

Sheffield



THE UNIVERSITY OF THE THIRD AGE

Links 173: October 2014



'If you haven't seen the sunrise from Stanage Edge you haven't lived'

Walking Group D celebrate their 20th Anniversary

Contact Us

Our website is at: *www.sheffieldu3a.org.uk*

**Here you will find all the latest news and information about SU3A -
including items that do not appear in *Links***

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Initial Enquiries Officer

enquiry sheffieldu3a.org.uk

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the last date for copy is 3 November

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Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

From the Chair

Later in this edition you will see a notice telling you all about our new membership system. This has been considered for some time and the Executive Committee decided that the time had come when we needed to upgrade our very labour intensive present system. There are modern systems to which we can subscribe which do the job not only with less manpower but with more efficiency because they are capable of doing so much more than we can achieve now. We have had a team of experts from our membership looking at the available systems. The favourite one was, as it happened, being used by Ilkley U3A so their advice was sought. They came over to Sheffield to demonstrate the capabilities, and the problems, to the IT Advisory Group and to some of the Executive Committee. Most importantly the Membership Secretary and the Database Managers were able to voice their hopes and their concerns for the future.



It was agreed to recommend this system, called Wild Apricot, and at the last meeting of the full Executive Committee a vote was taken to go ahead with a year's pilot study using the old and proposed systems in tandem.

We would ask you to use the online renewal if you are able to do so. When renewals are due there will be members of the IT Advisory Group and the Executive Committee available to help you not only with advice but also with demonstrations. It must be stressed that if you are IT phobic or scared of new technology you will not be coerced into using it: good old -fashioned snail-mail will be available. However the more members who 'have a go' will give the IT group a better chance of testing the system when used with such a large U3A.

We are now nearing the end of what has been a mixed summer fluctuating between scorching sunshine which lasted for days on end and then all memories of that period being washed away by heavy rain. I have not had any reports of events being cancelled because of inclement weather: we are obviously a hardy bunch in SU3A.

As we come into autumn it is the time of year when your Committee begins to think about the future. This year there are four members of the Executive Committee due to retire. The Constitution states that members can only stay for four years unless there are special circumstances.

One of those four has volunteered to stay on and continue the excellent work that he has been doing and I think that at next year's AGM this will probably be accepted by the membership. That leaves three members who are leaving, therefore we are looking for new members to join the team. It is very interesting, very worthwhile and affords a great deal of enjoyment and satisfaction. So, please think about approaching us.

There are specific roles to be filled as well as general posts. Come along to a Committee meeting (there are six held each year at the Victoria Hall) and sit in to see what we do. Help plan the future of your Sheffield U3A.

In my last 'From the Chair' I mentioned Le Grand Depart. Well I do not know about the rest of you but I was so proud of Yorkshire. I sat down on the Saturday morning to watch a quick half hour while having elevenses and was still sitting there as the riders crossed the finish line in Sheffield on Sunday. It was one of those memories that will stay with me for a very long time and I am sure many of you will agree.

We have heard that there is to be a YAHR Summer School again next year, to be held at Wentworth Castle. Sheffield U3A will be very involved as our past two Chairmen are involved in the planning and the running of it. I went to the last one and it was a really worthwhile few days. You have the opportunity to learn something new while making new friends, staying in a lovely old house and relaxing in the company of interesting people. When it is formally announced, put it in your diary and give it a try.

We have been invited by the Central United Reformed Church, where we hold our Drop-In sessions, to take part in their Festival of Christmas Trees. The Executive Committee decided that we would like to participate as we are one of the regular users of the Church and they make us very welcome. We will supply a tree and decorate it but we are asking Groups to see if they can contribute by making a tree decoration to represent the Group.

We thought of knitted, sewn, painted ornaments etc. or maybe a decoration from a part of the world represented by one of our language Groups, a model of your special interest which we could make into an ornament. Maybe something representing the Peak District from our walking Groups? I leave it to your imagination. We would need the ornaments, ideally, by the beginning of December. Once decorated the tree will be on show for you to go in and look at. Let us make it a tree to catch the eye of prospective members.

Jean Stevenson

Chair

New : Online Membership System for SU3A

The Executive Committee has decided to proceed with a pilot project for the Wild Apricot online membership system. The plan is that members will be able to renew their membership online from 1 December 2014.

PLEASE NOTE: no member will **have** to use the system. You will always have the option of renewing membership by the current method.

Online renewal will be a very simple process. Payment can be made by debit or credit card, via the PayPal system, without members having to have their own PayPal accounts. Help will be offered at Drop-Ins for those who want it.

The website will remain as now but with a clear link to a secure site for members where payments and renewals can be made.

Eventually, we may move to booking some events online. Once again, there will be fair provision for non-onliners to book by post, as now.

We may also move towards more of our communications being online. Again, alternatives will be available, using the traditional methods.

Why is this happening?

The current administration system only works because of a great deal of work by members of the Executive Committee, especially the Membership Secretary who has to deal with over 3,000 renewals in a period of 3 months. All officers work in a purely voluntary capacity. The workload is increasing as membership numbers rise. Experience is proving that it is very difficult to replace these officers as their term reaches its end. A membership software system is an essential way of reducing the amount of voluntary labour needed to run this large organisation and ensuring its continuing viability. Clearly, we hope that as many people as possible will use the facility.

We need your support to ensure the system is a success.

What do I have to do now?

Nothing at present. Members will receive an email in due course explaining their options (including to continue as now), and explaining exactly how to renew online. Details of help available will also be given.

Your Executive Committee members are unanimous in their view that this will be an essential and beneficial development for Sheffield U3A.

Sheffield residents to help design age-friendly neighbourhoods and housing

A team of researchers at the University of Sheffield is inviting Sheffield residents to become involved in a new research project that aims to develop innovative solutions to the design and management of housing and neighbourhoods that promote well-being as people grow older. A central feature of this work is collaboration with residents aged 50 and over in the design process.

The number of people growing older and living independently in local communities is expected to rise in the coming decades. It is vital that places where people live are designed to promote and support activity while enabling independence and a better quality of life, both for current and for future generations. Sheffield residents can play a role in shaping their future.

The project is led by architect Professor Sarah Wigglesworth. She says: *'This is an important and timely project. The built environment has a huge influence on people's well-being, affecting their ability to be active members of the community and live a full life. We are seeking solutions that can allow people to stay in their homes and neighbourhoods for longer, carry out their normal activities with ease, stay active and have a social life. The involvement of local people in our study is essential for understanding the issues from their perspective. On the basis that what is good for older people is good for us all, such improvements should have a profound effect on how we live in our homes and our cities.'*

The project is funded by three Research Councils and will take place over the next two and a half years. The team is also collaborating with Sheffield City Council to identify opportunities for improving well-being in later life through both immediate and long term actions.

The project team is looking for interested Sheffield residents aged 50 and over who will contribute to and actively lead on the development and evaluation of designs through workshops, neighbourhood walks and other activities. All activities will specifically focus on residential neighbourhoods and will be based in local venues. Transport can be provided.

If you would like more information or would like to get involved please visit the website www.dwell.group.shef.ac.uk or contact Friederike Ziegler, email friederike.ziegler@sheffield.ac.uk tel (0114) 222 8385, or send a query to Dr F. Ziegler, University of Sheffield, ICOS, Level 4, 219 Portobello, Sheffield, S1 4DP.

Events

Friday Lecture Programme 2014

Venue: Showroom Cinema 4 (unless stated). Normally no charge and no booking required. Refreshments from 09.30. Lecture from 10.30 to 12 noon. Half-price parking at Q-Park with a voucher from the Box Office. Greeters wearing lanyard badges will be there to welcome you!

17 October Margaret Cavendish, Bolsover Castle, and the Literature of the English Country House

While the owners of country houses of the 17th century did not want to be understood as immodest, they did like the idea of quietly displaying their taste through architecture (and art). In a loving send-up of Jonson, Margaret Cavendish's *Of Poverty* takes modesty to a comic extreme by seeming to prefer a hovel to a home that is reminiscent of Bolsover Castle. Ironically, the hovel is one that draws from Dutch oil painting of the time. Indeed, one might expect to find a painting of such a hovel in a country house like Bolsover Castle.

James Fitzmaurice, Honorary Fellow, University of Sheffield.

21 November WWI: Uncovering the Past at Redmires

Helen completed her MA in Landscape Archaeology as a mature student at the Department of Archaeology, University of Sheffield. While continuing her education she was employed as a part-time tutor at the Institute of Lifelong Learning (now the Department for Lifelong Learning) at the university, teaching on the undergraduate programme Natural and Human Environments. It was on this programme that Helen was involved with recording features on the hills above Redmires reservoir

Helen Ullathorne, Lecturer in Archeology, University of Sheffield.

19 December The Star of Bethlehem

It might seem churlish to dissect such an enduring image of Christmas as the star of Bethlehem, but a quiet astronomical debate has been bubbling away for decades. Could some real cosmic event have drawn 'three wise men' on a journey to find a newborn king?

David Hughes, Emeritus Professor of Astronomy, University of Sheffield.

Enquiries, offers and suggestions to Shelagh Woolliscroft (01246) 768 212

Pond Clearance and Autumn Tidy at Whirlowbrook Park

Can you spare a few hours on **Wednesday morning 15 October** to help in the SU3A Commemorative Garden in Whirlowbrook Park?

