

Sheffield



THE UNIVERSITY OF THE THIRD AGE

Links 181: June 2016



The Drumming Group entertaining members at the 2016 AGM

Photo: Michael Ford, Digital Photography Group

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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All news and correspondence to the Editor:
email: linkss@sheffieldu3a.org.uk

Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

The Links Team is not responsible for the content of any articles. Any queries please contact the author of the article. We are sorry we have had to cut articles or carry them over to the next edition, due to insufficient space.

From The Chair

Hello Again!

May saw the end of my first year as Chair and I can honestly say I agree that *time flies when you're having fun!*

The past year has been a very busy time for the SU3A community. At our 30th AGM the adoption of a revised constitution was approved by the membership and copies of the new constitution are available on our website or through the Secretary. We said goodbye to some familiar faces on the Executive Committee and welcomed some new ones. Once again, I thank Shelagh Woolliscroft, John Lees and Chris Cave, as they leave the EC. My thanks also go to the three groups who provided excellent entertainment, to those members who attended and voted at the AGM, and to the volunteers who helped to make the day a success. A report on the AGM can be found on page 5.

Having completed two of the three tasks we set ourselves during my first year as Chair, the EC are currently deciding which tasks we should focus on during the coming year. If you believe there is something that the EC should investigate/look into please do get in touch with either myself or the Secretary.

The Group Coordinators' meeting was a great success, as many of the comments that have been made to me on and since the day have been about how relevant the workshops were for the day-to-day running of groups.

Looking ahead, summer is approaching and hopefully some warmer weather. Whatever the weather, I'm looking forward to attending the showcase event at Askham Bryan and I hope that a number of our groups will be showcasing their activities and that members will attend. I'll leave you now so that more group or member articles can be published!

Until next time.

Samina

NEWS

Group Coordinators' Meeting 6 April 2016

The 2016 Group Coordinators' meeting was held in the Quaker Meeting House and was attended by 78 Group Coordinators, General Coordinators and EC members.

The theme of this year's meeting was "Answering the Challenges of Group Leadership", and aimed to provide practical advice, support and answers to the everyday, occasional and unusual challenges that can face any Group Coordinator. The meeting provided an opportunity for Group Coordinators to swap experiences, question EC members and catch up with their General Coordinators.

There were presentations from Samina Aslam on National U3A initiatives, the outcome of the ideas from the 2015 workshops, a review of key tasks carried out by the EC in 2015 and a reminder of our forthcoming AGM on 18 May. Clare Chiba and Camilla Jordan answered questions on "all things electronic", Denise West, as our Yorkshire and Humberside representative, updated us on Subject Days and the 3rd August Showcase event, and Chris Cave described the conclusion of the discussions around the use of paid tutors by groups.

Central to the meeting was a workshop where Group Coordinators, and for the first time this year, deputy Group Coordinators, debated the challenges that a Group Coordinator can face: everything from sustaining and refreshing groups to dealing with individual issues and disruptions. The complete output from this meeting and documents that support Group Coordinators are available on the Group Coordinators' page of our website.

If you have an idea for starting a new group or fancy being a Group Coordinator, please contact any of the General Coordinators.

Pat Ryan (0114) 236 8749 groupsdsheffieldu3a.org.uk

SHEFFIELD U3A - ANNUAL GENERAL MEETING

18 MAY 2016

Sheffield U3A was able to celebrate another year of achievement and success at this year's AGM. With membership now comfortably in excess of 3,000, Sheffield U3A is able to support an ever increasing range of interest groups and general activities all of which provide enjoyable, challenging and interesting opportunities for our members.

As well as creating opportunities, a large membership also provides challenges, and here we must both thank and congratulate Samina on her first full year as Chairman. Wild Apricot is now well embedded as part of our administration system and has been quickly accepted by our members with a pleasingly large number renewing online. Much thought has gone into the production and timing of *Links*, and we now have a valuable *Links* Open Groups Supplement to help keep members informed of a range of open group activities.

Constitutions need to be revised and renewed to reflect changing circumstances, and the membership voted to accept the necessary changes recommended by your executive committee.

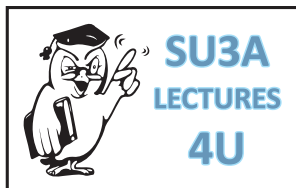
A recent meeting of Group Coordinators considered the challenges of group leadership and reminded us not just of the contribution they make, but of the involvement of so many group members in helping to make our activities so successful.

We need no reminder that above all membership of SU3A is all about learning, self-help and having a good time. The entertainment provided by the Drumming, Old Time Music Hall and Singing For Pleasure groups, showed not only the fun to be had through group membership, but also the very high standards reached by our groups. More photos from the AGM can be found on the SU3A website.

May the coming year be just as successful as the one reported on!

John Evans Publicity Coordinator publicitysheffieldu3a.org.uk

EVENTS



Friday Lectures at the Showroom

No charge, no need to book unless indicated. Refreshments from 10.00. **New lecture start time of 11.00 and finish time of 12.30.**

Greeters with necklace badges will meet you.

Half-price parking available at Q-Park on Arundel Gate - collect a voucher from the Showroom Box Office.

The Lecture Planning Group would welcome new members to help with future programmes. Please contact Shelagh Woolliscroft on 0114 255 8948.

17 June - From Hard-boiled Fiction to Film Noir – Ruth Hawthorn



This lecture will focus on the novels and subsequent film adaptations which introduced readers to two of the most iconic Private Eyes in literary history: Sam Spade and Philip Marlowe. Their creators Dashiell Hammett and Raymond Chandler were keen to establish a distinctly American mode of detective fiction.

Ruth Hawthorn is part of the School of English at the University of Sheffield and specialises in American detective fiction of the 50s and 60s and also 20th century American poetry.

15 July - The Cape Wrath Trail - Britain's toughest long-distance walk

Paul Jarvis and Jackie Payne of Walking Group F did the Cape Wrath Trail in May 2015. They walked about 225 miles from Fort William to Cape Wrath, through some of the wildest and most remote mountain areas in Scotland. They back-packed and slept in bothies most of the time and it was the wettest, coldest May in memory. We can follow their progress in the comfort of our cinema chairs!



19 August - Andrew Carnegie: A Visionary Philanthropist - Simon Cork

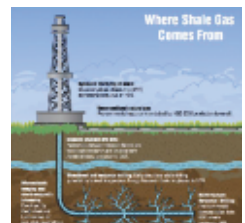
Andrew Carnegie became the richest man in the world in March 1901 when he sold his steel empire for \$440 million to J P Morgan. He was celebrated for building over 2600 Carnegie Libraries, unquestionably becoming one of the world's greatest philanthropists. Yet little is known of Carnegie's remarkable life story, he was a true visionary figure, a prolific writer, an arch anti-imperialist in the turbulent politics of late 19th century America and for 30 years a leading advocate of peace through arbitration.



