



Callington u3a Newsletter

JUNE 2026



Committee News

2026 Membership Subscription: Membership fees were due on the 1st April and the grace period expires on 31st May so if you have not renewed and still intend to, please make your payment and give Phil your renewal form on or before the 1st June meeting in order to continue to participate in u3a activities.

Fees for 2026: Member £12, Couple £22, Associate Member £8, Associate Couple £15

Please note: You may pay by Bank Transfer or cash or by card using the sum up machine at the 1st June meeting.

New Committee: The roles of our new committee were agreed at our 6th May committee meeting and are listed on the back page of this newsletter.
The main changes are, Helen will look after Events and Outings, Jo continues as Minutes Secretary but has also taken on Publicity from Richard and Tish is looking after hospitality.

Third Age Matters (TAM) magazine: If you are interested in subscribing to the u3a's TAM magazine, please contact Jae Damarell. She has 5 copies which will be available for £1 each at our 1st June meeting. There is also a free shortened version of TAM available online at u3a.org.uk

Survey on the Impact of others Falling on Older Adults - University of Leicester:

Dr. Matt Hill at the University of Leicester is conducting a survey on how seeing or hearing about others falling affects older adults' worries about falling. The committee thought some of you may be interested in this subject and might like to participate in this survey, so Richard will shortly be sending out an email with a study information sheet to all Callington u3a members, giving you the details.

The survey is open to all adults over 60 and it is entirely voluntary, anonymous, confidential and directly between you and those carrying out the survey.

Cricket Club parking permits: These are available from Dawe, Hawken & Dodd offices in Fore Street. 2025 permits have now expired and new 2026 permits to park at the cricket club are now available to u3a members for a fee of £10. They don't have a sum up machine, so cash is preferred.

Callington u3a website: The website can be viewed on callington.u3asite.uk. For queries, contact Neil on CallAdmin@lankidden.com

Books: Books are on sale at the monthly U3a meetings, 50p for 1 or 3 for £1. Happy to accept books provided they are in good condition.

Raffle: Given our currently healthy financial situation, the committee are now providing the monthly raffle prizes. Thanks to all who have donated prizes in the past.

Phones: Please could we ask that phones are turned off at the Monday meetings, thank you.

Suggestion Box: The Committee is happy to receive any suggestions on ways to improve our u3a, subjects for new groups, or anything else you may wish to contribute. A box is available for your offerings.

Groups' News



NEW GROUP - MAHJONG: 🎉 FANFARE ! 🎉

Following interest at the May meeting, Edna and John Southey have started a new Mah Jong group . Meetings will be held from 10.00am to 12.00pm in the Council Chamber on the 2nd Wednesday of each month. The first meeting is on Wednesday 10th June. There will be a small contribution required, depending on numbers, to cover the cost of the room. Please do come along and support us.

Please contact Edna on 07889 239454 or edna7jonno@gmail.com

Art: The Art group continues to meet in Stoke Climsland Old School on Thursday afternoons from 1-4pm. The sessions are once a fortnight. We would love to see a few more folk join us. Please contact Ann Henderson, email annatpillaton@yahoo.co.uk, for a chat if you are interested.

Backgammon: This is the latest new group to start running since last year. It is now growing in popularity as more people become aware of it. More equipment has been purchased to cover more players for the May meeting and everyone played on a full size board this time. When new people come along they watch a game or two to get an idea and become familiar with board and can ask questions about the actions. When they are ready to play a game they are paired up with someone who has experience to show and give advice as they pick up and play the game. The group runs on the 3rd Wednesday of each month in the Council chamber at the town hall at 2pm till 4pm. Drinks & biscuits are included in the cost @ £2 to cover the room rental.

for more information please contact Ann Moore on 01822 648281 or email aemoore4521@gmail.com

Chairobics: Group disbanded.

