the Christmas season and health and happiness in the New Year.

Denise West

Sheffield University of the Third Age

Membership Renewal Form

Regd. Charity No 703147

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

Email:

Address:

.....

Postcode: Tel No:

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

Email:

I / We attach a payment of £ for membership at **£10.00** per person.

If you do NOT wish to receive the national U3A News tick here:[...]

Please note that members not renewing before 28 February 2013 will be deemed to have resigned.

There will be a late renewal charge of £5.00 after this date.

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 (£2.50 on an £10.00 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.

Executive Committee Report

Here are the main points from the last Committee meeting:

Drop-Ins: The Drop-In sessions are continuing to flourish. Ideas for the future review are a book exchange and an advice desk from invited organisations such as Age UK.

Askham Bryan event: This was a great success and everybody enjoyed seeing what other U3A's spent their time doing.

Whirlow Brook Garden Project: Donations have not been as plentiful as when the garden project was first started. If you would like to make a donation to remember a loved one, please contact Shelagh Woolliscroft.

Friday Lecture: John Bercow, the Speaker of the House of Commons, presented us with a description of his job. He told us some details of parliamentary sessions that we do not see on TV.

Promotional DVD: This is now completed and well received. It can be viewed on the website and also on YouTube, simply Google *Sheffield U3A*. The DVD is already being used during Outreach sessions.

Groups: By checking waiting lists and inviting people to meetings of interested parties we have successfully started several new Groups. If you are on a waiting list, or would like to be, please let Jim Walker, the General Coordinator, know.

Summer Schools: It is planned to hold some summer schools on various topics ranging from *Jane Austen's England* to *Life Drawing*. They are to be held in the North of England for the first time. They will be held during August at The Northern College, Wentworth Castle. Keep your eyes on both *Links* and the website for details. You can register your interest on www.yahru3a.co.uk.

Secretary: After the advertisement in *Links* last month we received some excellent candidates for this post and discussions are in progress to appoint someone to gradually take over the role.

Date of the next Executive Committee meeting is 4 January 2013.

Jean Stevenson

Secretary

Important Notices to all Coordinators

Audit Requirements

If you are a Coordinator and your Group has income or expenditure of over £1,000 a year you should have received an email or letter in the last few weeks about audit requirements.

If you have not, would you please contact me on (0114) 236 4648

Chris Cave

Treasurer

Changes to Group information

Are you a Coordinator with a need to notify our SU3A organisation of changes to your activity Group?

You may need to record changes such as in the leadership of your Group, addresses physical or electronic, venue, time of meeting, membership roll, description, adverts for new members, etc. If so, it would be helpful if you would communicate the fresh information to the General Coordinator who has an overview of the particular personnel in SU3A who need to be aware of it.

This is not a totalitarian injunction against telling your best friends in the SU3A the news at the same time – it is just a procedural request to ensure that the news reaches everybody it should reach.

Jim Walker

General Coordinator

Red! Yellow! Blue! Green! Pink! Orange! Grey! Purple!

Yes, COLOUR is finally coming to *Links*.

At no extra cost to you (subscriptions will still be a bargain £10.00. See page 3) *Links* will soon be in glorious Technicolor. You can now add photographs and images to your articles and reports.

submit via email only

Email *.jpg .png .bmp .tiff* or *.psd* files to links

[NB: confirming valid copyright to any image is your responsibility]



weekenders

Sunday Lunch in the City Centre

Come and start the new Weekenders' year by joining us for lunch on **Sunday 20 January 2013**.

This event will be held at the Best Western Cutlers hotel in George Street in the city centre, 2 minutes' walk from the Crucible theatre.

The cost for the 3-course lunch with coffee and mints is **£16.50**.

There is a choice of menu for each course plus a vegetarian option. The menu will be sent out to you with your payment receipt when you will be asked to let us have your meal choices.

We will have a private room in the hotel and there is a bar. Please arrive at 12 noon for a 12.30 start.

If you would like to join us please complete the form on page 25 and return it to Dot Sutcliffe with a cheque for **£16.50** per person made payable to Sheffield U3A together with a small SAE by **2 January 2013**. Please ring (0114) 268 5918 for further information.

The Weekenders' programme for 2013 includes an Italian night, another opportunity to hone your Beetle Drive skills, a visit to the Harrogate Flower show and a return visit to the Open-Air Theatre near Stamford. Look out for details in future issues of *Links*.

