

January 2018



**Happy New Year**

# U3A Address: Peterborough U3A, P O Box 1341 Peterborough, PE2 2QD

## **OFFICERS AND COMMITTEE MEMBERS**

Chairman	Brenda Fearon	01733 239848
Vice Chairman/		
Website Coordinator	Alan Locke	01733 370279
Secretary/Equipment Officer	Chris Wareham	01733 263006
Treasurer	Derek Lea	01733 572245
Accommodation Manager	Joy Green	01733 233713
Catering Officer	Gill Parsons	01733 263211
Data Protection Officer	Hilary Lewis	01733 265877
Day Visit Organiser	Paul Parker	01780 782976
Groups' Coordinator	Hilary Keegan	01733 265769
Membership Secretary	Mary McCarthy	01733 232518
Speakers Secretary	Jan Bearman-Brown	01733 572201
U3A News Editor	Conny Yarwood	01733 394669

## **SOME TELEPHONE NUMBERS YOU MIGHT NEED**

Day Visit Team	Robyn Mitchell	01733 512023
	Judy Gardiner	01733 562891
	Paul Parker	01780 782976
	Gina Bates	01733 579317
	Sandi Osborne	01733 233840
Theatre Group Organiser	Graham Woods	01733 234892
Travel Club Organisers	Arthur Hunt	01733 756883
	Jacqueline Casson	01733 332061

## **HOW TO ACCESS THE PETERBOROUGH U3A WEBSITE** **[www.peterboroughu3a.org.uk](http://www.peterboroughu3a.org.uk)**

- Direct access to the site is via the address given above. To save re-typing in future, save the page to your Favourites/Bookmarks.
- Most of the site is open access (without logging in) and can be navigated using the menu tabs. Login is only required for access to My Details, My Activities and Minutes. Use your **membership number** and **password** – you should have received this when you first joined the U3A. If you have forgotten your password there is a link at the login page to have a reminder sent.
- Please check your personal details under the **My Details** tab and make any changes there e.g. to your email address (if you have changed it since the start of your membership) or phone number etc. If you record changes here you do not need to contact the Membership Secretary, remember to click **Save My Details** at the bottom before you leave the page.
- For help contact Alan Locke at [pu3awebsite@gmail.com](mailto:pu3awebsite@gmail.com).

## CHAIRMAN'S NOTES

I wish you all a Happy and Prosperous New Year on behalf of your committee. It has been a very busy year both personally and as a committee member. We have celebrated 25 years as part of the University of the Third Age. What a marvellous achievement. PU3A is still the second largest U3A in the UK.

Also, I have agreed to be your Chairman for this year. This means that there has been a small reshuffle. Alan Locke is our Vice Chairman as well as looking after our website. He is willing to stand as Vice Chairman for the next year, too. Chris Wareham is now Secretary to the committee. His role of looking after the asset register and our storage unit will be taken on by someone else very soon.

At our next AGM in October 2018 we hope to have a new Chairman and Vice Chairman. To this end we have to find two people to take up these two posts on the committee as I will be leaving the committee and Alan Locke may wish to leave the post of Vice Chairman. Look around you, talk to other members to help you find a new Chairman and Vice Chairman. It is essential to have them in place to keep PU3A running.

This all sounds very serious but do not forget we joined PU3A to live, laugh, learn and make new friends. PU3A is the one of the best organisations I have joined.

*Brenda Fearon*

Please remember that any **old** £10.00 notes in your possession will cease to be legal tender on 1 March 2018.

*Ed*

## **MONTHLY MEETINGS AT THE TOWN HALL**

are held on the last Thursday of the month.

Coffees and teas are available from 10.00am. This allows time for the latest updates and notices. The speaker will start at approximately 10.15am.

A varied programme of speakers/topics is provided throughout the year, hopefully a chance to learn something new or just enjoy an old favourite. I'm also pleased to call on the wealth of interests and expertise among our membership. As a self-motivated organisation members give their talks without remuneration

We hope that at least one member (but feel free to bring more!) **from each group** attends the monthly meetings to note and pass on updates and information on the website, U3A NEWS, group meetings and the monthly meetings, which are all ways to keep in touch and stay up-to-date.

Members of the Committee will be available to assist with and/or register any queries to be raised where possible at the next committee meeting

### **25 January 2018**

#### **Speaker: Marion Shoard**

Author of "How to Handle Later Life". Marion has spent many years researching the needs and concerns of our later years. She covers healthcare, companionship, medical and legal needs; covering the things we think about, and the things we should do.

### **22 February 2018**

#### **Speaker: Hugh Warwick**

Hugh is an ecologist and writer with a passion for hedgehogs. He has studied their habits and existence for more than 20 years and has recently been responsible for stopping the great Hedgehog Massacre in the Outer Hebrides

As spokesperson for the "British Hedgehog Preservation Society" he shares his knowledge from primary schools to postgraduate research groups, in a light-hearted manner, via the Wildlife Trust and also on radio.

**29 March 2018**

**Speaker: Ernie Warman**

Ernie is an expert on many topics one of which is "Toys Before the Digital Age". A trip down memory lane for most of us with the where, how and why that made many of these games so popular around the country and around the world.

**26 April 2018**

**Speaker: Ernie Rusdale**

Dare I hope that it will be third time lucky? After two cancellations not of his or PU3A's doing, Ernie will be with us to share his knowledge of WW1 and tales of Peterborough's fighting men and their connection with the Australian army.

**N.B. – This Monthly Meeting is to be held at THE KEY THEATRE**

*Jan Bearman-Brown*

## **MEMBERSHIP REPORT**

At present we have 2,504 members, making Peterborough U3A the second largest U3A in the country (Sheffield has 3000 members). Administration of this large number is time-consuming. One big 'problem' encountered is incorrect standing order payments. This year, again, many were set up for the wrong amount taking a long time to sort out. This is happening every year, despite members paying the wrong amount last year being asked to amend them and previous appeals in the News e.g. January 2015. Consequently, it has been decided to stop accepting subscriptions by this method. All those paying this way will receive a letter within the next couple of months requesting they cancel the standing order with their bank. Alternative methods of payment will be detailed in the letter. Apologies to those members who have been paying correctly by standing order but sorting out these problems just takes too long at a very busy time in the U3A year.

This year many members found it difficult to renew membership without a form. Next year members' Gift Aid eligibility has to be checked and in May new data protection legislation will come into force. This means that we will have to distribute renewal forms to all again. These will cover all our new legal obligations, require signing and returning so that we can ensure **all** members are aware of these

matters. In the past complaints have been received, from those paying by direct debit, about returning such forms if details have not changed. It is hoped that, next year, these members will understand the necessity of doing this and will comply.

*Mary McCarthy*

**GROUP LEADERS INFORMATION SESSION**

**to be held on**

**Monday 21 May 2018**

**At The Fleet in Fletton**

Coffee Served from 9.30am

Meeting Starts 10.00am

and finishes with a sandwich lunch

**FREE FIRST AID SESSION  
PROVIDED BY THE RED CROSS ON  
SLIPS, TRIPS AND FALLS**

Monday 15 January 10.00-12.00 or 2.00-4.00  
or

Monday 5 February 10.00-12.00 or 2.00-4.00

Contact Hilary Keegan  
on 01733 265769 to book a place

## GROUPS COORDINATOR'S REPORT

Once more Christmas has been and gone and we can now look forward to what 2018 may have in store for us all. I wish you all a happy and busy coming year continuing to enjoy some of the many opportunities that Peterborough U3A is providing for us.

We once again had a successful Activities Day in August at the Fleet. I know this venue has its limitations with space and parking but finding premises that are suitable in regard to size, cost, location and availability is limited. The staff at the Fleet are helpful and do all they can to cater for our requirements. Jack Hunt was having building works done all over the summer, which would have meant noise and car parking difficulties. This year **Activities Day will be Saturday August 18<sup>th</sup>** at the Regional College, so car parking will not be an issue.

I am pleased to report that several new groups have started since the last newsletter. My thanks, as ever, go to the group leaders for taking on the role to ensure that new groups get off the ground.

### **Existing groups looking for more members**

Craft, Bowls at Bretton (summertime), Walking (Thursday Tramps), Canasta, Beginners Line Dancing, Indoor Bowls, Guitar Improvers, Acoustic Strings.

### **Proposed Groups**

Scrabble 2, Folk/Country group, Accordion, Croquet (summertime)  
If anyone wishes to consider any of these please contact me for details. Tel 01733 265769

### **New groups started since the last magazine**

(detailed in the accompanying meeting of groups booklet)  
Board Games, Touchtennis, Rummikub 2, Map Reading, 50's Rock and Roll, Scrabble 2.

### **Groups finishing**

New groups start but as always, however, established ones do finish and this time I am sorry to report that Bowls at Bushfield closed through lack of support, also London Remembered; Brian Haswell's

Concert Party has closed partly through lack of support and because Brian is just too busy with all his other group commitments. My thanks go to the leaders for all their past input.

