

## Links 203: October 2021



*Phil Long enjoying the new shelter in Whirlow Brook Park*

# Contact Us

Our website is at: <https://su3a.org.uk>

Here you will find all the latest news and information about Su3a, including items that do not appear in *Links*.

## Joining Su3a or to find out more:

Samina Aslam

0114 2351489 [enquiry@su3a.org.uk](mailto:enquiry@su3a.org.uk) or

Initial Enquiries Officer  
[sammas1747@gmail.com](mailto:sammas1747@gmail.com)

## Membership number or renewal:

Su3a Membership Team

01433 659864

[wa-admin@su3a.org.uk](mailto:wa-admin@su3a.org.uk)

## Information about Groups:

Fran Rodway

07774 142409

Group Records Team

Covid and Risk assessments

General Coordinator  
[groupsa@su3a.org.uk](mailto:groupsa@su3a.org.uk)  
[grouprecords@su3a.org.uk](mailto:grouprecords@su3a.org.uk)  
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## Group Finance Officers

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## University and Research Liaison Officer:

Samina Aslam

0114 2351489

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## Anything else:

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07973 771957

Secretary  
[secretary@su3a.org.uk](mailto:secretary@su3a.org.uk)

***Links* no. 204 December 2021, last date for copy: 29 October 2021**

All news and correspondence to the Editors: email: [links@su3a.org.uk](mailto:links@su3a.org.uk)

I am pleased to contribute my first brief 'From the Chair' message following my election at the AGM on the 13th July. The first few weeks in this position have been very busy as I met for the first time with members of our Executive Committee (EC) in anticipation of our first formal in-person meeting in early September. We have a very full agenda! I would like to take this opportunity to thank retiring members of our EC, Brian Cave, Chris Jones, Jenny Graaf, Maggie Bower and Barbara Lowe for their hard work and dedication on behalf of our members in recent years. I am also learning much and appreciate the contributions of the many members who have served Su3a incredibly well over the years in their performance of critical functions. All of this work has of course been entirely voluntary. We are all looking forward to the careful resumption of in-person group activities while remaining mindful of the public health conditions that will prevail in the months ahead. I see opportunities for our u3a in developing our external relations both within the u3a movement regionally and nationally (and perhaps internationally) and also with partner organisations with whom we have mutual interest. Encouraging us to 'look outward' a bit more is important for me and for u3a as a whole. In the meantime, have a good autumn and keep in touch with your u3a!

Phil Long

Renewals for 2022 start on 1 October 2021 and end on 31 December 2021 with a period of grace until 31 January 2022.

The renewal form was enclosed with the paper copy of *Links* and there will not be one in the December issue. PLEASE renew NOW. It is essential that you sign the form or it cannot be accepted.

The renewal email from Wild Apricot should be in your inbox by 1 October. If it is not, please check your spam first then email us at: [wa-admin@su3a.org.uk](mailto:wa-admin@su3a.org.uk).

As usual we ask you to renew online if you possibly can. If you cannot then you can still renew by post using the application form enclosed with the paper copy of *Links*.

You can pay with either Visa or Mastercard credit or debit cards but not with a PayPal account.

Do not worry if you have forgotten your password. Click on the 'Forgot Password' link next to the Login button and a new one, which you will be able to change, will be sent to your email address.

If you have changed your email address during the year or have any other problems with the system please email us at [wa-admin@su3a.org.uk](mailto:wa-admin@su3a.org.uk) and we will do our best to help. During the main renewal period we promise a response within 48 hours; usually it is much less.

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## u3a Groups Support

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As some of you will know, Jenny Graaf and Barbara Lowe are ending their period as General Coordinators. This seemed a good opportunity to revisit the way we support our Groups. It was felt that a change to functional support would make sense. The new structure is that we will have a single General Coordinator, together with a deputy, a Group Records team, a financial team, and someone looking after Covid and Risk Assessment requirements. Group Coordinators should now approach the appropriate person or team directly rather than going through the General coordinator. To summarise:

- **Groups Records Team** Contact to report changes to your Group that should appear on the web and in Centre Pages and to report changes to your Group membership.
- **Financial Queries** Contact the financial officer who has previously discussed your financial arrangements with you.
- **Covid and Risk Assessment** Contact the EC member, Mo Cave, who is looking after this.
- **Anything else** Contact the General Coordinator or deputy. In particular if you are thinking of forming a new Group this is the contact.

## Wanted - Deputy General Coordinator:

If you are willing to take on this important role in Sheffield u3a, please contact the current General Coordinator (Fran Rodway [groupsa@su3a.org.uk](mailto:groupsa@su3a.org.uk), 07774 142409) and discuss it with her.



## Drop-Ins are back!

The Drop-Ins will recommence on Tuesday 5th October 10:00-12:00, First Floor, Central United Reformed Church. There will be a warm welcome to all as our doors open again. If you are a new member and have questions, starting a new group and not sure what to do, or you just want to chat about any u3a business, this is an opportunity to come and talk to other members to find out more about us. There will be EC representation and basic IT/ Web support will also be available. We look forward to seeing you.

Samina Aslam, Drop-In Organiser  
[sammas1747@gmail.com](mailto:sammas1747@gmail.com)



## Travel Group

Due to the ever-changing Covid situation, members of the Travel Group Committee felt that it was inappropriate to attempt to organize any Day Trips during 2020 and 2021. However, we do HOPE to be able to arrange some outings during 2022, starting in April or May. Suggested places to visit are: Leicester ( Richard III Centre and other venues); Fountain's Abbey/Studley Royal; Anderton Boat Lift in Cheshire; the new RHS Bridgewater Gardens near Salford; the Manchester Ship Canal; some South Yorkshire Churches with Pat McLaughlin.