Advance Notice

Lunch and Lecture, Friday 22 March 2013

The next Lunch and Lecture talk will be given by Mrs Christine Robinson, Housekeeper at Chatsworth House. The talk is entitled "*Chatsworth: A Personal View*".

Further information will be published in February 2013 *Links* together with a booking form.

Dot Sutcliffe/Vera Dyer

Friday Lecture Programme 2013

Venue: Showroom Cinema 3 - unless stated. Free - unless stated.

Refreshments from 09.30; Lecture from 10.30 to 12 noon.

Half-price parking at Q-Park with a voucher from the Box Office.

Date	Title	Presenter
18 January	The End in Sight? The Future of Global Population Growth	Professor Paul White, Pro Vice-Chancellor, University of Sheffield
15 February	More History of Linguistics	Professor Andrew Linn, University of Sheffield, returns by popular request
19 April	John Betjeman - Polymath	Steve Jackson, Editor of the Betjeman Society Newsletter
17 May	The American Civil War – on the 150th anniversary of Abraham Lincoln's Gettysburg address. How different is the picture today?	Professor John Ashworth, University of Nottingham
21 June	200 Years of Steel – and Sheffield's role in its development	Dr Richard Thackray, Tata Steel Lecturer in Steelmaking, University of Sheffield

Lectures scheduled for 19 July, 20 September and 15 November will be included in future editions of *Links*.

Cinema 3 holds 200 and this number has never been exceeded. However, come early to be sure of your seat.

Delivering Interventions to Improve Well Being in Older Adults Study



Alison Killen, Sheffield Hallam University.

I am currently studying for my Masters qualification in Health Psychology at Sheffield Hallam University supervised by Professor Ann Macaskill, a health psychologist. Psychologists use the term well-being to describe many positive feelings such as satisfaction with life, purpose in life and overall happiness. A healthy state of well-being is important to help maintain physical health at all ages. Some straightforward and effective ways to improve well-being have been developed. The technique I am interested in involves being mindful of the positive things however small they may seem in one's daily life. Research with students suggests that this can be beneficial and we are interested in seeing whether this is true with older people. The study also looks at whether delivering the intervention material online is any different from paper based delivery. There is a trend within the NHS to deliver psychological interventions online and we are keen to establish if paper delivery is as effective as this is important for individuals without access to computers.

I am looking for adults over the age of 60 years to assist me.

The commitment would involve:

- A set of paper based or on-line questionnaires at introduction, 2 weeks and 6 weeks. These take 10-15 minutes to complete.
- A diary to fill in for 2 weeks which would take about 10 minutes each evening.

Full details will be provided if you express an interest. It will then be up to you whether you agree to take part. There are no visits or medical investigations involved. I am planning to carry out the study between now and the **end of January**. If you are interested, I would like to hear from you as soon as possible but your participation does not have to start immediately if there is a time which suits you better in a few weeks time. If you are interested and would like an information sheet, please leave a message on my work number 0191-2481340 and I will call you back if I am not in the office.

The Study of Psychological Strengths and Well-being in Older Adults - A Brief Report and a Thank You . . .

by *Emma Kirkby-Geddes*, Sheffield Hallam University.

In 2011 the SU3A kindly helped me to recruit participants for my PhD study which explored well-being in the well-elderly. I am pleased to report some initial findings. **My thanks to all members of Sheffield U3A who took part.**

Context: By 2024, approximately 45% of the population will be over the age of 50. In addition, the human life span is increasing and so people will spend a proportionately longer part of their lives as 'elderly'. Changes to pension legislation means that working beyond 65 may well become the norm. Therefore understanding the determinants of ageing well is pertinent. This study aimed to understand the relationship between psychological strengths - hope, gratitude, forgiveness, optimism and curiosity – and well-being in well older adults.

Findings:

- For the first time we have data about psychological strengths in older adults; older adults are currently under represented in the psychology literature.
- Level of activity rather than chronological age was a better way to categorise older adults in terms of differences between strengths, suggesting that age is just a number.
- For the well-elderly, being an optimist was not such a good predictor of eudaimonic well-being (the well-being that comes from acting in accordance with core values). It seems that in expecting good outcomes optimists can sometimes fail to take effective action in the present to ensure valued plans come to fruition.
- Curiosity was the best predictor of eudaimonic well-being. Exploring ideas and activities that express core values may be key to a good old age.