We need folk to wield buckets and barrows as part of the pond clearance programme, sweep paths, cut and clear undergrowth, remove debris from drainage channels, weed the beds, divide and replant, pick up litter whatever you fancy doing. There will be a warm welcome and mouth-watering refreshments.

The Rotarians like to make an early start but you can come at any time between 09.00 and 12.00. Please bring gloves and boots.

Enquiries to Shelagh on (01246) 768 212 or Alison on (0114) 274 6165

Flying Gardeners

We are back at Beauchief Gardens (at the Totley end of the lake by the Abbeydale Industrial Hamlet) at 10.00 on **Saturday 8 November** to administer a bit more TLC in the form of brushing, weeding, pruning and cutting back. Drinks and biscuits are provided. Our Ranger friend Graeme will be there with his amazing kettle and lots of tools.

All you need are boots and gloves for a happy two hours keeping our beautiful city tidy.

Come fly with us!

Enquiries to Shelagh on (01246) 768 212

Sustainable Development Group: fruit picking

Season of mists and mellow fruitfulness...

It is that time of year again - trees laden with apples, pears and plums ready to be enjoyed.

Come and join the Sustainable Development Group fruit picking on **Monday 6 October** at 13.00.

We will be gathering fruit again in the Norton area with Abundance, the Sheffield project that picks surplus fruit which it distributes to community groups and makes into chutney.

Contact Jo Couldry at jocouldry@yahoo.co.uk or (0114) 268 5496 if you want to come and for details of where to meet.

Future Monitoring Technology – a group discussion

As a part of a research project within The University of Sheffield, titled '**Adaptive Lifestyle Monitoring**', we are welcoming people to participate in a focus group to discuss issues regarding video-based monitoring technologies.

You are being asked to participate in a focus group of 6 to 8 participants to discuss the proposed system and comment if such a system would be useful in the future for better and independent living.

At the meeting you will be shown short presentations about the system. You will also be shown some demonstrations of some other camera-based applications to give you an idea of the usefulness of a video-based system.

Following the presentations, there would be a discussion among the participants regarding what you think of such a camera-based monitoring system and whether you think such a system would be helpful for independent living. From the discussion the researchers intend to understand the concerns and different perspectives of such a system. Your participation would be only for about 2 hours for 1 day.

Light refreshments (tea, coffee, biscuits) will be available during the discussions.

[Please note that you are not being asked to evaluate the system. The study is to understand the relevance of such a system.]

We intend to hold the discussion in the brand new HOMELAB within the University. The HOMELAB is an amalgamation of a laboratory and a typical home or care environment. It is being set up by the new Centre (CATCH) of the University. To learn more about CATCH and the HOMELAB, please visit <http://www.catch.org.uk/>

More information about the project is on the SU3A website.

The address for the HOMELAB is The Innovation Centre, 217 Portobello Street, Sheffield S1 4DP.

To take part in the research please contact me, Mr. Sandipan Pal, PhD Student, Department of Electronic and Electrical Engineering, The University of Sheffield, e-mail: s.pal@sheffield.ac.uk or telephone Dr. Charith Abhayaratne on (0114) 222 5893 or Professor Mark Hawley on (0114) 222 0682.

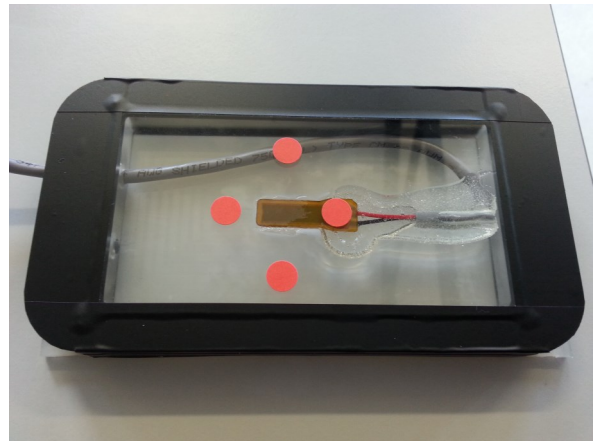
Participants Needed for Human Perception of Haptic Feedback

I am a postgraduate student researching to investigate the ability to perceive haptic vibrational feedback in relation to age, with the aim of improving the design and usability of touchscreen devices for the future populations.

I contacted SU3A last year to recruit volunteers for my vibrotactile research. Thanks to your help I had very good results and published one paper. This year I have improved my test rig and would like to ask for volunteers again. The aim of this project is to investigate the ability to perceive vibrations in relation to age.

We would like to include people of all ages in our project. Non-experience of using touchscreen devices and expert and everything in between are equally welcome. We would greatly appreciate it if you could spend one hour of your time helping us out by attending our three experimental tests.

The test rig



The participants will be presented with different vibrations via speaker and asked if they can feel them and how the vibrations feel. A full debrief will be provided after the experiment.

The experiment will be held in Sir Frederick Mappin Building, Mappin Street, Sheffield S1 3JD.

If you wish to take part in the study please email me: xueqing.zhang@sheffield.ac.uk for further details.

We have been given full ethical approval for the research from the Department of Mechanical Engineering (University of Sheffield). All data logged is anonymous and stored securely. It will be used for research purposes only.

Supervisors: Dr. Jennifer Rowson, j.rowson@sheffield.ac.uk and Dr. Matt Carre, m.j.carre@sheffield.ac.uk.

Thank you in advance

Xueqing Zhang

Department of Mechanical Engineering, tel: (0114) 222 7734



Weekenders: Quiz

Saturday 22 November 2014

What do you know about

Yorkshire, women, astonishing facts and the odd one out? Join us for the Weekenders Quiz and put your knowledge of these subjects to the test.

The quiz, with a pie and pea supper and prizes for both winners and losers, will be held on **Saturday 22 November 2014** at Holy Trinity Church Hall on Grove Road, Millhouses at 19.30. The cost is **£12.50** per person.

We are looking for teams of four people but do not worry if you cannot form a team yourself: come along anyway and we will put teams together on the night.

If you would like to join us, please complete the form on page 30 and return it to Jane Whitehead with your cheque, made payable to **Sheffield U3A Weekenders**, and a small SAE by **Thursday 30 October 2014**.

Please ring (0114) 230 9312 if you would like further information.

Just to whet your appetite here are a few questions: answers on the night:

- The first woman to win a Nobel prize did so in 1903, she remains the only woman to have won the Nobel prize twice - for physics and chemistry, who was she?
- In which Yorkshire seaside village did the great explorer, navigator and cartographer Captain James Cook, whilst working as a grocer's boy, first feel the lure of the sea?
- In his memoirs, who wrote: 'A friend came to see me on one of the evenings of the last week — he thinks it was on Monday, August 3rd. We were standing at a window of my room in the Foreign Office. It was getting dusk, and the lamps were being lit in the space below on which we were looking. My friend recalls that I remarked on this with the words: 'The lamps are going out all over Europe, we shall not see them lit again in our life-time'.'
- In its long and colourful history Britain has invaded, or had a military presence in, all but 22 of the 195 nations of the world. Can you name one of those 22 countries, and, which country have we invaded the most often?



Dreaming of a White Christmas?

**Saturday 6 December 2014 at the West Yorkshire Playhouse
in Leeds**

You will be guaranteed one if you join us on **Saturday 6 December 2014** on our trip to the West Yorkshire Playhouse in Leeds to see their brand-new production of the perennial favourite *White Christmas*. There will be time for lunch at the Playhouse before the show.

The cost of the trip which includes the coach, the driver's gratuity and a ticket for the afternoon performance is **£39.50**.

Places are limited so, if you wish to join us, please complete the form below and send it to Dot Sutcliffe with a cheque made payable to **Sheffield U3A Weekenders** and a small SAE by **Thursday 30 October 2014**.

Please ring (0114) 268 5918 for further information.



White Christmas in Leeds

Saturday 6 December 2014

Name(s) SU3A No(s)

Address Tel:

Postcode

Please reserve.....place(s). I enclose a cheque for £ (**£39.50** per person) payable to **Sheffield U3A Weekenders**. Please send to Dot Sutcliffe, 32 Tapton Crescent Road, Sheffield S10 5DA with a small SAE as soon as possible.

Please indicate your preferred pick up point:

Old Mother Redcap	10.15 (....)
Ecclesall Road South/ Knowle Lane	10.30 (....)
Pond Hill (Penny Black pub)	10.45 (....)

Volunteering

SU3A provides the following information, but takes no responsibility for any resultant actions

Listeners needed



'People told me their problems at work: I miss that.'

'Now I'm retired I want to do something different'

'Samaritans helped me: I'd like to give something back'

There are all kinds of reasons people become **Samaritans**. They come from all faiths and none, all races, all walks of life. What they share is a readiness to listen to people who are in crisis without judging or giving advice. Debt, family breakdown, bullying, loneliness, mental or physical illness, can make people feel alone, even suicidal. Every hour of every day, they can ring Samaritans and talk to a stranger who will listen. (Or email, or text, or write, or meet face-to-face in the daytime).

Could you be a listener?

Samaritans are always looking for volunteers of all ages. Full training is given – you can learn more at one of our information events.