Simon Cork is a member of Hope Valley U3A. He retired early to undertake a Masters in American History at the University of Sheffield, specialising in social and political history in the Gilded Age.

16 September - Shale Gas Fracking - how should the UK move forward? – Sarah O'Hara

Sarah O'Hara, Professor of Geography, and Pro Vice-Chancellor, Student Experience, University of Nottingham, currently sits on the British Geological Society (BGS) Independent Advisory Committee and is an adviser to the Shale Gas Task Force. Last year 9,000 students followed her MOOC (Massive, Open, On-line Course) on the subject of Shale Gas Fracking: the Politics and Science, via the Future Learn platform.



‘Sheffield U3A In The Community’

One of our recent Friday lectures explored the theme of SU3A in the community.

The **Sustainability Group** opened proceedings by presenting their work on energy conservation in the home. Some SU3A members have opened their homes to the group in order to explain their projects on solar panels, home insulation and energy efficient light bulbs, in order to extend knowledge on important cost-saving devices. If there are any other members who would wish to share their knowledge and ideas, then the group would be more than happy to hear from them.

ESCAL (Every Sheffield Child Articulate and Literate) is run by Sheffield City Council and is aimed particularly at primary school children. Its involvement with SU3A dates back to 2009, since when over 100 SU3A members have been involved with its work. Most volunteers offer their time for 1 hour each week and work with children lacking confidence and practice in reading. Training is given to potential volunteers, and again the ESCAL project would be grateful to hear from anyone willing to give their time.

Whirlowbrook Gardening Group is well known in SU3A for its work in restoring the upper pond and surrounding area at Whirlowbrook Hall. This project continues to meet every second and fourth Wednesday of the month and welcomes any additional volunteers. Associated with the group is **'Flying Gardeners'** which takes place three or four times a year. The numbers of park gardeners and rangers employed by Sheffield City Council has been drastically reduced, and this group prioritises projects needing extra support, such as Beauchief Gardens and once again any extra offers of help will be gratefully received.

Holding the whole lecture together was the remarkable work of the **Video Production Group**. Formed just three years ago this group offers training and support for anyone interested in video production. No previous experience is required, just enthusiasm and a willingness to commit to the group. Skills including pre-production work, camera work, lighting, interviewing and editing are developed prior to projects being undertaken. The group presented several video clips demonstrating some of the training exercises undertaken. This included a short fun video of the work done by Whirlowbrook Gardeners and also included interviews with SU3A members describing what they got out of SU3A.

Most impressive though was the role of the group in supporting the wider community in publicising, through video, the various projects in which they were involved. For example, a concert by Sheffield Folk Chorale, a local theatrical group dramatising the events of the 1985 miners' strike, and their current project, the restoration of the innovative Portland Works in Sheffield. Their support for **Green City Action**, a community group working in Burngreave, one of the most culturally diverse areas of our city, proved to be invaluable when the video they produced supported a funding application from the group. Equally noteworthy has been their video supporting **ASSIST**, a volunteer group in Sheffield providing night shelter for vulnerable asylum seekers in the city.

This all too brief survey of the work of some of our groups in supporting the wider Sheffield community leaves one feeling humbled, but also very proud to be a member of SU3A. An organisation existing primarily for the benefit of retired people in Sheffield clearly has the vision, energy and social conscience to make an outstanding contribution to many of different ages, races and backgrounds in our community.

To find out more about the activities of any of our groups mentioned here, see the relevant entry in the centre pages of *LINKS*.

John Evans Publicity Coordinator publicitysheffieldu3a.org.uk

LUNCH AND LECTURE – ADVANCE NOTICE

Friday 14 October 2016

at Doubletree By Hilton, Sheffield Park Hotel

Our speaker is Sue Hickson-Marsay - “The Storm-Tossed Lady”.

Sue Hickson-Marsay is the only female pilot launch coxswain in the country and is responsible for taking pilots out to ships about to enter the Humber and ensuring they get safely aboard. These ships can be 60 feet high above the waves and pilots have to be put on board or taken off in any weather, which means Sue can be 25 miles out in storms, with waves of 40 feet or bigger! Keep your eyes open for the booking form and menu choices, which will be published in August ***Links Open Groups Supplement***.
Dot Sutcliffe/Vera Dyer

Study Day Friday 7 October 2016

Shakespeare's World: England and the Exotic



Where: Creative Lounge at the Workstation/ Showroom Cinema, Paternoster Row. (Entrance opposite the Hubs).

When: Friday 7 October 2016

To mark the 400th anniversary of the death of our greatest writer, we are fortunate to be able to present three lectures by Shakespearean experts from Sheffield Hallam University. Each talk will focus on the speaker's recent research.

'Shakespeare and the Edges of England'

A talk given by Professor Lisa Hopkins (Professor of English at Sheffield Hallam University) in which she will explore the way in which Shakespeare represents England's borders with Scotland and Wales and the extent to which they can also represent the borders between this world and the next.

'All the World Offstage: Shakespeare's Global Contexts'

This talk, by Dr Colm MacCrossan (Lecturer in Renaissance Literature at Sheffield Hallam University) will examine the period in which Shakespeare lived - a period of great change and excitement in world affairs - and explore how this context can inform our understanding of some of Shakespeare's greatest plays, including *The Merchant of Venice* and *The Tempest*.

'Shakespeare and the Acrobats'

Professor Matthew Steggle (Professor of English at Sheffield Hallam University) will attempt to reconstruct a tour of England by a troupe of acrobats from North Africa in 1590. They worked together with colleagues from the Queen's Men - England's leading theatre company whose members at that time included (it is thought) a young William Shakespeare. The talk will reflect on what this may mean for our understanding of Shakespearean theatre as a form of performance and also what it may contribute to our ideas on Shakespeare and race.

The order of speakers will be confirmed at a later date when the timetables for the next academic year are finalised and speakers are aware of their teaching commitments.

However, the format of the day will be:

- 10.00 - 11.15 Lecture and questions
- 11.15 - 11.45 Refreshments (tea/coffee/biscuits)
- 11.50 - 13.00 approx. Lecture and questions
- 13.00 - 14.00 Lunch (make own arrangements)
- 14.05 - 15.15 approx. Lecture and questions

The cost for the day will be £8.00 to include mid-morning tea/coffee and biscuits. Please apply for this event on the form below.



Study Day: Shakespeare's World: England and the Exotic

Friday 7 October 2016 at 10.00. Register from 9.45

Full Name(s)

..... SU3A No(s)

Address Tel

.....