What's next? There is little research exploring old age as a new stage of life with its own possibilities, the next study will explore how the well-elderly experience and define their lives.

The Flying Gardeners Took Off!

On Saturday 3 November at 10.00 eight intrepid members assembled at Meersbrook Park. Aided and abetted by Parks Supervisor Danny, Cassa from the Ranger Service and Jean, a volunteer from the walled garden, we descended on three herbaceous beds like a swarm of locusts. Secateurs and shears flew, brooms were wielded, barrow-loads of detritus were collected. No weed stood a chance. After an hour and a half the beds were transformed and we were enjoying a cuppa in the walled garden. All very satisfying, and so we are going to do it again in March next year probably at another Park. Let me know if you want to fly with us!

Shelagh Woolliscroft

(01246) 416 139

Report: Friday Lecture, E20 12 under Construction

Giles Price took us on a tour of the Olympic Site via the photos he took (unofficially) from a plane during the two years of construction. He explained a little how he achieved such good shots. His talk was peppered with anecdotes - how the last fish-smoker in London took Seb Coe to court for £7million over a land-grab, and won; how the Americans kept trying to pinch the design for the BMX track; and how the Qataris bought the Olympic Village for an eye-watering £1billion. We also learned a bit about Giles the man who joined the Army at 16, finishing up as a Marine Commando and serving in northern Iraq, from where he was invalided out (ingestion of phosphates put paid to his intestines) to start a new career via a photography degree from Derby University.

This was our first intergenerational lecture: about 18 students from photography courses at Sheffield Hallam and Sheffield College joined us, asking some very good questions. Two even invited him to SHU next year for their presentation of work!

Members could stop and chat to two Olympic Games Makers, Elaine Burtoft and Pat Fleetwood, attired in their striking red and purple kit and showing off their bag of goodies. And Anita Page, whose aunt Dora Bell was the inspiration behind the 1948 Paralympics, came to wave her special scarf!

Shelagh Woolliscroft

(01246) 416 139

Report: Exploring Manchester with the Appreciating Architecture Group

I have been to Manchester many times but never really explored its heritage before. On 20 September I saw this city through new eyes thanks to the Appreciating Architecture Group. We visited the Town Hall, a most imposing, Victorian, neo-Gothic building. I could have spent a few hours in the Great Hall with its beautiful murals by the Pre-Raphaelite artist, Ford Maddox Brown – 12 enormous paintings, depicting a somewhat eclectic selection of historical stories. There was not time on this occasion but I certainly intend to return to have another look.

Our visit to Chetham's School of Music was a delight. We were taken around the school by a volunteer, a parent of an ex-student. Her enthusiasm brought the place to life. The library, founded in 1653, is the oldest surviving public library in Britain and is still open as a reference library. In the photograph below you can see some of the very old and valuable books which are chained onto their shelves!



In the Cloister Courtyard we had fun looking through one of the three openings at the top of the old stone well into the eyes of an animal staring up from the depths.



A highlight of our visit to Chetham's was a student recital in the Baronial Hall. The school holds two free concerts most lunch times which last about 40 minutes. Information can be found on the school's website.

There was also a brief opportunity to visit the new Football Museum, a shiny new building more or less opposite the medieval building which houses Chetham's.

Pat Battams

Group News

Feeling Left Out?

All the Groups you want to Join are Full Up?

Sheffield U3A does not want the irritation and dissatisfaction that members may feel when they are turned away from an activity Group which is "Full up". If this is happening to you then please get in touch with General Coordinator, Jim Walker, or with Vera Dyer, YAHR (Yorkshire and the Humber Region) representative.

Group Coordinators: If you have turned away applicants and have their names and contact details we would be very grateful if you would forward them to us (below).

Do you need a Speaker?

Vera Wibberley has for 13 years run the Oral History Group and must now relinquish that task. She is however very willing to share her list of speakers with colleagues in the SU3A.

This is a very kind offer and answers a request which has been repeated at two Coordinators' Meetings in the last two years.

Should you wish to explore this opportunity please phone Vera (Wibberley) on (0114) 255 4982.

Group Start-Up Funding and Ongoing Financial Support

SU3A is careful with money but not parsimonious. If you and your Group need any item and can justify its usefulness to all your Group's membership, especially when your Group is at the "fledgling" stage, then please approach the General Coordinator (below) with your proposals. We may be able to help your Group some, if not all, of the way towards acquisition.

