



Callington u3a Newsletter, **MARCH 2026**



Committee News

2026 Membership Subscription: The new u3a year starts in April and the Committee propose to set next year's fees at £12 per member, £22 per couple, £8 for an associate member and £15 for an associate couple. These proposals will be voted for at the AGM on 13th April.

Please note: We are no longer accepting cheques for membership as our bank now charges us for processing them.

U3a Survey: The u3a head office is conducting a national survey that explores what u3a means to its members and how the u3a has impacted their lives. Phil has forwarded this to everyone by email. This survey is open to **all members** so please take a moment to fill it out yourselves as well. It is a great opportunity for members to share their experiences and support their u3a to thrive into the future. The feedback will be used to grow membership, demonstrate the impact of u3a and raise our profile.

To thank members for their time, they will be entered in a John Lewis £100 prize draw. The survey closes on the **31st March**. You can find the survey on: <https://www.surveymonkey.com/r/u3a-me>

Cricket Club parking permits: These are available from Dawe, Hawken & Dodd offices in Fore Street. Old permits are due to expire in March and a new permit will be required to park at the cricket club from April. The cost last year was £10.00 for the year for u3a members, so let them know you are a u3a member.

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

Books: Books are sold at 50p each or 3 for £1. If anyone has some books they would like to donate, they would be very welcome.

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

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: The Backgammon group has now settled into its new Wednesday afternoon slot every 3rd week from 2 till 4. There's plenty of space for more to join who would like to come along and learn a new game or revisit an old favourite and share your skill. If you're interested call Ann Moore on 01822 648281 or email aemoore4521@gmail.com

Chairobics: Chairobics is not currently running due to declining numbers. If you are still interested in attending a session in the future, please contact Sue McMunn siouxmack@hotmail.co.uk. We will review the situation at Easter.

Crime Fiction: The Crime Reading group meets be 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 lucydthomas22@gmail.com

Cribbage and Cards: The Cribbage group meet on the first Thursday of the month at 10am in the meeting room at the town hall. We look forward to seeing all our regulars and welcome anyone who would like to join us. Please contact Carl Moore on aemoore4521@gmail.com or call 01822 648281 for details.

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 lucydthomas22@gmail.com

Jazz Appreciation: Jazz in the Afternoon - February 2026

We had a theme again this month and while 'February', not surprisingly, doesn't seem to have been a very popular subject for composers, who could resist 'Valentine's Day'? Possibly no-one, because the song 'My Funny Valentine' has been recorded by over 600 different artists on more than 1300 albums. It was written by Richard Rodgers and Lorenz Hart for their 1937 Broadway show, 'Babes in Arms'

According to Wikipedia, in 2015, the Gerry Mulligan Quartet's 1953 version of the song, featuring Chet Baker, was inducted into the [Library of Congress's National Recording Registry](#) for its "Cultural, artistic and/or historical significance to American Society and the Nation's audio legacy".

Not to be outdone, we included two versions of this iconic tune, one by Chet Baker, (of course), and the other by Dinah Shore with Andre Previn.

But we didn't overlook the varied aspects of St. Valentine's Day and it's implications.

We started with The Platters' 'Only You' and then Harry James and his trumpet managed to give us a link to the month with 'Cept February which has 28'. Natalie Cole sang 'That Sunday, That Summer' and later on 'Lush Life' but the MJQ looked on the sadder side with 'The Man that got away'.

Perhaps that wasn't such a bad move after all, as Gerry Mulligan explained that 'The Lady is a Tramp', (also written for 'Babes in Arms'). Things brightened up with Dave Brubeck's 'Lover' and Tommy Dorsey's 'Cocktails for Two' which no doubt led to Dexter Gordon insisting 'They say that falling in love is Wonderful'. However, Andre Previn was doubtful, because he thought 'I got it bad and that ain't good'.

We had a break from all this romantic stuff with Gene Krupa's 'Drummin' Man' and Art Tatum's 'Lullaby of the Leaves' but our theme inevitably returned with Sonny Rollins' 'Falling in Love with Love' and Charlie Parker's 'I'm in the Mood for Love' which finally led to Sarah Vaughan's 'Teach me Tonight'.

We meet on the second Wednesday of the month. Please contact Roy; email burridgeroy@gmail.com

Nostalgia: This month seven of us enjoyed an afternoon of watching old adverts and programmes about the foods we used to enjoy as children. Also how and why many of the sweets and puddings we enjoyed have disappeared or are just not the same any more. This is due to the dangerous amounts of chemicals which used to 'enhance' our foods that are now banned.

I will try to find some more interesting items for future meetings.

We meet in the Council Chamber on the third Monday afternoon, 2 - 4pm.