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £
(£8.00 per person), payable to **Sheffield U3A**. Please enclose a small
s.a.e. with your remittance and send by the beginning of September to:
Jan Cuthbert, 21 Beechwood Road, Dronfield, S18 1PW, tel: 01246
418815. NB (Fuller information on talks and speakers can be found on
the Sheffield U3A website along with an application form as above.)

Linda Evans l.evans624btinternet.com

GROUP NEWS

Crown Green and Indoor Bowls in North Sheffield

An opportunity has arisen for a Crown Green and Indoor Bowls Group to form in North Sheffield, all that is needed is a Coordinator for the group. An excellent facility has been identified at the Steel City Bowling Club, just near the Concord Sports Centre in Shire Green, which in addition to crown green bowling, can at the nearby facility of Shire Green Working Men's Club also offer indoor bowling. Fees are extremely reasonable, at just £20 per year for crown green bowling and a small additional fee for indoor bowling. The role of a Group Coordinator is very rewarding and takes little time or effort. To view or learn more about the facilities contact:

Alan Howsam ahowsam@yahoo.com 0114 245 6696

If you are interested in coordinating such a group, please contact:

Pat Ryan drpjryan@gmail.com 0114 2368749

Conversational German

We are seeking new members to come and chat in German about everyday things: the family, asking directions, ordering a meal, going shopping, hobbies, etc. We started as a complete beginners group but now would like to invite others to join us who already have some knowledge of German and who are seeking to improve.

We meet on Wednesday mornings in one of our members' home in Lodge Moor. If you are interested in joining please contact:

Anne Greenhaigh 01909 564464

Contemporary Tabletop Gaming – New Group

The last 20 years or so has seen the appearance of a whole new generation of tabletop games (that is, board, card and dice games) covering such diverse themes as fantasy and magic, science fiction and space, horror, pirates, gangsters, superheroes, railway building and operation, city building and historical conflicts. Game play may emphasise diplomacy and negotiation, role playing, exploration, trading, economic management and, of course, simply battling against your rivals. Games vary considerably in depth, complexity and playing time.

As many such games work best with several players, game owners may struggle to find enough players to participate. It is envisaged that members of the proposed group will take turns in bringing their own games to the table to play with their fellow members. We have already secured an excellent city centre venue for daytime meetings. So if you are already a frustrated game owner or are simply intrigued to find out whether you'd enjoy this fascinating pastime, please contact:

Keith Jones k.f.joneslive.co.uk 0114 270 6648

Mandarin Group

There has been some interest shown in setting up a Mandarin group. If you are interested in a chance to learn Mandarin please contact me by email or call me on 230 9754. If there is sufficient interest it could be discussed at the July 2016 Drop-In to see how it can be carried forward.

Ann Granville groupsbsheffieldu3a.org.uk

Title change...

Please note the change in title for the August entry in Sheffield U3A Science and Technology Group Programme 2016, listed in the April *Links*.
Aug 8 - 'Doing Physics in Antarctica'- Professor Arthur Hughes

Learning to Be Retired



Before coming on the course I felt very down about being retired. I didn't even use the word... But now I can use the word 'retired' and I feel the confidence to enjoy life.

The **Learning to Be Retired** course has attracted a lot of interest and I have now run it twice (in the autumn of 2015 and in early 2016). I was inspired to develop the course after reading 'Retiring with Attitude' – a wonderful book by Caroline Lodge and Eileen Carnell. During the 6 (weekly) sessions of the course I encourage participants to explore and overcome any mixed feelings they might have about retirement. We learn from research and from one another about how to live a fulfilling life as a retired person.

Feedback from participants has been very positive:

- It's great to hear other people's ideas and points of view and to know there are lots of different ways to retire.
- It's a friendly, supportive environment and everyone can get something out of this course.



Participants on the autumn 2015 course

Learning to Be Retired is running again in October/November 2016. Places limited to 12 per course. For more details contact:

Julia South Julia.Southblueyonder.co.uk (0114) 255 8523

FOCUS ON - CIVIL ENGINEERING

Sheffield U3A's Civil Engineering group has been in existence for four years now. Meeting monthly on Mondays the group caters for anyone with an interest in the design, construction and functionality of structures that carry out specific tasks. The group focuses on a theme each year; the current theme being energy generation, while in the past they have looked at transport and water management.

In the winter there are presentations on their chosen topic by group members and in the summer they visit sites of interest, within a 90 minute travelling radius of Sheffield. Field visits have included the tidal barrage and swing bridges at Hull, a selection of locks on Chesterfield Canal, viaducts, tunnels and bridges on a railway line and Rotherham Transport Museum. Visits are always by members' cars and therefore no extra costs ever accrue for membership of this group.

As the group meets in the leader's own home, membership has to be restricted. However, a few spaces are available. This is a friendly and welcoming group and anyone interested in finding out more should contact the group co-ordinator:

Anne Marples amarplescix.co.uk 0114 2668794

Complementary Therapies Group

Complementary therapies are generally used together with conventional medicine, or as an alternative to it. Many of those using complementary therapies would prefer to avoid the use of prescribed drugs when possible, and seek to support their health via more natural, "low-tech" interventions. Complementary therapies cover a wide spectrum of treatments, some of which are becoming increasingly accepted as of value by the medical profession, such as acupuncture, whilst others, such as zone therapy, attract as much negative press as they also boast passionate followers.

Sheffield is fortunate in having a wide range of therapists and practitioners, and there is a lively interest in learning and practising new skills, or trying out new approaches which might be of value to maintaining our health.

Are you a practising therapist, who would be keen to learn more about developing your therapy or finding out about others? Do you find complementary therapies of value in your own life, and would you like to know what else might be of assistance to you? Or are you unsure about the whole field of complementary therapies, but fascinated to learn more? Why not consider joining a new group designed to help us all learn more about what's out there?

We can introduce and describe our own areas of knowledge, learn about what others find helpful and discuss the latest approaches and innovations. Perhaps we could demonstrate our skills to the group, plan talks and visits and generally have a bit of complementary fun! If you are interested in finding out more, please contact me.

Liz Lucas lizziecraftsgmail.com 07749 174588

New Non-postural Yoga Group

Most people think of Yoga as lots of bendy postures, but asanas (postures) are only a small part of what real Yoga is.

I am a qualified yoga teacher with 15 years' experience and if there is enough interest I would like to offer U3A members a chance to discover more about these other fascinating aspects of Yoga.

The group discussions would include topics such as: pranayama (breathing practices); origins of yoga; yoga philosophy and classical yoga texts; theories of the yogic being; concentration and meditation techniques; mantra (chants and sound yoga)... Plenty to learn!