Jim Walker

7854

General Coordinator

Vera Dyer

(0114) 236 9687

(0114) 237

New Groups

Reading for Pleasure

Do you enjoy reading fiction?

Would you enjoy the opportunity to talk about the books with other people?

Would you enjoy the opportunity to read books you would never have thought of reading?

We are hoping to start a Group which will meet monthly. Initially the meetings will take place alternately in Bradway and Ecclesall on a Thursday afternoon from 14.00 until about 16.00 but it maybe possible to change the venue each month if that is what people prefer to do.

The initial meeting will be on Thursday 24 January in Bradway.

Interested?

Ring Susan Kirkman on (0114) 236 1971 or 07854968011

Racketball

Racketball is easy to learn and fun to play, and provides as much exercise as the participant wishes to expend.

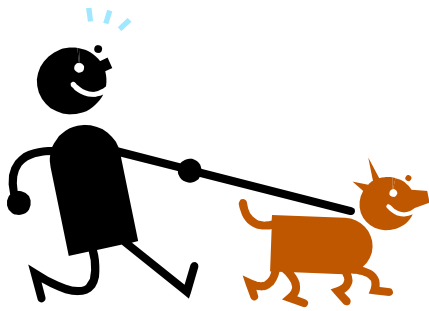
The Monday (10:00) Group, which started in January, is now well established, with impeccable gender equality and a sociable mix of beginners and more experienced players. A qualified coach is always on hand to encourage and ensure that everyone gets a good run for their money.

A second Group has now started on Thursdays (13:30), at the same location, Abbeydale Park Rackets and Fitness Club S17 3LJ, and more players will be welcome at either (or both!) of these sessions.

Why not give it a try?

For more information, contact Peter Keen on (0114) 236 4914,

Strollers With Dogs



Introducing a Group for strollers who wish to take dogs with them and who would like to join other like-minded strollers. The distance would be about 2 or 3 miles lasting up to 2 hours. Optional coffee break at end.

The walks are planned for Mondays around 10.00. You must be in control of your dog at all times. Aggressive dogs will not be allowed. Dogs must be on a leash around livestock or in the event of incompatibility or other dogs. Take suitable bags to pick up after your dog.

You must take responsibility for your own insurance.

For more information contact Maggie Stevens on (0114) 289 0316,

Philosophy Topics Group's new meeting venue

Other Group News

The Philosophy Topics Group have relocated and now meet at the Wagon and Horses public house on Abbeydale Road South (adjacent to Millhouses Park).

Our meetings now run from 11.00 to 13.00 and some members now stay for lunch. As the pub does not charge us for the use of a private room, members buy coffee during the morning.

Buses 97 and 98 stop outside the door and the 87 bus stops at the Robin Hood pub, a short walk away. The Waggon and Horses has good car parking.

The Group is currently working from the book *An Introduction to Political Philosophy* by Jonathan Wolff. We have a few vacancies.

For more information contact me on (0114) 230 3070

Janet Haigh Coordinator



Personal Finance Group

Meetings are held on Mondays monthly at 14.00 at Shirley House, Psalter Lane, S11

Our Spring Term begins on Monday January 21 and the subjects we plan to discuss can be described as

'Lessons for Hard Times'

as they will include:

- £ Travel Insurance
- £ Alternative Banking
- £ Inheritance Tax - dos and don'ts

We have a few vacancies so if you are interested please contact us via our Coordinator Helen Marsh on (0114) 230 1622,

Memory Course

The first Memory Course was successfully held in September with our first 12 participants. I think we can safely say that everyone enjoyed the course and learned something. We looked at how the memory works and what can go wrong, also at possible ways to help ourselves and shared 'tips' on improving our memory. Feedback was very positive and we are looking forward to presenting the next course in November and another in February 2013.

Watch this space for further details.

Stephanie Dixon

Today's World

Work Experience, Good For Whom?

Earlier this year Tesco was involved in a very public controversy about whether it was using people who had been making use of the Government's voluntary work experience schemes as cheap labour. This prompted us to discuss the issues arising from the row at our October meeting. We all agreed that work experience was beneficial. Indeed someone quoted a record they had seen in an abbey in Norfolk that referred to a boy who had been 'apprenticed to a shepherd for 10-12 years'. It has clearly been used as a way of learning how to do a range of jobs for hundreds of years through apprenticeships and the professions.

