

## **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* 

Joining SU3A or to find out more:

Rita Webster-Carr Initial Enquiries Officer

(0114) 230 8866 enquiry sheffieldu3a.org.uk

Membership number or renewal:

Lorna Baker Membership Records Officer

(0114) 236 9025 members sheffieldu3a.org.uk

**Information about Groups:** 

Clare Chiba Group A Coordinator

(01433) 659 864 groupsa sheffieldu3a.org.uk

Anything else:

Tricia Pulfrey Secretary

(0114) 247 3741 secretary sheffieldu3a.org.uk

# Links no. 175 February 2015 the last date for copy is 29 December

All news and correspondence to the Editor:

Jenny Emby email: links sheffieldu3a.org.uk (0114) 281 3159

Remember the contributors' copy code:

Early, Literate, Accurate and Emailed

# From the Chair

We are almost at the time of year to renew your subscription. This year there will be changes and you will find all the details later on in this edition of *Links*. I know that there are members who do not welcome change but the world is changing and we must be prepared to move with the times.



Those of you who have a computer and are able to renew on line will find it very simple. (See page 13.) We ask that as many people as possible give it a go so that we can give the new system a meaningful test run.

For those members who do not have a computer then come to a Drop-In where a volunteer will renew your subscrition online for you or you can renew in the traditional method.

Sadly, Mike Ford, one of our two Equipment Officers is leaving the post this year. He has done a brilliant job but feels that he needs more time for his family and we wish him all the best. It means that we need a new Equipment Officer to work alongside Brian McAteer.

The job entails being the keeper of the SU3A pieces of equipment and ensuring that Groups can borrow it when they need to do so. It does help if you can show the Groups how to use the equipment when they borrow it. There is a new sound system which belongs to SU3A and is stored in the meeting room at the Victoria Hall. It would be useful if the new Equipment Officer learned how to put it together as it is available for all Groups to use. I am assured that the job is not demanding. You just need to be happy to use equipment. If you think that this suits you, please contact me or one of the present post holders whose details are on the inside of the back cover of *Links* and find out more.

We are also losing two other members of the Executive Committee at the next AGM. Between them they are responsible for running the Drop-In sessions and the New Members' Meetings as well as the AGM.

The jobs do not take up a great deal of time but, as it is presently organised, both post holders need to be available on a regular basis and coordinate holidays etc. round the U3A timetable. My plan is to set up a SU3A Hospitality Team of about six members who between them plan and execute the running of the meetings.

This would allow not only more flexibility but also sharing the responsibility among more people. I have one volunteer and am looking for more.

If you like meeting people, organising, but do not want too much responsibility and stress, then let me or Jane Whitehead know. Alternatively come and meet us at a Drop-In on the first Tuesday of every month.

The last New Members' Meeting was cancelled because of the few positive replies which were received by the cut-off date. Out of about 100 letters of invitation only seven replies were returned. As there is a cost in hiring the room and supplying the refreshments not to mention the time involved for ten members, we made a decision not to go ahead and informed those members who had replied that they would be invited to the next meeting.

Apparently several members turned up on the day but we were not aware that they wished to attend because they had not returned their acceptance forms. Also, several members replied long after the deadline when the decision had already been made to cancel the event. For those of you who had wanted to come, I apologise but, if you do not let us know your intentions, we cannot make informed decisions.

My last request is to ask you to think about the YAHR (Yorkshire and the Humber Region) Summer School next year. The details can be found on the yahru3a.co.uk website where you will also find the YAHR newsletter.

May I make one last plea for Christmas tree decorations for the SU3A tree which is to be entered into the Christmas Tree Festival at the CURC where we have the Drop-In mornings? Please can you find something which reflects your Group. It can be passed to any Committee member or brought to the December Drop-In on 2 December. Thank you.

At the last Drop-In session, which was very busy, a visitor remarked what a wonderfully vibrant organisation we are. I felt something like maternal pride, daft I know, but I was proud that we have that reputation.

Jean Stevenson

Chair

# The Yorkshire and the Humber Region newsletter is now available on our website

## **Events**

# Friday Lecture Programme 2014 - 15

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!

## In a change from our published programme:

## 19 December A Century of Sheffield Life



Queen Victoria's visit and a cornucopia of other past events in our city, captured on celluloid for posterity.

Ruth Patman, Yorkshire Film Archive

**Post-lecture Lunch**: Available for U3A members only after the lecture on 19 December in the Showroom Café: a Traditional Turkey Dinner with vegetarian alternative followed by coffee and mince pie for £6.95 per person. Booking is essential by calling: Showroom Box Office on (0114) 221 0239 or visit in person.

## 16 January The Tudors on Screen



From The Private Life of Henry VIII to The Other Boleyn Girl, the Tudor dynasty has long been fascinating territory for film -makers.

Dr Catherine Fletcher, historical adviser for the new BBC2 production of *Wolf Hall*, discusses what makes these kings and queens such intriguing subjects for the large and small screens.

Dr Catherine Fletcher, Lecturer in Public History, University of Sheffield

Image: 'When knighthood was in flower' 1922 - publicity halfsheet by Paramount Pictures - ha.com. Licensed under Public domain via Wikimedia Commons

## 20 February

# Going West: Exploring 19<sup>th</sup> Century Emigration from Norway to America



In the century from the 1820s to the First World War nearly one million Norwegians left for the Promised Land, the majority of them travelling via the North of England. This talk presents this extraordinary emigration experience and focuses on a recently-completed research project at Sheffield University which uses an online virtual world both to animate and to research history in new ways.