No physical postures would be taught and participation in any other practices, e.g. breathwork, would be optional. Chairs will be used, not the floor. The venue is likely to be in Ranmoor, with a small charge to cover room hire and refreshments. I hope to start the group in early September. If interested please email me:

Wendy Mustill wmustillaol.com

Sheffield U3A Group and Activities Pages: June 2016

To join Sheffield U3A please contact Rita 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 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

MEETINGS: 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 = 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			Set D	General	Coordinator Pat Ryan	
Art (SE)	V	We.pm.w	S13	PVAL	Paul Garland	269 3219
Art I	V	We.am.w	S11	PVHL	Daniel Merrills	230 5952
Art II		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		Th.pm.m	S7	PV	Andrea Elson	236 4400
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	V	Fr.am.f	various	O	Daniel Merrills	230 5952
Arts and Crafts			Set D	General	Coordinator Pat Ryan	
Appreciating Architecture		3rdTh.pm.m	Greenhill	PV	Margaret Short	266 0269
Architecture Past and Present	V	2ndTu.pm.m	S8	PV	Roy Pilkington	255 8948
Craft and Create	V	We.pm.f	S10	MH	Diana Jackson	247 0614
Crochet and Knitting	V	Tu.pm.f	S1	PV	Jane Whitehead	230 9312
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	Elspeth Eggington	230 8755
Knitting		We.am.m	S10/11/17	MH	Jane Harling	230 9576
Knitting II		Th.am.f	S1	PVAL	Helen Gwyddanes	221 6360
Patch & Quilt		Mo.pm.f	S17	MH	Inge Davies	236 0318
Quilting Hive	V	Mo.pm.	S8	MH	Lynne Brown	237 7643
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			Set A	General	Coordinator Stephanie Dixon	
Bird Watching I		Mo.am.f	various	O	Robin Peel	07942 920741
Bird Watching II	V	We.--w	various	O	Malcolm Swift	01246 906819
Cards and Board Games			Set D	General	Coordinator Pat Ryan	
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 - Monday	V	Mo.pm.w	S7	PV	Colin Jessop	266 3831

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Bridge - Thursday	V	Th.pm.w	S17	PV	Brenda Fryer	236 5628
Bridge - Tuesday	V	Tu.am.w	S11	PV	Michael Brumby	236 5676
Bridge Stocksbridge	V	Tues.pm.w	S36	PV	Bob Smith	288 8624
Bridge Wednesday	V	We.am.w	S17	PVAL	Jean Bowie	230 1002
Chess	V	Tu.pm.4 wkly	S17	MH	Sheila Hardie	236 4498
Evening Rummikub		Meve.w	S17	MH	Chris Cave	236 4648
Mah Jong	V	We eve.w	various	MH	Barbara Lowe	438 5629
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		Mo.pm.w	S10	MH	Rita Webster-Carr	230 8866
Scrabble	V	Fr.pm.f	S7	PVAL	Liz Barber	288 4113
Whist cntct & dble 12 Dominoes	V	Sun eve.w	various	MH	Gerald Cartwright	266 7032
Discussion, Philosophy, Economics and Religion						
			Set B		General Coordinator Ann Granville	
Discussion I		Tu.pm.f	various	MH	Claire Attwood	250 8286
Discussion II	V	Tu.am.m	various	MH	Mary Alexander	255 6385
Feminist Discussion Group	V	2nd We.am.m	S1	PV	Maggie McCarthy	230 6600
Meditating Together	V	3rd Tu.am.m	S7	MH	Patsy Gibbon	250 0663
Personal Finance	V	Mo.pm.m	S11	PV	Helen Marsh	230 1622
Philosophy- Hist/Classical		2nd Mo.pm.m	S11	PV	John Kirkman	236 1971
South India - Talk and Travel	V	Su.	S11	MH	John Wragg	236 8475
Sugar & Spice	V	Mo.pm.f.	S8	MH	Eunice Southgate	281 1876
Gardening						
			Set D		General Coordinator Pat Ryan	
Flying Gardeners	V	5th We.am.m	Various	O	Shelagh Woolliscroft	255 8948
Gardening (SE)	V	Tu.am.f	various	PVAL	Carol Wright	251 0140
Gardening at Whirlowbrook Park	V	Fifth Wednesday of the mo	S17	O	Shelagh Woolliscroft	255 8948
Gardening C		Mo.am.m	S10/11/1	PVAL	Heather Curtis	255 7228
Gardening D		2nd Tu.am.m	various	MH	Helen Drury	236 7053
Gardening Greenfingers		2nd Tu.pm.m	S8	PV	Jane Gregory	274 9246

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
History			Set A	General	Coordinator Stephanie Dixon	
European History		4th Tu.pm.m	S1	PV	John Evans	230 1173
Family History I		2nd We.am.m	S10	PVHL	Annie Grassick	230 2777
Family History III		2nd Tu.am.m	S1	PV	Tim Simkins	230 2656
Family History IV		4th We.am.m	S11	PVAL	Monica Stagg	07870350271
Greece and Rome	V	Fr.pm.m	S11	MH	Anne Thomas	230 5281
History I	V	Tu.am.f	S17	PVHL	Geoff Moore	266 3024
History II	V	Mo.pm.m	S10/11/17	MH	Angela Jakubovic	236 3858
Local History (SE)	V	We.pm.f	S21	PV	Margaret Troop	287 4448
Military History	V	Th.pm.m	S7	PV	Marion Monaghan	01246 414 137
Visiting History	V	Tu.pm.m	various	PVAL	Jenny Clark	266 9395
Languages			Set B	General	Coordinator Ann Granville	
Cercle Français I	V	Fr.am.w	S7	PVAL	Alan Price	234 4172
Cercle Français II	V	Mo.pm.f	S10	MH	Margaret Platts	230 7300
Classical Greek Alpha	V	We.pm.f	S1	PV	Deidre Eastburn	281 8446
English Language		Tu.am.m	S11	MH	Maggie Lyons	236 6195
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 Conversation	V	We.am.w	S25	MH	Anne Greenhalgh	01909564464
German for Improvers		Mo.am.w	S18	MH	Dave Longson	07715 360987
German-Advanced	V	Tu.pm.f	S6/8/10/17	MH	Peter Gill	263 0640
German-Intermediate		Mo.am.w	S10	PV	Katharine Brown	265 6477
Italian		Tu.pm.f	S10/11/6	MH	Rosalind Rogerson	268 1426
Italian for Holidays	V	Fr.pm.w	S11	PV	Mike Hague	236 6336
Latin - Old Skool		Mo.pm.f	S1	PV	Paul Cordwell	3273954
Latin II		2nd & 4th Fr.am.m	S1	PV	Jane Blockeel	236 8861
Latin III		We.pm.f	S7	MH	Deidre Eastburn	281 8446
Latin Improvers		Mo.am.f	S1	PV	Rose Tanner	245 0200
Modern Greek	V	Th.pm.f	S11	MH	Margaret Halstead	258 2541