Its value these days can be seen in the performance of some of our most senior business men and women who never went to university but became successful as a result of their experience alone. On the other hand we recalled that some school children who participated in work experience schemes did not enjoy good experiences, being ignored or given low quality work to do. More recently we have heard about some sectors of business such as fashion and journalism that have used internships as a way staffing their business at low cost.

So we asked ourselves a range of questions. Who benefits from work experience and in what way? Can work experience be useful if it merely involves shelf stacking? Should those doing work experience be paid? Do people learn anything useful from their work experience? Can this learning be measured and rewarded in any way? These and other questions provoked lengthy discussion.

David Pierce

Coordinator

T'ai Chi

Two years ago a short article appeared in *Links* flagging up the start of T'ai Chi Groups in Stocksbridge.

The Groups have moved on in leaps and bounds (Chinese style) and one Group has completed the short form and is now pursuing its perfection.

The project was extremely fortunate to find a teacher of David Barrow's calibre. Having studied in China with the family who are the maintainers and protectors of Wu Style T'ai Chi, he and his wife Rachel were awarded the highly prestigious title of 'inside students', in short, 'one of the family'! Wu style also includes the Long Form, Sword and Spear forms and Pushing Hands. Two separate Groups meet on Wednesday at 13.00 and Friday at 11.30. Each session begins with a twenty minute warm up exercise. The Wednesday session is taken by Ken Thomas, a senior student and teacher trained by David.

David has taught T'ai Chi in Sheffield since 1975 and one of his many projects has been at the Hallamshire Hospital working with doctors in the Cardiac and Audiology departments. It began as a scientific study of the benefits of T'ai Chi for the patients. He is still taking groups there because the study revealed that T'ai Chi had a greater effect than any other aerobic exercise form.

So all you U3A's who need some light but dynamic exercise, suitable for all ages, that will leave you feeling calm and energised why not join us in the north of the city?

There are spaces for new members at the Wednesday group and you will be made very welcome.

Meg Jepson

Group member

For more information contact Kathryn Smith on (0114) 288 7591

Inspiration Group

A social and reflective light discussion Group, meeting monthly in members' homes, for exploring and sharing inspirational thoughts and quotations from around the world.

4th Thursday evening, monthly.

Please contact me if you would like to know more.

John Wragg

(0114) 266 3922

<p>Reminder: The Drop-In for January 2013 will be on January 8 not January 1.</p>

Exploring Permaculture

Are you interested in:

Organic growing, renewable energy, food security, slow solutions and forest gardens?

Come and explore Permaculture with others in a new SU3A Group. There will be discussions, visits and speakers about this exciting new approach which is replacing GM crops as the sustainable alternative.

Contact John Baker, tel: (0114) 275 6697

Dressmaking

Keen dressmakers seek a leader: four have registered interest so far. Any more? Any potential leaders?

In the first instance please contact Jim Walker, General Coordinator, on (0114) 236 9687.

Indian Veggie Buffet

A monthly opportunity to experience vegetarian cuisine in our local Indian restaurants. Maximum 12 persons. We order a variety of dishes and then share in buffet style.

Expected cost £15.00-£20.00 by CASH per outing.

4th Wednesday evening monthly.

Initial enquiries recommended then confirm participation with coordinator 3 - 6 days before.

Enquiries to: John Wragg

(0114) 266 3922

Editor's note: *Thank you to all the contributors who read the Editor's Lament in the last issue and took note. The vast majority of the contributions came in on time and the editorial team are very grateful.*

Travel News and Excursions

Travel Organising Committee

Travel Organising Committee

Barbara Robertshaw	Coordinator	(0114) 236 9102
Barry De Roeck	Treasurer	(0114) 236 9169
Derek Shipley	Secretary	(0114) 236 6257
Margaret Bullivant		(0114) 296 2256
Margaret Langrish		(0114) 296 2251
Val Wiley		(0114) 236 0726

Only members of Sheffield U3A are eligible to take part in our activities.

Insurance: All members are responsible for arranging their own travel insurance to cover the costs of cancellation (whether the deposit or the total amount to be paid) through sickness, personal injury, accidents and loss of, or damage to, luggage or personal property. Sheffield U3A cannot be responsible for any such claims. Each member **must be** insured against such eventualities.

