

Committee News

2026 Membership Subscription: The following membership subscriptions were approved at our AGM on 13th April for 2026. Membership is open for payment now and Phil e-mailed details to members on 22nd April. Please renew before 31st May to continue enjoying u3a membership :

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

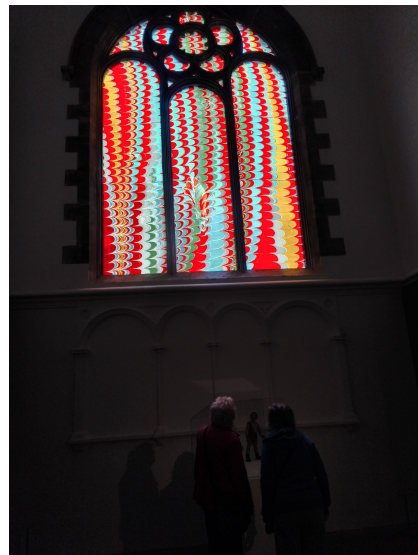
To renew your membership, please complete the Renewal Membership form in Phil's above e-mail and pay Phil in accordance with his e-mail instructions. The form is required to register your Gift Aid choice and to keep contact details up to date.

Please note: We are no longer accepting cheques as our bank now charges us for processing them. We will, however, be accepting card payments via our "Sum up" machine. However, we are charged of 20p per transaction, so Bank transfer or cash are our preferred options, thank you.

New Committee: Phil (Chair) Neil (Vice-chair), Marcella (Secretary), Jae (Treasurer) and committee members Edna, Gina and Richard are pleased to serve on the committee for another year and thank you all for your endorsement at the AGM. Our sincere thanks go out to Maureen, our former Hospitality Secretary who has stepped down this year and we are very pleased to welcome back two pillars of our u3a, Jo and Helen and new committee member Tish.

Your new committee is looking forward to working together to keep Callington u3a enjoyable for all. A special mention too to our unsung heroines, Gayle and Caro, for keeping us all topped up with tea and coffee at our meetings and to Helen and Anne for the lovely hot cross buns at the AGM. Thank you all.

Beryl Cook Exhibition trip: Big thanks to Helen who organised a day out to Plymouth on the 21st April. Helen gave us the following report:



12 of us took a bus to Plymouth to check out the Beryl Cook Exhibition held in The Box. Because this was such a well attended event, we weren't booked in to 1pm, so we had a couple of hours to kill. Our first course of action was to go and find somewhere to eat and drink. Some made for the cafe at The Box, whilst others made for M&S.

After that we made our way to The Box to have a look around, take in the shop and various artefacts pertaining to Beryl.

They also had a film of her being interviewed in the 1980s and that was really interesting. From there, being a lovely sunny day, we all met up and sat outside for a while, ready to begin the tour.

Around the rooms in The Box, which was opposite the cafe, were many paintings and going around you couldn't help but smile, as some of her works were really funny and it was heart warming to see a good number of paintings being admired by so many visitors. I believe the building was originally a church and it had a beautiful glass stained window in various colours which a photograph didn't give justice to.

Still with smiles on our faces we left the Exhibition and made our way home on the bus. Everyone who came really enjoyed themselves.

Helen Redden



Third Age Matters (TAM) magazine: The TAM magazine now costs £4.20 for the year. The magazine has been separated from membership renewal, so if you would like to receive it, please contact the Treasurer to book your copy. There is also a free shortened version of TAM available online at u3a.org.uk

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 sold at 50p each or 3 for £1. If anyone has some books they would like to donate, they would be very welcome. Several new books have been donated recently, so do take a look at the meeting.