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Portuguese For Fun		Tu.am.w	S11	MH	Pauline Miller	258 3678
Sanskrit	V	Th.am.w	S11	PV	Ronald Atkinson	274 5031
Scottish Gaelic	V	Tu.pm.f	various	MH	Steve Clements	255 8422
Spanish Advanced		Th.am.w	S7	PVAL	Hilda Wisbey	275 1935
Spanish Beginners II	V	Mo.am.w	S10	MH	Diana Jackson	247 0614
Spanish Improvers		Mo.pm.w	S10	MH	Israel Newton	266 3138
Spanish Stage 2		We.pm.w	various	MH	Greta Pearman	236 3336
Welsh Beginners		Tu.pm.f	various	MH	Steve Clements	255 8422
Welsh Conversation	V	Tu.am.f	various	MH	Steve Clements	255 8422
Welsh Intermediate	V	Tu.am.f	various	MH	Steve Clements	255 8422
Literature and Drama						
			Set B	General Coordinator Ann Granville		
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 Brooks	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		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 418607
Novel Reading IV	V	Fr.am.m	S5	MH	Mary Simpson	245 2568
Play Group II	V	Last Tu.pm.m	S10	MH	Irene & John Lees	267 1857
Play Reading I		Tu.pm.4w	various	MH	Mike West	266 2188
Poetry for Pleasure		We.pm.f	S17	MH	Pat Parkin	236 8009
Poetry Study	V	We.pm.f.	S11	MH	Freda Green	236 4882

GROUP (Literature & Drama Cont)	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Reading for pleasure	V	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
World of The Book	V	We.am.m	S1	PV	Denise West	274 6797
MUSIC			Set A	General	Coordinator Stephanie Dixon	
A Cappella Singers		Tu.pm.f	S6/S7/S20	MH	Mike Maas	230 4435
Drumming		Th.pm.w	S1	PV	John Lee	233 8517
Enjoying Opera		Mo.pm.f	S10	MH	John Williams	230 4568
Guitar Group		Mo.pm.f	S1	PV	John Stevens	236 3557
Handbell Ringing	V	We.eve.w	S35	PVAL	Margaret Naylor	236 0245
Jazz Appreciation I		2nd Tu.am.m	S10	MH	John Green	230 7768
Jazz Appreciation II	V	3rd Tu.am.m	S7	MH	David Bone	268 1016
Music Appreciation	V	Th.pm.f	S6	PV	David Andrews	235 3389
Old Time Music Hall	V	1st We. Am.m	S1	PV	Graham Williams	230 7756
Recorder	Y	Fri.am.f	S1	PVAL	Linda Evans	230 1173
Singing for Pleasure		Fr.pm.f	S1	PVAL	Irene Lees	267 1857
Ukulele		Fr.pm.f	S8	PVAL	Ann Beedham	274 8331
Vintage Voices	V	Mo.am.w	S1	PVAL	Carole Hurst	293 9163
Physical Activities			Set D	General	Coordinator Pat Ryan	
Belly Dancing Stocksbridge	V	Tu.am.w	S36	PV	Kathryn Smith	283 1171
Bowling Orn Grm (SE)	V	Th.am.w	S9	O	John Hunt	269 8811
Bowling Crown Green		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	Mo.pm.Tu.am.Th.am.Fri.am	S11	PV	Ann Evans	348 6607
Fly Fishing	V	Various	Various	O	David Buckley	266 3183
Midweek Cyclists	V	Mo.-f	various	O	Dave Jefferies	266 3612
Pilates		We.pm.w	S18	PVAL	Vera Dyer	237 7854
Racketball	V	Mo.am.Th.pm.w	S17	PVAL	Peter Keen	236 4914
Racketball Stocksbridge	V	Tu.am.w	S36	PV	Elaire Smith	288 8624
Table Tennis		Mo.Th.am.w	S17	PV	Belinda & John Taylor & Warwick	230 4489 & 253 0789

GROUP	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Tai Chi & Chi Kung Intermediate		Fri. pm.w.	S17	PV	Pat & Clare Ryan	236 8749
Tai Chi Stocksbridge	V	We.pm.w/Fri.am.w	S36	PV	Christopher Goldthorpe	01226 762 201
Yoga		Th.pm.w	S11	PV	Jenny Forster	230 3353
Yoga: Tailor made for you	V	Mo.am.w	S11	PV	Ann Evans	348 6607
Science and Technology, Social Science						
Set B General Coordinator Ann Granville						
Civil Engineering	V	Fr.pm.m	S11/S8	MH	Anne Marples	266 8794
Environment	V	Tu.am.f	S11	MH	Cliff Ellis	250 0883
Geology	V	We.--m	various	O	David Edmonds	234 3604
Maths	V	Tu.am.m	S8	PV	Alan Zinober	236 7001
Natural History		Th.--m	various	O	John & Aline Roberts	230 6487
Science & Technology	V	Mo.am.m	S8	PV	Dave Cassy	247 4454
Sustainable Development	V	Mo.pm.m	Central	PVAL	Jo Couldry	268 5496
Social						
Set D General Coordinator Pat Ryan						
After Hours		Eve/wk end	various	PVAL	Mary Entwisle	255 2368
Afternoon Tea	V	We.pm.m	Various	PV	June Jackson	236 4474
Dining Out I	V	Wed.eve.m	various	PVAL	Lorna Baker	236 9025
Indian Veggie Buffet	V	1st Th.eve.m.	various	PVAL	John Wragg	236 8475
International Diners	V	Various	various	PVAL	John Wragg	236 8475
Lunch Club	V	1stTu.m	S1/S6	PVAL	Margery Dobson	230 7725
Walking						
Set A General Coordinator Stephanie Dixon						
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
Gamets (5-7mls)		Mo.-f	various	O	John Lees	267 1857
Late Walkers (5mls)	V	We.am.w	various	O	Jill Whynns	258 9935
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