Illness/Medical Conditions/Disabilities: When applying you must inform the Visit Organiser of any problem or pre-existing medical condition. Please remember that all visits will involve some walking. Access to sites frequently involves steep slopes, steps and uneven surfaces. Always wear comfortable suitable footwear (e.g. flat shoes).

Cancellations: In case of cancellation, please contact the organiser or another member of the Travel Committee as soon as possible. Refunds for cancellations for deposits or for full payments in respect of day trips, short breaks or holidays, can only be made if a replacement can be found.

Agreed Pick-up Point: Please contact the organiser if you are unable to be at your pick-up point, or you wish to change it.

Reply Envelopes: Please remember to include a suitable **stamped addressed envelope** and the correct postage with your application. For day visits please use a small envelope and for short breaks and for holidays a *Links*-sized envelope (C5 - 229x162 mm).

In case of problems or emergencies: First try to contact the Visit Organiser or if he/she is not available any member of the Travel Committee.

Sheffield U3A Travel

AGM 2013

Thursday 14 March 2013

Our Annual General Meeting will be held on Thursday 14 March 2013 from 13.30 - 16.00 at Holy Trinity Church Hall, Grove Road, Millhouses.

Come and discuss the past year's activities, our programme for 2013 and plans for the future.

Put the date in your diary and we look forward to welcoming you.

Barbara Robertshaw Coordinator (0114) 236 9102

Advance Notice

Travel Group Day Visits for 2013

Wednesday	13 March	Black Sheep Brewery and Ripley Castle
Thursday	25 April	Harrogate Spring Flower Show
Tuesday	21 May	Cheadle Church (Pugin) and Adlington Hall
Monday	17 June	Thrumpton Hall and Clumber Park
Monday	15 July	Four Churches (<i>repeat visit</i>)
Saturday	3 August	Eden Camp and Scarborough
Wednesday	4 September	Grimsthorpe Castle
October		Bletchley Park (<i>repeat visit</i>)
November		To be decided
December		Christmas visit - venue to be decided

Travel Group visit to the Black Sheep Brewery and Ripley Castle

Wednesday 13 March 2013



Experience brewing the Black Sheep way! Come and join a "shepherded" tour around the Black Sheep Brewery in Masham, North Yorkshire.

We will arrive time for a cup of coffee or tea followed by a guided tour of the brewery. After our tour a light lunch of soup and sandwiches and a complimentary glass of a Black Sheep beer or a non-alcoholic drink will be served in the Bistro Bar.

In the afternoon we will visit Ripley Castle, home of the Ingilby family for over 700 years. The castle has seen turbulent times with political and religious changes, military and social unrest, as well as plagues and conspiracies, including a strong association with the Gunpowder Plot. There is a fine display of portraits, furnishings, arms and armour. We will hear tales of the castle and the family - including how Oliver Cromwell was held at gunpoint.

The highlight of the tour is the Knight's Chamber, which has a secret priest hole.

The castle is surrounded by acres of formal gardens, woodland and parkland. We hope to see the thousands of snowdrops or daffodils which will be in bloom in March.

A cream tea will be served before the journey back to Sheffield.

The cost of the day is **£35.00** and this includes coach travel, all admission charges and gratuities and guided tours at both venues. Coffee or tea, lunch and the cream tea are also included in the price.

To reserve a place, please complete the form on page 27 and send it to Barbara Robertshaw with a stamped addressed envelope.

Travel Group Holiday to Plymouth, Devon and Cornwall

14-19 September 2013

With its dazzling waterfront, stunning natural harbour and proud maritime history, Plymouth is the UK's original Marine City. It is the place where Sir Francis Drake played bowls before defeating the Spanish Armada. It is also the point where the Mayflower set sail for America. It will be an excellent base for our short break.

On our way southwards from Sheffield we will call at Tewksbury to see the Abbey and have a lunch break.

From Plymouth we will explore the surrounding area.

The programme includes:

- A day in Plymouth including a walk around the historical Barbican Centre, a boat trip around the harbour and a visit the famous Plymouth Gin Distillery.
- A day in Cornwall visiting Jamaica Inn, the infamous smuggling inn popularised by Daphne du Maurier, followed by Lanhydrock House (National Trust). This is a perfect country house which was refurbished in the high-Victorian style after a fire in 1881.
- A day spent taking a steam train ride from Bodmin, followed by a visit to the Eden Project.
- A day driving to Dartmoor National Park calling at The High Moorland Visitor Centre at Princetown followed by a visit to Buckland Abbey (National Trust). Originally a Cistercian Abbey, it was converted into a house by Sir Richard Grenville and later lived in by Sir Francis Drake.