The Short Break to Suffolk which should have taken place in June 2020 is now being planned for June 2022 and this has been filled by the members who had previously paid their deposits, so it will not be re-advertised. However, initial arrangements are being made for a Short Break to 'The Cotswolds and Beyond' for September 2022. This trip

which is due to be based at the Alexandra House Hotel, Swindon, will hopefully include a 'behind the scenes' visit to The Royal Shakespeare Company in Stratford upon Avon; Highclere Castle; the Motor Museum near Banbury; visits to Bath; Oxford; a Steam Railway trip and a Canal Boat trip.

The Travel Group Committee are on the lookout for new members to join our team and for suggestions of new places to visit, so if you have any ideas then please email me using the yellow 'Email Travel Group Coordinator' link on the Travel Group page of the SU3A website – this means of communication only, please.

May I remind all Su3a members that the Travel Group is an 'Open Group' so we do not have a membership list as such. It is open to ALL members of Sheffield u3a and applications for all of our outings and short breaks are made by filling in the relevant application form when it appears in *Links*.  
Sheila Harris, Travel Group Coordinator.



### European Travel Group – looking for new members

Are you interested in organising travel trips? The European Travel Group is looking for an additional member to join the team and help organise trips for our members. You would work with the team and with various travel agents and all decisions are taken collectively as a team. The group meets up several times in the year to agree destinations for the following year, to review any existing trips and to tie up all the details. You should be comfortable with emails and have experience of the internet. For more information or to apply please contact: Samina Aslam [sammas1747@gmail.com](mailto:sammas1747@gmail.com) or Brian Cave [bpcave@hotmail.com](mailto:bpcave@hotmail.com)

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## Sheffield u3a Shared Learning & Research Projects (SLRP)

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Sheffield u3a members participate in a wide variety of projects with other organisations including both Sheffield Universities. Involvement is not time consuming since many activities are completed online, such as

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assisting with research or data collecting. To find out more about SLRP click <https://su3a.org.uk/home/noticeboard/research-projects/>

The coordinating group is seeking to recruit new members. We meet monthly for about an hour, currently by Zoom, to assess applications for research assistance as well as monitoring the progress of existing projects. To find out more information about this stimulating role please contact either

Samina Aslam email [sammas1747@gmail.com](mailto:sammas1747@gmail.com) or  
Denise West email [denisewest3@btinternet.com](mailto:denisewest3@btinternet.com) or  
Martin Harvey email [harveymk@yahoo.co.uk](mailto:harveymk@yahoo.co.uk)



### **'Talking about our generation' and still protesting**

In 2017 Su3a began an open group looking at the iconic decade of the 1960s. Since then numerous organisations such as Rotherham u3a, both Sheffield Universities and Weston Park Museum have taken this theme on board.

In March 2020 we linked up with Ignite Imaginations, <https://www.igniteimagination.org.uk>, a Sheffield-based arts charity whose aim is to connect communities through culture. Our idea was to create an inter-generational festival, exploring the different ways we found to protest in the 60s.

Despite Covid, we were determined to present the festival which was streamed between 13th and 16th May 2021. Over three days there were workshops on poetry, dancing, cooking and live music picked from the 'Summer of Love'. The event began with local bands and musicians presenting a showcase of protest songs curated by Brian Clark, who said, 'It was a rewarding and life-affirming exercise that gave me scope to explore simultaneously several of my areas of interest: Sheffield's music, protest and politics during the fabulous decade that was the Sixties'.  
<https://youtu.be/55O12uWIXb4>

Serenade & Symphony, <https://taog.co.uk/exhibitions/audiotour/>, is an interactive audio walk exploring Sheffield's music scene in the 1960s. There are two versions of the walk, one to listen to at home and another that you can experience whilst walking around Sheffield city centre. This

is compiled by Brian Clark, who will guide you virtually around iconic locations from the Applebaum bookshop to the Black Swan.

Jenny Fortune, author and member of the British Women's Liberation Movement, talked about her stage invasion at the 1970 Miss World Contest, <https://www.youtube.com/watch?v=OLO8p9F2EZs>.



There was a tribute to Peter Stringfellow and his legendary Mojo nightclub, [https://youtu.be/gBtF1\\_jazvl](https://youtu.be/gBtF1_jazvl).

To hear some of our members' amazing and inspiring memories on such topics as the sexual revolution, music and education, go to <https://taog.co.uk/exhibitions/u3a/>.

Denise West was asked if she would do something like this again, 'You bet', she said, 'there are things I did and would do again, thoroughly enjoying the experience. As our organisation promotes: you are never too old to learn new skills and have a great time doing it.'

Denise West, Sue Beardon, Brian Clark

For more information about SLRP, see <https://su3a.org.uk/home/noticeboard/research-projects/>



## Message from Ignite Imaginations

Hi! We are Ignite Imaginations, [www.igniteimagination.org.uk](http://www.igniteimagination.org.uk), a local arts charity working with Age UK Sheffield on the development of the Coach House in Hillsborough Park Coach House ([ageuk.org.uk](http://ageuk.org.uk)). We are looking for groups to be involved in this exciting project and help us develop a community exhibition that will be housed in the new café. We want to explore Hillsborough Park - its heritage, nature and amazing facilities - and bring them to life through an exhibition and treasure trail. We are running a workshop and wondered if any Sheffield u3a Group would be interested in getting involved? Draw, write and discuss what it is that the group love about the park, Hillsborough and the area. What are the things they see, hear, feel each day, what makes them feel happy, what makes

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them stop and look. We will capture these thoughts and feelings through creative activities which will then be used as inspiration for an exhibition about the area in the new Coach House Café. We could do something virtual with interested members as well as face-to-face.