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

POTENTIAL NEW GROUP - MAH JONG: Edna and John Southey are thinking of starting a new Mah Jong group and would love to know if you'd be interested in joining a group if started. 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 month, a few new members resulted in 4 boards with 8 people being played with 1 free to oversee and chat, so another player would be great to make another pairing. The newcomers watched a game before having a go with a regular to get familiar with the rules and moves of the game. So if you fancy having a go, pop along on the 3rd Wednesday of each month at 2 till 4 in the Town Hall chamber. Refreshments on tap with cost of room hire £13 being shared between players. For more details call Ann on 01822648281 or email aemoore4521@gmail.com

Chairobics: Chairobics is not currently running due to declining numbers. If you are interested in keeping the group alive, please contact Sue McMunn siouxmack@hotmail.co.uk or a member of the committee. If there is no expressed interest, the group will be formally disbanded at the end of this month.

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 regulars enjoy 'names in a hat' so you never know who'll be playing with or against, making each month different and keeps you on your toes. It's easy to play and pick up so why not try a different card game with a touch of maths to keep your grey cells active. Come along on the 1st Thursday of the month 10 till 12 in the town hall meeting room with drinks & bixs included @£1.50. For more info call Carl 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 lucydthomas22@gmail.com

Jazz Appreciation: Jazz in the Afternoon - April 2026

We had the rustle of Spring and April in our selections this month, sprinkled over a selection of great music.

Quite a few choices happened to feature trains in one guise or another and we started with 'She's on the Train' by Lionrock. A complete change followed, Tommy Dorsey's take on Dvorak's 'Humouresque', not usually thought of in jazz circles but here given the typical Dorsey touch.

After these first two items, we just had to remind ourselves that we were in April, so Count Basie played 'April in Paris', a big band classic, if ever there was one.

Then the MJQ got rather ahead of themselves, thinking it was 'Summertime' but never mind, 'cos the great Louis gave us 'I love Jazz'.

More 'train' tunes followed, 'The Loco Motion' from the Sax Group, 'Tuxedo Junction' from Gene Krupa, Duke Ellington's 'A Train' and 'Alabama Train' by Louisiana Red.

Willie 'The Lion' Smith, who we mentioned last month, gave us one of his own pieces, from 1935, 'Echoes of Spring' which was followed by 'April Showers' from Sid Phillips and 'April in Paris' heard again but this time from Erroll Garner's piano.

We heard a third pair of tunes, this time, 'I'll remember April' played by Teddy Wilson and then sung by Bobby Darin. Another vocal was Peggy Lee's 'These Foolish Things'.

Dizzy Gillespie's 'How High the Moon' came before Aker Bilk's 'Stranger on the Shore' and Glenn Miller's 'Chattanooga Choo-Choo'.

Bill Evans closed our afternoon with his usual thoughtful playing, reminding us that 'Spring is Here'.

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

Nostalgia: At our April meeting we again used the screen to watch episodes of Captain Pugwash, Noggin the Nog and The Woodentops. Then we tried some TV themed quizzes. I will be on holiday for the next meeting (18th May), so Phil will be in charge. We meet in the Council Chamber from 2 - 4pm. Only £1.50 including hot drinks and biscuits. Contact Jo - greenjo1951@gmail.com

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

For some years we have based our monthly discussion on a chapter from the books 'Philosophy Bites', and then 'Philosophy Bites Back', looking at some aspects of the work of well know philosophers. We are now starting on **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: Last month we enjoyed a meal at Homeleigh Garden Centre, Launceston. We will be going back to the Swingletree this month and on 1st June we are going to Calli Pizza Daytime Cafe who are kindly opening just for us. This is a new venue for us and I have received good reports.

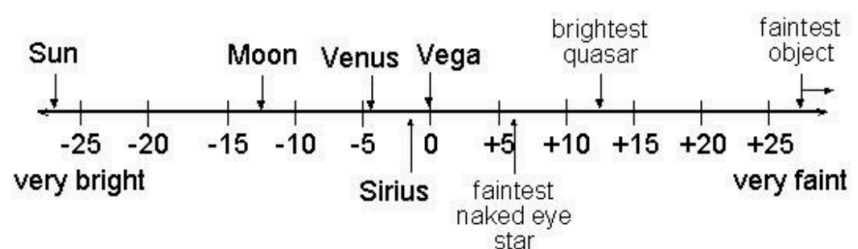
Contact Jo - greenjo1951@gmail.com

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. Our band of merry players are complete stalwarts, never missing a meeting. That's what Rummikub gives you, DEDICATION ! 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: This month, we learned about how the brightness of stars are categorised and how the system developed from a scale of 1 (brightest) to 6 (faintest) as ranked by Greek Astronomer Hipparchus around 129BCE who could only observe the Apparent Magnitude of the star, ie how bright it appears from Earth without considering its distance from us.