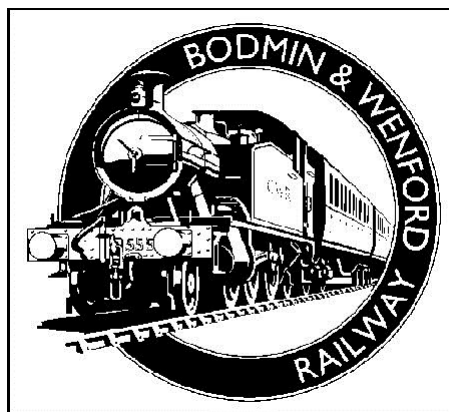
On the way home we will break the journey with lunch in Worcester.

Accommodation is at the 3 Star Best Western Duke of Cornwall Hotel, Millbay Road, Plymouth, which enjoys a central location and is convenient for sightseeing. All bedrooms are en-suite and there are lifts to all floors.

The cost of the 5 night/6 day holiday is **£395.00** per person, with a single supplement of £60.00.

This covers bed, breakfast and evening meal at the hotel, transport throughout by Walter Martin, all gratuities and all admission fees except those for the two National Trust properties. Lunches, snacks and any other refreshments are not included.

To reserve a place please complete the booking form on page 27



and send it with a deposit of £50.00 per person, together with a *Links* size stamped addressed envelope to Barbara Robertshaw, to arrive as soon as possible.

Before submitting your application please read the Travel Group notice on page 19 about travel insurance.

H.P. Sauce

Sight-seeing in the Westminster Lobbies
Under the eye of the duty bobbies
I espied a bustless plinth.
"It's not for us plebs, like my police mates and me"
Softly whispered a grey-haired P.C.
"It's for a parliamentary V.I.P.
Now according to the rumours, Sir,
It has to be posthumous, Sir,
And I wouldn't shed a tear of sorrow
If they set a bust up there tomorrow.
These expense-account bigwigs of today,
(If a pleb like me may have his say)
Some get fine busts of marble
But many have feet of clay"

Arthur Nutt

Report: Lunch and Lecture Friday 19 October 2012

This was fully booked with over 200 guests, when, after a lunch of Roast Chicken Supreme or Steak and Ale Pie followed by cream filled profiteroles, the U3A Chairman, Denise, welcomed our guest speaker Ian McMillan. He will be extremely well known to you all as a local poet, broadcaster and comedian.

He had us all in fits of laughter and I was amused to observe the ladies holding their aching sides; in fact some had to do a quick repair job to their makeup because of the tears running down their cheeks!!

He praised the concept of U3A as being a wonderful way of learning new skills and activities. His philosophy was that whenever asked to do anything his immediate answer was 'YES'. Can you write us a poem 'YES'; can you present a show on radio 'YES'. Now I am sure this was not intended as a hint to U3A members but I think you ought to take it to heart and whenever a new Group (or anything else) needs forming say YES. Here's one to start you off-Denise told him that she wanted to learn 'Tatting' -she would be your first member.



Ian McMillan

His sense of humour started off with the draw for the raffle, for which he had donated one of his CD's and a book. Two lucky people won them, but, he insisted on drawing again for the third "Unlucky Loser".

He attributed his love of language to his education in West Yorkshire (at the same school as Wm Hague) but obviously his parents took pride of place. The first two years of their courtship were as pen friends, she in the WAAF and he in the Navy. They must have been wonderful letters and obviously the source of his language genes, which he passed on to his son, also a poet.

His father got 48 hours leave to get married. She was not allowed leave, so she went AWOL by climbing over the fence. They tied the knot and after a passionate 24 hours (his words) she returned to spend some time in the 'glasshouse' for her trouble. A 'YES' person.

He obviously loves an audience but when two men invited him to a 'get together' to read poems, he had his smallest. When they had read their poems they went home, leaving him to recite to their two pigs!!

His hobby seems to be watching out for unusual signs (another thing you could all do): in a changing room "Do not close the curtains. Please switch the light out". In a library staff toilet "We now use air freshener and a toilet brush, we do not supply washing up liquid". I shall add one of my own - on a visit to the Wexford Opera a notice in the town centre read: 'Undertakers Self Drive'.