Luisa Golob  
(Chief Executive Ignite Imaginations)

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## Lunch and Lecture

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The new Lunch and Lecture Team (Barbara Hutton, Sue Connelly and Martin Harvey) would like to remind you that their first event will take place on Friday, 19 November 2021, at the Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South, Meadowhead, SHEFFIELD S8 8BW. Please arrive at 12 noon for a 12:30 start. Cost £20.00.

After a delicious 2 course luncheon the speaker Ron Clayton, a local historian (<https://sheffieldshistory.com/about-ron/>), will give a lively and stimulating talk on the subject of Sheffield Castle, arguably the most enigmatic castle in England. In 1270 a stone castle was erected to replace the 'motte and bailey' structure which burnt down in 1266. Sheffield Castle, in its heyday, was possibly as large as Warwick Castle and was demolished, circa 1649, after it held out against Parliamentary Forces in August 1644.

If you haven't already booked a place and would like to join us, please complete the form overleaf, being sure to add your membership number and menu choices. Send it with your cheque, made payable to: Sheffield u3a Lunch and Lecture, to Barbara Hutton, at the address on the form, to arrive no later than Friday, 29 October 2021. Bookings received after the closing date will not be accepted.



Contact details are given on the form while travel information and menu choices are on the page that follows.

## LUNCH AND LECTURE – SHEFFIELD CASTLE

Friday, 19 November 2021 - 12 Noon for 12:30 start  
Doubletree by Hilton Sheffield Park Hotel, Chesterfield Road South,  
Meadowhead, SHEFFIELD S8 8BW

NAME ..... Su3a No(s) .....

ADDRESS .....

POSTCODE ..... TELEPHONE .....

Email address .....

MENU CHOICES – please tick one main and one dessert per person

A	B	C	D	E

Special dietary request: .....

Please reserve ..... place(s) for me at £20.00 per person.

I enclose a small stamped addressed envelope and a cheque for £ payable to Sheffield u3a Lunch and Lecture.

Forms should be sent to arrive no later than Friday, 29 October 2021, to Barbara Hutton, 57 Bradway Road, SHEFFIELD S17 4QR

NB If you have the E-Links, not a paper copy, please print the form or write out the required information clearly to send with your cheque.

(Enquiries: Sue Connelly [ksueconnelly@hotmail.com](mailto:ksueconnelly@hotmail.com) 0124 6418251 or 07890 522014; Barbara Hutton [barbara\\_hutton@hotmail.com](mailto:barbara_hutton@hotmail.com) 0114 4384412 or 07873 202996)



The numbers 24, 43 and 44 buses, which run from the city centre, stop outside the hotel and the number 75 bus from Shiregreen, via the city centre, stops just before the roundabout at Meadowhead, just a short walk from the hotel. There is ample parking at the hotel.

**Menu choices:**

A Lemon Thyme Marinated Chicken Breast (GF), served with parsley mash, buttered vegetables and roasted shallot gravy

B Butter Roasted Salmon Fillet served with parsley crushed potatoes, green beans and tarragon cream

C Ricotta and Spinach Filo Parcel served with roast potatoes and seasonal vegetables

D Seasonal Fruit Crumble served with custard

E Seasonal Fruit Salad served with vanilla ice cream

Should you have a special dietary request, please include in your application.

PLEASE NOTE that this is a set menu and once you have made your menu choices you cannot change your mind.



Walking Cricket, see [p 32](#)

### Wanted! Group Coordinators

The **Tai Chi & Qi Gong South Sheffield Group** is seeking one or more people to take on the role of Group Coordinator, without a coordinator the group will close.

We wish to concentrate on teaching Tai Chi and Qi Gong and pass over the role of Group Coordinator. With a greater concentration on teaching we would aim to offer a multi-class format of a Qi Gong session, a session for those either new to Tai Chi or who prefer the shorter 15, 20 or 26 forms, and a session for more advanced students of the 103 form. For further information contact Pat Ryan  
drpjryan@gmail.com

The coordinator and treasurer of **Family History I** have both been in position since 2009 and wish to stand down at the end of the year. The Group has 18 members, two of whom are the planning group, and there are 2 people on a waiting list. They are meeting in a new venue in the Scout H/Q Trippet Lane. For further information contact Annie Grassick [annie.grassick@gmail.com](mailto:annie.grassick@gmail.com)

The role of Group Coordinator, which can be undertaken jointly by more than one person includes:  
venue booking and liaison, dates and times, finances, risk assessments, membership list, communication (email / *Links*), record keeping, u3a database updating, recruitment / advertising, tea and coffee (or more likely rosters for these tasks), etc.



### Discussion II

Our Discussion Group II has continued to meet once a month since last October. We were delighted finally to be able to meet in a member's garden in June this year when the sun beat down on us and we enjoyed

tea and scones. We also exercised our minds on the subject of returning museum items to their country of origin and asked, 'What are British values?' Other topics have been the importance of journalism and the effects of globalisation, the controversy over vaccination and whether it is a family's responsibility to feed the family. We met indoors on one occasion when the weather was bad but our latest meeting was held on a patio, in glorious sunshine, when we tried to define Woke ideology and asked ourselves why we as a nation are so bad at other languages! Next time we will tackle the issue of social care and also debate whether we are the luckiest generation.

Mary Alexander

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## Feminists Over Fifty

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Feminists Over Fifty is a social and discussion group with seventy members that has continued to meet on Zoom throughout the Pandemic and now has two of our six monthly meetings in Real Life. You can join us in our Discussion Group on Zoom or

for a coffee at our Showroom Social. Email Maggie at [feministsover50@gmail.com](mailto:feministsover50@gmail.com) or ring 0114 2306600 to find out about all our events.

Maggie McCarthy

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## Deaf Awareness

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New members are welcome to the Deaf Awareness Group.