Fill in our online form or contact us at 272 Queen's Road, Sheffield S2 4DL, email queensroad.sheffieldsamaritans.org.uk tel: (0114) 276 7277

Host

There are international students at our universities hoping to have the privilege of meeting people who live in the UK.

Having a well-educated younger person from another part of the world visit you for a day, a weekend, or over Christmas, is an ideal way of exchanging ideas about your respective cultures. It is an opportunity to take a pride in our own country and to understand more about another one, while showing kindness to someone far from home. It is also great fun. If you are not sure about doing this on your own, why not get together with another U3A member and make a great international weekend of it?

HOST is a well-established charity whose hosts are volunteers. Quite a number of our volunteer hosts are members of the U3A.

Please see www.hostuk.org or call local organiser Anne Ramsden on (01484) 654 994.

Please consider taking part in this online survey, which is part of a research project looking at factors which influence mental wellbeing and quality of life among individuals between 50 and 70 years old.

I am completing a doctorate in Clinical Psychology at Newcastle University. I would like to invite members of your organisation to take part in a research project that I am conducting for my doctoral thesis.

The research is concerned with factors which contribute to mental wellbeing and quality of life, and is open to anyone between the ages of 50 and 70 years old. All that it would involve is for participants to complete an online questionnaire. There would then be the option of completing a second questionnaire 6 weeks after the first one.

There are incentives: there is the opportunity to win vouchers for the shop of their choice. Participants can also receive a report of the main findings of the study. Most importantly, they will be contributing to our understanding of factors which contribute to mental wellbeing and quality of life. This could then have wider implications for the way in which NHS services promote mental wellbeing, particularly for individuals between the ages of 50 and 70 years old.

This research has received full ethical approval from Newcastle University.

Follow the link for further information: http://nclpsych.eu.qualtrics.com/SE/?SID=SV_7ZMXNhOGUCrqweN (Ed. or try <http://bit.ly/1qqCZ8S>)

Gavin Menzies



One way to promote mental well being is by joining in U3A activities.

There are several bridge groups in SU3A and the photo shows the Beginners Bridge Group in Stocksbridge - which is looking for new members. See page 19.



Classical Concertgoers

Monday 23 February 2015

The Bridgewater Hall, Manchester

Escape from the gloom of winter with a concert by the renowned St Petersburg Symphony Orchestra with veteran conductor Alexander Dmitriev and a trio of sparkling young soloists:

Natalie Clein	Cello
Freddy Kempf	Piano
Alexander Sitkovetsky	Violin

Programme:

Sibelius	Karelia Suite
Beethoven	Triple Concerto
Rachmaninov	Symphony No. 2 in E minor

The orchestra was formed in 1931 as the Leningrad Radio Orchestra. It famously remained in the besieged city during World War Two. In 1977 Alexander Dmitriev became their Chief Conductor and he has developed the orchestra into one of Russia's leading ensembles.

The concert starts at 19.30 and the programme includes Beethoven's rarely performed Triple Concerto played by three well-known soloists.

Sibelius's lovely Karelia suite opens the concert and Rachmaninov's ever-popular Second Symphony, first performed in St Petersburg in 1908, concludes the evening.

The cost of ticket, coach travel and driver's gratuity is **£32.00**. To apply complete the form on page 30.

The coach will leave the bus stop at the junction of Knowle Lane/ Ecclesall Road at 16.30. to allow for the rush hour in Manchester and time for light refreshments (if required) at the hall.

We should be back in Sheffield at around 23.00.

Pamela Sandford

Coordinator

(0114) 236 1815

Stop Press: Late availability

Lunch and Lecture

Friday 24 October 2014, 12.00 for 12.30

Moira Cameron – Tales of Intrigue and Power

There are still places for this event. The cost is **£15.50**.

Please telephone (below) or submit the form in *Links* 172 by **10 October**.

Dot Sutcliffe/Vera Dyer

(0114) 268 5918 / (0114) 237 7854

Literature Network

Wednesday 29 October 2014 at 14.00

Tickets are still available, price **£3.00**, for '*The inter-war Battle of the Brows*' at the Quaker Meeting House, 10 St. James Street, S1 2EW.

Belinda Barber

Coordinator

(0114) 230 4717

Classical Concertgoers

Wednesday 29 October 2014

A few seats remain for the daytime concert in Birmingham on Wednesday 29 October. See August *Links* for details and application form or ring Pamela Sandford on (0114) 236 1815.

Research Projects

Readers will have noticed a large number of requests for help in this edition of *Links*.

We receive a great deal of support from the two Sheffield Universities: they provide expert speakers for the Showroom lectures, support our shared learning projects and help behind the scenes in many ways. We help them by providing access to volunteers for their students' research. There is a joint research project with Newcastle University, hence the request from there in this edition of *Links*.

Group News

Extraordinary Group Coordinators' Meeting

Wednesday 19 November 10.15 for 10.30 at CURC

This meeting has been called to introduce Coordinators to the Wild Apricot Membership Management system which is to be launched on 1 December. We hope as many of you as possible will attend.

Clare Chiba (General Coordinator A)

New Groups

Knitting

I am interested in forming a Knitting Group which would meet in the centre of Sheffield - possibly in the new U3A Meeting Room or in a central café, whichever people would prefer. The Group would be for beginners as well as more experienced knitters, and I would envisage our sharing skills, learning new techniques etc. and possibly undertaking projects for charities. Maybe visits to Shows, Exhibitions etc. I do not have a fixed day in mind but possibly a Wednesday, Thursday or Friday morning once or twice a month.

If you might be interested in such a Group please contact me by email at *helengwyddanes@hotmail.co.uk* or phone me on (0114) 221 6360.

Helen Gwyddanes

(0114) 221 6360

The Golden Age Of Music Hall

Remember the *Good Old Days*? Well a small group of U3A members want to set up a Music Hall Group within Sheffield U3A. We would hopefully like to perform, along with other members, but there would also be the opportunity for others to contribute in areas such as backstage, front of house, costumes etc. Room 50, in the Victoria Hall, has been booked, for this purpose on **Tuesday 14 October 14** in the morning 10.00 – 13.00. Please come along for more information.

For those not able to attend in the morning, an evening session may need to be arranged on the same day, venue to be decided. If the evening session is of interest, please contact me. We will also be attending the Tuesday Drop-In sessions in October and November, where we can also be contacted.

Mike Williamson

(0114) 236 5415

World of the Book

I am looking to start a different sort of Book Group. The idea is to examine in detail an author and their works, therefore developing a more in-depth knowledge of the world at the time of writing, the life of the writer etc.

We will meet monthly on the 4th Wednesday in the morning. If you think this sort of in-depth study is for you then please contact Denise West at *denisewest3 btinternet.com* or telephone (0114) 274 6797 to register your interest.

Denise West

(0114) 274 6797

Singing in Unison

I have met several members recently who have expressed a wish to 'just sing' in a group. In other words not as a 'choir' but more how we remember singing at school, round the camp fire or at social occasions. If you would be interested please contact me.

Jill Whyms

(0114) 258 9935 or 0771 722 0054

3 Carter Knowle Ave, S11 9FT

SU3A Radio Production Group

The group is being set up to initially produce "OPPORTUNITIES"- a monthly half-hour 'radio' programme for SU3A members. It will include interviews, location reports and up to date information.

The intentions are that it is fun, emphasises the social benefits and opportunities of SU3A and directs members to the SU3A website.

Stage 2, in 2015, is to begin producing 'stand-alone' programmes that are about issues/events that concern/interest the members of the Radio Production Group.

No previous experience or radio production equipment is required.

The Group Coordinator, Harry Welburn, has the essential equipment for the above to happen.

The Group would initially hold planning meetings in a pub in or near the City Centre on a day and a time to be agreed. Recording and editing would also be by negotiation.

If you are interested please contact Harry at: *mashitupharry yahoo.co.uk*

New Members

Bridge

Would you like to play bridge in the North of Sheffield?

We started a Beginners Bridge Group in Stocksbridge in September 2013 and have a group of people regularly attending our weekly Tuesday afternoon sessions. We now play at Beginner/Improver level.

We meet at The Venue in Stocksbridge from 14.00 to 16.30 for an enjoyable but stimulating session and once a month our tutor, Graham, comes to try and help us to improve.

We have room for a few new members so if you might be interested in playing bridge we would like to hear from you.

Give it a try!

Ring Bob Smith on (0114) 288 8624 or email *smithr383 gmail.com*

Cercle Francais II

Est-ce que vous voudriez parler plus couramment le français?

Meets fortnightly on Monday afternoons in Sheffield 10. New members welcome.

We are a small informal Group aiming to maintain and/or improve our fluency of conversation in the French language with the help of the more experienced and qualified members of the Group.

Our activities also include topics and items introduced by the Group members on a variety of subjects, some just for fun and others to examine facets of the language in more depth.

For more information telephone (0114) 230 2561 or (0114) 230 7300.

Margaret Platts

Coordinator

Stress? Try Meditation

Our group meets on the 3rd Tuesday each month from 10.00 – 11.00. There are vacancies.

Patsy Gibbon

Coordinator

(0114) 250 0663

Belly Dancing: Get Exotic In Stocksbridge

It is never too old to shake your booty (and in fact you might live longer).