He had good advice when visiting his Uncle Jack: when he brought out his 'rubbery' jam tarts at tea time it was time to leave.

We had a great afternoon with very many thanks to Vera Dyer and Dot Sutcliffe who organised it and who would welcome your comments as a guide to their future planning.

John Williams




weekenders

**Sunday lunch at the Cutlers
Hotel, Sheffield
20 January 2013**

Full Name..... SU3A No(s).....

.....

Address..... Tel:

.....

..... Postcode.....

Please reserve.....place(s) (**£16.50** per person)

I enclose a cheque for £ payable to **Sheffield U3A** .

Please send the completed form and cheque together with a small stamped self-addressed envelope to *Dot Sutcliffe, 32 Tapton Crescent Road, S10 5DA*, to arrive no later than 2 January 2013.

Report: Crime At The Literature Network

In October the Literature Network invited Danuta Reah to talk about her work as a crime writer.

The Quaker Meeting House was packed with members eager to learn how she created her gripping stories.

Danuta explained a little about her family who, from an early age,



encouraged her to write. One of her sisters challenged her to write the first chapter of a book. At that time Danuta was working in Rotherham where she experienced a frightening encounter at night. In time this developed into her first novel 'Only Darkness'.

It proved so successful that other books emerged based in South Yorkshire.

Photo of Danuta Reah by Derek McQueen

Her publisher suggested that she might try a different location. Danuta and her husband visited Minsk and researched its traumatic history during the Second World War. 'The Forest of Souls' became her next book dealing with the horrors of foreign occupation.

After her talk Anne Firth proposed a vote of thanks and kindly assisted Danuta in the sale of paperback books.

A meeting of the Literature Network is due to take place next year on 10 April with a lecturer from Sheffield University speaking on African Literature Today.

Further details will appear in the February issue of *Links*.

Peter Barclay

Travel Group Trip to Black Sheep Brewery

Wednesday 13 March 2013

Name(s)..... SU3A No(s).....

.....

Address..... Tel:

.....

..... Postcode.....

Please reserve ... place(s). I enclose a cheque for £ (**£35.00** per person) payable to **Sheffield U3A Travel**.

Please return the form, with a stamped addressed envelope, to
Barbara Robertshaw, 20 Whinfell Court, Sheffield S11 9QA

Please tick your pick up point:

Bus bay Knowle Lane/Ecclesall Road South 07.45 (....)

Sheffield Interchange, Platform E5 08.00 (....)

✂_____

Travel Group Short Break to Devon and Cornwall

14 -19 September 2013

Name(s)..... SU3A No(s).....

.....

Address..... Tel:

.....

..... Postcode.....

Please reserveplace(s)

Room type: Twin/double/twin share/single.

I enclose a cheque for £ (**£50.00** deposit per person) payable to
Sheffield U3A Travel.

Please return the completed form, with a *Links* size stamped
addressed envelope, as soon as possible to: Barbara Robertshaw,
20 Whinfell Court, Sheffield S11 9QA

We did have a summer . . .

One afternoon in the second week of September I was sitting in front of the cricket pavilion at Parkhead thinking “This is close to heaven”.

There was a good amount of blue sky, the sun was warm but not hot, tea was to hand, and the lovely game of croquet was being played a dozen or so yards away.

Away with ideas that “it’s only for toffs”. Never mind that troubling association with John Prescott. Croquet has everything - everything except sweaty running about.

It has skill and luck, tactics and conflict, kaleidoscopic variety, suspense, surprises, groans and chuckles. You need not be good at a games to enjoy it. The fact that you need not hurry helps greatly. If you are sub-mediocre like me you can still quite often get the satisfaction of a well-aimed shot. Even a badly-aimed shot can come good because the subtle, unseen contours of the ground can sometimes take over in surprising directions, and that sometimes defeats the good players, which can be gratifying. And winning or losing really does not matter amongst this kindly, easy-going U3A crowd .

The season is nearly over. The sun is racing down towards the equator and the cold, dark, 100% overcast days - lots of them - are coming. I feel sad and sentimental in a sort of Autumn Leaves way. I hope my own life’s autumn will let me have lots more idyllic afternoons at the Sheffield U3A croquet courts.

Mike Maas

