

Committee News

THE ENVIRONMENT - A u3a 'Study' Day - Monday 12th October :

THIS MONTH's BIG EVENT !... Many thanks to all who have bought tickets. We have had good interest too from neighbouring u3a's and we're now very close to the 80 needed to break even, which is very heartening. Big thanks also to Marcella, Gina, Jo and Tish for organising the day for us. There is still time to buy a ticket if you are intending to place your carbon footprints in the Town Hall on 12th October !!

Talks on Climate Change, Sustainability in Mining, Working with Water / Restoring Nature in the Tamar Valley, Recycling and Farming promise to be interesting and informative. Marcella can provide payment details for bank transfer or you can pay by cash or card on the sum up machine at our meeting. THANK YOU for supporting the day !

Please contact our secretary, Marcella, email: callingtonu3a@gmail.com for a ticket or catch her on the door at our 5th October meeting.

Refreshments and lunch are included in the £7.50 ticket price.

Christmas Lunch - Monday 14th December - Honicombe Manor : Jo Earl will be taking bookings for our Christmas lunch at our October and November meetings, ref her email dated 27 Sep which includes the menu.. We are very pleased to offer two courses (main and dessert) for the reduced price of £20 per head.



Numbers re limited to ??? people, so please pay Jo to secure your place and let her have your menu choices.. You can pay by cash or by bank transfer to Callington u3a, details in Jo's email. We regret we can no longer accept cheques as the bank no longer takes them.

Third Age Matters (TAM) magazine: If you are interested in subscribing to the u3a's TAM magazine, please contact Jae Damarell.

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

Books: Anybody interested in buying books they are 50pence each or 3 for £1. All books are welcome provided they are in a reasonable condition.

Raffle: It could be your month !!! Tickets are on sale at our monthly meeting with prizes visible as you enter the hall.

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

Suggestion Box: The Committee always welcomes 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 at our monthly meetings.

Callington u3a
will be hosting a **Study Day**
on
Monday 12th October 2026, 9.30 – 4.30.
In
Callington Town Hall.
The subject is **THE ENVIRONMENT.**
Includes a **Buffet Lunch & Refreshments.**

Speakers include **David Ramsden MBE** on **Climate Change,**
Emily Widdicombe on **Sustainability in Mining,**
George Holmes on **Working with Water, Restoring Nature in the Tamar Valley.**
Alison Humphries on **Recycling.**
Bonny Lightfoot on **Farming.**

£7.50. Bookings in advance only, entry by ticket.
Payment by bank transfer or cash only, no cheques please.

Please contact callingtonu3a@gmail.com to book your ticket.

Groups' News

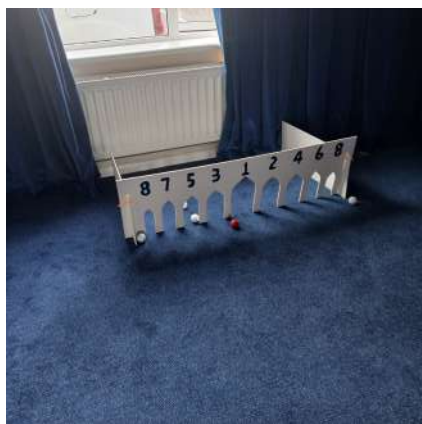
Art: The Art group continues to meet in Stoke Climsland Old School on Thursday afternoons from 1-4pm. The sessions are once a fortnight.

Please contact Ann Henderson for a chat if you are interested, email annatpillaton@yahoo.co.uk. We would love to see a few more folk join us.

Backgammon: Backgammon runs on the 3rd Wednesday of each month in the Council Chamber in the Town Hall from 2 till 4. If you are new or would like to refresh past skills, you can sit and watch a game before having a game yourself. Or you can dive straight in and let one of the lovely members give you guidance as you play together, all in the spirit of fun and sharing. So if you would like to learn a new board game or revisit an old hobby come along and join us. If you would like more information please email Ann Moore aemoore4521@gmail.com or call 07443414811.

Carpet Bowls and Golf Putting: The first meeting for this group was well attended at short notice by 7 members. We all had fun trying out these 2 new games. Carpet Bowls is similar to short mat bowls but with a smaller bowl and a shorter lane to bowl. There is also a jack ball to aim at. It can be played sitting down as a singles or doubles game so you can adapt depending on numbers playing.

The golf putting proved very popular as there is a twist to playing the game. You putt with 6 balls, 3 of which are using your right hand and the other 3 with your left hand. This gives everyone an even playing field as even skilled golfers will be challenged with playing their opposite side. There is also a red ball which can double the score if it goes through one of the 8 arches. So why not come along to the next games afternoon on Tuesday 13th October at 2pm in the Council Chamber. For more information contact Ann Moore on 07443 414811.



Crime Fiction: The group meets on the fourth Thursday of the month from 2 to 4pm at Lucy's house.

If you are interested in this group you can get further details from Lucy Thomas on 01579 388799 or email lucydthomas22@gmail.com

Cribbage and Cards: The cribbage group meets in the Council meeting room on the 1st Thursday of the month from 10 till 12. If you are interested or want to know any more information please email aemoore4521@gmail.com or call Carl Moore, who runs the group, 07443414811.