Andrew Linn, Professor of the History of Linguistics, Department of English Language and Linguistics, University of Sheffield

'Image: Stamp US 1925 5c Norse-American' Licensed under Public domain via Wikimedia Commons	

Enquiries, offers and suggestions for future Showroom Lectures to Shelagh Woolliscroft (01246) 768 212

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U3A Diary 2015 : Order Form		
U3A <b>Sheffield</b>	Phone	
Name of person to receive diaries		
Email		
Address 1	No. of diaries at £2.00 each	
Address 2	Cheque enclosed for £	
Address 3	Ordered by	
Post code	Date	
Please make cheque payable to <i>The</i> together with the completed form, to:	Third Age Trust and send it,	

The Third Age Trust 19 East Street Bromley, BR1 1QE.



## SU3A has a new audio 'magazine':

# **OPPORTUNITIES**

It is 15 minutes long, with interviews with 3 members - people who have successfully set up a number of new Groups.

There is music from the newly established Recorder Group and from the Ukulele Group's recent performance in the Cathedral.

**OPPORTUNITIES** also reminds you of some upcoming SU3A events.

Listen to **your** magazine on the Internet using this link:

http://www.mixcloud.com/su3aaudiomag/

- or find it via our SU3A website.

PPORTUNITIES is the first product of the new SU3A Radio Production Group - only two months old and already 'in production'.

We hope you enjoy it. We welcome feedback: there is a comment section on the site.

We would also welcome being contacted by any SU3A member who has any mobile recording equipment that they would loan/donate to the Group . . . . .

. . . . and does anyone have an audio editing suite we could use?

This first edition was edited in a 'walk-in wardrobe' (according to the estate agents). It is actually a deep cupboard with room for only one person - which is limiting in terms of member participation.

If you think you can help, please contact Harry Welburn:

mashitupharry yahoo.co.uk

## **Summer School 2015**

## Northern College, Wentworth Castle near Barnsley

## 3 - 6 August 2015

After a very successful 3 days in August 2013 the YAHR Committee is pleased to be offering a similar event at Northern College in August 2015.

Topics on offer have yet to be finalised but will include at least 6 of the following:

Climate Change LiteratureHistory Philosophy

Tai Chi Drawing and PaintingGift Wrapping Singing for Pleasure

Feng Shui Ukulele

Photoshop Elements The Romantics

DNA/Criminology

Prices are still to be finalised but are hoped to be similar to 2013 – around £300.00 for residential, £165.00 for non-residential.

If you might be interested in attending, please email the organisers at *summerschool yahrU3A.co.uk* or write to Denise West, 18 Periwood Grove, Mill House Green, Sheffield, S8 0HX and say which would be your favourite topics from the list above.

We will let you know the final list of topics and send you an application form in January.

# **National U3A Photography competition**

Help is needed to create an archive of high-quality photographs that the national organisation can use for their publicity materials and for image requests from the media and external organisations.

You are invited to submit photographs of members engaging in activities that show the essence of U3A — learning, laughing and living.

## The closing date is 31 March 2015.

Full details of how to enter and the Competition Rules may be found by following the link on our website www.sheffieldu3a.org.uk

# **Sheffield Poets and Poetry Walk**

## December 11 2014, 10.15 Mappin Gallery

Sheffield is rich in poets, living poets and poets from its history, poets who live here, poets who studied here and poets who have been inspired by Sheffield.

On Thursday 11 December at 10.15 there will be a guided walk starting outside the Mappin Gallery in Weston Park and finishing in the city centre.

The walk will be approximately 4 miles, and we will stop at locations featuring poetry or which acted as the inspiration for poems to recite a verse or two. We will be joined by Mick Nott who has previously developed and led a poetry tour of Sheffield.

There are around 200 poets associated in one way or another with Sheffield. Voices from history such as Ebenezer Elliott, the corn-law rhymer, and James Montgomery, famous for hymns and inspiration. From our own 21st century are Sheffield-born Helen Mort and Sheffield-studied Tony Williams. It is a must to include famous poems about Sheffield, from Roger McGough, Andrew Motion and Carol Ann Duffy and if we broaden our horizons to include lyrics as poetry, roaring into view are the Arctic Monkeys and Jarvis Cocker.

If you would like full details of the walk route, the poets and the verses we will recite, please email us for a copy or download a pdf from the Sheffield U3A website. It would also be delightful if we had some volunteers to recite a poem or two during the walk!

We will finish the walk at lunchtime at the Winter Gardens, but you are free to join and leave the walk at any point.

So that we have some idea of numbers, please contact us, Pat and Clare Ryan, on (0114) 236 8749 or 07840 191 720, email *drpjryan gmail.com* 

' now like the rusty industrial past, Now like the blue of your future, infinite, clear'	' Sheffield twinned with Mars'	O travellers from somewhere else to here Rising from Sheffield Station and Sheaf Square To wander through the
Carol Ann Duffy	Roger McGough	Andrew Motion



# **Classical Concertgoers**

## Saturday 18 April 2015

## **De Montfort Hall, Leicester**

## **Vladimir Ashkenazy**

We have been lucky enough to obtain tickets for a very special event: for this one concert the renowned pianist and conductor, **Vladimir Ashkenazy,** has stepped in to conduct the Philharmonia Orchestra following the death this summer of the orchestra's Associate Principal Conductor, Lorin Maazel.

Maestro Ashkenazy has requested a replacement for the overture, otherwise the programme for the evening remains as chosen by Maazel and the orchestra:

Vladimir Ashkenazy Conductor

Eric Silberger Violin

Programme: Scriabin Reverie

Mozart Violin Concerto No.5 K219

Sibelius Symphony No. 2

This programme promises a variety of mood, from the exuberance and rhythm of the concerto to the romance and heroic finale of the symphony.

I imagine 'Reverie' is in tribute to Maazel.

The coach will leave the bus stop at the junction of Knowle Lane/ Ecclesall Road at 17.30 and will drop us at the hall in time for the concert at 19.30. We should be back in Sheffield at around 23.00.