There is no limit to the number of groups that Peterborough U3A can offer and, unlike other U3As, our membership is always open, our policy being that anyone who wishes can join. We will never run a waiting list for membership. However, a large membership requires many groups so if anyone reading this feels their interest is not being catered for then please consider finding out about starting a group. Having the idea doesn't mean that you will end up being the leader! Often what happens is that a few people meet to mull an idea over and then a leader emerges. Being a group leader does not mean having to do it all. Jobs can be divvied up between several group members, thus sharing the load. The success of our U3A depends on the willingness of the members to take a full part in the organisation. If you want Peterborough U3A to continue to be a vibrant, inclusive and successful organisation we all need to contribute, therefore, please think what you might be able to do.

A reminder that any member wishing to join a group must contact the group leader beforehand to gain details of the activity and whether it is OK to attend. Please, please do not just turn up. Also, remember to take your current membership card with you (orange for this year) when attending a first meeting.

I am arranging a **FREE First Aid Session on Slips Trips and Falls run by the Red Cross** on either 15 January 10.00 -12.00 or 2.00 – 4.00 or 5 February 10.00 -12.00 or 2.00 – 4.00. Please contact me to enrol for one of these sessions.

There will be a group leaders' information session on Monday 21 May at the Fleet. Details later.

As some of you will already have heard Paul Parker has decided it is time to hand over the reins for organising Day Visits. There is an item in this newsletter explaining our future plans for this area written by Terry McCarthy. Paul has run the visits excellently for so many years and a great many of you will have benefited from his commitment. My thanks go to Paul for all his hard work.

The Third Age Trust has a resource library containing many Films, CDs, DVDs, Books, course material for a variety of subjects etc. Items can be borrowed free of charge, except for the cost of return postage after use. The library can be accessed via their website, email or telephone Monday to Thursday, and items may be

reserved up to nine months in advance. Contact details in the TAT magazine.

A reminder that the committee meets on the 2<sup>nd</sup> Wednesday of each month and if any member wishes a point to be raised then please feel free to contact any committee member. All telephone numbers are inside the front cover of this magazine. We are also available at the Town Hall meetings held on the last Thursday of the month.

*Hilary Keegan  
Groups Coordinator*

## **FROM THE GROUPS**

### **Activities Day**

The ladies of the Patchwork and Quilting Group would like to thank everyone who purchased tickets or purchased items from their stand at Activities Day.

The Quilt was won on ticket number 167, Mrs S Gregory. The sum of £277.35 raised will go to **Hospital At Home**.

*Winnie Wakefield, Group Leader*

### **All Matters Welsh - Visit to East Bridgeford**

About two years ago, one of our members, Joan Thomas, left the area to live in East Bridgeford near Nottingham. After settling down she joined a local Welsh group in her new area whilst remaining a member of All Matters Welsh in Peterborough. Joan travels widely but still manages to attend our monthly group meetings most months. Joan's new group is known as Bore Coffi PYG. The PYG stands for Popeth yn Gymraeg or Everything in Welsh. The group is spread over a wide area and meets once a month in one another's houses. They are not a U3A group and attract members from a wide age range. Parents turn up with young children who play together whilst adults enjoy adult Welsh company. They have a Welsh only policy, which enables their members to maintain their Welsh language skills. One of their members won the prestigious 'Welsh Learner of the Year' at the National Eisteddfod in 2013. Hopefully, this group encourages young parents living in England to bring up their children to be bilingual in both English and Welsh.

Our Welsh Conversation group was invited to join Joan's new group at her house on 7 July. Being obedient members we arrived early and welcomed 'Bore Coffi PYG' members at the door. After introductions, we discussed our two organisations and how they differed. They were a few members short as some of their regular attendees were at the National Eisteddfod in Llangollen. We were then treated to coffee and cake prepared by Joan, which resulted in the rooms being a little quieter. After coffee we did what Welsh people do when they come together. No, we did not form a committee but we did form a choir and sing Welsh songs. Sheila Evans, our in-house musician, played the keyboard provided by Joan. Welsh culture is so strong that complete strangers can come together and sing a wide range of Welsh songs with everybody knowing all the words.

As our time together was slowly coming to an end, it was time to exchange information and e-mail addresses. After a vote of thanks by the coordinators of both groups and a declaration that we would wish to meet again, their group left. The Peterborough group then went to the local hostelry for a meal, along with Joan, before returning to Peterborough.

We all felt that the meeting had been an interesting and worthwhile occasion. We now had new friends who could converse with us through the medium of Welsh. Hopefully Bore Coffi PYG will return the compliment and join us in Peterborough before too long.

*Meirion Griffiths*

## **Art Appreciation**

The Alphabet of Art group has continued as the Art Appreciation group while our leader John Shearman has been away. John has been running the Alphabet of Art group for a number of years and all the members wanted it to continue, so various people offered their services and presented excellent art-based topics to the group.

We have examined and discussed the different styles in which horses, stationary and moving, have been portrayed in paintings; the beautiful, tactile sculptures of Antonio Canova, the landscape and portrait painter Joseph Wright of Derby, who expressed the spirit of the Industrial Revolution through his use of chiaroscuro; the popular Jack Vettriano; an interesting introduction to the Barber Institute in Birmingham, Jan Steen, and a film about Georgia O'Keefe. John has

been much missed so we were all delighted to hear that he will be returning to lead the art sessions in January.

Our annual art trip will be to the Wolsey Art Gallery in Ipswich in March. A guided tour of Constable and Gainsborough paintings has been arranged and there will be time to explore the rest of the gallery and visit the Ipswich Art Gallery and Museum.

*Judy Gardiner*

## **Belly Dancing**

If you are looking for exercise which will tone the body, increase core strength and flexibility then why not give Belly Dance a try. We are a friendly, fun-loving group who meet every Friday at 1.15pm for Beginners and 2.30pm for Improvers at St Jude's Hall, Netherton.

Belly Dance is a low impact activity, suitable for all ages as well as those with disability or chronic conditions. You can dance to your own level and you do not need a partner, nor any previous dance experience. All movements are attuned to the female body so often come naturally. I am a fully qualified Belly Dance instructor who will guide you safely through technique to learn choreographed dances to lively traditional and modern music.

You do not need much to start – just clothing that you would wear for yoga or the gym. Ladies often dance barefoot or you can wear jazz shoes or ballet pumps. It is fun to buy a jingly coin belt (easily available on the internet). We have a 'new to you' sale each term so a chance to buy some pre-loved sparkly stuff. We sometimes use traditional props such as canes or veils, which can also be bought on the internet, or you can use a garden cane and a piece of silk or chiffon. I always have props to lend.

Benefits are both physical and mental. I have seen improvement in balance, strength and stamina in my ladies. Research has shown that dancing also increases mental capacity when learning sequences of movements and spatial awareness. A joyous activity like Belly Dance reduces stress and depression and exercise is a great pain killer too.

This year we enjoyed dancing at PU3A's 25<sup>th</sup> Anniversary event, Activities Day and at the Christmas meeting in December. It is such fun dressing up in sparkly stuff. Performing is by choice of course. We have parties at Christmas and in the Summer when both groups get together for dancing, nibbles and a good chat.

Come and join the fun and get fit at the same time. We have some spaces for Beginners who will receive a warm welcome.

*Jackie Marjoram*

## **Board Games**

A new group has been started for Board Games. We meet on a Thursday afternoon at 2.00pm and would welcome new members. The idea is that a number of different games of members' choosing go on at the same time. At present the following are games we have available to play: Backgammon, Canasta, Chessword, Cluedo, Connect 4, Jenga, Labyrinth, Mastermind, Othello, Pictionary, Rummikub, Scrabble, Sequence, Sorry, Stay Alive, Trionimos, Uno and Yahtzee. You are invited to bring along any game you have, and as well as playing games we know, we can all help each other to learn new games.

If you would like more information please contact me on 01733 574118. We look forward to meeting you.

*Betty Sims*

## **Calligraphy Class for Beginners**

The objective of the course is to learn the basic skills of Calligraphy such that by the end of the 6 sessions members will be capable of completing basic projects that have a practical use and that they are then able to progress to an intermediate or advanced class.

The classes are held at Bretton Library on the first and third Wednesday for the months of January, February and March in the afternoon between 2.00 and 4.00pm.

The Class starts on 3 January 2018. The cost for the course is £6.00 and is restricted to 12 persons

*John Dewis*

## **Calligraphy Group**

We are a group of 12 members, which is a comfortable number and we meet at Bretton Library from 2.00 to 4.00pm every second and fourth Wednesday.

The expectation was for us to become a self-teach group, but we soon realised that this was not going so well as had been hoped. However we were recently lucky enough to recruit a new teacher and we all now feel we are going from strength to strength and gaining more confidence. We are also realising the skill of the monks whose work we see in ancient bibles, manuscripts etc.