Too often people think that the equality act means providing wheelchair access. Even when they do think of deaf people, they imagine the use of an interpreter for British Sign Language (an extremely difficult language to master)! Hearing aid users with considerable, but not total, hearing loss probably form the largest of all disabled groups and are generally poorly supported and enabled.

For them, theatre and other entertainment become too much of a struggle as does eating out with the background noise of people talking above the ubiquitous sound systems. Social life, so essential for good health, often suffers.

One of our members was largely responsible for getting subtitling into Sheffield theatres and elsewhere.

As a group, we have learnt a lot from each other about how to cope and about the difficulty that hearing people have relating to our problem. We are a very friendly group and understand each other well.

Perhaps because of embarrassment, people often leave it far too long before asking for hearing aids. When they eventually do acquire them, they sometimes end up putting them in a drawer or losing them. With better support they might make more use of them.

We are currently having Zoom meetings once a week, to which new members would be welcome and we aim to start monthly face-to-face meetings when they again become possible.

If you would like to consider joining then please email the coordinator Chris(topher) Carter at [U3AChrisCarter@gmail.com](mailto:U3AChrisCarter@gmail.com)

Chris Carter



## Polish Culture and Heritage Group

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The Polish Culture and Heritage Group now has 8 members and we meet monthly for discussion on pre-arranged talks/presentations and to share each other's company as friends. The aim of the Group has been to keep our Polish heritage alive and we're succeeding in doing this through sharing our family histories and traditions and looking at Poland over the centuries with a focus on the political, social and cultural changes that have happened over the ages and how they continue in the contemporary world.

Over the last year, during the Pandemic, our meetings have been held on Zoom and when lockdown ended we have met in our gardens. I arrange a S schedule of talks for the forthcoming year (Sept-July) with some members of the Group giving talks on particular subject areas and also an

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invited speaker, which has included John Evans, the History u3a Coordinator, who has given presentations to the Group on the history of Poland during a specific historical time period. John is a marvellous speaker and has been a highlight to our annual calendar of events.

Over the last year the presentations have included the following: Polish Traditions; Contemporary Polish Politics and the rise of President Andrzej Duda; the Katyn Massacre (we had a trip to Southwell Cathedral in July to see the memorial to those who died in the Katyn massacre); the life and works of the Polish composer Frederic Chopin; the Creation of the Polish State after the 1st World War (John Evans, speaker); the life of Izabela Czartoryska: Polish princess, writer and art collector, 1746-1835. We also hold celebrations at Christmas and Easter and cook Polish traditional food and share memories of our childhood experiences during these times. We shared these celebrations via Zoom last Christmas and Easter showing our home baking via the screen!

We're now planning a trip to the William Morris Gallery in London in October to the 'Young Poland: An Arts and Crafts Movement, 1890-1918' exhibition. The works on display will explore the decorative arts and architecture of Young Poland, a movement that flourished in response to Poland's invasion and occupation by foreign powers.

We recently gained a new member, Anna Kucewicz, who runs 'Polish at Heart' , a website focusing on Polish history and culture. The site has a substantial following from Poles in the UK and worldwide. Anna is a great asset to the Group and has made an impact nationally and internationally developing an extensive network of Poles who share their identity and experiences through the site and social media. Anna has received an MBE for her work in Polish scouting, organising trips and programmes for girl scouts both in the UK and Canada.

Krys Chandler



On June 10 the group met face to face for the first time since March 2020. We'd been meeting on Zoom every two weeks apart from breaks for holidays. We met up at Fulwood Old Chapel and used that as a base before walking across the green to do some Mindfulness activities amongst the beautiful rhododendron bushes. It was an opportunity to put into practice ideas on how Mindfulness can enhance our connection with nature.



Mindful walking amongst the rhododendrons

As a reflection, we asked members of the group to share their thoughts on how our meetings and the practice of Mindfulness had helped them deal with the challenges of lockdown and help enhance their lives. Here is what they said:

'Although I was not new to Mindfulness when we went into lockdown in March 2020, it took on a special meaning for me after that time. Familiar faces appeared week by week, making me feel that they had become friends, sharing a common concern to make life calmer and more secure. The positive attitude of all who took part helped me appreciate the value

of all we hold dear yet gave fresh insight into new ideas and deeper understandings.' (Margaret)

'Learning how to do Mindfulness enabled me to cope more with the pandemic by, at least temporarily, finding how I could detach myself from the worries. I have used Mindfulness techniques when I have been unable to sleep/during stressful situations. I have very much enjoyed meeting many very nice, kind people and exchanging experiences with them. I have found the accompanying literature very interesting regarding psychology, etc., and I'm very grateful for the resources/copies of each class and the countless Mindfulness exercises which are available.' (Anne-Marie)

'After such a long time meeting on Zoom it was so good for a small group of us to meet at the Old Chapel in Fulwood. Not only that, the day was bright so our mindful walking around the park was especially uplifting.' (Sandria)

'For me being part of the Mindfulness group has been very helpful during the last 18 months. I felt encouraged to relax, was able to share with others in the privacy of break-out rooms but most importantly I felt more able to accept that the situation was 'as it was at the time' and there was little we could do about it and it helped me stay calm. One of our new neighbours has commented on how calm I am about accepting that things are as they are.' (Stephanie)

'During lockdowns the Mindfulness sessions were the only times that something was in my diary, so they became very precious. They helped to keep me sane! I discovered that I really enjoyed the chat rooms, having never previously experienced them. The people in the group feel like friends and it was lovely to see some of them in person when we could meet up.' (Margaret)

'Mindfulness has been helpful in a difficult year in emphasizing first, focusing on the moment, and second gratefulness in being generally well.' (Vivian)

'The Mindfulness sessions have been an absolute godsend. They were one of the events that I most looked forward to during the whole 16 months, both from a grounding point of view and from hearing other people's thoughts and concerns during the lockdowns.' (Andrew)

The group resumes with its fortnightly meetings on September 16 with a face-to-face meeting at Fulwood Old Chapel. We will also continue to use Zoom at least up to the end of 2021. Based on our work with the group over the last few years, we have launched a new website at [www.mindfulageing.org](http://www.mindfulageing.org) which gives access to information and free resources, including the online Mindful Ageing course which has been taken up by more than 250 u3a members across the country over the past 15 months. We are seeking new members so if anyone is interested in joining please contact me at [mikema@mindfulageing.org](mailto:mikema@mindfulageing.org).