GROUP (Walking cont)	VACANCIES	MEETING	AREA	ACCESS	COORDINATOR	TELEPHONE
Strollers SE (Saturday)	V	Sa.am.f	various	O	Christine Edwards	01909 773 548
Sunday Ramblers	V	Sun.--f	various	O	Jenny Parker	236 0798
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	Anjie Barker	268 3912
Walking Grp A (5-6mls)	V	Alt Tu./We.-w	various	O	Pat Crook	265 4731
Walking Grp B (6-7mls)	V	Tu.-w	various	O	Joyce Cooper	236 2730
Walking Grp C (5-7mls)	V	We.-w	various	O	Gilbert Smith	230 5769
Walking Grp D (9-11mls)		Alt We./Th.-w	various	O	Richard & Maggie Hardingham	236 4449
Walking Grp E (5-7mls)	V	Alt We./Th.-w	various	O	Chris Cave	236 4648
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	Alan Heath	230 4898
Walking Grp K (4-5 mls) Pub Tspt		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 (5-8 mls)	V	Fr.--w	various	O	Gordon Young	296 2402
Walking Grp N (6-7mls)	V	Fr.am.w	various	O	Sheila Harris	236 9653
Walking Grp NW (5-8 mls)		Th.am.w	various	O	Mary Condon	288 5238
Walking Grp P (8-10mls)		Alt We./Th.w	various	O	Anne Fitzpatrick	236 0989
Walking Grp Q (5-7mls)	V	Tu.am.f	S5/S35	O	Anne Chatterton	246 2106
Walking Grp R (7-9 mls)	V	Mo.-w	various	O	Camilla Jordan	268 5355
Walking Grp SE (8 mls)	V	Tu.--w	various	O	Kenneth Stringfellow	230 4063
Short Courses						
Learning to be Retired		Mo.pm.w	Set A	Stephanie Dixon		
			S1	PV	Julia South	255 8523
THE FOLLOWING GROUPS ARE ADVERTISED IN LINKS AND ARE OPEN TO ALL MEMBERS						
Classical Concertgoers	Set A	various		PV	Pamela Sandford	236 1815
European Travel Group	Set D	various		PV	Samina Aslam	235 1489
Lunch & Lecture	Set B	twice yearly	S8	PV	Dorothy Sutcliffe	268 5918
Steel City Wanderers	Set D	3 or 4 times a year	various	PV	Pat & Clare Ryan	236 8749
Travel Group	Set D	various		PV	Barbara Robertshaw	236 9102
Weekenders	Set D	Sa.Su.m	various	PVAL	Dot Sutcliffe	268 5918

THE CALLING BELL

We sit perspiring gently in the Spanish sun,
Admire across the square the ancient church
From which the one cracked bell begins to toll;
Urgent, insistent, as it must have been
In ages past, just as it is today,
Calling the faithful on their day of rest;
So here they come dressed in their Sunday best.
Parents bring children for their special day,
Dressed girls in white with flowers in their hair,
Dark-suited boys, bow-tied about the neck.
Yet still the bell rings on demanding more.
My eyes are filled with tears and now
I feel the bell commands my answer to its call.
I see my daughter too is in its thrall.
We have no faith nor feel the need
Or lack of it in living out our lives.
Now strange nostalgia for we know not what
Assails us and we do not understand.
Is it collective memory that we share?
Ancestral remnants of a lost belief?
Oh it is hard to find the words to tell
How deep the urge to answer to the bell.

Pat Parkin

Pat Parkin is the Group Coordinator for the Poetry for Pleasure Group.

Don't Forget Booking Online Is Now Available For Weekender Trips

Why Book Online?

- You know you have a place immediately
- You save two stamps
- You save the organiser a lot of work

Details in October 2015 Links. For instructions on booking an event for 2 or more people on **Wild Apricot** go to www.sheffieldu3a.org.uk

Carsington Water and Calke Abbey Sunday 17 July 2016



Carsington Water has been a very popular visitor attraction since the reservoir was opened by the Queen, in May 1992. The reservoir is owned and operated by Severn Trent Water. Water is pumped here from the River Derwent at times of high rainfall, stored in the reservoir and returned to

the Derwent when the river level is too low for extraction.

There is a Visitor Centre which has within it a permanent exhibition explaining the role of water in our daily lives, and a wide range of facilities including shops selling souvenirs, craft items, embroidery materials, ceramics, books, etc., and a café and restaurant.

A remarkable centrepiece of the courtyard is the Kugel Stone, a ball of granite weighing over 1 tonne and which revolves on a thin film of water under pressure. It can be moved with the touch of your hand! There will be time for a coffee, a walk and of course a comfort stop.



We then drive to Calke Abbey – “The un-stately home and country estate”. With peeling paintwork and overgrown courtyards, Calke Abbey tells of the dramatic decline of a country house estate. It portrays a period of the 20th century when numerous country houses did not survive to tell their story.

Discover the eccentric family who amassed a collection of hidden treasures. Visit the gardens which include an orangery and a beautiful but faded walled garden. You will be able to buy lunch or enjoy a picnic in the grounds.

The cost for the day will be £25 but only £14 for National Trust members.

Don't forget to bring your membership card.

Please book online at <https://su3a.wildapricot.org> using your email and password or complete the form on **page 28** and return it to Jean

Stevenson with your cheque, made payable to **Sheffield U3A**

Weekenders, and a **small s.a.e., as soon as possible**. Please ring Jean on 0114 3276294 for any further information.



Whitby Trip **Sunday 21 August 2016**

Join us for a visit to the historic fishing port of Whitby on the North Yorkshire Coast. Once we get there you will be free to spend the time as you choose. Possibly a paddle and a picnic, visit Whitby's Captain Cook Museum, climb the 99 steps to the Abbey, a trip out to sea or just sea air and fish and chips, it's up to you!



It's the Whitby Regatta and Folk Week so there should be a lot going on. The cost of the trip is **£18.00** which includes the coach and the driver's gratuity. If you would like to join us, **please book online (login at <https://su3a.wildapricot.org> using your email address and password)** or complete the form on **page 28** and return it to Jill Saxby with your cheque, made payable to **Sheffield U3A Weekenders**, and a **small s.a.e as soon as possible**. Please ring Jill on 01302 532830 if you would like further information.

Weekenders – if you want to save time, book online.





Carsington Water and Calke Abbey Sunday 17 July 2016

Name(s) SU3A No(s)

Address

..... Postcode

Contact details (email/Tel.number)

Please reserve place(s). I enclose a cheque for £

(£25.00 per person, £14 NT members) payable to **Sheffield U3A Weekenders.**

Please send to Jean Stevenson, 3 Knowle Court, Button Hill, Sheffield, S11 9HH, with a small s.a.e. as soon as possible. Please indicate your preferred pick-up point.

Pond Hill (Penny Black Pub) 08.45 (.....)

Ecclesall Road South/Knowle Lane 09.00 (.....)



Whitby Trip Sunday 21 August 2016

Name(s) SU3A No(s)

Address

..... Postcode

Contact details (email/Tel.number)

Please reserve place(s). I enclose a cheque for £

(£18.00 per person) payable to **Sheffield U3A Weekenders.**

Please send to Jill Saxby, 17 Spilsby Close, Cantley, Doncaster, South Yorkshire, DN4 6TJ, with a small s.a.e., as soon as possible. Please indicate your preferred pick-up point.

Ecclesall Road South/Knowle Lane 08.15 (....)