The Veil Dance? Fantango? Or . . . Kiss Kiss? It is ten o'clock on a Tuesday morning at the Inman Community Centre in Stocksbridge. We don our finery – coin belts, brightly floating skirts, dangling ear-rings, bangles, even leopard spot leggings (we each have our own style) – and enter a sensuous world of Arabian music and unusual movements.

The camel, the figure of eight, the hip-drop, the chest-drop, the shimmy - you would be amazed at how good all these are for alleviating lower back pain and knee problems. Back in Ancient Egyptian times belly dancing was also considered important in preparing the body for childbirth – so this year our young teacher Julia (aka Bella Shimmy <https://www.facebook.com/bella.shimmy.1>) kept teaching and performing around Sheffield until late pregnancy. [*We are happy to report that baby Frank was delivered safely on 11 August, weighing in at 6lb 13oz and he will be visiting the class to meet us in due course.*]

Candi <http://rakscandi2.weebly.com/> has taken over the class short-term, although she says she is retiring after many years as a professional dancer. She presents us with a new dance, to the track Ta'ala Oullak, and then gives us the back story: she learned it from her first teacher, Margaret, who was then in her eighties.

Candi has been one of the leading lights at the 'Jewel of Yorkshire' (see <http://www.jewelofyorkshire.co.uk>). This is the twice yearly hafla - the traditional belly dance celebration, gathering of dance troupes, souks, workshops and general showing off - which many of us have, of course, attended. Teachers come here from Turkey, Morocco and Egypt. There are also various 'fusion' styles on offer. In fact, you can belly-dance to any kind of music and even use the moves, free-style, on the disco floor.

SU3A Stocksbridge Belly Dancing class can be seen on YouTube and will be playing a key part in the *One Billion Rising* flash-mob dance in the Peace Gardens, Sheffield City Centre, on Valentine's Day 2015 dancing in solidarity with women and men around the world to stop violence against women and girls (see www.vdayssheffieldrising2013.wordpress.org).

Please join us there! We warmly welcome new members.

For more details contact Kathryn on kathandpen.live.co.uk (or just come along to the class).

Sheffield U3A Activities and Interest Groups: October 2014

To join Sheffield U3A please contact Rita Webster-Carr (Initial Enquiries Officer) on (0114) 230 8866, email enquiry@sheffieldu3a.org.uk

Anyone wishing to join a Group should ring the Coordinator first. If you find the Group is full, has a waiting list, or wish to suggest a new Group, please ring the appropriate Group Coordinator, or (01433) 659 864

Groups currently notifying they have vacancies are marked with a **V** in the following pages. Full details and some Group programmes can also be found on our website - www.sheffieldu3a.org.uk.

Sheffield U3A is committed to the principles of inclusion and good access wherever possible. We are making every effort to ensure that our activities are available to everyone who wishes to actively participate.

ACCESS: to Group meetings and activities is listed using the following key -

MH	Member's Home - access variable; if you have specific needs please contact the Group Coordinator
PVHL	Public Venue - meeting is fully accessible, including a hearing loop
PV	Public Venue - meeting is fully accessible but does not include a hearing loop
PVAL	Public Venue - meeting access is limited; if you have specific needs please contact the Group Coordinator
O	Outdoors

MEETING: This shows Day, Time & Frequency - e.g. *Mo.am.f = Monday Morning Fortnightly. We.pm.m = Wednesday Afternoon Monthly. Tu.--.w.= Tuesday All Day Weekly. 4w = Every 4 weeks. AREA:- The Postal Area in which the Group meets - e.g. (SE) indicates that the Group meets in the South East of Sheffield.*

Please notify any amendments to this list to the Group Coordinator team.

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
ART						
Art (SE)	V	We.pm.w	S13	PVAL	Paul Garland	269 3219
Art I		We.am.w	S11	PVHL	John Carr	230 8866
Art II	V	Th.pm.w	S11	PV	Ruth Lamb	236 2807
Art III	V	We.pm.w	S11	PVAL	Miriam Currie	01246 414 274
Aspects of Art I	V	Th.pm.m	S7	PV	Jean Stewart	262 1055
Aspects of Art II		Th.pm.m	S7	PV	Valerie Wiley	236 0726
Looking at Art	V	2ndTh.pm.m	S8	PV	John Cooper	01909 567 279
Outdoor Sketching I	V	Fr.am.f	various	O	Daniel Merrills	230 5952
Visiting Art	V	1st We.-m	various	PVAL	Julia Duggleby	258 7637
ARTS AND CRAFTS						
Appreciating Architecture		3rdTh.pm.m	Greenhill	PV	Margaret Short	266 0269
Architecture Past and Present	V	2ndTu.pm.m	S8	PV	Roy Pilkington	01246 768 212
Digital Photography	V	3rdTh.pm.m	S11	PV	Alan Zinober	236 7001
Dressmaking		Mo.am.f	S11	PV	Ruth Bernard	258 9026
Handwork & Craft II		Th.am.f	S11	MH	Elsbeth Eggington	230 8755
Knitting		We.pm.m	S10/11/17	MH	Jane Harling	230 9576
Patch & Quilt		Mo.pm.f	S17	MH	Inge Davies	236 0318
Quilting Hive	V	Mo.pm.	S8	MH	Lynne Brown	237 7643
Sewing and Stitching		Th.pm.f	S11	PV	Ann Granville	230 9754
Video Production (Documentary)	V	Varies	Sheffield area	MH	Ian Barkley	01709 812 351
Woodworking/Woodcarving		Th.pm.w	S7	MH	Bob Adkins	255 1968
BIRD WATCHING						
Bird Watching I		Mo.am.f	various	O	Robin Peel	241 6525
Bird Watching II	V	We.--w	various	O	Malcolm Swift	01246 412 737
CARDS AND BOARD GAMES						
Bridge - Friday I	V	Fr.pm.w	S17	PV	John Strange	01246 416 558
Bridge - Friday II	V	Fr.pm.w	S10	PV	Brian Jeremiah	230 7250
Bridge - Friday III	V	Fr.pm.w	S7	PV	Louise Cooper	230 7191

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Bridge - Monday	V	Mo.pm.w	S7	PV	Patricia Latham	01246 419 106
Bridge - Thursday	V	Th.pm.w	S17	PV	David Buckle	236 7893
Bridge - Tuesday	V	Tu.am.w	S11	PV	Michael Brumby	236 5676
Bridge - Wednesday	V	We.am.w	S17	PVAL	Jean Bowie	230 1002
Bridge Stocksbridge	V	Tues.pm.w	S36	PV	Bob Smith	288 8624
Chess	V	Tu.pm.4 wkly	S17	MH	Sheila Hardie	236 4498
Evening Rummikub	V	M.eve.w	S17	MH	Chris Cave	236 4648
Rummikub (SE)		Mo.pm.f	S13	MH	Joan Brown	269 4829
Rummikub (SE) II		Monday pm f	S20	MH	Barbara Steel	247 4696
Rummikub I		Mo.pm.f	S7/8/17/	MH	Shirley Wilks	438 0480
Rummikub II	V	Mo.pm.w	S10	MH	Rita Webster-Carr	230 8866
Scrabble	V	Fr.pm.f	S7	PVAL	Liz Barber	288 4113
Whist cntrect & dble 12 Dominoes	V	Sun.eve.w	various	MH	Gerald Cartwright	0785 544 048
DISCUSSION, PHILOSOPHY, ECONOMICS AND RELIGION						
Discussion I		Tu.pm.f	various	MH	Claire Attwood	250 8286
Discussion II		Tu.am.m	various	MH	Mary Alexander	255 6385
Jesus and Christianity	V	1st Sa.pm.m	S4	PV	John Vincent	243 6688
Meditating Together	V	3rdTu.am.m	S7	MH	Patsy Gibbon	250 0663
Personal Finance	V	Mo.pm.m	S11	PV	Helen Marsh	230 1622
Philosophy- Hist/Classical		2ndMo.pm.m	S11	PV	John Kirkman	236 1971
Sugar & Spice	V	Mo.pm.f.	S8	MH	Eunice Southgate	281 1876
Today's World		Th.am.m	various	MH	John Green	230 7768
Wealth & Poverty		4thMo.pm.m	S11	MH	Helen Davies	266 3276
GARDENING						
Gardening (SE)	V	Tu.am.f	various	PVAL	Carol Wright	251 0140
Gardening at Whirlowbrook Park	V	We.am.f	S17	O	Shelagh Woolliscroft	01246 768 212
Gardening C		Mo.am.m	S10/11/1	PVAL	Susan Fielding	230 3987
Gardening D		2ndTu.am.m	various	MH	Helen Drury	236 7053
Gardening Greenfingers		2ndTu.pm.m	S8	PV	Jane Gregory	274 9246
HISTORY						
Family History I		2ndWe.am.m	S10	PVHL	Annie Grassick	230 2777