Mike Pupius



### Novel Reading III

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Novel Reading III has survived the rigours of lockdown and the serious illness of two members and is taking steps towards meeting up in members' homes again. There was a full attendance at the March 2020 meeting just before Covid 19 started to influence our way of life. Of course we all thought it would just be affecting us for a couple of months. How wrong we were but we kept in touch via email, continued to choose a book each month and exchanged our views and comments with the odd telephone call thrown in. As ever our choices varied widely from the 2nd World War in *The Guernsey Literary and Potato Peel Pie Society* and a modern classic, H.E. Bates' *Fair Stood the Wind for France*, to 21st century teenage love in David Nicholls' *Sweet Sorrow*. Between members we compared Edna O'Brien's first novel *The Country Girls*, with her latest harrowing publication *Girl*, and admired Booker prizewinner Bernardine Evaristo's *Girl, Woman, Other*; a couple of times we had a free-for-all just writing about what we were reading at the time. Gradually we have started meeting up, firstly just 3 of us in a garden, then 4 in a house and maybe more this month. Our two poorly people are recovering; we are sad to be losing one of our original members who is moving away from Sheffield fairly soon but are pleased to have welcomed a new younger member to bring our average age down a bit! Long may Novel Reading III continue to flourish!

Judith Vernier



## Tunnel by Patricia Parkin

We were warned about the tunnel  
But it was lightly told;  
Our leaders failed to realize length or depth.  
Entering we told ourselves,  
“we’ve been through perilous passages before  
they always end.”  
Black pressed against the windows  
came seeping through, where there were cracks;  
The air grew heavy bearing down;  
Anxiety and confusion took control.  
The lights within the tunnel failed.  
“Stay in your places do not move around”.  
“How far how long is this to last?”  
Then there came a glimmering of light,  
There had been losses on the way.  
Making this shining day less bright.

I coordinate the group “Poetry for Pleasure”. We have been going for over twenty years. Like most groups we kept going throughout the pandemic and have all survived. We look at a wide variety of poetry with all members contributing. Like the poems we try to vary the programme. At present we are alternating between poems through history and themes. In the last meeting we looked at poetry before 1 BC. This brought poems from early civilisations, e.g. Babylon, Greece and India. This has always been a helpful friendly group. As space in my home is limited I only take ten members although occasionally it has crept to eleven (when friends wanted to join together). At present we have only one vacancy. There are two gentlemen within our group and another would give more balance but anyone is welcome whatever their gender. The meetings are held at my home in Totley. We meet fortnightly on Wednesday at 1:30 pm. Anyone wishing to know more please telephone 07548 930126. My name is Pat.

These few verses are from the Ramayana an epic poem greatly loved and well known in many Asian countries. The best known version was written in Sanskrit around the 7th and 6th centuries B.C.

### The Wondrous Deer

His hoofs were carven lazulite  
His tail with every changing glow  
Displayed the hues of Indra's bow.  
With glossy skin so strangely flecked  
With tints of every gem bedecked,  
A light o'er Rama's home he sent.

Patricia Parkin



### Vacancies in the Dining out Group

We meet once a month on the second Wednesday at various venues and pay according to their menus. For further information contact me [susan-stone1@sky.com](mailto:susan-stone1@sky.com)



### Anglo-Saxon for Beginners

This course, running weekly on Zoom, is due to start on Wednesday September 22. Take-up was so good, with a large waiting list, that I have decided to split the group into 2 so as to accommodate those on the waiting list. Each group will meet at a different time on the Wednesday.

Roger Ellis



### Intermediate German

Many from our Group are meeting in each other's houses. We have been fortunate enough to have a native German speaker who has been taking our classes. However, two of us, who are not confident enough to engage

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in conversation on topics that are set each week, meet every Monday morning by FaceTime. We are also going through the exercises in Living German, translating pieces from Slow German and listening to Coffee Break German.

We are waiting to hear from the Library, where we used to meet, as to when we might return there. Katharine Brown



## Portuguese for Fun

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We have kept going throughout the last eighteen months with the help of Zoom. The online sessions have been one of the lifesavers, especially during the long autumn and winter months. All the members have been in the group for a long time although new members are welcome (some knowledge of Portuguese required). We start by revising a little grammar from Portuguese text books each week. Then we mostly concentrate on speaking and listening (sometimes with a visiting fluent Portuguese speaker) and we also read newspaper articles or a short book in Portuguese. We feel we are making good progress. Now that we are able to meet in each other's houses the fun level has certainly increased, especially when we add the coffee, biscuits and chat at the end. The group, although small, has always been very friendly without anyone feeling under pressure. We encourage each other and hopefully, we aim to keep going for many years to come. Pauline Miller



## Art II

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We will be restarting the Art II Group on Thursday 9 September at 2:00pm until 4:00pm with a break for refreshments. The venue is Ecclesall Parish Halls at the bottom end of Ringinglow Road, meeting in Room One. The Post Code is S11 7PP. We welcome new members who have a basic drawing and painting experience and at present we have room for three more. Please contact the Coordinator, Pauline Miller [pauline@mm1728pm.plus.com](mailto:pauline@mm1728pm.plus.com), for more information or myself.