The cost of ticket, coach travel and driver's gratuity is £32.00. Please complete the application form on page 28 if you wish to join us at this concert.

Pamela Sandford Coordinator (0114) 236 1815

### **News from members**

For reasons of space the Editor has yet again had to hold over some articles. A lively report on the Travel Group's visit to Glasgow can now be found on our website www.sheffieldu3a.org.uk



# Participants invited for research project

## Are you a patient with venous ulcers?

I am conducting a study into the feasibility of implementing a supervised exercise training and compression hosiery intervention in patients with venous ulceration, a randomized controlled trial (FISCU).

Would you be interested in taking up exercise, following a fullypersonalised training programme over a 12-week period under the guidance of an experienced Exercise Physiologist?

### Then contact us!

Sheffield Hallam University in collaboration with Sheffield Health and Social Care NHS Foundation Trust is undertaking a **non-invasive**, **ethically-approved study**, funded by the National Institute of Health Research, that will attempt to explore the practicality and effectiveness of supervised exercise training in people who have venous leg ulcers.

All participants will be randomly allocated to one of the two study groups. In the first one participants will follow a fully-personalized training programme in addition to standard medical care, while in the second one they will receive standard care only.

**Supervised training sessions will be free** and will take place three times per week, at Collegiate Hall in Collegiate Crescent Campus of Sheffield Hallam University.

A £5.00 contribution towards your travelling expenses and time will also be paid for each of your visits.

To receive more information please use the contact details below:

Miss Emma McIntosh (0114) 225 2262, *email: e.mcintosh shu.ac.uk* or see the SU3A website for detailed information.

## While we are talking about medical matters . .

NHS now have a screening service for aortic aneurism early detection for men over 65. Details at: www. aaa.screening.nhs.uk

# **ESCAL Report September/October 2014**

Regular articles in *Links* (see August 2014), and a permanent mention on the SU3A website have encouraged many of our members to consider joining the ESCAL Volunteering programme which organises one-to-one support for pupils needing some extra help to gain confidence in reading and communication.

Since 2009 SU3A members have been responding to the challenge and can be deservedly pleased and proud to hear from ESCAL that our 'exceptional volunteers' are 'a delight to work in partnership with'!

ESCAL Volunteering has given us an up-to-date report on the current involvement of SU3A members:

- Of a total of 237 active volunteers supporting 50 Sheffield Primary Schools, 46 are SU3A members.
- 7 more of our members are in the early stages leading to being matched with a school.
- In almost every postcode area across the city, there is a least 1 school being supported by an SU3A volunteer.

Some SU3A volunteers become interested in other aspects of school involvement such as school governorship, or are drawn to take part in new developments in providing support. 26 members have continued their active association with ESCAL Volunteering for over 3 years.

If you want to find out about becoming a Reading Volunteer, contact:

ESCAL (0114) 250 6853 e-mail: escalvolunteering sheffield.gov.uk

If you would like a full copy of this short report, contact:

Yvonne Rowland (0114) 242 5201 yvonne\_rowland hotmail.com

It is membership renewal time . .

Join the 21st century and renew online

# Why it is important that you use Wild Apricot . . .

Normally around this time of year Lorna, your Membership Secretary, would be starting to open the first of the 2,500+ letters that arrive at her house containing the 2,500+ cheques for membership renewal for the 3,000+ members we now have. She will add each new member's details to the database, update the details of members renewing, issue a new membership number for every one and then send out 2,500+ letters or emails to those 3,000+ people. She then has to take the 2,500+ cheques to the bank. Her job is entirely voluntary.

This cannot continue.

With the introduction of the Wild Apricot system each member will be able to manage his or her own renewal and the acknowledgment will be sent automatically. During the year if he/she moves or changes email or phone number he/she can change this on Wild Apricot and there will be no need to inform Lorna or anyone else of the change.

If you ever use a credit/debit card online please use it to renew through Wild Apricot. If not, see page 19.

### You will need:

## 1. Your current membership number

- as printed on the address label inside the envelope that this copy of *Links* came in. If there are two numbers for two people the first number belongs to the man.

## 2. Your login email address(es)

- as given in the email(s) you were sent. If there are two of you sharing an email address one of you will have been given a forwarder, either ending <code>su3a.org.uk</code> or your own address with a + before the . Wild Apricot recognises <code>someone</code> <code>gmail.com</code> and <code>someone+ gmail.com</code> as two different login emails, but emails sent to both go to the one email address. This is important as both your details need to be checked although only one of you will pay for both.

### 3. Your debit or credit card.

Instructions for renewing through Wild Apricot are on the next page.

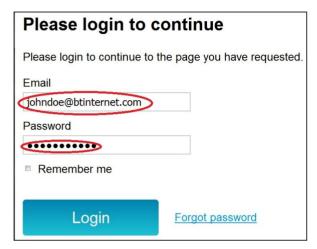
Please note that the exact wording may differ from that shown.

If you have problems, please email *wa-admin su3a.org.uk* or come to the next Drop-In for help\*.

# Step 1: Login

Go to this URL (web address): www.su3a.wildapricot.org/sys/login

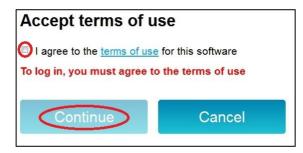
Either click on the link in your email or type the URL into your browser. You will see this screen:



Type in the email address you gave us or the forwarder we set up for you.

Type in your password. If your U3A number is 2300 your password will be sheffieldu3a2300

Click on the **Login** button.



Click in the little box to accept the **terms** of use and click on **Continue** 

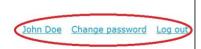
# Step 2: Change your password

At the very top of the next screen you will see:

your name, Change password and Log out.