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
History (cont)						
Family History IV		4thWe.am.m	S11	PVAL	Monica Stagg	274 8397
Greece and Rome	V	Fr.pm.m	S11	MH	Anne Thomas	230 5281
History I	V	Tu.am.f	S17	PVHL	Robert Bragg	281 9534
History II	V	Mo.pm.m	S10/11/17	MH	Angela Jakubovic	236 3858
Local History (SE)	V	We.pm.f	S21 4BH	PV	Margaret Troop	287 4448
Local History III		Mo.am.f	S7	PV	Carmel Rogers	266 0792
Military History	V	Th.pm.m	S7	PV	Marion Monaghan	01246 414 137
Modern East Asia	V	4thTu.pm.m	S1	PV	John Evans	230 1173
Visiting History	V	Tu.pm.m	various	PVAL	Jenny Clark	266 9395
LANGUAGES						
Cercle Francais I	V	Fr.am.w	S7	PVAL	Alan Price	234 4172
Cercle Francais II	V	Mo.pm.f	S10	MH	Margaret Platts	230 7300
Classical Greek Alpha	V	We.pm.f	S1	PV	Deidre Eastburn	281 8446
Conversational German		We.am.We.pm.w	S25	MH	Anne Greenhalgh	01909 564 464
French for Holidays		Mo.pm.f	S7	MH	Usha Fitch	236 5009
French-Advanced		Fr.am.w	S10	PV	Lorrie Flannery	273 1788
French-Intermediate		Th.am.w	S11	PVAL	Pauline Wiley	286 4085
German for Improvers	V	Mo.am.w	S18	MH	Shelagh Wooliscroft	01246 768 212
German-Advanced	V	Tu.pm.f	S6/8/10/	MH	Peter Gill	263 0640
German-Intermediate	V	Mo.am.w	S10	PV	Katharine Brown	265 6577
Italian		Tu.pm.f	S10/11/6	MH	Rosalind Rogerson	268 1426
Italian for Beginners		Tu.pm.w	S11	PVAL	Mel Kingsley	230 2701
Italian for Holidays	V	Fr.pm.w	S11	PV	Mike Hague	236 6336
Latin II		2nd & 4th Fr.am.m	S1	PV	Jean Hart	247 0566
Latin III	V	Tu.pm.f	S10	MH	Audrey Ward	230 3423
Latin Improvers		Mo.am.f	S1	PV	Rose Tanner	245 0200
Modern Greek	V	Th.pm.f	S11	MH	Margaret Halstead	258 2541
Portuguese For Fun		Tu.am.w	S11	MH	Pauline Miller	258 3678

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Sanskrit	V	Th.am.w	S11	PV	Ronald Atkinson	274 5031
Spanish Beginners		Mo.pm.w	S10, S11, S17	MH	Israel Newton	266 3138
Spanish Intermediate I	V	Th.am.w	S7	PVAL	Hilda Wisbey	275 1935
Spanish Intermediate II	V	Th.am.w	S7	PV	Pat Smith	230 6432
Spanish Stage 2	V	We.pm.w	various	MH	Greta Pearman	236 3336
Welsh Conversation	V	Tu.am.f	various	MH	Steve Clements	255 8422
LITERATURE AND DRAMA						
Book Group I		Fr.am.m	S17	PV	Margaret Walton	255 6563
Book Group II		Fr.am.m	S17	PV	Sally Carter	236 2066
Book Group III		2ndTu.am.m	S17	PV	Wendy Jenrick	268 7047
Book Group IV		Fr.am.m	S17	PV	Mary Whymys	236 8628
Book Group V	V	Tu.pm.m	S11	MH	Mary Brookes	235 0180
Bookworm	V	Fr.pm.m	S36	PV	Angela Butler	288 4778
Creative Writing	V	Fr.pm.m	S36	PV	Meg Jepson	288 2929
Drama Study	V	Tu.pm.f	S11	MH	John Parsons	230 4902
Enjoying Literature	V	We.am.f	S7	MH	Roger Smith	268 6924
Film Appreciation	V	Tu.pm.m	S1	PV	Lesley Dixon	268 5881
Novel Reading I		Mo.pm.4w	S10	MH	Pam West	266 2188
Novel Reading II	V	Mo.pm.m	S11	MH	Kay Beeston	01433 631 247
Novel Reading III	V	2ndFr.am.m	various	MH	Judith Vernier	01246 418 607
Novel Reading IV	V	Fr.am.m	S5	MH	Mary Simpson	245 2568
Play Reading I		Tu.pm.4w	various	MH	Mike West	266 2188
Play Reading II	V	Last Fr.pm.m	S11	MH	Doreen Findlay	266 8577
Play Reading III	V	Mo.am.4w	S 17	MH	Mavis Frost	236 4249
Poetry for Pleasure		We.pm.f	S17	MH	Pat Parkin	236 8009
Poetry Study	V	We.pm.f	S11	MH	Freda Green	236 4882
Reading for pleasure		Th.pm.m	S17	MH	Susan Kirkman	236 1971
Shakespeare for Pleasure	V	Tu.am.f	S10/11	MH	Kay Nicholson	268 6220
Story Writers	V	Tu.am.4w	various	MH	Margaret Briddon	262 0501

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
MUSIC						
A Cappella Singers	V	Tu.pm.f	S6,7,20	MH	Mike Maas	230 4435
Drumming		Th.pm.w	S1	PV	John Lee	233 8517
Enjoying Opera I		Mo.pm.f	S10	MH	John Williams	230 4568
Guitar Group		Mo.pm.f	S1	PV	John Shimeld	07986 780 223
Handbell Ringing	V	We.eve.w	S35	PVAL	Margaret Naylor	236 0245
Jazz Appreciation I		2ndTu.am.m	S10	MH	John Green	230 7768
Jazz Appreciation II	V	3rdTu.am.m	S7	MH	David Bone	268 1016
Music Appreciation I	V	Th.pm.f	S6	PV	David Andrews	235 3389
Singing for Pleasure		Fr.pm.f	S1	PVAL	Irene Lees	267 1857
Ukulele		Alt.Tu.pm.m	S8	PVAL	Ann Beedham	274 8331
Vintage Voices	V	Mo.am.w	S1	PVAL	Carole Hurst	293 9163
PHYSICAL ACTIVITIES						
Belly Dancing Stocksbridge	V	Tu.am.w	S36	PV	Kathryn Smith	283 1171
Bowling Crn Grn (SE)	V	Th.am.w	S20	O	John Hunt	269 8811
Bowling Crown Green	V	Mo.am.Th.am.w	S8	O	Tony Hobson	281 5373
Country Dancing	V	Tu.pm.f	S8	PV	Anne Marples	266 8794
Croquet	V	We.am.Tu.pm.Th.pm.w	S11	O	Peter Jones	230 5987
Fitness: Tailor made for you.	V	Tu.am/Th.am/Fri.am	S11	PV	Ann Evans	348 6607
Fly Fishing	V	Various	Various	O	John Shimeld	07986 780 223
Midweek Cyclists	V	Mo.am.f	various	O	Dave Jefferies	266 3612
Pilates		We.pm.w	S18	PVAL	Vera Dyer	237 7854
Racketball (Mon)	V	Mo.am.w	S17	PVAL	Peter Keen	236 4914
Racketball (Thurs)	V	Th.pm.w	S17	PVAL	Peter Hawksworth	230 7678
Racketball Stocksbridge	V	Tu.am.w	S36	PV	Elaine Smith	288 8624
Table Tennis	V	Mo.Th.am.w	S17	PV	Anne Coghlan	236 4770
Tai Chi & Chi Kung Beginners		Fri. pm w.	S17	PV	Pat & Clare Ryan	236 8749
Tai Chi & Chi Kung Intermediate		Fri. pm w.	S17	PV	Pat & Clare Ryan	236 8749
Tai Chi Stocksbridge	V	We.pm.w/Fr.am.w	S36	PV	Christopher Goldthorpe	01226 762 201
SCIENCE AND TECHNOLOGY, SOCIAL SCIENCE						
Civil Engineering	V	Fr.pm.m	S11/S8	MH	Anne Marples	266 8794

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Environment I		Tu.am.f	S11	MH	Cliff Ellis	250 0883
Geology	V	We.--.m	various	O	David Edmonds	234 3604
Natural History		Th.--.m	various	O	Ken Balkow	266 6750
Science & Technology	V	Mo.am.m	S8	PV	Neil Lawrie	236 6294
Sustainable Development	V	Mo.pm.m	Central	PVAL	Jo Couldry	268 5496
Transport Umbrella Group	V	3rd Tu.eve.m	S11	MH	Colin Price	236 8062
SOCIAL						
After Hours		Eve/wk.end	various	PVAL	Mary Entwisle	255 2368
After Hours NW		Tu.eve.m	various	PVAL	Joyce Franks	234 8587
Afternoon Tea	V	Wed.pm.m	Various	PV	June Jackson	236 4474
Dining Out I		Wed.eve.m	various	PVAL	Lorna Baker	236 9025
Indian Veggie Buffet	V	3rd We.eve.m.	various	PVAL	John Wragg	229 5181
International Diners	V	Random	various	PVAL	John Wragg	229 5181
WALKING						
Dippers "Too"(7-10mls)		Mo.--f	various	O	Margot Williams	266 7807
Dippers I (4-6mls)	V	Mo.--f	various	O	Donald Ward	236 3332
Gannets (5-7mls)		Mo.--f	various	O	John Lees	267 1857
Late Walkers (5mls)		We.am.w	various	O	Jill Whymys	258 9935
Peak in Bloom	V	Sun.--f	various	O	Wendy Taylor	230 9290
Strollers I (Public Trspt.)		We.--f	various	O	Michael Ball	287 9226
Strollers II (Public Trspt.)	V	Mo.--f	various	O	Sheila Hewitt	268 6891
Strollers II (Saturday)	V	Sa.am.f	various	O	Norman Benson	236 1080
Strollers II (Tuesday)	V	Tu.am.f	various	O	Clive Williams	230 8177
Strollers III (Public Trspt.)		We.--f	various	O	Pat Clifton	251 0450
Strollers III (Saturday)	V	Sa.am.f	various	O	Angela Lam	01246 416 842
Strollers SE(Saturday)	V	Sa.am.f	various	O	Barbara Steel	247 4696
Sunday Walkers (7-9 mls)	V	Sun.--f	various	O	David Hydes	288 7815
Walk 'n' Talk German (5 mls)	V	Fr.am.f	various	O	Antje Barker	268 3912
Walking Grp A (5-6mls)	V	Alt Tu./We.-w	various	O	Pat Crook	265 4731
Walking Grp B (7-8mls)	V	Tu.-w	various	O	Gail Digby	274 7319