They did not have the luxury of the modern equipment available to us today and often had to work with only the light of a candle to see

by. We are all trying very hard but I doubt if many of us will attain their standard.

Calligraphy is obviously an art that many are keen to learn as around 18 people contacted me after Activities Day in August asking to join the group. Sadly we can only accommodate 12 members, which is a large enough class for the work undertaken, but a separate beginners class is being organised for early in the New Year for those 18 people.

*Yvonne White*

### **Canasta Group**

The group now meets every Monday afternoon between 2.00 and 4.00pm at the Peterborough Sports Club, Bretton Gate (close to the entrance of the City Hospital). Free parking is available and new members, including beginners, are all very welcome. Please contact us on 01733 615402 or at [jessie.wilkinson@gmail.com](mailto:jessie.wilkinson@gmail.com) if any more information is required.

*Jessie Wilkinson*

### **Canoeing**

September saw the last of this year's canoeing sessions that started in July. I reduced the number that I could accommodate this year from six U3A members to five. This meant I only needed to use three open canoes, which I can now get onto my car roof rack to transport them around without assistance. As a result we ventured away from the Packers Canoe Club base at Ferry Meadows and paddled numerous different sections of the River Nene each week. By paddling the backwaters wherever possible we saw a greater range of wildlife. Unusually, on one occasion a fox dropped in from one bank and swam right across in front of us.

Apart from the experience of seeing life from the river, the course members learnt a variety of paddle strokes to enable them to paddle at the front or back of a tandem canoe. Hazel Brewin took the opportunity to learn how to paddle solo and after a short assessment passed the British Canoe Union one star award. Although this was a noteworthy achievement, all course members gained a very impressive wide range of paddling experience and had some fun in the process.

The next course will start nearer May in 2018 to avoid the summer holiday period but as I can only take five there will be a waiting list.

*Les Ranford*

## **Classic and Kit Car Enthusiasts - Our First Year**

Following on from our Inaugural Meeting in January 2017 we have enjoyed a variety of events. Monthly meetings on the last Wednesday were held in various locations around the city for coffee and lunch. Some events were organised by individual members i.e.:

- (1) The Three Counties Run in May. Our thanks go to Graham and Carol for their preparation beforehand making this, our first rally, such a success.
- (2) A Summer BBQ in August at my home.
- (3) Then in September the Fun Run. The reports received do indicate that it was a great success! I would like to thank Roy and Jenny for organising this event especially as I was unable to attend. They even arranged the weather to suit!!

There are some photos of this 'Run' and the '3 Counties Run' in the Gallery section of the PU3A web page.

Also during this year members have attended weekend rallies: the Stilton Cheese Classic Vehicle Run in April; the Stamford Rally and Classic Vehicle Show in August, and Classic and Vintage Vehicle Shows in Bourne, Baston, Maxey, Kimbolton and Peterborough.

And in June we were invited to display our vehicles during the Nassington Open Gardens weekend.

In October some members met for coffee and lunch at the Elton Walled Garden Centre Tea Rooms. Ideas were discussed for 2018.

For the November meeting a group of us went to Donnington Park Museum and in December a Christmas Lunch in Elton was preceded by a short 'Run'.

We endeavour to keep our group web page updated with news and photos. For further information contact me at [johnburton1942@gmail.com](mailto:johnburton1942@gmail.com).

*John Burton*

## **Country Dancing**

New challenges have certainly brought the Country Dancing Group together, and on the second and fourth Tuesdays there is not only energetic dancing, but lots of laughter and fun. We now have 32 names on our list, which is about the maximum that Marholm Village Hall will take, and whilst George and Kev have called most of our sessions so far, we did manage one afternoon when our own

members called. Six of us called two dances each. Quite an achievement! We hope to repeat the exercise very shortly.

I feel that the Group truly reflects the ethos of the U3A, being made up of people from a wide range of backgrounds who come together and are prepared to help one another out and share their enthusiasm. As a result we are growing in friendship, and in expertise.

Who can ask for more?

*David K Baron*

### **Cruise On Fred Olsen's Favourite Norwegian Fjords**

On 30 July 45 members including our leaders Ann and Malcolm Pollack were picked up at various places to travel up to the Port of Tyne. We had a comfortable journey on a luxury coach and arrived in plenty of time to board our ship The Balmoral. Once our cases were put on the coach in Peterborough we did not see them again until they were delivered to our cabins. The staff do an amazing job, as there 1,350 guests all boarding that day.

We were lucky with the weather, a few people had been on the Internet looking to see what the forecast looked like, which said we would possibly have rain every day. We had a few showers, but mainly while we were on board ship.

The ship was great with lots going on during the day if you were either getting off the ship for an excursion, or staying on board to relax, things like talks on where we were going to visit, fitness classes, pamper classes, bridge, whist and many more activities. The entertainment in the evening was very good and quite varied, singing, dancing, a comedian, and a magician. All were very professional. The food was excellent throughout and there was a lot of variety, and the drinks were also included.

We visited Bergen, Olden, Flam and Eidfjord during our cruise, all very nice places to see. The scenery was amazing.

One of my days at sea was a lazy one and went like this: six of us agreed to meet for a leisurely breakfast at 9.00am. We were ready to leave at around 10.30am when someone said, "It's time for coffee", so off we went to a lounge where coffee was being served. More people then joined our group, after more chatting we decided it was lunchtime, where we all stayed and had lunch together. An enjoyable day had by all.

Our trip home on 6 August went very smoothly and we arrived home on time, no hold-ups, which nowadays is unusual.

A big “THANK YOU” to Ann and Malcolm for doing all the organising.

They have now said goodbye and moved to Yorkshire, but they wish us well in the future with our Travel Group, and I know we wish them well for the future.

*Pam Blades*

### **Earth Science**

I talk about the Earth. Everything and anything to do with the Earth and the way it works. Continents and Oceans, Rocks and Fossils, Plate Tectonics and Volcanoes, Tsunamis and Tides, El Nino and Hurricanes, you name it, I cover it. If, for example, you’ve ever wondered why there is chalk at Hunstanton, Luton and Dover but not around Peterborough you’ll find out on this course.

For further information contact me on 01733 233840 or at [s.osborne7@ntlworld.com](mailto:s.osborne7@ntlworld.com)

*Stuart Osborne*

### **Family History Group**

After our summer break we started our new programme in September. As a group we continue to grow, thanks in part to programmes such as 'Who do you think you are?'. A great programme - never as easy as it looks, but the search to find answers is exciting and frustrating in equal measures.

This year’s programme has several speakers, talking about Victorian Peterborough, Christmas before the digital age, and William Morris and the Arts and Crafts movements, to name a few. We also have talks by our own members who will be looking at using Census returns and Birth, Marriage and Death records in our research.

We welcome new members to our group and encourage members to participate in the group.

*Maureen Hudson*

### **Holistic Health Group**

So far this term we have discussed our emotional, physical, spiritual and mental state. We talked about the Circadian cycle and how the body works during the 24-hour cycle. We had a guest speaker, Owen

Wheatley, who talked about and demonstrated Reiki. Owen has just started a 'Wellness Hub Group' in Whittlesey. Our Tutor also talked about Acupuncture and showed us how to use a machine to find the points used. We have discussed Reflexology with a demonstration from our Tutor and were then able to try it ourselves on other group members.

Our group greatly benefits from our Tutor's wealth of knowledge and experience in Holistic Health and we realise there is so much more to learn.

*Barbara Perry, Class Secretary*

### **Indoor Bowls Course**

Before you start reading this I should warn you that **Indoor Bowling is seriously addictive** and it can, in many cases, lead to bowling outdoors during the summer.

We first offered this course to U3A members back in January 2016 and it has been so successful that the Peterborough & District Indoor Bowls Club have started a Beginners League for graduates from the U3A course. Many of these bowlers have since gone on to form their own teams to play in the regular club leagues. The course consists of 6 weekly sessions on a Tuesday afternoon at 4.00pm. At the completion of the course you will be a reasonably competent bowler and you will have an adequate knowledge of the rules and etiquette of the game and I'm pretty sure you will be hooked. We can loan you the bowls/woods and even the shoes. And the cost - only £3.00 per session.

So why learn Bowls? Well it ticks all the boxes about mild exercise. You can play whatever the weather, any time of day, 7 days a week and it's cheap at only £3.00 for a 2-hour session. But the comment that most people make is: "I have met and have become friends with so many lovely people".

So come on, give me a call and let's get you signed up for one of our courses. The name's Martin Bunning and you can reach me on 01733 238677 or 0787 9853349. Look forward to meeting you.

*Martin Bunning*

### **Mah Jong**

A very friendly, easy to learn game with hidden depths, you can learn the basics in a morning. All the complexity of Dragons and Winds,

Pungs and Kongs, Special Hands and the scoring you pick up at your own pace. No rush. We don't do rush in Mah Jong.