Crime Fiction: The Crime Reading group meets on the 4th Thursday of each month from 2pm until 4pm on the upper floor through the porch of Lucy's house. Further details contact Lucy, tel. 01579 388799. or email lucydtthomas22@gmail.com

Cribbage and Cards: More equipment has been purchased to cover another table in readiness for our June meeting so 2 to 4 more players can play on a further table. Numbers are increasing each month. with 2 new members enjoying the May meeting. Many have said they played in their youth so they soon get back into their stride and a novice will have plenty of support from their partner and the other 2 on the table. Cribbage can be played with 2, 3 or 4 players so no-one is ever left without a seat. With 2 or 3 player games you play as individuals. With a 4 player game you partner the diagonal person. The new coloured peg boards make it easier to keep your score as individuals as you each have your own colour run.

To keep everybody enjoying the game play, names go in a hat and are drawn each month so you rarely partner and play the same people which makes it more fun and challenging every time. We meet on the first Thursday of the month in the Meeting room at 10am till 12 noon. Drinks and nibbles included in the @£1.50 cost to cover the room rental. Any more info needed please contact Carl Moore on 01822 648281 or email aemoore4521@gmail.com

Game on: The Game On group meet every other Sunday from 2pm until 5pm on the ground floor of Lucy's house. Further details from Lucy Thomas, tel. 01579 388799 or email lucydtthomas22@gmail.com

Jazz Appreciation: Jazz in the Afternoon - May 2026

This month, our theme was 'The Sea'. Not many jazz tunes seemed to feature this. But, our members ingenuity knowing no bounds and we finished up with a good selection of items connected in one way or another with the sea.

We pushed off with Charlie Parker's 'Slow boat to China' followed by the MJQ's 'Between the Devil and the Deep Blue Sea'.

We then heard the very well known 'Beyond the Sea' by Walden Robert Cassotto, or Bobby Darin as he was better known and this was followed by the original version, Charles Trenet's 'La Mer'.

Joe Venuti and Eddie Lang played 'Penn Beach Blues' and Count Basie with Helen Humes gave us another version of 'Between the Devil and the Deep Blue Sea'. Then we had Charlie Byrd and Ken Peplowski's 'The Girl from Ipanema'. Following this we heard 'Over the Waves' from Richard Bennett's New Orleans Jazz Band and Duke Ellington's 'Chelsea Bridge'

'There's a boat dat's leaving soon for New York' came from Andre Previn, 'North West Passage' followed from Woody Herman and 'Surf Ride' from Art Pepper.

We again had the MJQ with 'The Watergate Blues'. Frank Sinatra wondered 'How Deep is the Ocean?' and Stan Getz finished the afternoon with 'The Shining Sea'.

A lovely relaxing afternoon, drifting along to great music.

Please contact Roy; email burridgeroy@gmail.com

Nostalgia: May's Nostalgia group was run by Phil who focused on music. Singers, groups, songs, memories etc. Why particular songs/ groups are significant. They also played a few videos: T Rex, Petula Clark amongst several.

The meeting was a "smash hit" and went to the "Top Of The Pops". They've asked for the same next month but also to include film music. Please come along and have an enjoyable afternoon on Monday 15th June, 2-4pm in the Council Chamber. Contact Jo - greenjo1951@gmail.com

Philosophy: The Philosophy group meets at 10am in the Committee Room on the last Thursday of the month.

We are now continuing with **Philosophy Bites Again - 27 Leading Thinkers on 27 intriguing topics:** the first three units are on Joy and Pain.

We read the next chapter for homework and some members research around the text. The meeting starts by listening to the relevant podcast, followed by discussion which does try to keep to the subject - but often drifts off into general matters, current affairs or personal experience (in a light-hearted way).

The books are available in paperback or in Kindle format. All by David Edmunds and Nigel Warburton. Published by Oxford University Press.

Philosophy Bites

Philosophy Bites Back

Philosophy Bites Again

<https://philosophybites.com> Contact Gillian Brown, email gillian.brown@gmail.com , if you want to join us, or come along to one of our meetings at Callington Town Hall.

Pub Lunch: In May we went to the Swingletree. This month we are going to a new venue, Calli Pizza Daytime Cafe who are opening just for us as they don't usually open on a Monday.