## **Sheffield U3A**



Click on **Change password** and follow the instructions on the next screen. Your password must be 8 or more letters and numbers long.



You will get confirmation of the change.

Click on **Back to profile** 

# **Step 3: Check your profile**



The **Profile** screen shows you the details of your membership.

The fictitious John Doe is married and has 'Couples' Bundle membership. His subscription is £20 because he is paying for his wife, Jane Doe, as well.

In most cases we have made the man 'Bundle administrator' which means both subscriptions are paid from his profile.

If the wife would like to do this from her profile we can easily make her administrator: email *wa-admin su3a.org.uk* to ask for the change.

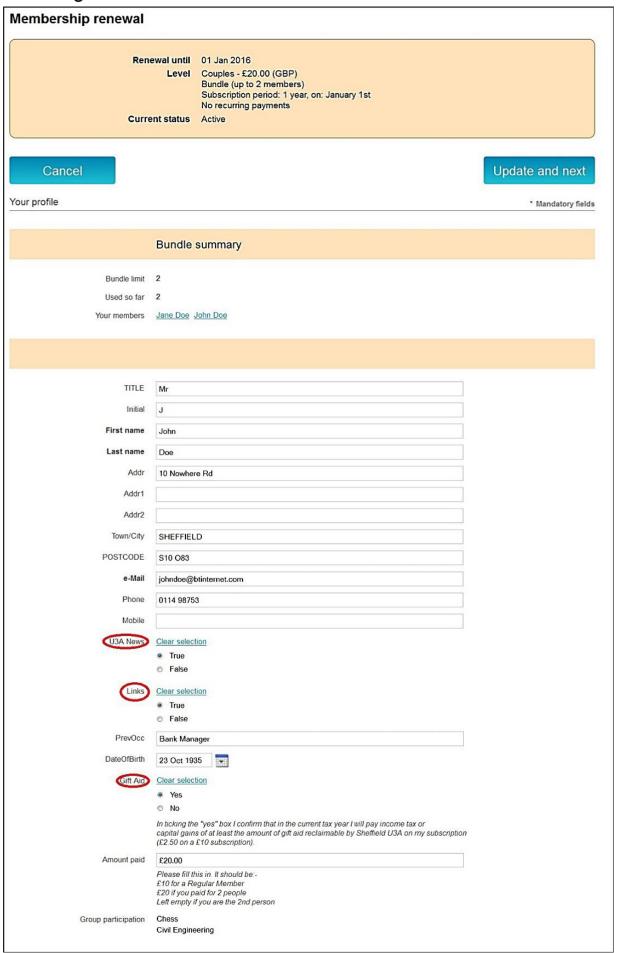
If any two people who do not have 'Couples' Bundle membership would like to have it or if any couples with 'Couples' Bundle membership do not want it please email *wa-admin su3a.org.uk* 

Everyone else has '**Regular**' membership and is responsible for his/her own £10 subscription.



To pay online click on the **Renew until 01 Jan 2016** button on the screen above.

# Scroll right down this next screen and check the details.



# Please check we have recorded correctly:

- 1. Your name, address and contact details.
- 2. Whether you want *Links*. Usually only one of the people living at the same address opts for *Links*.
- 3. Whether you want *Third Age Matters* (the national U3A newsletter). Again, this is usually opted for by only one of the people living at the same address.
- 4. Whether you have opted for **Gift Aid** and whether the **Amount paid** is correct i.e.
  - £20 for the Couples Bundle Administrator
  - Left empty for the other Couples Bundle member
  - £10 for all Regular members.

If there is anything wrong, correct it and click on **Update and next.** 

# Step 4: Pay your subscription



Check this screen also and click on **Confirm** 

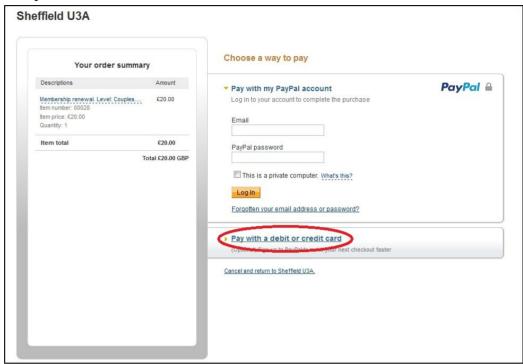


The next screen confirms how much you need to pay and how you can pay.

Click on the **Pay online** button.

# Step 4: Pay your subscription (continued)

You have now been transferred to the secure payment screen using the PayPal Bank.



If you do not have a PayPal account click on Pay with a debit or credit card



Click on Select Card

Fill in your card details and the billing information below and click on **Pay** You will receive an email receipt.

The Committee and all the other people doing SU3A jobs say a big thank you for paying online.

When you login to Wild Apricot another time you will need to click on your name at the top right of the screen to get back to your profile.

# **Membership renewal**

For members with a computer please renew your subscription using Wild Apricot.

Here is a link to the renewal form, should you be unable to renew online http://sheffieldu3a.org.uk/Links%20and%20other%20PDF%20files/membership%20renewal%20form15a.pdf

You can click 'Join' on the website to get a form.

Alternatively, there is a form in the paper edition of December Links.



# **A Sunday Lunch**

# **Sunday 18 January 2015**

Brighten up a January Sunday by joining us for lunch on Sunday 18 January 2015 at Ego restaurant on Surrey Street.

There will be a 2-course, fixed price menu offering a choice of main meal and dessert plus a drink (wine, beer or soft drink). The cost is £17.00 including the tip.

Please arrive at 12 noon for a 12.30 start. Choose and pay for your meal on the day. If you wish to join us, please complete the form on page 21 and return it to Jane Whitehead with a small, stamped addressed envelope by Monday 6 January 2015.

Please ring (0114) 230 9312 for further information.