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Walking (cont)						
Walking Grp C (5-7mls)	V	We.-w	various	O	Gilbert Smith	230 5769
Walking Grp D (9-11mls)	V	Alt We./Th.-w	various	O	Richard & Maggie Hardingham	236 4449
Walking Grp E (5-7mls)	V	Alt We./Th.-w	various	O	John Ould	236 9606
Walking Grp F (10-14mls)		Alt We./Th.-w	various	O	Peter Digby	236 6821
Walking Grp G (5-7mls)		Th.am.w	various	O	Tim Caley	230 3212
Walking Grp H (9-11mls)		Mo.--w	various	O	Eric Bridgeland	250 8819
Walking Grp J (10-14mls)	V	Alt Tu./We.-w	various	O	Mike Gallivan	266 6797
Walking Grp K (4-5 mls) Pub Trspt		Th.--f	various	O	Pat Clifton	251 0450
Walking Grp L (4-5 mls)		Th.am.w	various	O	Barbara Cassidy	262 0699
Walking Grp M (6 - 8 mls)		Fr.--w	various	O	Gordon Young	296 2402
Walking Grp N (5 - 7mls)		Fr.am.w	various	O	Sheila Harris	236 9653
Walking Grp NW (5 - 8mls)		Th.am.w	various	O	Mary Condon	288 5238
Walking Grp P (8 -10mls)		Alt We./Th.w	various	O	Mollie Ibbotson	01246 412 849
Walking Grp Q (5-7mls)	V	Tu.am.f	S5/S35	O	Anne Chatterton	246 2106
Walking Grp R (7 - 9mls)	V	Mo.--w	various	O	Camilla Jordan	268 5355
Walking Grp SE (8 mls)	V	Tu.--w	various	O	Kenneth Stringfellow	230 4063
THE FOLLOWING GROUPS ARE ADVERTISED IN LINKS AND ARE OPEN TO ALL MEMBERS						
SHORT COURSES						
Memory Course	V	Th.pm x 4 sessions	S1	PV	Stephanie Dixon	247 0119
OPEN						
Classical Concertgoers				PV	Pamela Sandford	236 1815
European Travel Group		various		PV	Samina Aslam	235 1489
Literature Network				PV	Belinda Barber	230 4717
Lunch & Lecture		twice yearly	S8	PV	Dorothy Sutcliffe	268 5918
Travel		various		PV	Barbara Robertshaw	236 9102
Weekenders		Sa.Su.m	various	PVAL	Dot Sutcliffe	268 5918

and Old Members

Group News

Walking Group D - Twenty Year Anniversary

On the 31 July D Group celebrated the twentieth year since they were created as a spin off from Group B. As an acknowledgement of the event, members of the present team repeated the first walk completed in 1994 and invited as many of the 'originals' as could be contacted to join them afterwards for a celebratory drink at the Norfolk Arms - the starting point in 1994.

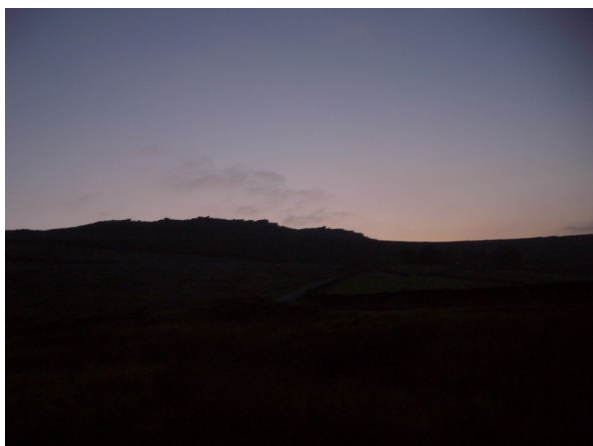
Incredibly, George and Beryl Noble, both 'originals', still walk with D Group and repeated the first walk on this occasion and were joined by five others, Geoffrey Winter, Stuart Dawson, Mary Balbi, Liz Ransom and Julian Oakley in the famous hostelry for what turned out to be a very convivial - if too brief - party.

Julian surprised everyone by making a special trip from East Sussex, his present home, to see his old friends, especially Geoffrey who, in his day, used to walk to the start of walks, most famously once walking from his home in Ecclesall to Bakewell in time for a start time of 10.00.

*'If you haven't seen the sunrise from Stanage Edge you haven't lived' !**

Stuart, Mary and Liz were all fundamental in setting up the new Group and their enthusiasm, organisation and commitment started a group which is still thriving and enjoying what those original pioneers began.

The cover photograph shows those 'originals' who could join D Group on the day. From the left, they are: Mary Balbi, Liz Ransom, George Noble, Beryl Noble, Geoffrey Winter, Julian Oakley and Stuart Dawson.



**Sunrise over Stanage Edge earlier this month.*

If anyone has a better photo of this sunrise please send it to the Editor.



Weekenders : Quiz Night

Saturday 22 November 2014

Name(s) SU3A No(s)

Address Tel:

..... Postcode

Please send me tickets(s) for the Quiz and pie and pea supper.

I enclose a cheque for £ (**£12.50** per person) payable to **Sheffield U3A Weekenders**.

I would like to request vegetarian meal(s).

Please send to Jane Whitehead, 21 Bingham Court, Graham Road, Sheffield S10 3DZ with a small SAE to arrive by **Thursday 30 October 2014**.

✂ _____

Classical Concertgoers: The Bridgewater Hall, Manchester

Monday 23 February 2015

Name(s) SU3A No(s)

Address Tel:

..... Postcode

Please reserve place(s) for me (**£32.00** per person). I enclose a cheque for £ payable to **SU3A Concertgoers** and a **small stamped addressed envelope**.

If possible I would like to sit with:

Completed forms should be sent to Pamela Sandford, 289 Abbey Lane, Sheffield S8 0DA **to arrive as soon as possible**.

Walking Group L

On 26 July Walking Group L held their now annual 'shared picnic' in support of Edale Mountain Rescue (*see photo below*).

Apart from being an opportunity for members to enjoy an informal gathering in glorious surroundings and in beautiful weather, this was another opportunity to repay the Rescue Team for what they have done for our Group and others in past years. A donation of £200 was handed to them.

The team is as busy as ever with the usual variety of call outs, mainly in the Peak District, but occasionally in more urban areas. This year is the 50th anniversary of Mountain Rescue in the Peak District so they have much to celebrate.

We wish them the very best for the future and are glad to offer our continuing support.

John M Williams



Travel Group Events

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

Insurance

All members are responsible for arranging their own travel insurance. Sheffield U3A cannot be responsible for any claims.

We strongly recommend that members be insured.

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

Advance Notice: Travel Group Visits for 2014/5

2014

29 November:	Capesthorpe Hall at Christmas
10 December:	Birmingham Jewellery Museum and German Christmas Market

2015

Short Breaks:

30 April – 5 May:	Isle of Man
31 May - 4 June:	Cardiff/South Wales
September:	Oxford and the Cotswolds

Travel Group: The Isle Of Man

30 April - 5 May 2015

In spring next year we will be travelling by coach and ferry to the Isle of Man and staying in Douglas. Our base for this six day/five night break will be The Empress 3* Hotel on the Central Promenade. The island has so much to offer: heritage, culture, wildlife and natural history- and all within fairly short journeys from the hotel.

Our planned itinerary will include a trip on the Snaefell Mountain Railway - a unique Victorian enterprise built in just seven months and still running after 120 years. This is the only electric mountain railway in Britain and it will transport us to the summit of the island's only mountain. The train takes us past the Great Laxey Wheel which at 72 feet high is the world's largest working waterwheel. It is also known as the Lady Isabella and as it has been a popular attraction for over 150 years we will have to have a visit too.

Another 'must see' is Cregneash Village where Manx National Heritage has preserved and recreated the most evocative features of Manx traditional life within a 19th century crofting village. Cregneash is on the south-west tip of the island and near to Calf Sound where we can look out to the Calf of Man and quite possibly spot seals, basking sharks and dolphins as they swim in the racing currents of the Irish Sea.