Michael Granger  
[michael2.granger@virgin.net](mailto:michael2.granger@virgin.net)  
website: <https://su3a.org.uk/>



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## Shakespeare for Pleasure

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The Shakespeare for Pleasure group has survived well during lockdown. We started Zoom meetings last year and have gained more confidence, expertise and enthusiasm as we progressed. Of course, we all prefer face-to-face meetings, but most members got used to the restrictions of Zoom after two or three attempts. We managed to keep in touch via email and phone with those members who couldn't join Zoom meetings for one reason or another. On a positive side, the lockdowns gave us more time to do background work by watching online productions, lectures and to do more reading than we had previously done. This kept us going between meetings and produced some lively discussions and spirited readings of the texts. We've recently been looking at the more obscure plays which have tested our enthusiasm in trying to find accessible productions to watch. As always, some members come up with a workable solution. As lockdown eased members met in person in small groups, and we've now had two proper meetings at the Florentine Inn. The first was a lovely morning get-together in the sunshine with a good number of members able to attend. Our second meeting was inside, where one technologically-minded member set up Zoom for those who couldn't come in person. Another step in our learning process! Hopefully we'll be back to a more normal schedule as the autumn progresses.

Jennifer Mellor



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## Play Reading I

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Considering that Play Reading 1's activities (and successes) involve gathering in a room with copies of a play we have done surprising well during the pandemic! We did not meet during the first lockdown but did plan to restart using a Covid-safe public hall in September. When this turned out to be impossible we moved onto Zoom. From October to date we have met every four weeks and have read eight widely varied plays. Luckily our convenor has a full Zoom licence and we were able to distribute copies of the plays to our homes. Sadly three of our members are not able to access Zoom and we have missed their contributions.

Some of those who were able to participate have found that Zoom activity focuses on the text more than on the skills of the readers! With members in North Derbyshire as well as Sheffield we are able to acquire sets of plays from both libraries, though they have only offered a skeleton service during lockdown. We hope to restart in person in September, not least to meet in person two new members who we have only seen on screen.

Mike West

### Sheffield u3a Play Reading Group 1 seeks new members

We are a group of a dozen drama enthusiasts who meet every four weeks to read a play. The meetings are on Tuesday afternoons from 1:45 – 4:30 usually in members' homes. We borrow sets of plays from both Sheffield and Derbyshire libraries. This places limits on what we can read but within those limits we enjoy a wide range of playwrights. Each summer the convenor produces a long list of possible plays and we vote to select those for the next year. In addition to an enthusiasm for a wide range of authors every member needs to be able to read clearly from the text without rehearsal or prior knowledge. The roles are shared out so that everyone has a fair opportunity to read. To do so usually involves reading different roles at different parts of the play. Often, but not always we read a complete play in an afternoon – with an interval for tea. The group began in 1996 and has two of the original members. This is our first vacancy since 2014. For further details and an invitation to our next meeting contact the Convenor Mike West [mike.west23@tiscali.co.uk](mailto:mike.west23@tiscali.co.uk) 0114 2662188



### War Poets

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The group started in August 2019, with 7 members, meeting at my home in the south east corner of Sheffield. Currently we have 6 of the original band and one new member. The size of the group is largely determined by how many can fit around my dining table, and a group of 8 allows for

some very lively discussion.

The group meets every 3 weeks and has just (late August) had our first face-to-face meeting since March 2020. Although we did manage some Zoom sessions during the various lockdowns, it was so lovely to see people face to face. Of course, this meant the discussion did not always stay on track!

The original aim of the group was to explore poetry from World War 1, and then move on to consider works relating to other conflicts. We haven't got past 1918 as yet and still have plenty of poets and works to consider. Perhaps we talk too much (mostly about the group's topic)! As well as reading some of the poetry aloud, there is always lively discussion about how the poetry fits into the context of WWI, for example the role of women during the War and how that changed when the soldiers came home, how the German people remember the war-dead from their side of the fence.

We started with some of the classic poets – Sassoon, Owen, etc. – considering their works, their roles, ranks etc in WWI, how and when they died and also what the poems said about the views of the public about the war. This quickly moved on to topics including

- Poetry as propaganda
- Female poets and how their views were demonstrated and influenced (e.g. Jessie Pope)
- Irish poets – and links to the Easter Rising
- At Christmas 2019, we looked at poems linked to the Christmas Truce. We also met in early 2020 (pre-covid) for a lovely lunch as a late Christmas gathering.
- German poets and the similarities in the views expressed both about the War and from an individual soldier perspective
- Poems relating to Remembrance Day in the UK, and then in Germany
- Individual and less well-known poets, e.g. Ivor Gurney, Kipling.

One of the aspects that has surprised me is how little I thought of WWI outside of Europe. Our recent excursions have taken us to Gallipoli and most recently to Mesopotamia. My geography has improved (a little) and there is lively discussion about the current conflicts in the Middle East and Palestine. As I write this, the Taliban have just re-taken Kabul – we have not touched on any of the poetry and war aspects of the Baltic region as yet. Still plenty of material and topic areas to consider.

One project we are hoping to take forward (when we can chat more freely without Zoom constraints) is to produce a booklet / pamphlet that includes some of the poetry from WWI with a brief summary from our discussions of the key factors influencing the poems. So watch this space.

We are also hoping to do some field trips to visit some of the places that we come across, such as the statues on the station in Manchester, and museums with memorabilia. Who knows we may even get to visit some of the European war graves in the future.

Room for one more member if anyone would like to join us. Venue is Wales / Kiveton Park. For further information contact me at [hf.berry2@gmail.com](mailto:hf.berry2@gmail.com).

