



OUTDOOR BOWLS

BEGINNERS COURSE

Have you thought about playing outdoor bowls?

Why not join the U3A beginners course at Barnack Bowls Club. All equipment is provided, and all that is required is that you wear flat soled shoes.

The course will be run over five weeks of two hours per week and is run by a Bowls England qualified level-2 coach.

The cost of the course is £25per person and includes refreshments plus a follow-up session with club members.

Spaces are limited to a maximum of 6 people per course so early booking is essential.

Please register with **Chris Royce** by email: cacj.royce@gmail.com

LOCAL HISTORY

Tuesday 10th March: The Mendicant Friars of Stamford – with Linda Ball. Who were these friars and why did they settle in Stamford in the 13th century? The mendicant or begging friars, the Grey Friars, Black Friars, White Friars and Austin Friars, who migrated from Europe in the 13th century and settled in towns all over England and Wales. These evangelical preachers flourished for more than 300 years until the Dissolution of the Monasteries in 1538-40 when their magnificent churches and houses were pulled down and their lands were repossessed by the Crown.

* Regrettably, temporarily we are unable to take on new members, but you are welcome to join our waiting list.

Penny Rowley

HEAR ALL ABOUT IT!

*If you have something to say, Say it in the Newsletter.
Use it or Lose it!*

WELCOME!

New members; Jane & Nicholas Clift, Anne & Robert Mance, Cathy Cullen, Peter Hacking, Celia & Brian Brown, Margaret Stone, Judith Kefford, Haroon Bhabha.

TODAY March 2

Musical Ensemble - Stamford School

FORTHCOMING MEETINGS

Apr 13 Expedition to Antarctica (2) - with Dave Pinion

Dave delighted us last time with his talk on an Antarctic Expedition and now there is more to tell.
Don't miss it!

May 11 Annual General Meeting plus speaker - to be confirmed

Meetings are held at Stamford Methodist Church, Barn Hill, on the first Monday of each month, unless it falls on a Bank Holiday when it is then moved to the following Monday.

**PLEASE REGISTER
ON ARRIVAL**

**Coffee from 9.45 am.
Meeting starts 10.30 am**

COMPUTER GROUP



The computer group is there to help all of us better understand and use the computers we have. As the leader I want to enable all of us to feel safe on the internet and as we use our devices. There is lots we can get from IT and the Internet but they can be daunting at first. It is easy to get lost on the internet and not know who is giving you information or where you found that thing you really wanted. Scammers use this.

We now meet on the second Monday of each month 10.30 am until 12.00 pm. Beginners are welcome as are those of you that already feel comfortable with their devices. Your knowledge and support will help the newbies. I am always open to new ways of doing things, as I learnt early with IT that there is always more than one way to do any task. You pick the methods that fits best for you. I look forward to seeing you.

Anna Wotherspoon

THE ENTERTAINERS

RECRUITING NOW!

For many years we were known as the **u3a Drama Group**, performing at the yearly December membership meetings.

Last year, mainly due to falling numbers, especially with our menfolk, we decided to reinvent ourselves as **The Entertainers!** This still involves 'acting' for those of us who can still remember our lines, while props and scenery helpers, writers, directors, Prompters, stage hands, movers and shifters and seamstresses all play a huge part.

During the 'off' season, we meet socially on the first Tuesday afternoon of the month, to throw ideas around and generally have a jolly time together. The rehearsal period begins at the beginning of September, when we then meet much more often in the run up to our 'performance' date, which this year is at the meeting on 7th December at Barn Hill Methodist Church. .

All the worlds a stage... they say; so if you want to have fun – and wear some outrageous outfits, why not join us. Contact Patti on hallamspain@gmail.com

Darren Rawnsley



FAKE £20 NOTES!

How to spot them

- the fake notes are of a slightly deeper colour
- put a £20 note on a flat surface, with the Queen's head side up
- look at the hologram (silver rectangle) at the bottom left hand side of the note
- tilt the note up and down while looking at the hologram
- genuine £20 notes show the feint words 'Pounds' and 'Twenty' alternatively
- the word doesn't change in fake notes

What to do

- take the fake note(s) to a Bank
- contact the police about the person who gave it to you if you know who it was

Source: **BBC1 News 21 Feb 2026**

BIRDS & NATURE GROUP

We meet at 10.30am on the fourth Monday of the month, apart from August and December and in May it is on the third Monday. It is helpful to have a pair of binoculars, but not essential! Full details of each venue and dining arrangements will be sent by email by the organiser of each event two weeks beforehand.