In Castletown we will visit the former home of the Manx parliament at the Old House of Keys and, nearby, the Nautical Museum which is a site of extraordinary maritime importance.

Peel on the west coast is a picturesque harbour town with lovely beaches and views. It also has a castle on St Patrick's Isle where, legend has it, the Saint visited and brought Christianity to the Isle of Man. This little island was a place of worship and later became a fort of Magnus Barefoot, an 11th century Viking King of Mann. Peel Castle remained a royal residence and centre of government for over 200 years. The castle wall encircles the ruins of the ancient Cathedral. Also in Peel is the House of Manannan an interactive museum which uses state-of-the-art displays to take us through the rich Celtic, Viking and maritime past. The mythical sea-god Manannan will be our guide as we discover Celtic roundhouses, a Viking longship and a traditional kipper's yard.

In Douglas we are to have a tour of the Legislative Building. This is where Tynwald, the Isle of Man's parliament, sits once a month. It is made up of
(cont p 35)



Travel Group: Visit to Capesthorpe Hall

Saturday 29 November 2014

Full Name(s) SU3A No(s)

Address Tel:

Postcode

Please reserve place(s) for me. I enclose a cheque for £ (**£16.00** per person), payable to **Sheffield U3A Travel**. Please return the completed slip with a small stamped addressed envelope, as soon as possible to Barbara Robertshaw, 20 Whinfell Court Sheffield S11 9QA.

Please indicate your preferred pick up point:

Sheffield Interchange, Platform E5 09.45 (....)

Bus bay Knowle Lane/Ecclesall Road South 10.00 (....)



Travel Group: The Isle of Man

30 April - 5 May 2015

Full Name(s) SU3A No(s)

Address Tel:

Postcode

Please reserve place(s) for the above named in a twin/double/single room I enclose a cheque £ (**£75.00** deposit per person) payable to **SU3A Travel** and a *Links*-size s.a.e. NB- a 'large letter' postage stamp is not necessary.

Please indicate if you are member(s) of Nat.Trust or Eng.Heritage as this will affect the cost of your holiday.

Completed forms should be sent to: Margaret Bullivant, 14 Kingsley Park Grove, Sheffield S11 9HL to arrive no later than **15 October 2014**.

the Legislative Council and the House of Keys which make and pass the Island's laws. Also in Douglas is the Manx Museum which covers everything in Manx culture from the wonders of the natural world to the TT races, and from the Viking legacy to the heyday of holiday making on the Island. This museum also houses the National Art Gallery and Library.

As the hotel is on the sea-front of Douglas there should be opportunities for us to take in the sea air with a stroll along the promenade or around the town and perhaps a ride on the famous horse-drawn trams.

Although most of our planned visits are to Manx Heritage properties we cannot make bookings as an Educational Group and so cannot get free entry, as we are usually able to in the U.K. However, if you are already a member of English Heritage or National Trust, you will not pay for entry. Just be sure to have your membership card with you. If you are not a member of English Heritage or National Trust you will need to add £34.00 (special group rate) to the prices quoted below.

The cost per person sharing a twin or double room will be **£484.50** (add **£34.00** if applicable). For single occupancy of room **£559.50** including **£75.00** supplement (add **£34.00** if applicable). These prices cover all journeys by coach and ferry and the Snaefell Mountain Railway ticket, five nights half-board (en-suite room, breakfast and dinner) at the Empress 3* Hotel, all visits listed on the itinerary and remunerations for coach driver and hotel staff. No lunches or other refreshments while we are out and about each day have been booked for the group but, as we will always be somewhere near to a café or pub, you will be able to fend for yourselves.

This holiday is offered only to members of Sheffield U3A. It is essential that everyone wishing to go on this holiday should arrange their own insurance. This should cover cancellation through sickness, personal injury, accident(s) as well as loss or damage to luggage or personal property. Sheffield U3A cannot be responsible for any such claims. When applying you must inform the organiser of any problem or pre-existing medical condition. Please remember that all visits will involve some walking. Access to sites and places of interest frequently involves steep slopes, steps and uneven surfaces.

To request a place on this holiday please complete the application form on page 34 and send it with a *Links*-size stamped self-addressed envelope to Margaret Bullivant, 14 Kingsley Park Grove, Sheffield S11 9HL. Please include a cheque for the deposit of **£75.00** per person made payable to **SU3A Travel**. If you are allocated a place on this holiday and later have to cancel the deposit is non-returnable unless a replacement can be found by the organiser.



Travel Group: Visit To 'Christmas At Capesthorne Hall'

Saturday 29 November 2014

Capesthorne Hall, near Macclesfield, is a Jacobean-style hall with a collection of fine art, marble sculptures, furniture and tapestries. Originally designed by the Smiths of Warwick, it was built between 1719 and 1732. It was altered by Blore in 1837 and partially rebuilt by Salvin in 1861 following a disastrous fire. The present squire is William Bromley-Davenport, Lord Lieutenant of Cheshire, whose ancestors have owned the estate since Domesday times.

This is an opportunity to visit the hall during the normally closed winter period. We will see how a family-owned stately home is decorated for the festive season. Local musicians, bell ringers and school choirs will entertain us during our walk around the house and in the basement there will be an opportunity to visit various craft stalls. The Butler's Pantry will be open for tea, coffee and refreshments such as hot meat rolls, soup, mulled wine and mince pies. There will also be an external gazebo selling hot drinks and snacks. In a large marquee you will find an amazing Craft, Gift and Food Fair with a selection of hand made crafts and gifts from around the world.

The cost per person is **£16.00**. This includes the coach fare, gratuities and entrance to the hall and gardens, but no refreshments.

If you would like to join us, please complete the booking form on page 34 and send it with your cheque to Barbara Robertshaw as soon as possible.



Travel Group Visit to the Jewellery Museum, Birmingham and the Christmas market

Wednesday 10 December 2014

When the proprietors of the Smith & Pepper jewellery manufacturing firm decided to retire in 1981 they ceased trading and locked the door, unaware they would be leaving a time capsule for future generations.

In the eighty years before its closure little changed with the working practices or equipment used within the family-owned business. Today the factory is a remarkable museum, and on our guided tour we will hear the story of the Jewellery Quarter and Birmingham's renowned jewellery and metalworking heritage

On arrival we will have coffee/tea and biscuits.

We will spend the afternoon visiting Birmingham's 'Frankfurt Christmas Market' at your leisure. It is the largest outdoor Christmas market in the country.

There are plenty of stalls with opportunities for retail therapy, not forgetting your gifts for Christmas, as well as trying out typical German food and drink. The market takes place in the City Centre leading to Centenary Square where you will also find the Art Gallery and the new Library, both of which are well worth visiting.

The cost of the day will be **£15.00**. That includes coach travel, gratuities, coffee and guided tour at the Jewellery Museum.

If you would like to join us, please fill in the booking form below and return it with a cheque and a small addressed envelope as soon as possible to Barbara Robertshaw, 20 Whinfell Court, Sheffield S11 9QA.



Travel Group: Visit to Birmingham and the Christmas Market

Wednesday 10 December 2014

Full Name(s) SU3A No(s)

.....

Address Tel:

.....

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £..... (**£15.00** per person), payable to **Sheffield U3A Travel**. Please return the completed form with a small stamped addressed envelope as soon as possible to: Barbara Robertshaw, 20 Whinfell Court Sheffield S11 9QA.

Please indicate your preferred pick up point:

Sheffield Interchange, Platform E5	07.45 (....)
Bus bay Knowle Lane/Ecclesall Road South	08.00 (....)



Focus On Walking Group B

With the Peak District National Park on its doorstep and with the City itself having more parks and greenspaces than any other city in the country it is no surprise that Sheffield U3A has no fewer than 31 separate walking groups. It is a pleasure therefore in this issue's FOCUS ON to report on Walking Group B, of which I myself am a member.

Walking Group B is one of the longest established of our many walking groups and has been in existence for 25 years. Meeting weekly on Tuesday, the Group walks for 7-9 miles and typically gathers around a dozen enthusiasts for its walk. Members arrange walks themselves, walking mostly in the Peak District and sometimes in the environs of the city itself.

In addition to its weekly walks the Group also puts on a number of special events. There is a Christmas Dinner at that well-known walkers' pub, the Grouse Inn, and an annual dinner in the city. Of particular note is the annual coastal walk organised by Peter and Norma Chatterton. Using his contacts with other walking groups, Peter is able to get together a coach of 60 or so for the Scarborough coastal area for a day's walking every June. Peter is renowned for always having the weather on his side, and the folklore in the group is that at the time of the walk you either book your own holiday, or better still go on Peter's walk with an entertaining day of travel, quizzes, a great walk and the perfect finish of fish and chips before the journey back to Sheffield. This year was true to form with the weather clearing as we approached Ravenscar. and a wonderful walk back along the coast to Scarborough.

The group also arranges the occasional short walking tour with trips to Andalucia with Ray and Margaret Thompson and to Norfolk with Keith and Anita Wall being particularly memorable.

The day-to-day running of the group is in the capable hands of Gail Digby as Coordinator and her husband Richard as treasurer. Members who no longer walk are not forgotten and a good number always turn up for the dinners in order to renew old acquaintances.