Hilary Berry

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## Vintage voices

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Vintage Voices was founded by Carole Hurst and Robert Spooner in 2012 in response to an advert in *Su3a Links*. We sing in luncheon clubs, care homes, churches and

cathedrals for anyone who invites us. Any donations we receive go to charity, for example Lost Chord ([www.lost-chord.co.uk](http://www.lost-chord.co.uk)).

Our repertoire is varied, from 16th century glees and rounds to 20th century musicals and Wartime sing-alongs. We normally meet every Monday morning in Room 40 at the Victoria Halls in the city centre. Rehearsals start at 10:15 (so that we can use our bus passes!) and finish at 12:15. Under the current restrictions our rehearsals have mostly

been conducted via Zoom.

We are a mixed-voice choir who sing in 4-part harmony; all are welcome, especially Tenors, but we have vacancies in all parts. There are no auditions, but some experience of choral singing is desirable, as is the ability to read music at some level.

There is a fee of £12 per calendar month to cover rent and music expenses payable by standing order, but you can attend 2 rehearsals free of charge before deciding to join us.

If you would like to join us or book the choir for an event or a performance please contact Jackie Hall via [jackie-hall3@sky.com](mailto:jackie-hall3@sky.com) 07770 332155.

Jackie Hall



## A Capella

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We are very much looking forward to singing together this autumn. The group has ticked over quite well over the past 18 months. Regular Zoom meetings helped, although voices don't sync over the internet, so we sang along to YouTube videos of our favourite four-part songs. We also did some online recording using BandLab. More recently, we have had outdoor meetings, singing in Whirlow Park and a member's garden.

From September, we will resume in normal mode, fully risk-assessed, in a spacious indoor setting. We intend to get back to our past high standards of performance, so that, when we are ready, we will perform in public. Later in the autumn, our plans will turn to Christmas, in the hope that we can once again perform in various settings and raise money for Weston Park Hospital.

We look forward to the autumn and winter in a spirit of great optimism, as the group enters a new phase of development.

David Longson



## Blues Ensemble

We meet fortnightly from 2:00pm to 4:00pm at the Holy Trinity Church Hall, Grove Rd, Millhouses.

We play and sing a mix of old and contemporary blues, including Gospel, Dixie, Country and Chicago style Blues. Even the occasional non-blues number creeps in. Nearly all the music we play is available to download and a link can be provided. We like a jam though.

The ensemble is suitable for a wide range of instruments whether C, Bb or Eb tuned, both acoustic and amplified. At the present time we have plenty of guitarists but only one horn player (sax). The group is not really suitable for a beginner but anyone who has an interest is welcomed to pop along and see for themselves if it is going to be right for them.



We are also available to perform, although after the Covid break it may take us a month or two to get back up to scratch.

Anyone interested in the ensemble can contact me, Clive Langman on [clive\\_langman@hotmail.com](mailto:clive_langman@hotmail.com)

Clive Langman



## Drumming

Counting the Beats: This article is a potted history of the drumming group.

Following an advert in the Su3a magazine a group of potential drummers arranged a meeting with me to discuss their aspirations as drummers/percussionists. Most of them wanted to play drum kit. However, apart from one, none of them owned or had access to a set of drums. After much discussion it was agreed we would commence to learn the 5 basic rudiments of drumming. This entailed my acquiring practice pads and sticks for everyone. After teaching them how to sit properly, position the drum and hold the sticks in the correct way, we commenced on the 'basic 5' – the single stroke roll, the double stroke roll, and the 3 paradiddles.

When the group had learned how to play these (very slowly), we decided to learn to read music. By starting very slowly we went through the basics – notation, time signatures, dynamics and playing in time. After a number of years we changed to a venue where we had access to a drum kit, tympani and various Latin American percussion instruments.

For various reasons the group was now down to 3 members. These 3 have developed into decent players with the ability to play tympani, Latin American percussion and drum kit. They can also now read and interpret a drum part. Consequently they are now the percussion section of the Steel City Concert Band.

All this brings us up to date and 'COVID'. For the best part of 20 months we have practised and tried to maintain interest at home.

Finally I would like to thank all the people who have been in the group over the years and hope they have gained some knowledge and insight into the wonderful world of music and drumming.

John Lee



## All Ears

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All Ears, the Su3a group that listens to all and every kind of music that its members suggest, is getting back to normal(ish).

After keeping the music playing on Zoom through the long months of Covid, the group is now meeting on the first Thursday of each month, not Friday as previously. But in all other respects it is back in 'the real world' in Room 4 at the Quaker Meeting House.

The music policy is as simple as it always has been: if a member suggests it and it's on Spotify or YouTube, it gets played, which invariably gives rise to some lively discussion.

See the All Ears page on the Su3a website for full details, or contact coordinator Paul Cordwell - [paulcordwell3@gmail.com](mailto:paulcordwell3@gmail.com) 0114 3273954 or 07561 071828.

Paul Cordwell



## Ukulele 2

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Uke2 have moved along with their host Blend Kitchen restaurant to the bottom of Ecclesall Rd, next to Waitrose Supermarket, and look forward to meeting again.

Our sessions are suitable for all levels of players and complete beginners are more than welcome. These are fun sessions and provide an opportunity to learn, play and sing together, sharing our knowledge and having an enjoyable musical experience.

Eldon Hanson



## Ukulele 3

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Jumping flea = ukulele in Hawaiian, perhaps because nimble fingers leap across the small strings! Ukuleles have become very popular recently

because a beginner can accompany dozens of songs with a few weeks practice. Ukuleles are small, light and not too expensive and no previous experience of playing or reading music is required, but there is always more to learn (see the Ukulele Orchestra of Great Britain on YouTube).

Ukulele 3 has kept going through lockdown despite the technical challenges of Zoom and the compromised sound. We start again face to face on Tuesday 7th September at a new venue at Hallam Grange Tennis Club S10 3RH. It has a large very well ventilated hall, no steps, plenty of parking and is warm in the winter.