With ever improving observation methods and measurement systems and the observation that a magnitude 1 star shines around 100 times as bright as a magnitude 6 star, a logarithmic scale of brightness emerged where any difference of 5 magnitudes corresponds to star brightness changing by a factor of 100. This resulted in the brightest stars like our sun, the planets and Sirius being given negative apparent brightnesses to make the scale work, the Sun being categorised at less than -25 and some very faint stars only visible by telescope being categorised at +25 plus.



Apparent brightnesses of some objects in the magnitude system.

Astronomers can now measure the true brightness of a celestial object, defined as its Absolute Magnitude when viewed at a standard distance of 10-parsec (32.6 light years). At a distance of 10 parsecs, Absolute and Apparent magnitude are equal and the difference between the two values can now be used to determine the distance to a star from Earth. Mind expanding stuff! We were very grateful Ray didn't get into the maths!

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 lucydtomas22@gmail.com

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

Strollers: Due to a Bank Holiday and the U3A Annual General Meeting, we only managed to stroll twice in this month. We had a new member join us, so welcome Fiona March. Anyone interested in joining this Group please contact Anne Ellard on 01579 383864 or 07443 473799 or email ellardanne@gmail.com

Walking 1: Only 2 walks this month due to Easter and members' holidays. We therefore commenced on 10th April with a super 5 mile walk starting



from the car park at St Neot which took us over fields, moorland, through woods and alongside the riverbank as well as some very quiet country lanes. The weather held until just after our lunch stop beside the river Fowey when the rain started ! Our next walk was sadly cancelled due to people being away, but we finished the month



with a fabulous 5 mile walk in the sunshine, crossing the river at Lerryn and across the beautiful countryside to St Winnow where we stopped at the old Norman church



for lunch and cake and bacon rolls from Angie's excellent coffee van next door. The wild garlic was out in profusion and the sunshine lifted us all !

Many thanks to this month's lovely walk leaders, Marcella, Gill and Rachel for arranging walks for us when others were unable to.

If you'd like to join us on a Friday morning summer walk, please contact :

Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: Only 2 walks this month due to bad weather and a visit to The Box. We went to Tre Pol Pen and to Cotehele to see the Bluebells. Anyone interested in joining this Group please contact Helen Redden on 01579 382612 or 07770 402242 or email ladywholunches3@gmail.com



Dates for the diary:

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 (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: Our new committee met for the first time on 6th May and agreed the following roles :

Chair - Phil Clift 07900 956980

Vice Chair - Neil Carter 07896002932

Treasurer - Jae Damarell 07756 411253

Secretary - Marcella Payne 07727255782

email: robclift@btinternet.com

email: neilc@lankidden.com

email: treasurercallingtonu3a@gmail.com

email: callingtonu3a@gmail.com

Events Secretary - Helen Redden 07770 402242

Groups Co-ordinator - Gina Davies 07738 014845

Hospitality - Tish Jefferys 07557 405960

Membership Secretary - Phil Clift 07900 956980

Minutes Secretary & Publicity - Jo Earl 07742 362993

Newsletter & Beacon - Richard Ketley 07792 766738

Speaker Organiser - Edna Southey 07889 239454

Website - Neil Carter 07896002932

email: ladywholunches3@gmail.com

email: ginadavies8@hotmail.co.uk

email: coathays@gmail.com

email: robclift@btinternet.com

email: greenjo1951@gmail.com

email: richard.ketley@icloud.com

email: edna7jonno@gmail.com

email: CallAdmin@lankidden.com