The Group has 60 very pleasant friendly members and we've been growing each year since 2009.

Contact me on 01733 233840 or at s.osborne7@ntlworld.com

*Stuart Osborne*

### **Map Reading**

The first of the map reading courses has just finished. It was made up of five U3A members, a small number but this enabled me to have closer control over their learning and development.

The course consisted of nine sessions that were initially centred at Elton Methodist Chapel with some basic instruction on maps and the use of a compass. We then ventured out into the surrounding area to practice taking bearings and learning some of the terminology they would have to use as the course progressed. Terms such as 'aiming off', 'handrails', 'attack points' and 'back bearings' soon tripped off their tongues. As the sessions progressed course members could be seen 'pacing' their ways across parts of Ferry Meadows or standing on lofty outcrops learning how to work out their position from distant known points.

For the last few sessions course members used their acquired skills in outings to both Wakeley and Fineshades Woods on an orienteering course.

I was overwhelmed by the amount of interest in this course but as I can only accommodate five at a time there is a long waiting list so please bear with me if you are interested in joining me. I will look to start one or two more in the New Year.

*Les Ranford*

### **Music Alphabet with Paul Parker**

Ah! The last Thursday of the month, what joy, my day of relaxation! In the morning the Town Hall meeting, a chance to meet up with friends, find out which new groups are starting and listen to first-rate speakers.

Then time for a relaxing lunch and a gentle drive through the Northamptonshire countryside to Paul Parker's house to enjoy a relaxing, sometimes too relaxing, afternoon of music from Paul's enormous collection of classical music. Paul's preparation, handout

with information about the composer and the piece, and knowledge of the music enhances my understanding and appreciation.

The only downside is having listened to a piece of music written by a composer I have never heard of, the other month it was Alison Balsom playing Alois Zimmerman's Trumpet Concerto, I am so taken by this new experience I rush home and order the CD! But this is a small price to pay for an enjoyable, educative and relaxing afternoon.

Why not join us? Contact Paul on 01780 782976.

*Brian Keegan*

### **Petanque/Boules**

August 2017 marked the 10th anniversary of the U3A Friday Petanque/Boules group and to celebrate a BBQ was held where Anne Burnham made a presentation to Jo Davies, the group leader.



*Anne Burnham's presentation to Jo Davies*

Owing to its success a new group began in 2013 on Saturdays. This group also continues to thrive, including a number of octogenarians and one nonagenarian, playing regularly at The Windmill, Orton Waterville. Interested people should contact me on 01733 240906.

*Jo Davies*

### **Photography for Pleasure**

We've had a very interesting photographic year, with several new members joining the group and bringing along added enthusiasm and technical knowledge. We have monthly competitions and, generally speaking, it is our group members who decide the topics to be used for our monthly Photography Competitions. More common choices might well be Landscapes, Action or Wildlife, but occasionally we do

try to challenge ourselves with something different. This year for instance, we are having a go at 'pareidolia'!

The second meeting of each month usually involves us taking part in practical workshops or we will have a speaker. This could be one of our members, sharing some of their knowledge and skills or an outside speaker. This year our own Phil Smith set up a workshop on Still Life and Lighting, Brian Lawrence explained the advantages of shooting and editing in Raw and David Henderson showed us his amazing Arctic photographs. Outside speakers such as Neil Malton gave us a wonderful wildlife photography session, Richard Houghton explained the technique of bokeh, Ian Burgess showed us his great skill in Night photography and Chris Porsz talked about his love of street photography, whilst showing us candid photographs of Peterborough people, firstly taken in the 1970s and then when they were reunited in the same locations. An amazing project!

Whilst we gather together for a formal meeting at Copeland twice a month, we also take any opportunity to venture out on a 'field trip' often linked to a forthcoming competition. This year, we visited Stamford to try to capture a flavour of the beautiful town and we also had a trip to Burghley House to take wildlife photographs. Other trips were to Rutland Falconry and Owl Centre and to the Greyhound Track to practice our skills at action photography. Soon we will be off to Donna Nook to see the wondrous sight of seal pups and of course photograph them! Our group members are very generous with their knowledge and I, for one, always learn something new on our fieldtrips.

In May we held our very first exhibition at Serpentine Green when the general public were given the opportunity to choose their favourite photograph. Mike Porter's 'Beached Boat at Montmartin-sur-Mer' received the most public votes with Shanta Suba's 'Hopeful' and Graham William's 'Tulip Reflection' tied in 2<sup>nd</sup> place. Not surprisingly, Keith Walker's photograph of a cat called 'Chivers', was very popular with children and came third.

Our competitions are for fun, but we are all striving to improve our photography and, at the end of the year, we presented an engraved shield to the group member who had gained the most marks throughout the year. We also presented a cup for the group's favourite photograph. This year, our amazing wildlife photographer, Brian Lawrence, walked away with both trophies. Well done Brian!



*Linda Porter presents Brian Lawrence the shield for best wildlife photographer*

Finally, we think any excuse for a meal has got to be a good thing and this year we will be having a Christmas celebration meal at the Woodman before looking forward to another exciting photography year in 2018!

*Linda Porter*

### **Plane Daft (Aviation)**

So far, this session there have been two excellent presentations, attended by 26 and 40 members respectively, including several, new to both the group and Peterborough U3A.

Hurriedly re-located to the East Community Centre (unfinished work at the Bowling Centre after they suffered a flood!), the September meeting welcomed Rod Kirkby, who gave us a fascinating insight into the origins, developments and machinations leading to the abandonment of the Miles M-52 supersonic jet project. Arising out of a mistranslated intelligence report of 1942, suggesting Germany was developing a 1000 mph (it actually said 1000 kph!) fighter aircraft, the Miles Aircraft Company, known for its innovative ideas, was tasked to develop the UK's response. It tackled many of the issues associated with supersonic flight and, in hindsight, solved many of them, in theory at least. However, not all were favourably disposed towards the project, including a Government Supersonic Aircraft Committee, which omitted to include Miles representatives in its discussions and the Americans, who aimed to be first to fly supersonically. Sadly, the project was cancelled in mid-1945, shortly before reaching fruition, so losing a lot of experience in high speed aircraft development and sowing seeds for the decline of Britain's aircraft industry. Overall a fascinating and most interesting discourse.

Returning to the Bowling Centre, Ron Jackson, spoke to us about his aviation experiences, starting in around 1930 with a visit to the

Hendon Air Display. Keen to be a pilot, his eyesight did not meet RAF demands, thus he became an engineer, who eventually, during his National Service, became involved with aircraft. Thereafter, his enthusiasm for aircraft and air travel was retained and was certainly not put off by his job sending him around the world on a wide range of commercial airliners through many airports! All these reminiscences were comprehensively illustrated using a range of photographs, including views alongside a Spitfire near Duxford, which his family gave him as an advance (by a couple of years!) 90<sup>th</sup> birthday present! Thanks Ron, it was an excellent afternoon, enjoyed by a very appreciative audience.

**Continued on page 29**



## Celebrating 25 years of U3A



This edition covers the period of our history from 2008 to the present day. Helen Henton has interviewed three new members, Paula D'Arcy, Ken Wakefield and Jean Parker who give their 'first' impressions of being a member.

Our membership in 2008 stood at 1,560 and is now over 2,700, an increase of 75%, and the number of groups has increased from 87 to 157 in the September News. Some groups have closed including Antiques for Everyone (Leader John Knight), Badminton (Mil Bishop), Garden Visiting (Gilly Phillips), Tudor Britain (Joan Dawes) and Shakespeare's A Midsummer Night's Dream (Mavis Butler). However, there are over 70 new groups too numerous to mention!

John O'Halloran's Chairmanship (2008-2010) saw a large increase in membership resulting from John's enthusiastic promotion of PU3A to retirement groups and other local organisation. This resulted in a membership increase of over 1,000. John also worked with existing Peterborough Clubs to start symbiotic activities e.g. Rowing and Woodturning. His Irish charm, enthusiasm, encouragement and support persuaded many other people to start groups, e.g. Meirion Griffiths Welsh Group, which is now thriving Diolch yn fawr Meirion and John!

John Hucklesby was Chairman in 2011. John led a joint learning project with Vivacity resulting in the publication of two books called *People of Peterborough*. Stuart Orme and Elizabeth St Hill Davies from Vivacity and Tricia Colbrook, Bill Collin, Ernie Warham, Avril Lumley Prior, Sheila Martin, Joan Dawes, Mary Pendred, Julie Miller, Susan Lilley, John Shearman, Pamela D Strange and John were the authors.