For more details on Walking Group B contact Gail Digby on (0114) 274 7319 or email gailp.digby@yahoo.co.uk

If you would like us to **FOCUS ON** your Group please contact John Evans on (0114) 230 1173 or email publicity@sheffieldu3a.org.uk



European Travel Group Events

Our trips are open to all SU3A members

Committee:

Samina Aslam Coordinator (0114) 235 1489 *sammamas1747@gmail.com*

Julie Edworthy Secretary (0114) 201 5847

Brian Cave Treasurer (0114) 230 5312

Travel Insurance:

All members are responsible for arranging their own insurance to cover the costs of cancellation (whether the deposit or total amount) through sickness, personal injury, any change of personal circumstances, accidents and loss of or damage to luggage or personal property. Sheffield U3A cannot be responsible for any such claims.

Cancellations:

In case of cancellation please note that refunds for deposits or for full payments can only be made if a replacement (who must be a Sheffield U3A member) can be found by the organiser. All refunds are subject to an administration charge of £10.00.

2014/15 Calendar

2014	24 - 28 November	Valkenburg, Aachen and Cologne
2015	20 - 26 April	A Classical Sicilian Adventure
	28 Jun - 2 Jul	Killarney and the Ring of Kerry
	8 - 18 Sept	La Rioja and the Pilgrim Trail, Spain
	Nov/Dec	European City break



Advance notice: the 2015 Big Holiday

The Rioja and St James Pilgrim Trail

8 - 18 September 2015

On this remarkable tour of Northern Spain we travel from Sheffield to Barcelona by train where our adventure begins. From Barcelona we travel to Santiago de Compostela by rail through the very heart of the La Rioja wine region. We taste the famous wines of the region, including the Marques de Riscal estate, visit the cities and sights on the pilgrimage route of St James and finish at the elegant resort of San Sebastian for 2 nights before travelling back to Sheffield.

Following a free morning in Barcelona, we travel to Logrono, the capital of the Rioja region, for a 3 day stay. We explore the beautiful countryside stopping at vineyards and villages to taste the wines of the region.

Day 5 sees us in Leon for an overnight stay. Many of the pilgrims walking the St. James trail stay here overnight and you will see many adorned with scallop shells preparing for the following day's walk. The shells can be seen along the whole length of the Pilgrim trail as it is the symbol of St. James. Leon is also a gastronomic centre for the area and we will eat in the evening at a centrally located restaurant.

We arrive in Santiago de Compostela for a 2 night stay. We have a day free to explore the many wonders of this city which has its origin in the shrine of St. James the Great, now the city's cathedral, as the destination of the Way of St. James, a leading Catholic pilgrimage route originated in the 9th century. With its Romanesque, Gothic and Baroque buildings the Old Town of Santiago is designated a UNESCO World Heritage Site.

Leaving Santiago we travel to Burgos, whose cathedral holds the tomb of El Cid the 11th-century soldier of fortune made famous by Hollywood, on our way to San Sebastian. We have a free day to relax in this city which will be European City of Culture in 2016. You may want to visit the old town with its historic square and over 200 tapas bars, or walk around the bay, just sit on the beach or even have a swim before finally returning to Sheffield via Paris.

The holiday includes standard class rail travel, coach travel, 10 nights 3* hotel accommodation with breakfast each day, 6 dinners, lunch at a Rioja vineyard, guided walking tours of Leon, Santiago de Compostela and Burgos, tours and wine tastings in Rioja country, a professional tour manager, entrance fees and all transfers and gratuities.

The cost of this 11 day, 10 night stay will be approximately **£1600.00** per person with **£400.00** single supplement.

For a more detailed itinerary or to register your interest please contact Brian Cave at 73 Highcliffe Road, Sheffield S11 7LP, email *bpcave@hotmailcom* or tel: (0114) 230 5312.

Please note that registering your interest is not an application for this trip and, should the trip proceed, will be no guarantee of a successful application.



Killarney and the Ring of Kerry

28 June – 2 July 2015

We will fly from Manchester Airport to Cork and will stay in the 3* Holiday Inn, Killarney, with all rooms having en-suite, TV and telephone facilities. We will have the services of a local guide throughout the stay in Ireland.

En route to Killarney we will visit Blarney Castle, one of Ireland's most historic castles, and nearby Blarney Woollen Mills for some excellent shopping.

The following day we will have time to explore the town of Killarney and the opportunity to take a horse drawn jaunting-car into the beautiful surrounding scenery. We will enjoy a tour of the spectacular Dingle Peninsula (where David Lean's film *Ryan's Daughter* was made) with free time in Dingle village and a visit to the Blasket Centre, a fascinating heritage centre dedicated to the unique community who lived on the Blasket Islands until their evacuation in 1953.

We will tour the beautiful Ring of Kerry on the Iveragh Peninsula, taking in historic and picturesque towns and villages such as Caherciveen, from where the tiny, rocky, Skellig islands can be glimpsed 11 km out at sea. These were the home of early Christian monks and now the second largest colony of gannets in the world. We will also see Moll's Gap, a dramatic mountain pass with fabulous views of the Macgillycuddy Reeks, Ireland's highest mountains.

There is an included visit to Muckross House, located on the shores of one of Killarney's lakes and within the Killarney National Park. This was the home for almost 200 years of the Herbert family which included the 19th century water colourist Mary Balfour Herbert. After this we drive to the lovely scenic village of Glengarriff, with free time and the option to take a boat trip to Garinish Island and its gardens.

On the final day on the way back to the airport we visit Cobh and the Queenstown Story visitors' centre, telling the story of this main centre of Irish emigration to the USA.

The cost of this 5 day/4 night trip, half board in en-suite rooms will be **£730.00** with a single supplement of **£89.00**. This includes all entrance fees (except the optional jaunting-cars) and gratuities. The cost includes pick-up and drop-off by executive coach from designated points to and from the airport and all gratuities. Please note that while at the time of publication we are not expecting any major changes the following may be subject to change: airlines have not finalised their 2015 timetable. Flights can only be booked once airlines are in receipt of names and deposit payments and are then subject to availability at the original price we have been quoted.

To apply for this holiday please complete the form on page 42 and send it with a deposit of **£100.00** per person together with a *Links*-size stamped addressed envelope, by **Monday 13 October 2014** to: Julie Edworthy, 41 Struan Road, Carterknowle, Sheffield S7 2EJ



ETG: Killarney and the Ring of Kerry

28 June – 2 July 2015

Full Name(s) SU3A No(s)

.....

Address Tel:

.....

..... Postcode

Please reserveplace(s) for me. Room type: Twin/twin share/single.

I enclose a cheque for £..... (**£100.00** deposit per person), payable to **Sheffield U3A ETG** and a *Links*-size stamped addressed envelope.

Completed forms should be sent to Julie Edworthy, 41 Struan Road, Carterknowle, Sheffield S7 2EJ to arrive no later than **13 October 2014**.

Please indicate your preferred pick up point:

Sheffield Interchange (...)

Knowle Lane/Ecclesall Road South (...)

Before submitting your application please read the European Travel Group notice on page 39 about travel insurance and cancellation policy

SU3A Executive Committee

Chair	Jean Stevenson	(0114) 327 6294
	3 Knowle Court, Button Hill, Sheffield S11 9HH	chair sheffieldu3a.org.uk
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		vicechair sheffieldu3a.org.uk
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		secretary sheffieldu3a.org.uk
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For queries about membership, joining SU3A, information on Groups etc. see the contacts list inside the front cover

Calendar

2014

October	4	Weekenders: Marks and Spencer Archive, Leeds: Day Trip
	6	Sustainable Dev: Fruit Picking: Norton: 13.00
	7	Travel Group: Gainsborough Old Hall and Lincoln: Day Trip
	7	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	15	Gardeners: Commemorative Gdn at Whirlow Brook: 9.00+
	17	Showroom Lecture: Lit. of the English Country House: 10.30
	24	Lunch and Lecture: Moira Cameron: DoubleTree: 12.00
	29	C'Concertgoers: Don Quixote: Birmingham: Day Trip
	29	Lit. Network: What is 'middlebrow'? : Quaker MH: 14.00
November	4	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	8	Flying Gardeners: Beauchief Gardens: 10.00
	19	Group Coordinators' Meeting: 10.15: CURC
	21	Showroom Lecture: WW1 - The past at Redmires: 10.30
	22	Weekenders: Quiz Night: Holy Trinity Millhouses: 19.30
	29	Travel Group: Capesthorpe Hall at Christmas: Day Trip
December	2	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	2	Online Membership Renewal help : 10.00-12.00: CURC
	6	Weekenders: <i>White Christmas</i> : Leeds: Day Trip
	7 - 11	ETG: Valkenburg, Aachen and Antwerp: Short Break
	10	Travel Group: Christmas Market: Birmingham: Day Trip
	19	Showroom Lecture: The Star of Bethlehem: 10.30

2015

January	6	Drop-In Session + iPad/web support: 10.00-12.00: CURC
February	23	C'Cgoers: St Petersburg S.O.: Manchester: Evening Trip
April	20 - 26	ETG: A Classical Sicilian Adventure: Short Break
	30 - 5	Travel Group: Isle of Man: Short Break
May	31 - 4	Travel Group: Cardiff/South Wales: Short Break
June	28 - 2	ETG: Killarney and the Ring of Kerry: Short Break