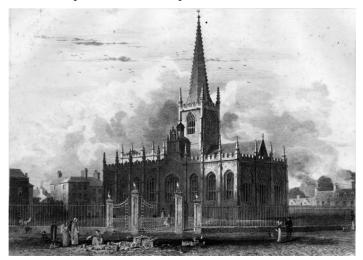
## A Tour and a Tea

## **Saturday 14 February 2015**

The cathedral is Sheffield's oldest building, now fully reopened after undergoing a major restoration project in 2014.

We will have a guided tour of the building at 14.00 followed by an afternoon tea. The cost for the tour and the tea is £9.00 per person.

If you would like to join us, please complete the form on page 21 and return it to Jane Whitehead with a small stamped, addressed envelope by Monday 19 January 2015.



Please ring (0114) 230 9312 for further information

'Sheffield Parish Church 1819' Drawn by E. Blore; engraved by G. Hollis. -Hallamshire, The History and Topography of the Parish of Sheffield in the County of York. By Joseph Hunter.

Taken from SheffieldHistory.co.uk with permission. Licensed under Public domain via Wikimedia Commons



Name(s)	SU3A No(s)
Address	Tel:
Please reserve place(s) for the Sunday lo 2015.	unch on Sunday 18 January
Please send to Jane Whitehead, 21 Bingham Sheffield S10 3DZ with a small stamped addr <b>Monday 6 January 2015</b> .	
<b>X</b>	
weekenders and Aftern	rs: Cathedral Tour oon Tea February 2015
Full Name(s)	, ,
Address	
	Postcode
Please reserve place(s) at <b>£9.00</b> per per and tea on Saturday 14 February 2015.	rson for the Cathedral tour
l enclose a cheque for £ payable to <b>Sh</b>	effield U3A Weekenders.
Please send to Jane Whitehead, 21 Bingham Sheffield S10 3DZ with a small stamped addr <b>Monday 19 January 2015</b> .	





# News from the MOOCs\*

John Green completed the *Jazz Appreciation* MOOC last year from the University of Austin, Texas and can thoroughly recommend it.

Listen and learn about the artists, eras, and musical methods that make jazz a great original art form.

Louis Armstrong. Charlie Parker. John Coltrane. You've heard their names, but do you know what makes them great? In Jazz Appreciation you will learn what these artists and many others contributed to America's great original art form, revered the world over for its innovation and creativity. Jazz emerged during a time of tremendous change and upheaval in American society; this course will also discuss how its evolution both reflected and contributed to those changes.

Much more than a lecture series, Jazz Appreciation weaves in musical performances and examples that will deepen your understanding of the musical process and develop your ability to identify and analyse different jazz eras and great jazz soloists. It also incorporates cutting-edge adaptive learning technology that will allow you to practise your new knowledge and skills, at your own pace, until you reach mastery.

Go to https://www.edx.org/ and search for 'jazz'

\* free courses via the internet. Quality varies but some are superb.

**The Science of Happiness:** The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.

A Global History of Architecture — Part 1: This course is a history of architecture from a global perspective.

**The Ancient Greek Hero:** A survey of ancient Greek literature focusing on classical concepts of the hero and how they can inform our understanding of the human condition.

# **Group News**

# **New Groups**

## **Mathematics and its Applications**

This U3A Group will introduce you to some interesting mathematical areas with applications in the real world. For example, determining the maximum of a complicated function, solving differential equations, finding the maximum of a function subject to constraints, difficult graph plotting, special mathematical constants and functions like 'pi' and 'e'. The initial plan is to develop the basic skills in mathematics including algebra, complex numbers, differential and integral calculus, trigonometry and matrix theory that will allow interesting applications to be studied.

One of the main difficulties that students have in studying mathematics is the requirement to undertake sophisticated 'pen and paper' mathematical manipulations. This often bogs down the student who needs to develop skills in manipulating functions and other mathematical structures. Now there are Symbolic Algebra computer packages that allow one to determine without the need for pen and paper calculations, for instance, matrix multiplications, the roots of highly complicated equations, derivatives and integrals, difficult 3-D plotting, physics problems etc., so the manipulative difficulty is therefore largely bypassed.

This Group will study only the underlying mathematical theory and will rely on a free computer package, Maxima, that runs on the PC and the Mac for most mathematical manipulations. Members should bring their own laptops to each meeting as well as paper and pencil/pen. Probably one meeting (2 hours) once or twice a month.

The group will be limited in size to enable active participation. The course material will depend upon the mathematical level of the members in the Group. There will be a Community Panel on Google+ for comments, suggestions and mathematical queries.

Please contact me by email, if you are interested, and let me have brief notes about your previous mathematical education. It is envisaged that the mathematical level required will be the equivalent of previous O level or GCSE proficiency.

Alan Zinober, Emeritus Professor of Applied Mathematics

School of Mathematics and Statistics, University of Sheffield email: a.zinober shef.ac.uk

## **New Literature Network Coordinator needed**

Belinda Barber is resigning as Literature Network Coordinator as from April 2015 (after the April talk). The post involves organising two lectures a year on a topic of literary interest. Recent topics have included lectures on the works of Camus, Marquez and Orwell. Anyone interested in taking over from her should contact:

Belinda Barber (0114) 230 4717 email: barberdb supanet.com

## From Asia To Europe

For almost three years I have been running a Group on Asian history.

The Group as a whole has now decided to turn its attention to the history of modern Europe. It is anticipated that the first meeting of the re-formed group will be held on 24 February 2015. We will continue to meet at the Friends' Meeting House, St James Street at 14.00 on the 4th Tuesday of every month.