John Douglas (Chairman 2012-2013) led us through very memorable 20<sup>th</sup> anniversary celebrations. He organised a three day exhibition in St John's and many of our groups also performed both in the Church and in Cathedral Square. These included the Harmony

Singers, Poetry Writing, Line Dancers and the Country Dancing group, who managed to encourage some members of the public to join in. This was followed by a hog roast at the Rugby Club. John persuaded Barbara Lewis, the Chairman of the Third Age Trust, to come to Activities Day in 2013. The current website was instigated by John and an anniversary calendar was produced.

I was Chairman between 2013-2016 and I continued the initiative of working with existing organisations, starting a Engineering group in conjunction with the Peterborough Engineering Society and a Table Tennis group with one of the local Probus Groups. During this period the membership numbers were maintained but there was an increase in the number of groups from 131 to 151 including Plane Daft and Railway Studies, started by Terry McCarthy, who was at that time a new member recruited by non-other than John O'Halloran.

Jacqueline Casson has chaired us through our quarter century and organised the 25<sup>th</sup> birthday celebrations at Jack Hunt School. With the move of Ann & Malcolm Pollack to Yorkshire Jacqueline has relinquished the Chair to help run the Travel Club.

Paula, Ken and Jean's comments are a testament to the difference that our U3A makes to people's lives. I often hear members questioning whether it is correct to call ourselves 'University', I would ask those people to come along one morning to the poetry writing group run by Pam Kounougakis. This year she has set us the task of writing in a different poetic form each month. As I write this I am also attempting to write a poem in a Villanelle form. I have learnt more about poetry by participating in Pam's poetry writing and John Hucklesby's poetry appreciation group than I ever did when studying English 'A' Level!

Finally a big thanks to Paul Parker our founding chairman who ran the Day Visits for over 20 years but in November began handing over the reins to others to ensure the visits will continue. Paul is continuing with his Musical Alphabet group, which will celebrate 25 years on the last Thursday of January 2018! Well done Paul and thanks.

Brian Keegan



John O'Halloran - 2008-2010



John Hucklesby – 2011



Activities Day 2013 - Chairman John Douglas with June Stokes, Deputy Mayor and Barbara Lewis Chairman of the Third Age Trust



Activities Day 2016 – Chairman Brian Keegan with Mayor Councillor David Sanders



Activities Day 2017 - Mayor Councillor John Fox, Mrs Cox, Chairman Jacqueline Casson and Hilary Keegan Groups Coordinator

### **Paula D'arcy - I wish I had joined earlier**

I have known Paula as an acquaintance for around 40 years, initially as a teenager, then as now as one of the next generation of Peterborough U3A members, consequently Paula is somewhat new to the Peterborough U3A, being a member for just the last two years. This lovely, vivacious lady speaks so highly of Peterborough U3A that she bubbles with enthusiasm and positivity, stating that those members she has met to date, are friendly, enthusiastic, and supportive.

Paula has lived in Peterborough the majority of her life, and has a wealth of knowledge about the City. Due to having her own Beauty Therapy business, she has a wide and varied clientele, many of whom extol the virtues of the U3A to her, as an incredible organisation, particularly in the variation of interests and activities provided. Paula spoke of how she wished she had joined earlier, and had more time to attend other initiatives, she mentioned, rowing, canoeing, theatre trips, and holidays, areas she hopes to pursue in the future.

Paula commented about the welcome and advice given by the U3A Officers to those seeking membership or the generosity of the kindly responses given by volunteer leaders and members when qualifying the concept of a particular activity.

Paula spoke of when she was a schoolgirl, she had enjoyed absorbing the fundamental skills involved in painting, but as so often happens, gave up practising artistic techniques in favour of, apparently more academic rewards. When she discovered there were U3A watercolour sessions near her home, she enquired about joining the Tuesday Watercolour group led by Valerie McNeil. Invited to attend Paula, not wanting to waste the opportunity, immediately attended and joined the group bringing with her the youthfulness of someone in their mid fifties. With Valerie's patient instruction Paula's work developed to the level where she can claim that not only has she exhibited her artwork, but sold some pieces.

Paula being a positive individual has revelled in learning, gaining confidence in her creative achievements, so decided to extend her abilities by adding a physical approach, and joined Jackie Marjoram's Belly Dancing Group. Paula finds both Val's and Jackie's sessions inspirational, periods she has labelled as 'me' time, a time when, like others, Paula can lose herself in the pursuit of creativity and dance. A time allocated to pursue an interest without interruption, a period spent with others of like minds. Paula can request assistance or receive spontaneous and inspirational hints from the group's leaders

or those members attending the sessions. Again the group members bounce positive ideas off one another, they converse and discuss, but within a safe, genuine environment, each respecting one another's views and opinions.

In my opinion this is how a U3A group should be and why such groups are successful, with members looking forward to attending a session, feeling comfortable with others around, and working in a pleasant setting.

Loneliness, what is loneliness?

U3A = valuable companionships.

Paula commented on how she looked forward to the various U3A sessions and wanted particularly to thank the Volunteer Leaders of the groups she attends, declaring that such caring leaders work hard to instil confidence and enthusiasm in their members, way beyond their expected remit.

Paula wishes to sincerely thank all those involved with making the organisation so successful.

### **Ken Wakeford and Jean Parker - I'll lead the group**

I must report that I was looking forward to my meeting with Ken, as I observed from earlier emails requesting that Ken be interviewed as a 'newish' member of Peterborough U3A, he immediately responded with an agreement.

I think this is very definitely a 'Ken' characteristic, as I understand that whilst he was completing his U3A membership form at Activities Day 2016, he heard that the new Cribbage group required a Leader, with no hesitation Ken put himself forward. An on the spot leadership role, meant that he needed to hastily complete his membership form.

Ken moved from Holbeach to a relatively newly built bungalow in the Ortons to be closer to Jean, his partner. Together they took on the project to make the bungalow their home, allowing saved space for their dog and cat.

Whilst Jean belongs to several groups outside the auspices of U3A, and had been a member of U3A earlier, she has now rejoined

locally to attend Debby Benatan's Discussion Group and Doreen Dare's Social History Group.

Ken having lived in Lincolnshire previously belonged to Boston and Spalding U3A, becoming a leader and Committee Member, finding that the U3A involvement filled much of his time, essential, as he had been recently widowed. Ken suggests U3A membership appeared to give him permission to continue to socialise, allowed him to get out, to do things in groups with people from similar backgrounds,

Now a Peterborough U3A member and indeed a group leader for the Cribbage Group, Ken also joined several groups of interest to him and Jean. Being a keen photographer Ken joined one of the associated groups, he hopes in the future, to encourage and assist those who are just at the beginning stages of the hobby.

Ken and Jean share their enjoyment of walking their dog along the many footpaths across the Ortons, they meet up with others on similar health giving treks. This time together means they are able to chat about the U3A's provision for continued learning, they mull over the information declared in the Social History Group, have time to clarify their opinions about the next discussion topic. Both Ken and Jean feel sure the friendships they are developing with other U3A members, will become long lasting, within the group structure to date, they have found a welcome, security and companionship.

Both Ken and Jean reported how they enjoyed many of the speakers that perform at the Town Hall Thursday morning sessions. As a couple, both with some hearing loss, they try to keep away from places where there are crowds or indeed atmospheric levels of sound, but did enjoy much of the 2016 Activities Day, particularly watching the various group performances, like the Belly Dancing group.

Ken and Jean have found membership of the U3A a pleasant experience, with members who seem tireless in their generosity and who provide a genuine feeling of warmth and enthusiasm.

Thank you, Ken and Jean, for your thoughts about the U3A and for our interview time together.

Interviews conducted by Helen Henton and additional research from our archive of magazines written by Brian Keegan.

## **Continued from Page 22**

Government Supersonic Aircraft Committee, which omitted to include Miles representatives in its discussions and the Americans, who aimed to be first to fly supersonically. Sadly, the project was cancelled in mid-1945, shortly before reaching fruition, so losing a lot of experience in high speed aircraft development and sowing seeds for the decline of Britain's aircraft industry. Overall a fascinating and most interesting discourse.

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One of the audience, John Hyde, spoke briefly after Ron had finished, to tell us of his first piloting experience at Conington recently. Like Ron, he loved aircraft and wished to be a pilot, but failed the RAF entry requirements. He re-mustered as a navigator and spent an interesting career with the RAF flying in a range of aircraft, but was never able to pilot them. Again, encouraged by his family he booked a flying lesson, then a short course and achieved his aim of taking off, flying and landing an aeroplane, a Cessna 152 admittedly, but he was delighted to share this wonderful experience with us and prove age is no barrier to ambition!

The 2017-18 programme continues until May, with a variety of presentations, including one from a group member whose aviation biography appeared in *Aeroplane Monthly* recently. Thanks to all who attended the meetings, and especially to the catering team John Truluck, Peter Gilbert and their helpers, without whom we would be thirsty (I most definitely would!).

Terry McCarthy

## **Popular Music Covers Group**

This group plans to meet on a Wednesday morning, probably fortnightly, in the Orton area and is looking for musicians. I am especially looking for a drummer/guitar/bass guitar players.