Contact Jo - greenjo1951@gmail.com

Quiz Group: If you would like to join the quiz group, please let me know. We meet on the first Wednesday in the month at 2pm in the Council Chambers and finish around 4pm. Cost is £1.50 which includes tea/coffee and biscuits. Mel. melkenhammond@outlook.com

Rummikub: Rummikub is ticking along very nicely. We are always open to old new and not too sure members. We meet on the 1st and 3rd Fridays in the chamber room at 10.30. Contact Sue McMunn 01579 532777 or 07980049562 or email to siouxmack@hotmail.co.uk

Science of Astronomy: There was no meeting this month due to Spring Bank Holiday, but we normally meet at Ray's house on the fourth Monday of each month, 2-4pm. If you are interested, please contact Ray Lawrence, rayg8awb@gmail.com or 07566781800.

Scrabble and Word Games: The group meet on the 2nd Thursday of each month from 10am until 12 noon on the ground floor of Lucy's house. Further details from Lucy Thomas, tel. 01579 388799. or email lucydtthomas22@gmail.com

Scribblers: meet on the 3rd Thursday of the month from 2 to 4pm. Contact Gillian Brown : gillian.brown@gmail.com

Strollers: Anyone interested in joining this group please contact Anne Ellard on 01579 383864 or mobile 07443 473799 or email: ellardanne@gmail.com

Walking 1: It's been a cracking month of walks so far for Walkers 1, with four walks completed to date and the last photo gives a flavour of our last walk around St Clether planned for the day this newsletter is issued. We were lucky that rain only crept in for a few minutes on two of our walks. We started with a scenic seaside walk from Hendersick down

to Looe where we met some of the group who were unable to walk with us that day.

Three of our party were given the wonderful surprise of a milestone birthday walking stick by Annie who presented them to the agog walkers on behalf of the group during our coffee break. Such warm camaraderie was perfectly matched by the lovely sea views on our way back. Just a special day all round !



Next, we enjoyed a lovely sunny 5 mile walk through Deer Park Woods which were brimming with spring life. The bluebells were in full bloom and even the few puddles were full of tadpoles !



Our third walk was our annual memorial walk from Yelverton to Buckland across the Dartmoor lowlands and through the

beautiful gardens at the Garden house, loved by many of our walkers and friends who have since passed.

We continued our love affair with Dartmoor for our next annual seasonal walk, a five mile circular trek from the Warren Inn across the magnificent bluebell fields in beautiful sunshine. We were rewarded with a carpet of blue and the sound of cuckoos and, during our lunch stop, all's well that ends well when we watched a somewhat distressed lost lamb finally reunited with its mother.



Many thanks to Gina, Marcella, John, Marian and Gill for arranging our May walks and we were pleased to welcome, new members Annie and Paul Jeal.

So, if you'd like to stride out with us all into the summer sunshine, please contact : Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: Anyone interested in joining this Group please contact Helen Redden on 01579 382612 or mobile 07770 402242 or email: ladywholunches3@gmail.com

Dates for the diary:

June 1st - "Bible or Bullets" with Rev Tim Wilkinson

July 6th - "Tax, Care and The New Guy" With Poppy Jones (lawyer)

Aug 3rd - "Hedgehog Rescue" with Chris and Dee

Sep 7th - Terry Green, the crime thriller writer from Tavistock and voice of "Cashier No.3 please"

October 5th - 'Sending Love to Ukraine' with Emma Worth.

November 2nd - Rev Stuart Reed, ex policeman. Experiences in the Force.

Our Committee:

Chair - Phil Clift 07900 956980

email: robclift@btinternet.com

Vice Chair - Neil Carter 07896002932

email: neilc@lankidden.com

Treasurer - Jae Damarell 07756 411253

email: treasurercallingtonu3a@gmail.com

Secretary - Marcella Payne 07727255782

email: callingtonu3a@gmail.com

Events & Outings - Helen Redden 07770 402242

email: ladywholunches3@gmail.com

Groups Co-ordinator - Gina Davies 07738 014845

email: ginadavies8@hotmail.co.uk

Hospitality - Tish Jefferys 07557 405960

email: coathays@gmail.com

Membership Secretary - Phil Clift 07900 956980

email: robclift@btinternet.com

Minutes Secretary & Publicity - Jo Earl 07742 362993

email: greenjo1951@gmail.com

Newsletter & Beacon - Richard Ketley 07792 766738

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Speaker Organiser - Edna Southey 07889 239454

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Website - Neil Carter 07896002932

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