Pond Hill (Penny Black Pub) 08.30 (....)



European Travel Group

Coordinator: Samina Aslam (0114 235 1489)

Email: sammas1747gmail.com

Our trips are open to all SU3A members

Cancellations and Insurance: please refer to October 2015 edition of *Links* (available on our website).



Cultural Holland 7 - 11 May 2017

We start our trip travelling by Executive coach from Sheffield, via an overnight ferry crossing from Hull to Rotterdam in en-suite cabins, arriving at Europoort around 08:00 the following day.



After disembarking, by foot, we will have a guided coach and walking tour of **Den Haag** and visit the famous **Panorama Mesdag**, a painting which is 14m in height and 120m in circumference. From an observation gallery in the centre of the room the cylindrical perspective creates the illusion that the viewer is on a high sand dune overlooking the sea, beaches and village of Scheveningen in the late 19th century. Free time follows to explore Den Haag before departing for our hotel.

Our journey the following day will take us to **Amsterdam** beginning with an included pre-booked tour of either the **Van Gogh Museum** or the **Anne Frank Museum** (you can choose which to go on). There will be free time for you to explore the city and purchase a light lunch before we move on to the newly refurbished and reopened **Rijksmuseum**, for our pre-booked entry. Here we can appreciate Dutch art and history from the Middle Ages to the 21st century, with over 30 dedicated galleries which include amongst others paintings, silver, delftware, jewellery and costumes. There will be more free time to explore this fascinating city or do some shopping before

we meet for our evening **Dinner Cruise**. On our final day after checking out we will visit Delft, the home of Delft pottery; **Haarlem**, the City of Flowers and the **Keukenhof Gardens**, a spectacular open air flower exhibition, before returning to Rotterdam for our overnight cruise back to Hull. In the morning we enjoy an early breakfast on board before joining our coach for the return to Sheffield. The cost of this 5 day/4 nights half board trip to Holland is **£660pp** with a single supplement of **£49.00pp** and includes all travel costs as stated above, 4 x breakfasts, 4 x evening meals including a 4 course dinner cruise with drinks in Amsterdam, 2 nights stay in the 4* Fletcher Carlton Hotel in Naaldwijk, 2 x overnight ferry stay, all local taxes, gratuities and entrance fees where shown.



Cultural Holland 7 - 11 May 2017

Full name/s (as on passport).....
..... SU3A No(s)

Address..... Tel:
.....
email..... Postcode

Please reserve place(s) for me. Room type: Double/twin share/single. I enclose a cheque for £ (**£120.00** deposit per person), payable to **Sheffield U3A ETG**. Applications, along with your cheque and a Links-size s.a.e., should be sent, **no later than 16 June 2016**, to Brian Cave, 73 Highcliffe Road, Sheffield, S11 7LP. Tel: 0114 230 5312.

Please tick your choice for the pre-booked tour. You may only choose one of the options:

Van Gogh Museum (.....)
Anne Frank Museum (... ..)

Please tick your preferred pick-up point below:

Bus Stop, Knowle Lane/Ecclesall Road South (.....)
Sheffield Interchange, Platform E5 (.....)

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
Valerie Wiley		(0114) 236 0726

Advance Notice: Travel Group Day Visits for 2016

20 October	Newstead Abbey and Southwell Minster (August Links Open Group Supplement)
9 December	Tour of Symphony Hall, Birmingham and German Christmas Market (August Links Open Group Supplement)

Remember!
Copy deadline for the October 2016 *Links*
is 26 August 2016

Travel Group Visit to four South Yorkshire Churches Wednesday 20 July 2016

Once again our favourite churches expert, Pat McLaughlin, has chosen 4 more churches in the South Yorkshire area. The first one is Treeton St Helen's, built in 1175 to replace an earlier Norman church. The impressive tower of limestone and sandstone dominates the landscape. The interior houses some good woodcarving, medieval wall painting, a Saxon font and Victorian stained glass.

We then move on to Whiston St Mary Magdalene, built in the 12th century with a Norman window. The excellent stained glass is Victorian, as are the reredos, bells and organ. Outside there is a lych gate and the parish stocks.

Now on to Silkstone All Saints, built in the 12th century with a number of treasures – a 14th century rood screen, some green men, box pews and some fine memorials. The Huskar memorial to 26 children aged between 7 and 17 years, who died in the 1830s Huskar Pit tragedy, stands outside and is duplicated in the more recent stained glass memorial window.

Our final visit is to Cawthorne All Saints. The church we see now dates from the 7th century but there are features which date from earlier periods, such as the Anglo Saxon Cross Head in the north wall. Restored in 1875 the woodwork of the roof, the lectern and pulpit were carved in Florence with beautiful Pre-Raphaelite panels financed by the Spencer-Hope family.

The cost of this outing is **£27** per person. This amount includes coach travel, gratuities, donation to the churches, fee for our guide and buffet lunch, which will be prepared for us at Silkstone Church by the ladies of the parish. If you wish to apply for a place on this visit, please complete the booking form on **page 33** and send it with a cheque and small s.a.e. to Margaret Bullivant as soon as possible.



Travel Group Visit to four South Yorkshire Churches Wednesday 20 July 2016

Name(s) SU3A No(s)

Address Tel.....

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £..... (£27 per person), payable to **Sheffield U3A Travel**. Please return the completed slip with a cheque and a **small s.a.e.** to Margaret Bullivant, 14 Kingsley Park Grove, Sheffield, S11 9HL. **Please tick your preferred pick-up point below:**

Bus Stop Knowle Lane/Ecclesall Road South 09.00 ()

Sheffield Interchange, Platform E5 09.20 ()



Travel Group Visit to Southport Flower Show, Friday 19 August 2016

Name(s) SU3A No(s)

Address Tel.....

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £..... (£29 per person), payable to **Sheffield U3A Travel**. Please return the completed slip, with a small s.a.e. and a cheque as soon as possible to: Derek Shipley, 40 Wollaton Avenue, Sheffield, S17 4LA.

Please tick your preferred pick-up point below:

Sheffield Interchange, Platform E5 08.00 ()

Bus Stop Knowle Lane/Ecclesall Road 08.15 ()

Travel Group Visit to Southport Flower Show Friday 19 August 2016



Our midsummer visit takes us to one of the most colourful and varied attractions in the Northwest, the four-day Southport Flower Show. It is the largest independent Flower Show in the country and is held annually in the 34 acre Victoria Park, near the seashore. More than

70,000 visitors attend the festival each year and are easily absorbed in the spacious grounds.

There are lots of things to see and do - displays, craft and trade stands, entertainment and food stalls. TV and national gardening celebrities attend the show.