Game on: The Game On group meets on Sunday afternoon every fortnight at Lucy's house from 2 - 5 pm. If you would like to join our group please contact me, Lucy Thomas on 01579 388799 or email lucydthomas22@gmail.com

Jazz Appreciation: Jazz in the Afternoon

No report for September but the Jazz Appreciation Group will hold the October session, on the second Wednesday, as usual. Please contact Roy Burrridge for details of the alternative venue for this month; email burrideroy@gmail.com

Mahjong: On Wednesday 9th September we had a good turnout of 12 players which meant we were able to make three tables.

We are gaining confidence in the numerous routines but sometimes get confused by the number of tiles we should hold in our hands.

When we played on 23rd, we were grasping the method of how to count our tiles and when to declare that we were "CALLING".

We continue to enjoy a friendly and social atmosphere. We meet twice a month from 10.00am to 12.00pm in the Council Chamber on the 2nd and 4th Wednesday of each month. There is a small charge of £2 for the room charge and refreshments. Contact Edna on 07889 239454 or edna7jonno@gmail.com

Nostalgia: Nine of us enjoyed discussions on 'schooldays' and associated subjects. We spent the two hours chatting, without the use of the big screen. It's amazing how much we can all remember about our youth! From board rubber throwing teachers and nasty brothers and sisters to the pleasure and trials of family get togethers, general mischief and childhood enthusiasm. All recalled on one nostalgic afternoon! We meet on the 3rd Monday of the month, 2-4pm in the Council Chamber.

Contact Jo - greenjo1951@gmail.com

Philosophy: We are continuing with **Philosophy Bites Again - 27 Leading Thinkers on 27 intriguing topics**. 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 sometimes 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>

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

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: We had an enjoyable lunch at the Engine House on September 7th. This month seventeen of us will be going to Calli Pizza Daytime Cafe. In November we will be back to Louis. There is no pub lunch in December due to all the Christmas meals we will be enjoying!

We meet straight after the monthly u3a meeting. 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 now £2 (see committee news) which includes tea/coffee and biscuits. Mel. melkenhammond@outlook.com

Rummikub: DO YOU KNOW WHAT YOU ARE MISSING ?!!!! Rummikub is a fun game in fact 2 different games,,,,,, 1 x numbers game and 2 x word game. Both are equally intriguing and thought provoking so why not give us a go? We are a motley crew consisting of beginners, professionals and nearly theres. You might just enjoy yourself in between coffees, teas and biscuits so go on, treat yourself. Contact me, Sue McMunn 01579 532777 or 07980 049562

Science of Astronomy: **INPUT AFTER MON RAY/RICHARD** We meet on the 4th Monday of the month at Ray's house from 2 to 4pm. Contact Ray Lawrence on, rayg8awb@gmail.com or 07566781800.

Scrabble and Word Games: The group meet on the second Thursday of the month at Lucy's house from 10 - 12 noon. Please contact Lucy Thomas on 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: **INPUT HELEN TUES** If anyone wishes to join this Group, you can contact Anne Ellard on 01579 383864 or mobile 07443 473799 or email ellardanne@gmail.com

Walking 1: With the mild temperatures of another Indian Summer, we managed a full four walks in



September. First up was the scenic Doublewaters walk which included the long leaky Grenofen railway tunnel and a beautiful riverside walk through the woods to one of our favourite lunch spots where the River Walken meets the Tavy. There we re-fuelled before braving the long steady climb up to Westdown.

Next up, we polished up our bus passes for a ride out to Mary Tavy and the long varied walk back to Tavistock along lanes, cycle paths and picturesque countryside, stopping for coffee bedside the river.



Our third walk was a lovely varied saunter through Saltash and along the Lynher Valley. The ups and downs were worth it for the lovely views across the Tamar estuary and towards Antony on the other side of the Lynher. Lunch at another favourite spot at the end of Forder creek capped off a very pleasant Friday morning.

Our last walk saw us take on more ups and downs as we headed from Lantic Bay car park along the south west Coast Path to Polruan. We were rewarded with some breathtaking sea views and a spectacular panorama across the river estuary to Fowey nestled on the far hillside ! After an easy walk downhill



through Polruan, we stopped for a nice peaceful lunch on the quay, to prepare us for the steep uphill climb back to the car park via Lanteglos church. We've had plenty of hill climbing practice this month !

Many thanks to Marian (x2), Gill and John for leading our walks this month.

If you'd like to join us for an autumnal stroll as the tree colours turn, please contact : Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: INPUT HELEN TUES Anybody 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:

5th October - Emma Worth - "Sending Love to Ukraine"

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

7th December - Christmas Quiz, jumpers and mince pies !

11th January 2027 - Clive Charlton - Theodoro Palaeologus descendant of Byzantine Emperors. Italian warrior and assassin, linked to English bad men and henchmen. Retired to the Tamar Valley.

1st February - Simon Dell - Rev Bray's Carved Boulders

1st March - Brian Oldham - Emigration of Cornish Miners

5th April - After AGM - "Demelza's People" The Real Poldark People

10th May - Sara and Nigel - Orangutan Rescue

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

email: richard.ketley@icloud.com

Speaker Organiser - Edna Southey 07889 239454

email: edna7jonno@gmail.com

Website - Neil Carter 07896002932

email: CallAdmin@lankidden.com