We play 10:00 – 12:00 on Tuesday mornings with a coffee/tea break. Ukulele 3 is actually two groups, strumming songs and finger-style (also called melodic playing) each alternating fortnightly. Our songs and melodies cover a wide range of traditional and classical music. You are very welcome.

Christine Osborne  
07753 662073



Gardening C

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With our planned programme stopping abruptly in March 2020 we resumed contact with each other in the summer, when government guidelines allowed, with groups of six meeting in members' gardens, and then in the autumn we turned to Zoom with a series of talks and quizzes. From July this year we have had visits to local gardens and plant nurseries and from October we will have a winter programme of 6 monthly illustrated talks on subjects ranging from Wild Flowers of the Sheffield Region to Gardening for Wildlife.

We are a small group with 18 members, and have vacancies for a few more should you wish to join us. You would be most welcome. For further information contact me at [patricia.robson41@gmail.com](mailto:patricia.robson41@gmail.com)

Patricia Robson



## Geology

Over the last three years our Geology group has grown to be 35 strong. I would agree with you if you said this was a big group but on any one day we usually number less than 20 so it is very manageable. We meet monthly for a Geology walk which is always less than a two-hour drive from Sheffield and usually less than an hour. The walk is usually about 4 to 5 hours – I say “walk” but it is more of a stroll because we frequently stop to look at the local Geology. Our last stroll was a circuit from Abney village where we looked at landslips and rocks nearby. The next one is in Roundhay Park, Leeds.



A fossil coral near Monsal Head



Looking at a limestone swallow hole near Mam Tor

Most members have little or no Geology experience but like to have an understanding of what made the landscape in our local area. We have a social in December and hire a room for the day in January in order to do a bit more Geological detail – and anyway it is often too cold then to be out! If you want to find out more, or know some Geology yourself, please email the group’s contact –see the Centre Pages or the web site: <https://su3a.org.uk/grouppages/interest-and-activity-groups/groups-a-z/?let=G&gp=G40>

Paul May



## Country Dancing

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With a certain amount of trepidation the decision has been taken to restart the Country Dancing group on Tuesday September 7th. We ask all members to do a lateral flow Covid test before coming. This is going to be a steep learning curve to keep everyone as safe as possible. Face shields will be given to every dancer, to be used as they see fit, and there will no longer be refreshments at half time, at least for the time being. As usual the session will be 2:00pm-4:00pm every alternate Tuesday. We welcome, with open arms, new members whatever their standard of knowledge or dancing. For further information contact me at [jillwhyms80@outlook.com](mailto:jillwhyms80@outlook.com)

Jill Whyms



## Walking Cricket

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We have played in a tournament in Barnsley and had two friendly matches against Rotherham (we won one and lost the other). For further information please contact the coordinator Chris Jones, [chrisbjones23@gmail.com](mailto:chrisbjones23@gmail.com).



Playing against Rotherham



## Strollers III (Saturday)

Strollers III walks are on alternate Saturday mornings starting at 10:30am from different locations around the Sheffield area. The group members like to walk at a fairly gentle pace in order to appreciate places of interest and natural beauty. The walks are no more than 3 miles in length and are chosen and led by two different members of the group who have previously reconnoitered the route.



Members usually arrive by car although some destinations are on bus routes. Our latest walk was at Longshaw (see photos) and our next will be from Whirlow Farm. Other walks have been at Dam Flask, Grenoside, Calver, Elsecar, Ecclesfield and Wentworth.

Anne Gurnell



## Email List Services

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Organisers of groups might like to consider using an email list service. The advantage is that every member of the group can email all the other members of the group by sending an email to the list name. They therefore don't need to know everyone's email address.

### HOW IT WORKS

A group organiser sets up a new list with a list name and invites people to join it. For data protection reasons, the organiser cannot add people's email address to a list; people have to apply to join the list and agree to the terms. The group organiser can also allow other committee members to manage the list.

The big advantage is that there is only one list; not different copies on different people's devices. If someone changes their preferred email address then it only has to be updated on one system. This is obviously useful if someone unfortunately dies or no longer wishes to receive email.

The free email list server that I use is the following:

<https://www.freelists.org>

It can be a bit fiddly to set up. When you first try to log in just put the email address you used and leave the password field blank. You will then be sent an email to enable you to set up a password.

**PROS:** It saves the coordinator the admin of forwarding messages from other members of the group. It ensures that people who are no longer members of a group are no longer contacted by accident. Removes the need to remember to blind copy everything. Whole groups can have 'WhatsApp' type discussions via email.

**CONS:** People have to agree to subscribe to the list or they can't be put on it. If you want to enable people to reply individually to you, then you have to include your email address and they have to remember to reply to it and not the whole group.

Chris(topher) Carter

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**u3a** Sheffield **Su3a Executive Committee**

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Home Pages Manager	Stuart Barlow	

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We have decided that, until Spring 2022, lectures will continue to be delivered online. The ones we have lined up, so far, are shown below. Zoom has a limit on attendance so you need to register on the Wild Apricot site for each lecture. As always, this programme is subject to change.

October	1	Kathryn Cooper	Capturing Movement
October	5	Drop-In	10:00am-12:00 noon, CURC*
October	15	David Barber	Artificial Intelligence
November	2	Drop-In	10:00am-12:00 noon, venue tba
November	19	Mark E. Thomas**	tba
December	7	Drop-In	10:00am-12:00 noon, venue tba

\* CURC: Central United Reformed Church

\*\* author of 99%: *Mass Impoverishment and How to End It*

*Links 204: December 2021*  
**Copy Deadline: 29 October 2021**

**Regd. Charity No 703147**