Please contact me for more details on 07801 668055.

*Derek Henson*

## **Railways Studies**

Another term of Railways Studies meetings draws to a close. So far attendances continue to please with between 30 and 40 regulars.

Just before the autumn session began members of the group, plus some guests, visited Didcot Railway Centre, home of the Great Western Society, for the annual group trip. (A few images may be viewed on the group website.) Participants were given a conducted tour of the depot/museum before lunch, while afterwards, the more informal free-time enabled them to sample the steam hauled trains on the demonstration lines, to visit the museum, the carriage shed etc. The steam operations particularly pleased some of our party, especially as visiting ex-LNER Pacific 60009 'Union of South Africa' was operating the services. On the branch line was a small GWR tank locomotive which pleased at least one other! Both proved popular attractions for all. The volunteer in charge of the museum was very complimentary about the knowledge and interest shown by members of Peterborough U3A. Overall, a very enjoyable day out, contributed to in no small way by our driver!

To date, this session, there have been two meetings. First was a presentation by stalwart Group member Fred Tee, who, using a wide range of photographs, told us of and entertained us with reminiscences of his days on the railway, working from New England shed and South Lynn on the Midland & Great Northern route. He told us of his many adventures with a wide range of locomotives, including his beloved V2s on a wide range of duties. Interestingly, apart from the attractions of other higher paid employment, Fred left the railways in 1965 because he did not like diesels! October's meeting saw the return to Peterborough of John Douglas (a month after he moved to deepest Warwickshire) to give an updated version of his presentation on the 'Iron Stone Railways of Northamptonshire' first delivered six years ago when the group first started. After giving an outline history of how and when iron ore quarrying started in Northamptonshire, his photographic survey

showed many iron stone quarries and associated railways, which linked quarries with mainline routes to a range of British iron and steel manufacturing centres within Northants and beyond. It proved a presentation worthy of being repeated, thanks John.

At the time of writing, two more meetings were scheduled, including one recommended by a member of the Nene Valley Railway group who enjoyed talks on railways (now defunct), on Railways & Iron Stone in the East Midlands. Finally, there was our Christmas Social and buffet with accompanying railway themed DVDs. In the New Year six more presentations have been arranged, including the return of Bill Watkins, Robert Warburton speaking about essential railway infrastructure and a Joint programme by Kettering's Brian Sullivan and Tommy Tomlin on local railways, which takes us up to Easter!

Thanks are due to the membership for their loyal attendance, as well to Alan Compton, Peter Gilbert and their helpers for the tea and coffee served during our ever-lengthening break when much socialising occurs.

*Terry McCarthy*

### **Roses and Castles (Canal Art)**

This is a popular group which is now full, but if you are a lapsed member or are very keen to join, please contact the Group Leader on 01733 568896 for an update.

*Donne Buck*

### **Rowing Group**

For the uninitiated, a 'fine' boat is a narrow, light racing boat designed for speed in sculling. Those whose aim is to row in a fine boat begin with initial practice in a plastic training, or 'play' boat with stabilisers. When the beginner rower has learned basic skills of balance and blade work, so that they feel safe on the water, progression is to a stable single, wider and more solidly built than a

fine boat. Once stabilisers are removed and the learner feels secure in rowing independently the next step is to attempt their first paddle in a fine boat, generally on a calm day.

The rowing group now has an increasing number of 'fine' rowers: members who have joined as complete beginners and can now scull confidently in one of these elegant boats. Their success, after a first row on the lake, is usually celebrated afterwards in the clubhouse and photos are posted on the group's Facebook page to mark the occasion.

Our more experienced rowers have participated this autumn in a regatta at Milton Keynes at which the men's double won one race and lost another and the men's quad were sadly just pipped at the post by a considerably younger crew. On a rainy day at the beginning of November a gallant men's coxed four took part in the Peterborough City Rowing Club's Head race on the Nene and achieved a very good time over four kilometres despite the biblical downpour which afflicted them in the final stage of the race.

Membership of the group continues to grow and again we give our thanks to coaches and organisers for their encouragement and help. The group has an active social life: a curry night at Stilton in July and a pre-Christmas meal at The Red Lion at Warmington were attended by thirty rowers and their partners. More planned for 2018.

If you would like to join this friendly group or try a taster session either as a rookie or as an experienced rower then please contact Barry Clarkson at [rbarryc@hotmail.com](mailto:rbarryc@hotmail.com) or 07570 473153.

*Elizabeth Jackson*

### **Science matters**

No prior knowledge is required, just an interest in things scientific. Why does the light come on when we press the switch? Why do things fall down and not up? What exactly are 'chemicals'? We also cover a bit of technology, the application of science and maths, the language of science. We have around 20 in the class most years and have been going for over a decade so we must be doing something right. Weekly but not weakly, at Copeland every Tuesday from 10.00am to 12 noon.

Contact me on 01733 233840 or at [s.osborne7@ntlworld.com](mailto:s.osborne7@ntlworld.com)

*Stuart Osborne*

## **Social History Group**

The group has been running for some 14 years meeting once a month and inviting speakers on a wide range of subjects with a social history connection. David Speechley started and ran the group for four years and Doreen Dare has been running the group since.

The subjects covered this year include talks on The Berlin Air Lift, the Salvation Army and the Shoe and Boot industry.

The group has grown steadily over the years and the membership reached 83 this year with an average 45 to 55 attending meetings. It has been a tradition that the June meeting is an organised visit and places such as The Bank of England, Framlingham Castle, Bletchley Park, The Bell Foundry Loughborough, the Black Country Museum and the Brewery Burton on Trent are just a few we have visited.

June this year was one of the hottest since 1976 and our visit this year was to Gressenhall Workhouse and Farm Norfolk. The day started bright and sunny and we were all grateful for the air-conditioning on the coach. We progressed through the Norfolk countryside and enjoyed seeing the vast fields of beans, potatoes and cereals.

The Workhouse was built in 1776 and was completed in one year, but life must have seemed rather grim and the work very hard. We were free to wander at our leisure to visit Cherry Cottage, the Chapel, School Room, Laundry and grounds. Lunch was served at 1.00pm and was enjoyed by everyone. Although one of the hottest days, there was plenty of shade and the café sold much needed refreshments. There was also the opportunity to ride in an open cart pulled by two magnificent Suffolk Punch horses

Once again our thanks go to Doreen for organising the visit, which everyone enjoyed. Our programme has been set to June 2018 and we look forward to meeting new and old members.

*Eileen Clark*

### **Scrabble Club**

Weekly on Wednesdays from 10.00am till 12 noon at the Sports Social club at Bretton (near the hospital), commencing 10 January. For further information please contacts one of the following: Sylvia Blackall on 01733 765509, Daphne Renshaw on 01733 231199 or Denys Stamper on 01733 649358.

*Sylvia Blackall*

### **Touchtennis**

Peterborough U3A has joined the national wave of enthusiasm for the healthy, gentle and friendly sport of Touchtennis! No previous experience is necessary to join in and the sport provides enjoyable and easy light exercise and fun. You can be as active as you like.

The game is simply small-scale tennis. The court on which it is played is smaller than a regular tennis court. The 21" rackets, along with the soft foam balls, are all provided at the indoor City of Peterborough Sports Club near the City Hospital (with free parking!).

We meet on Tuesday mornings from 10.15 to 11.15am. Come and join us! Sports clothes are not necessary but please wear soft soled shoes. For further information call me on 01733 247337.

*Annette Davies*

### **Theatre Group**

It was good to sign on so many new members at Activities Day and we hope they will find something of interest soon. Bookings for shows in 2018 are well in hand and, at last, we have some new productions in the West End.

We managed our normal 20 trips in 2017 and hopefully will repeat that number in 2018. As before, it will be a mixture of musicals, plays and a ballet with, hopefully, the odd concert thrown in for good measure.

London, Nottingham and Milton Keynes will be our main venues but we are open to suggestions of alternatives. What we must always bear in mind however, is that we need to be confident of selling the tickets as most venues require to be paid for the tickets before we have chance to offer them to our members.

We look forward to a successful and enjoyable 2018.

*Dorothy & Graham Woods*

### **They're lovely!**

Each year Winnie Wakefield's Wednesday Patchwork and Quilting group like to do something to help a charity. We raise money throughout the year through sales of fabric or books and sometimes work together to create a quilt, which can be raffled for a good cause. This year we tried to think of something different to do and I suggested we look online for inspiration. Of course, Winnie handed over this job to me!

I found out about Fiddle Mats and Quilts. These easy-to-sew activity mats and quilts help sooth the agitated fidgeting of people with dementia or autism. Plus, the mats help focus their attention, stimulate senses, exercise hand muscles, and entertain users.