Since most members of the Group have expressed a wish to continue their membership, it is likely that room for new members will be limited. However, if you wish to join this group please contact me:

John Evans Coordinator (0114) 230 1173

## **Family History**

There is a new Group being formed, day and time not yet decided. Would anyone who is interested please contact:

Ann Inman on (0114) 230 9244 e-mail: annpeter.inman googlemail.com

### **Contract Whist and Double Twelve Dominoes**

A Group has run successfully for many years meeting on Sunday evenings and this continues. The Coordinator is now able to offer a regular midweek session for these games in the S10 area, times and dates to be confirmed.

Interested members please ring:

Gerald Cartwright Coordinator (0114) 266 7032 or 0875 544 5048

website: www.sheffieldu3a.org.uk

# Yoga special . . . .

## **Tailor-Made Yoga for You**

Many U3A members enjoy the sociable circuit sessions, Tailor-Made Fitness. From just one weekly session at the outset 18 months ago, there are now five each week. No joining fees to pay, or contracts to sign, and certainly not a sign of lycra outfits or rows of fitness machinery.

To ensure a place, pay for six sessions in advance but not for any dates when you know you will be unable to attend. It is simple!

Yoga (stretch, balance, breath, meditate) session lasting 60 minutes at a cost of £7.00. Mats are supplied, the instructor experienced, the premises are warm, intimate and easily accessible near Sharrow Head.

Mondays 09.30 or 11.00. So, on a 'try me' basis, why not ring?

Ann Evans

Coordinator

(0114) 348 6607, 07810 657 779

## Yoga for U3A

I have recently joined a yoga group for the first time in my life and am enjoying it, so much so that I am keen to start a new SU3A Group. We have a venue in S11 on Ecclesall Rd and the Group will meet on Thursdays from 14.00 to 15.15 with an option for a second class, if there is the demand, from 15.30 to 16.45.

Balance is the key to well-being. The classes will be structured to combine:

- Breath work for focus and concentration.
- Flowing postures to open, gently stretch and energise.
- Supported restorative postures to prepare for guided relaxation to complete the practice.

Throughout the class everyone will be encouraged to work to their own level and discover their potential. Gentle options will be offered to any participants with injuries or health issues and options for progression for those who would like some challenges.

Class size: 15+. Cost: £25.00 for a 5-week block. Classes will run in 5-week blocks, payment in advance for the whole block. If you would like to join this new Group, please contact:

Jenny Forster jenny4kv yahoo.co.uk (0114) 230 3353, 07789 994 146

## **New members**

## **Garden Group C**

We would welcome new members. We meet on the second Monday of each month in the morning. During the winter we meet in members' homes, when talks or garden DVDs are arranged. In the summer we organise visits to public and private gardens. All members play an active part in planning and organising the annual programme.

For more information please contact:

Heather Curtis

hmcurtis btopenworld.com

(0114) 255 7228

## **Art Group 3**

Ever fancied drawing or painting but never got round to it? Perhaps now is the time to give it a try and join our friendly group of willing amateurs: you will be surprised at what you can achieve!

Although we do not have a rigid structure, our recently retired Art teacher, Martin, encourages and advises in different techniques that will help you to create that masterpiece in any medium.

We meet every Wednesday afternoon from 14.00 to 16.00 in the Parish Hall, Ecclesall Church on Ringinglow Road.

#### Interested?

Contact Miriam Currie on (01246) 414 274 - or just come along one Wednesday afternoon.

## **Reading for Pleasure**

We meet on the last Thursday of each month, usually in Bradway, from 14.00 until 16.00.

The choice of novels is wide and we all have the opportunity to make a choice.

We have a few places if you would like to join us.

For further details contact:

Susan Kirkman on 07854 968 011 or (0114) 236 1971

## **Aspects Of Art - Group 1**

Aspects of Art 1 meet on the 4th Thursday of every month, except December, from 14.00 to 16.00 at the Holy Trinity Church Hall, Grove Road, Sheffield S7 and next year we will be celebrating our 20th anniversary.

Speakers present a variety of art themes, and this year they have included the Assistant Curator at Chatsworth talking about the Devonshire Collection through the ages, a local florist demonstrating her art, and an illustrator/screen printer using eco-friendly organic materials.

We have arranged another interesting and varied programme for 2015 which will include a talk on Art and Architecture in Ancient Egypt, the Hidden Meanings in Portraits at Hardwick Hall and an Insight into Fused Glass Designs.

For our annual trip in 2015 we have arranged to visit Port Sunlight and the Lady Lever Gallery.

We are a friendly group and would welcome new members. If you are interested and would like to find out more please call:

Jean Stewart on (0114) 262 1055 or Andrea Elson on (0114) 236 4400.

#### **Racketball**

New year, new game! Racketball ticks all the boxes: easy to learn, fun to play, with a friendly group of boys and girls ranging from beginners to recycled squash players.

Coaching and equipment provided in state-of -the-art, weather-proof facilities.

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

## **SU3A Bridge**

This is held each Friday from 13.00 to 16.00 at the Sheffield Bridge Club, Thornsett Road, S7 1NA.

Contact: Louise Cooper (0114) 230 7191, 07989 584 742

#### **Tailor-Made Fitness**

New session added on Monday afternoon.

#### Classical Greek

Would you like to learn Classical Greek from scratch, or brush up your knowledge of the language having learned it a long time ago?

You would soon be reading stories from the myths and the history of Greece in the language of the original writers – Homer, Herodotus, Xenophon. Later on we examine the ideas of major Greek philosophers such as Socrates and his pupil, Plato, and writers of tragedy and comedy such as Sophocles, Euripides and Aristophanes.

There is an advantage if you already know some Latin, but it is not essential. Our text books are written by a teacher who thoroughly understands the needs of learners.

We are a well-established Group and have space for a few new members from January 2015. If you think you might be interested in joining a group of enthusiastic lovers of the classical languages, we invite you to join us.

We meet fortnightly on Wednesday afternoons.