In addition, you can enjoy a stroll round Southport itself, an unspoiled seaside resort, with parks, lakes and a long pier, traditional shops and stores as well as a variety of cafés, tea-shops and restaurants. The town is compact and only a short walk from Victoria Park.

The inclusive cost (travel, gratuities and admission to the Flower Show) is **£29.00**. To reserve places, please use the booking slip on **page 33** in this issue and send it with a **small s.a.e** and a cheque as soon as possible to Derek Shipley.

Travel Group Visit to Stockport Hat Museum and Bramall Hall Wednesday 7 September 2016

The museum is the only one dedicated to the manufacture of hats with 2 floors of exhibits which trace the history of Stockport's once thriving industry. The museum has been fully restored to its Victorian style, with authentic machinery and 400 hats which illustrate the change in style and fashion over an extended period.

On arrival we will have coffee followed by a conducted tour of the museum. We will be leaving about 12 noon to go to the nearby Bramall Hall, a magnificent black and white Tudor manor. On arriving there, we will have time to buy lunch at the café or eat our own picnic in the spacious gardens.

We reassemble at 12.15 for an introductory talk about the hall and then we are free to enjoy the hall and its surroundings. It was first built in the 14th century, developed by the Tudors and has been added to in the 17th and 18th centuries.



Bramhall Hall

It has recently undergone a £1.6 million makeover and will be open to the public at the end of July. It is set in 70 acres of parkland with lakes, gardens and woodland and is maintained by Stockport Metropolitan Council. Before we leave at 16.30 there will be time, if you wish, to visit the café for refreshments.

The cost of this day visit will be **£18.50** per person. This includes coach travel, driver's gratuity, and entry to both venues and coffee at the Hat Museum. If you wish to apply for a place on this visit, please complete the booking form on **page 36** and send it with a cheque and a small s.a.e. to Valerie Wiley as soon as possible.



Travel Group Visit to Stockport Hat Museum and Bramall Hall Wednesday 7 September 2016

Name(s) SU3A No(s)

Address Tel:

..... Postcode

Please reserve place(s) for me. I enclose a cheque for £..... (£18.50 per person), payable to **Sheffield U3A Travel**. Please return the completed slip, with a **small s.a.e.**, as soon as possible to: Valerie Wiley, 112 Button Hill, Sheffield, S11 9HJ.

Please tick your preferred pick-up point below:

Sheffield Interchange, Platform E5 08.30 ()

Bus Stop Knowle Lane/Ecclesall Road South 08.45 ()



Opportunities for Members

HAVE YOUR SAY ON OUR WEBSITE

We have the opportunity to redesign the SU3A website thanks to a kind offer from one of the Sheffield Research Students with whom we work.

Would you like to join a small group to put forward views on the website? The group would meet no more than two or three times over a three-month period.

If you are interested, or if you would just like to send in a comment or view, please contact Dave Longson at websheffieldu3a.org.uk



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Significance of the Mouth in Older Age Research Project

What is the project about? There are many more people living to older ages than in the past. We have also seen big changes in people's oral health but we know very little about what older people think about their mouths and oral health, and how this relates to past experiences. What is involved?

The research will involve a life history interview (approx. 1 hour) about your thoughts and past experiences relating to your mouth and teeth, as well as the main things affecting your oral health today. The interview will be arranged at a time and place to suit you. If you are aged 65+ and would like more information or are interested in taking part, please contact:

Jennifer Kettle 07969 811350 j.e.kettlesheffield.ac.uk



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Could you be the voice of a generation?

INTERSECTION is a research project about fairness between generations in the UK, China and Uganda, in particular the things people buy and use and their views on taking care of the environment. We are looking for Sheffielders aged 16+ to take part in individual interviews, and also for families where three generations (e.g. young person, parent and grandparent) are happy to be interviewed. This is a chance to have your say on what makes society work for people of all ages, and we hope to take these views to policymakers. We would like to hear from people of different backgrounds and opinions – you do not need to be an expert on environmental issues! If you are interested, please contact:

*Dr Kristina Diprose k.diprosesheffield.ac.uk 07736 480924,
or visit our website: <http://www.sheffield.ac.uk/intersection/takepart>*

Does the New Nordic Diet have Cardiovascular Benefits?

Are you aged between 18-35 or 55-75 years old, and interested in taking part in an experiment to test the short-term effects of the New Nordic Diet on cardiovascular function? **Then contact us!**

Sheffield Hallam University in collaboration with the University of Sheffield are undertaking a non-invasive, ethically-approved study, that will explore the short-term effects of the New Nordic Diet on the small veins blood flow, and how this mechanism is affected by age.

The new Nordic diet is based on cabbages, root vegetables, legumes, potatoes, berries, herbs, and Arctic fish, such as cod and coley. You will be introducing Nordic foods into your current diet for four weeks, and attend two test sessions (4 weeks apart) at the Sheffield Hallam Collegiate Campus. In these sessions, you will take part in body composition measurements, as well as being tested non-invasively for small vein function and fitness. At the beginning of the study, you will be given some food items that can be consumed under the New Nordic Diet, to support your dietary change. To receive more information, please use the contact details below:

Scott McNeill *scott.mcneill student.shu.ac.uk*

Heidi Könönen *hjkononen1sheffield.ac.uk*

Research Projects...

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, often meeting SU3A members at the Drop-in sessions. For more information about the above and all current research project requests, go to the SU3A website.

SU3A Executive Committee

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For queries about membership, joining SU3A, information on Groups etc. see the contacts list inside the front cover.

Calendar 2016

- June** 7 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
11 Weekenders: Open Air Theatre, Stamford
17 Showroom Lectures: From hard-boiled fiction to Film Noir 11.00
22 Travel Group: Lion Salt Works, Northwich and Little Moreton Hall
- July** 5 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
5 Travel Group: Scampston Hall and Walled Garden
15 Showroom Lectures: The Cape Wrath Trail 11.00
17 Weekenders: Carsington Water and Calke Abbey
20 Travel Group: New Four Churches visit
- Aug** 2 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
3 YAHR Summer Showcase, Askham Bryan
19 Travel Group: Southport Flower Show
19 Showroom Lectures: Andrew Carnegie 11.00
21 Weekenders: Whitby
- Sept** 6 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
7 Weekenders: Stockport Hat Museum
16 Showroom Lectures: Shale Gas Fracking 11.00
28 Flying Gardeners: Beauchief Gardens
- Oct** 4 **Drop-In Session + ipad/web support:** 10.00-12.00: CURC
7 Study Day: Shakespeare
10-16 ETG: Berlin & Dresden
14 Lunch & Lecture: The Storm-Tossed Lady
20 Travel Group: Newstead Abbey & Southwell Minster
21 Showroom Lectures: Social Realism in Film 11.00

CURC: Central United Reformed Church