I presented this idea to the ladies of the group and they were enthusiastic and up for a challenge. We eventually made 11 quilts and mats, which featured our patchwork skills and inventiveness. Bright colours, varied fabric textures, familiar fastenings like zips and buttons, all embellished with ribbons, beads, elastic, Velcro and the occasional soft toy to put in a pocket, all featured on the quilts, with safety and durability much in mind.



*Presentation of Fiddle Mats and Quilts by Jane Pennell to Janet of Cherry Blossom Care Home*

I had contacted Cherry Blossom Care Home in Werrington, and, as they have a large dementia suite, they said they would be pleased to have as many quilts as we were able to make.

So now, nine months later, I have finally been able to take our collection of quilts and mats to the home. I handed them over to Janet, who is, I think, in charge of their Activities room. She was so pleased to receive our donation – “I can’t wait to sort through them” she said, “They’re lovely! I’m so pleased, I could cry”.

If you know someone who you think could benefit from a Fiddle Quilt, let us know, and we’ll see if we can help. (see page 48 for photo)

*Jane Pennell*

### **Trip to Newquay, Cornwall - September 2017**

This latest U3A trip was organised under the auspices of *Success Tours* and this was certainly an epithet well directed to describe both the company in question, the hotel and, not least, our leaders Ann and Malcolm Pollack. At the end of the all too brief holiday a casual observer would rightly have concluded that this group of 40 members was a well-integrated party which had enjoyed the trip very much, notwithstanding Mother Nature's efforts to dampen the spirits at times.

The Esplanade Hotel in Newquay was beautifully located at Fistral Beach affording outstanding vistas of the mighty ocean, sky and sand, complete with attendant surfers. The view was matched by a very high standard of hotel service, and, for the writer, the menus were exemplary. A venue to readily recommend!

As already said, some of our outings were somewhat devalued by the weather. Certainly the Lost Gardens of Heligan lived up to their name by remaining largely hidden by a shroud of heavy rain! Nevertheless, the Dunkirk spirit shone through and enough was seen to obtain a sense of the glorious surroundings. The following visit to Trerice House (sometime set for Poldark) was at least largely indoors and therefore less soggy.

The Falmouth Harbour cruise was possibly the low point, weather wise, as crammed into the boat's small saloon, peering through steamed up windows, is never going to be the zenith of the holiday!

The remaining trips to St Ives, Eden Project, Bodmin Railway and SS Great Britain were all accompanied by better weather conditions and accordingly so much more enjoyable.

Sadly, this holiday was to be the last led by Ann and Malcolm and it is fitting to record here, on behalf of all members, sincere thanks to

them both for the effort and time they have invested over very many trips, for the benefit and enjoyment of us all.

We wish them all happiness, peace and contentment in their new Yorkshire home.

*Peter Tomkin*

### **Ukulele Beginners**

The group has taken off; 26 members have signed up for the term, and it has been extremely enjoyable. Everyone has been getting on so well together, the class is a pleasure to organise. Amazingly, we have been booked for 12 concerts and are getting repeat bookings. More are coming in and I had four bookings for the group in a crazy 24-hour spell. There is obviously a demand for entertainment amongst care homes, centres and clubs, and perhaps other groups can participate.

I do not know how to top this next term, but I shall try. Dementia sufferers seem to respond to wartime music, such as Pack up Your Troubles, Tipperary, and perhaps a programme of old British songs will be next, a St George's Day programme with a Last Night of the Proms theme.

Newcomers have integrated well; any new faces will be welcome. Several of the group had never played a musical instrument before and are now happily swinging along. Please let me know you are coming so I can sort out a spare instrument.

*Brian Haswell*

### **Walkie-Talkies**

Since the beginning of the year our weekly walks have continued unabated with 43 walks completed so far up to the beginning of November. In addition, we had one very short walk of about 100 yards when 22 of us boarded three self-drive canal boats so we could go messing about on the river. An excellent video was produced by Dianne which is now available on the Peterborough U3A website.

In September we had our annual walking holiday, which this time was to the South Downs. Although the weather was poor when three of us went down to do the recce, it was much better when the group were there later in the month. Based in Alfriston, we walked on Beachy Head on the first day and did two circular walks from the village on the subsequent days each taking us higher up on the

Downs (if that is not a contradiction in terms).

After a great deal of investigation, we have now booked a trip to Switzerland for June 2018. Based in Grindelwald close to the Eiger we will have travel passes giving us access to cable cars, buses, trains and ferries allowing us to do a variety of alpine walks during our week-long holiday.

After even more work by two stalwart members, we now have our annual UK walking holiday booked for next year, which will be based on the cathedral city of Wells.

After five and a half years we had our first accident in the group. The leader for our day walk from Sheringham Park slipped on a path only 10 minutes into the walk and despite going down gently suffered what turned out to be a broken kneecap. Delivering him to Norwich A&E for what we thought would be a simple bandage resulted in a 4-day hospital stay and an operation. Fortunately he is now well on the way to a recovery and looks forward to walking with us again soon.

*Lynn and Roy Turner*

### **Watercolours Just For Enjoyment**

We are a group of artists who enjoy getting together on a Monday afternoon between 1.15 and 4.15pm at Alwalton Village Hall to join with likeminded and personable others interested in watercolours.

All of our members have already learnt to paint and our group does not offer any teaching or formal instruction. We specifically paint in watercolours although some have tried acrylic/pastels.

If you would like to join us each week then do give me a ring to discuss our group as we currently have space for two or three additional members for the January 2018/July 2018 term.

Please contact me in the first instance on 01733 208727.

*Trevor Cross*

### **Woodturning Groups**

The next course for Woodturning will start on

Wednesday 21 February and Friday 23 February

both from 9.00am till 12 noon and 1.00 till 4.00pm

We have changed the day from Tuesday to Friday; we have vacancies on Wednesday afternoon and Friday morning and afternoon. Contact me on 01733 231745

*David Longworth*

# TRAVEL CLUB NEWS

## Travel Club Meeting Days for 2018

27	January	10.00am	Jack Hunt
3	March	10.00am	Jack Hunt
7	April	10.00am	Jack Hunt
2	June	10.00am	Jack Hunt
14	July	10.00am	Jack Hunt
18	August	11.00am	Activities Day, Regional College
29	September	10.00am	Jack Hunt
3	November	10.00am	Jack Hunt
15	December	10.00am	Jack Hunt

For further holiday details please go to:  
[www.peterboroughu3a.org.uk](http://www.peterboroughu3a.org.uk)

or contact Arthur Hunt on 01733 756883 or Jacqueline Casson on 01733 332061

## DAY TRIPS

As many of you will have heard Paul Parker is stepping down as Day Visits co-ordinator. As a result, several interested U3A members met Hilary Keegan, Paul Parker and Chairman, Brenda Fearon, to consider options for the future of Day Visits. The group were fully aware of the popularity of day visits, that several groups organise their own day trips to places of interest to their members and all wished day visits to continue.

Paul was invited to address the meeting first, whereupon he expounded the principles guiding his operations over the past 25 years. In the short term it was agreed there should be no change, working on the principle that *'if it ain't broke, don't fix it'*.

Following on from that meeting, we will now have a "Day Visits" team. Two members, Robyn Mitchell and Judy Gardiner will be the Visits Coordinators, basically doing what Paul did, whilst Gina Bates and Sandi Osborne will continue to fulfil their previous roles of collecting the money and meeting and greeting at the coach.

Discussion then considered the matter of organising day visits. At present Paul selects many of the general visits based on past popularity of places, suggestions from participating members and

group leaders. Some of the latter have organised their own group activities, but a growing number have worked with Paul to plan and organise trips, making them available to the whole Peterborough U3A membership, so helping to make such visits viable and this is hoped to be the principle way forward in the future

The question of how one should go about organising a day visit was raised, consequently an advisory sheet of what to do, when and with whom, has been prepared and should be available from the team when this edition of the 'News' lands on doormats.

In short, it was felt that more members should be encouraged to get involved in organising and running visits. Volunteers will not be left on their own – there will be the guidelines sheet referred to, besides the collective experience of Gina and Sandi. So, what's stopping you? If you would like to suggest places/events to visit please supply the team with details of where it might be, rough idea of entry costs, availability of food, toilets etc., or better still, offer to organise it!

There is much to build on, so let's show our appreciation of Paul's efforts by encouraging Day Visits to continue and flourish.

*Terry McCarthy*

## **DAY VISITS 2018**

*Please read this carefully if you intend to book for any day visit.*

**Any member of the U3A can book a day visit that is advertised in the magazine or on the website.** Non-U3A members are welcome but have to pay a slightly higher charge. It is best to book as early as possible if you want to be sure of a seat for a particular visit. The Group Coordinators are happy to deal with any general queries **but all booking enquiries should only be made to Gina Bates (01733 579317).**

The booking procedure is as follows: Book with Gina by phone and then send the booking form and a cheque made out to **Peterborough U3A** within **7 days** to **Peterborough U3A c/o Mrs G Bates, 82 Temple Grange, Werrington, PETERBOROUGH, PE4 5DW**. Please enclose a stamped addressed envelope if you want a receipt.