Deidre Eastburn (0114) 281 8446 email: deidre.eastburn blueyonder

Classical Concertgoers: Ashkenazy
Saturday 18 April 2015

Sheffield S8 0DA to arrive as soon as possible.

# **De Montfort Hall, Leicester**

Name(s)	` ,
Address	Tel:
Please reserve place(s) for me (£32.00 pe cheque for £ payable to SU3A Con stamped addressed envelope.	• /
If possible I would like to sit with:	
Completed forms should be sent to Pamela S	andford, 289 Abbey Lane.



# **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 2015**

## **Day Visits**

24	April	Crosby Beach (Gormley Figures) and Speke Hall, Liverpool (see February <i>Links</i> )
13	May	Cresswell Crags and Bolsover Castle (see February Links)
17	June	Boughton Hall, Northampton (see April Links)
8	July	Burnby Hall, Pocklington and Sledmere House, Driffield, Yorks (see April <i>Links</i> )
17	Aug	Four South Yorkshire Churches (see June Links)

### **Short Breaks**

22 - 26 September: The Cotswolds

For reasons of space we have yet again had to hold over some articles. A lively **report on the Travel Group's visit to Glasgow** can now be found on our website *www.sheffieldu3a.org.uk* 

website: www.sheffieldu3a.org.uk



# Travel Group: Visit to BBC Media City Tuesday 17 March 2015

Full Name(s)	• •
Address	Tel:
Please reserve place(s) for me. I enclose a per person), payable to <b>Sheffield U3A Travel</b> . completed form with a small stamped address possible to: Margaret Langrish, 19 Almshill Ros	Please return the ed envelope as soon as
Please indicate your preferred pick up poin	t:
Sheffield Interchange, Platform E5 Bus bay Knowle Lane/Ecclesall Road South	07.55 () 08.15 ()
<b>×</b>	
SHEFFIELD Travel Group: Short Brown 31 May - 4 June 2015	eak to Cardiff
Full Name(s)	SU3A No(s)
Address	Tel:
	Postcode
Please reserve place(s) for me.	
Room type: Twin / double / twin share / single	
I enclose a cheque for £ (£50.00 per persuation of the completed form addressed envelope as soon as possible to: B Whinfell Court, Sheffield S11 9QA	n with a <i>Links</i> -size stamped



# **Travel Group Short Break to Cardiff**

## 31 May - 4 June 2015

Cardiff is a city proud of its culture, history and language, which have undergone a fascinating journey over the last 2000 years. This is our base for the short break in and around the city. On the first day we will travel to Baddesley Clinton (National Trust). This moated, medieval Manor House was the home of the Ferrers family for 500 years and has lots of hidden secrets which we will discover on our visit. Lunch will be available in the restaurant. We then continue our journey to Cardiff to settle into our hotel before dinner.

The programme for the following days includes a tour of Cardiff Castle and a boat trip to Cardiff Bay, where we will visit the National Assembly for Wales and the Millennium Centre. Also included is a tour of Llandaff Cathedral, the mother church of the Diocese of Llandaff. It stands on one of the oldest Christian sites in Britain. Here we can also admire Sir Jacob Epstein's famous statue of Christ in Majesty. St. Fagan's Museum of Welsh Life is a complete contrast. This museum was opened in 1948 and has established itself as one of Europe's foremost Open Air museums.

We also visit Caerphilly Castle, the largest castle in Wales, and Llancaiach Fawr Manor dating back to 1645. We will call in at the Rhondda Heritage Park, a great place to relax in the café and enjoy the stunning views over the valleys.

On the last day, we will visit at Hidcote Manor Gardens (National Trust), one of England's great 'Arts and Craft' gardens, famous for its rare trees and shrubs and unusual plants from all over the world. The restaurant and café provide refreshments.

The cost for this 4 night/5day break is £330.00 per person with a single supplement of £60.00.

We are staying at the 4\*Cardiff Holiday Inn, which has a swimming pool. The cost covers bed, breakfast and evening meal at the hotel, transport throughout by Walter Martin, all gratuities and admission fees, except those of the 2 NT properties (approx.£17.00). Lunches, snacks and any other refreshment (unless stated) are not included.

To reserve a place, please complete the booking form on page 30 and send it with a deposit of £50.00 per person to Barbara Robertshaw as soon as possible. Before submitting your application please read the Travel Group notice on page 29 about travel insurance.



# Travel Group Visit to BBC Media City UK Salford Quays

## **Tuesday 17 March 2015**

The BBC buildings at Media City Salford Quays are one of the most ambitious projects in the BBC's history. Join us in a visit to look behind the scenes at these working buildings. Well-informed and friendly guides will entertain and surprise you. You will see the most interesting areas available when you visit and have a fascinating insight into how TV and Radio work. The tour takes about 1½ hours.

After your tour you are free to explore the Salford Quays and visit the Imperial War Museum North and the Lowry Gallery. There are plenty of places to eat and a retail outlet for shoppers.

The cost is £18.00 which includes coach travel, gratuities and entrance fee to the Media City. To reserve a place, please complete the application form on page 30 and send it with a small stamped addressed envelope to Margaret Langrish as soon as possible.



# ETG: The Rioja and St James Pilgrim Trail

# 8 - 18 September 2015

Full Name(s)	, ,
Address	Tel:
Please reserveplace(s) for me. F	Room type: Twin/twin share/single.
I enclose a cheque for £ (£300. Sheffield U3A ETG and a Links-size st Completed forms should be sent to Brian Sheffield S11 7LP by 15 December 200.	amped addressed envelope. an Cave at 73 Highcliffe Road,

Before submitting your application please read the European Travel Group notice on page 33 about travel insurance and cancellation policy.