Pat Dale

2026 CALENDAR

23rd Mar	RSPB Frampton Marsh PE20 1AY (off A16) rspb.org.uk
27th Apr	Barnwell Nature Reserve (near Oundle)
18th May	Ferry Meadows Country Park Ham Lane, Peterborough PE2 5UU
22nd Jun	Ketton Quarries Nature
27th Jul	RWT Lyndon Nature Reserve Rutland Water PE9 2SZ
28th Sept	RSPB Frampton Marsh PE20 1AY (off A16) rspb.org.uk
26th Oct	Eyebrook Reservoir or Deepings Lakes
23rd Nov	Anglian Water Bird Watching Centre, Eggleton

NEW LEADER FOR THURSDAY WANDERERS

After two years of hard work in managing the Thursday Wanderers group, Kathy and David Warden are stepping back and passing on the leadership to another member. We are extremely grateful for everything they have done, especially encouraging new members to join, when Kathy represented all the walking groups at the last two u3a Open Mornings. **Dawn Mclean** has agreed to take the group forward and we wish her success in her new venture.

Stella Morgan

WALKING FOR FITNESS

STAMFORD WALKING GROUP

March 20th Today's walk will be 5 miles (approx) along either side of the River Welland, starting from Morrisons and walking to Uffington Bridge and return. Park in Morrison's car park PE9 2EX, but please be mindful of the 3-hour parking restrictions.

THURSDAY WANDERERS

March 12th Seaton to Harringworth Viaduct and return. Park in Seaton village, near the George and Dragon pub. LE15 9HU.

March 26th From Barnack to Souththorpe, through the Hills and Holes National Nature Reserve. Park in the free car park off Wittering Road, PE9 3EY.

STAMFORD STROLLERS

March 20th The 3 mile (approx) walk will be from Barnack, starting at 10.15am, from opposite the church PE9 3DN. Please let Aileen know if you intend to join her.

We look forward to meeting some new members in our new u3a year. All contact details are on the back page.

Stella Morgan

GARDEN GROUP

In February, we visited Little Ponton Hall which is a beautiful garden offering spectacular displays of snowdrops and winter aconites. The owners, George and Bianca, gave us tea with cream scones to start our visit and said that every year they look forward to the display, and every year it takes their breath away. Snowdrops adorn the banks of the river walk and spring garden and along the stream that runs through the garden. The hall has a small church in the grounds which is reached by walking through drifts of aconites. The late actor Richard Todd is buried in the churchyard and has the best epitaph - Exit Dashing Young Blade.

Our next talk is on **17th March**, when a speaker from the Commonwealth War Graves Commission will talk on the Horticulture of War Graves.

Pamela Rodgers



UKULELE GROUP

Our thanks are due to Michael (Crowe), the founder of our very successful Ukulele Group some years ago, who has now handed the reigns over to me, which I'm delighted to take on under his guidance. We are a happy and informal group, made even more so by Michael's infectious enthusiasm for taking care of us all and organising outdoor gigs now and again at various Residential Homes in the area, which we all enjoy and hope to continue.

We meet at the Millstone Inn Ryhall on the first and third Thursday of each month at 10.30 am – and if you are not already a player, but would like to 'try before you buy', you are welcome to join us.

Sue Sharpe

BLARNEY

You can tell a child is growing up when he stops asking where he came from, and refuses to tell you where he's going.

God created the world in six days and rested on the seventh. On the eighth day he started to answer complaints.

If you can keep your head around you when all around are losing theirs, you obviously don't understand the situation.

COMMITTEE

Michael Crowe	Hon. President
Roland Higgins	Chairman
Martin Lander	Vice Chairman & Treasurer
Anne Sedgwick	Secretary
Beverley Meader	Membership Secretary
Patricia Hallam	Newsletter Contributions
Rachel Roffe	Speaker Finder
Yas Fairbairn	New Member Contact
Jan Simmonds	Audio Visual Assistant

GENERAL ENQUIRIES

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MEMBERSHIP ENQUIRIES

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WEBSITE ENQUIRIES

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NEWSLETTER CONTRIBUTIONS

Send by the **21st** of each month to **Patti Hallam**
hallampain@gmail.com