If the excursion is fully booked, it is a good idea to put your name on the waiting list, as you may be able to replace someone who drops out. Also if the waiting list becomes very long, we will look at booking a second coach, or run another trip, not necessarily on the same day.

**Refunds will not normally be made after the booking deadline.** If you cancel your booking we will try to resell your place, although you will have to pay the costs of this, usually about £2.00. If there are spare seats after the deadline, we will usually accept bookings. In the event that not enough people book for an excursion, it will be cancelled once the booking deadline has passed so it is very important that you register your interest as early as possible.

Day Visit Coordinators:

Robyn Mitchell - 01733 512023 - email [robyn.mitchell@tesco.net](mailto:robyn.mitchell@tesco.net)

Judy Gardiner - 01733 562891 - email [judygardiner3@hotmail.com](mailto:judygardiner3@hotmail.com)

### ~~VISIT TO BIRMINGHAM SYMPHONY HALL [1]~~

~~(or just Birmingham)~~

~~WEDNESDAY 28 FEBRUARY 2018~~

~~Leaving the Crab & Winkle, Werrington at 7.50am, Bretton Centre at 8.00am and Thorpe Meadows at 8.10am arriving back at Peterborough at about 7.30pm.~~

~~The programme consists of Dances of Galanta by Kodály (15 mins), Tchaikovsky's Piano Concerto No 1 (33 mins) and Mendelssohn's Symphony No 3 (Scottish Symphony - 39 mins).~~

**TRIP CANCELLED PLEASE CONTACT  
PAUL PARKER FOR INFO**

### **VISIT TO CHRISTCHURCH ART GALLERY IN IPSWICH**

(or just Ipswich)

**THURSDAY 8 MARCH 2018**

**Leaving the Crab & Winkle, Werrington at 7.30am, Bretton Centre at 7.45am and Thorpe Meadows at 8.00am arriving back at Peterborough at about 6.45pm.**

This trip is mainly to visit Wolsey Gallery in the Christchurch Museum, Ipswich. There is a guided tour of the John Constable and Gainsborough paintings and then you are free to explore the rest of the artwork in the gallery as well as the rest of this Tudor Mansion and visit the other Ipswich art Gallery and Museum (10 minutes walk) or for that matter wander into the centre of Ipswich (also 10 minute walk).

You can also pay just for travel and visit where you like in the area.

**Further details from Paul Parker on 01780 782976**

**Cost including guided tour: U3A Members £16.00**

**Non-U3A Members £18.50**

**Cost for travel only £12.00 (Non-U3A Members £14.50)**

**Deadline for travel only 8 February 2018**

**SOUTH KENSINGTON FOR THE NATURAL HISTORY  
MUSEUM, SCIENCE MUSEUM  
AND/OR VICTORIA AND ALBERT MUSEUM  
TUESDAY 13 MARCH 2018**

**Leaving the Crab & Winkle, Werrington at 7.55am, Bretton Centre at 8.00am and Thorpe Meadows at 8.10am arriving back at Peterborough at about 7.30pm.**

This visit is initially for Stuart Osborne's group and friends, but is open to all U3A Members.

For the rest of us it is a chance to visit any one or more of the South Kensington museums. All of them have free entry, although there may be charges for certain special temporary exhibitions. All have at least one restaurant and one café. There are places where you can eat packed lunches in the Science and Natural History Museums. The V&A has free introductory tours lasting an hour at 11.30, 13.30 and 15.30 and are free, as are the British Gallery Tours at 13.30 and 14.30 also lasting an hour. There are galleries for architecture, ceramics, furniture, glass, Asia, fashion and jewellery, photography, sculpture etc, as well as special temporary exhibitions. If you have not been to the V&A before you will be amazed by what is there. It is the largest museum of art and design in the world – eight

miles of galleries. Something to interest everyone. One could say the same about the other two museums. You can find details of their special exhibitions and more details on the internet.

**Any queries about pick-up points only,  
contact Paul Parker 01780 782976**

**Cost for U3A Members £16.00**

**Non-U3A Members £19.00**

**Deadline for booking 28 February 2018**

## **VISIT TO BIRMINGHAM SYMPHONY HALL [2]**

(or just Birmingham)

**WEDNESDAY 9 MAY 2018**

**Leaving the Crab & Winkle, Werrington at 7.50am, Bretton Centre at 8.00am and Thorpe Meadows at 8.10am arriving back at Peterborough at about 7.30pm.**

The programme is a Suite, Amadis de Gaule (20 mins) by J C Bach and three pieces by Mozart: Violin Concerto in D major (29 mins), Symphony No 36 in C Major (Linz – 28 mins) and Idomeneo Ballet Music (10 mins).

Come and hear Mozart's youthful violin concerto; the dance music from Idomeneo and the sunlit, brilliantly witty symphony that Mozart wrote in four days flat! Plus a bonus – the utterly delightful music of the composer they call 'the English Bach'.

**Further details from Paul Parker on 01780 782976**

**Cost including Travel and Concert: U3A Members £35.90**

**Non-USA members £40.40**

**Deadline for booking for travel and concert**

**Monday 5 March 2018**

**Cost for Travel only £10.50 (Non-U3A members £13.00)**

**Deadline for Travel only 27 April 2018**

## **HISTORICAL TOUR OF ST ALBANS**

## **AND ST ALBANS CATHEDRAL**

**FRIDAY 1 JUNE 2018**

**Leaving Crab and Winkle at 7.50am, Bretton Centre at 8.00am and Thorpe Meadows at 8.10am, arriving back into Peterborough about 5.00pm.**

On arrival at St Albans there will be time for coffee before our guided tour of the Historic City. The tour will start at 11.00am, last for 90 minutes and finish by the Cathedral at 12.30pm. Lunch at 12.30pm and then at 1.45pm a guided tour of the medieval city will take 75 minutes ending at 3.00pm.

The coach will depart St Peter's Street Coach Park at 3.45pm. Arrival back in Peterborough will be subject to Friday traffic.

Don't miss this opportunity to visit the third most important Roman Town in England.

**Further details from John O'Halloran on 01733 756563**

**Cost of travel and guided tours U3A members £21.00**

**Non-U3A members £23.50**

**Deadline for booking 30 April 2018**

## **ELY CATHEDRAL AND FLOWER FESTIVAL**

**THURSDAY 21 JUNE 2018**

**Leaving Crab and Winkle at 7.50am, Bretton Centre at 8.00am and Thorpe Meadows at 8.10am, arriving back into Peterborough about 5.00pm.**

Ely Cathedral, with its unique 14th century octagonal lantern tower, is counted among the marvels of the medieval world. Much of the cathedral is over 900 years old and it offers a rich architectural history, including the sumptuous 13th Century Quire and beautiful 14th Century Lady Chapel. This year sees the return of their Flower Festival called a Kaleidoscope of Life, which will include eye-catching displays, musical recitals floral demonstrations and a gift and craft marquee.

As well as visiting the Flower Festival, around the cathedral itself you can explore attractive parkland and one of the largest collections of medieval monastery buildings still in daily use. It is easy to spend time visiting the cathedral, and also the city of Ely

with its attractive riverside and other tourist attractions with many opportunities to get refreshments and have lunch.

Please note that for the safety and welfare of all our worshippers and visitors there may be security searches as part of the entry procedures. The Cathedral has disabled access.

**Further details from Robyn Mitchell 01733 512023  
or Judy Gardiner 01733 562891**

**Cost including Flower Festival and Travel  
U3A members £20.00 Non U3A members £22.50.  
Deadline for booking 31 March 2018**

## **NEW MEMBERS' MEETING**

**Saturday 24 March 2018**

**at Christchurch Hall, Benstead,  
Orton Goldhay PE2 5JJ**

Coffee Served from 9.30am  
Meeting Starts 10.00am

Prospective members and  
any members who have missed previous  
New Members' Meetings are welcome to attend

**U3A QUIZ NIGHT  
Friday 11 May 2017**

**at Christchurch Hall, Benstead,  
Orton Golday, PE2 5JJ  
starting at 7.00pm**

**Tables of 6 to 8  
Contact Breda Fearon on 01733 239848**

**Reports and articles for next U3A NEWS  
should reach the editor not later than**

**Friday 16 February 2018**

Items can be given to Conny Yarwood  
or sent by email to [conny.yarwood@gmail.com](mailto:conny.yarwood@gmail.com)  
or by post clearly writing NEWS in the top left hand corner  
of the envelope to the address below:

***PLEASE NOTE NEW PO BOX NUMBER  
AND POSTCODE***

**Peterborough U3A News  
PO Box 1341  
Peterborough PE2 2QD**



Members of the Nordic Walking group at Ferry Meadows