# **European Travel Group Events**

## Our trips are open to all SU3A members

### **Committee:**

Samina Aslam Coordinator (0114) 235 1489 sammas1747 gmail.com

#### **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.

### 2015 Calendar

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
Oct/Nov	European City break

# The 2015 Big Holiday



# The Rioja and St James Pilgrim Trail 8 - 18 September 2015

Interested in wine, gastronomy or history? Then join us on this remarkable tour of Northern Spain.

We travel from Sheffield to **Barcelona** by train, where our adventure begins. . . . .

After an overnight stay and time to experience this cosmopolitan city, we leave by train for **Logrono**, the capital of the **Rioja** region. From here we travel to **Santiago de Compostela** by rail through the heart of the **La Rioja wine region**.

We taste the wines of the region including the Marques de Riscal estate, visit the cities on the pilgrimage route of **St James** and finish at the elegant 2016 European City of Culture, **San Sebastian**, for 2 nights before travelling back to Sheffield.

During the holiday we will have time to enjoy **Logrono** with its medieval cobbled town centre, wide boulevards and many squares. From here we will visit the Margues de Riscal wine estate for a wine tasting followed by a lunch at another traditional wine estate before travelling to **Leon** to stay the night. After a guided tour of the city we will eat in the evening at a local restaurant.

The highlight of this holiday is our 2 night stay in Santiago de Compostela. This UNESCO World Heritage Site is famous for the St. James Shrine housed in the Cathedral. We will have a guided walking tour of the City and plenty of free time to explore this unique City.

From Santiago we go to **Burgos** for an overnight stop and enjoy a guided walking tour and visit to the tomb of El Cid, Spain's soldier of fortune.

Our holiday finishes at the elegant seaside resort of San Sebastian for two nights relaxation. The town fronts a beautiful sandy bay, has a wonderful old town with over 200 tapas bars and restaurants, and a wide range of shops and shopping malls.

Finally, we return to Sheffield via Paris and London.

The holiday includes 10 nights bed and breakfast at a 3\* hotel, 6 dinners and 1 lunch, return rail travel from Sheffield. coach trips and wine tasting to wine

villages, all transfers, a professional tour manager, all gratuities (excluding hotels) and guided walking tours of Leon, Santiago de Compostela and Burgos.





The cost of this 11 day, 10 night stay is £1,735.00 per person with £400.00 single supplement. This cost is based on a small group of 20 travellers. Should the number increase to 30 or more there will be a reduction to the cost. Booking form on page 32.

website: www.sheffieldu3a.org.uk

## **SU3A Executive Committee**

Chair Jean Stevenson (0114) 327 6294 3 Knowle Court, Button Hill, Sheffield S11 9HH chair sheffieldu3a.org.uk Vice-Chair Samina Aslam (0114) 235 1489 vicechair sheffieldu3a.org.uk (0114) 247 3741 **Secretary Tricia Pulfrey** secretary sheffieldu3a.org.uk **Treasurer Chris Cave** (0114) 236 4648 96 Abbeydale Park Rise, Sheffield S17 3PF treasurer sheffieldu3a.org.uk **Group A Coordinator** Clare Chiba (01433) 659 864 groupsa sheffieldu3a.org.uk **Publicity Coordinator** (0114) 230 1173 John Evans publicity sheffieldu3a.org.uk **Links** Editor **Editor** links sheffieldu3a.org.uk **Web Coordinator** (0114) 236 0604 **Dave Longson** web sheffieldu3a.org.uk **Committee Members: Dot Sutcliffe** (0114) 268 5918 Jane Whitehead (0114) 230 9312 \_\_\_\_\_\_ Minutes Secretary **Ann Barclay** (0114) 230 4327 **Membership Records Officer Lorna Baker** (0114) 236 9025 8 Thornsett Gardens, Sheffield S17 3PP members sheffieldu3a.org.uk **Links Deputy Editor** Jo Darley (01433) 631 523 deputyeditor sheffieldu3a.org.uk **Equipment Officers** Mike Ford (0114) 281 8510 **Brian McAteer** (0114) 236 9383 (0114) 266 3525 **Home Pages Manager Chris Hailey** homepages sheffieldu3a.org.uk

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

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# Calendar

2014		
December	2	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	2	Online Membership Renewal help: 10.00-12.00: CURC
	10	Travel Group: Christmas Market: Birmingham: Day Trip
	11	Sheffield Poets and Poetry Walk: Mappin Gallery: 10.15
	19	Showroom Lecture: A Century of Sheffield Life: 10.30
2015		
January	6	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	6	Online Membership Renewal help: 10.00-12.00: CURC
	16	Showroom Lecture: The Tudors on Screen: 10.30
	18	Weekenders: Sunday Lunch: City centre: 12 noon
February	3	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	14	Weekenders: Cathedral Tour and tea: Sheffield: 14.00
	20	Showroom Lecture: Emigration from Norway: 10.30
	23	C'Cgoers: St Petersburg S.O.: Manchester: Evening Trip
March	3	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	17	TG: BBC Media City: Salford Quays: Day Trip
April	7	Drop-In Session + iPad/web support: 10.00-12.00: CURC
	18	C'Cgoers: Vladimir Ashkenazy: Leicester: Evening Trip
20	0 - 26	ETG: A Classical Sicilian Adventure: Short Break
	24	TG: Crosby Beach (A. Gormley) and Liverpool: Day Trip
3	30 - 5	Travel Group: Isle of Man: Short Break
May 3	31 - 4	Travel Group: Cardiff/South Wales: Short Break
June 2	28 - 2	ETG: Killarney and the Ring of Kerry: Short Break
Aug	3 - 6	YAHR Summer School: Northern College: Short Break
Sept 8	3 - 18	ETG: The Rioja and St James Pilgrim Trail: Long Break

**CURC: Central United Reformed Church**