Only £1.50 including hot drinks and biscuits. Contact Jo - greenjo1951@gmail.com

Philosophy: If you want to join us, come along to Callington Town Hall on the last Thursday of the month at 10am in the Committee Room or contact Gillian Brown, email gillian.brown@gmail.com

Pub Lunch: Twelve of us enjoyed a good meal at the Engine House in February. We will be going to the Weary Friar at Pillaton on the 2nd March and to Homeleigh Garden Centre on 13th April.
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

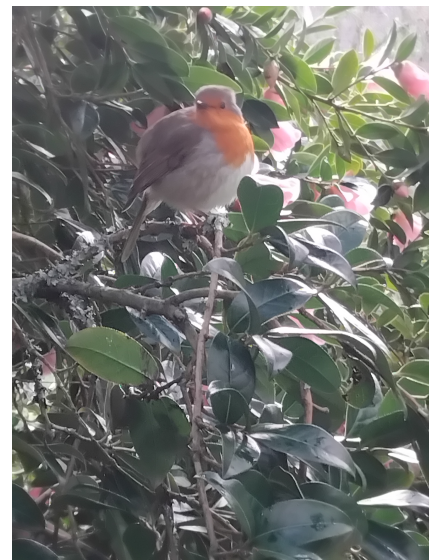
Rummikub: We had a couple of new people come and sample our wares.....it didn't take them long to get proficient at the game. We look forward to seeing some more new faces joining us.
We meet on the 1st and 3rd Fridays in the chamber room at 10 30. Contact Sue McMunn.
01579 532777 or 07980049562 or email to siouxmack@hotmail.co.uk

Science of Astronomy: This month's meeting was cancelled and we hope to continue again in March.
We 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: At long last we have managed 2 strolls this month. The first one was to Cotehele to see the Snowdrops, however we only managed to see a very small clump but a nice lot of crocus. No idea what happened to the Snowdrops but it was nice to be finally outdoors with no rain. On the way round we saw a Robin perched on a low branch and he was singing his little heart out and wasn't at all worried by all of us taking pictures of him. It was delightful.



Our 2nd stroll was to Calstock, again no rain thankfully. Anyone interested in joining this Group please contact Anne Ellard at ellardanne@gmail.com or on 01579 383864 or mobile 07443 473799.

Walking 1: Thankfully the rain mostly held off on the February Fridays and we managed to complete three walks in the Cornish countryside, thankfully finding walks along paths, back roads and tracks that avoided the heavily waterlogged fields and knee deep mud !



We started with a scenic walk round the Lanhydrock estate and saw the first signs of the camellias and some beautiful snowdrops. The river level was high and was flowing really fast, but thankfully no wet feet as we headed down to and over Respryn Bridge and a long climb back up to the car park.



A little rain at the end didn't stop us enjoying lunch and hot drinks at the National Trust restaurant .



Next up was a lovely rain-free stroll along country lanes and fields around Bay Shop to South Hill with a stop at the picturesque church at Linkinhorne for coffee.

For our third walk, we braved the forecast 'passing showers' and ventured to the south Cornish coast for a rather wet and windy walk from Seaton to Downderry and back along the seaside.



We all agreed it was good to get out, though and the sun tried to break through over the sea as we found a perfect spot out of the wind for lunch. Our last planned walk of the month is a six mile circular walk on Dartmoor from Whitchurch and around Plaster Down. Fingers crossed that the weather holds !



Many thanks to our group photographers, for this month, Marcella and Gina, and to our February walk leaders: Richard, Frances, Gill and John for getting us out while keeping us as dry as possible !

Following our walk planning meeting on the 19th February, we now have a walk schedule through to the end of August, so, with spring only a handful of weeks away, if you'd like to join us for a 4 to 7 mile walk on a Friday morning, please contact :

Richard Ketley on richard.ketley@icloud.com or

Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: Only 1 walk this month which was to Sibbyback. The weather behaved itself and it was really nice to be out and about for a change as we hadn't done a walk since last December.

Anyone interested in joining this Group please contact Helen Redden on 01579 382612 or 07770 402242 or by email at ladywholunches3@gmail.com

Dates for the diary:

Mar 2nd - "Conchies" A history of conscientious objectors with Simon Dell

April 13th - AGM, no speaker

May 11th - "Alternative Medicine. Fact or Bull****" with Mike Moore

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

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

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"

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

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Membership Secretary - Phil Clift 07900 956980

email: robclift@btinternet.com

Speaker Organiser - Edna Southey 07889 239454

email: edna7jonno@gmail.com

Website - Neil Carter 07896002932

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Groups Co-ordinator - Gina Davies 07738 014845

email: ginadavies8@hotmail.co.uk

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Minutes Secretary - Jo Earl (non committee) 07742 362993 email: greenjo1951@gmail.com