

Committee News

Events and Outings: PLYMOUTH FIREWORKS BOAT TRIP :

On Thursday 13th August, 9 members took a boat trip from Saltash out to Plymouth Sound to watch the Fireworks Competition. It was a sunny evening when we left Saltash and the water pretty calm. The Fireworks were really lovely and was won by the 3rd competitors, who's exhibition was truly lovely. If you have never been I would highly recommend it as it was a fun evening. Helen Redden



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

PLEASE SIGN UP NOW ! ... Many thanks to all who have bought tickets for this event, 54 so far, including some from other u3a clubs. We're not quite there yet as we need 80 paid attendees to break even, so if you are

intending to come, please signal your intention to place your carbon footprints in the Town Hall on 12th October !!

Please make your interest known now and contact our secretary, Marcella, email: callingtonu3a@gmail.com for a ticket before or at the 7th Sep meeting . We can then confirm we have sufficient interest for the event to go ahead. Refreshments and lunch are included in the £7.50 ticket price.

The event promises to be interesting and informative with five speakers organised to address Climate Change, Sustainability in Mining, Working with Water / Restoring Nature in the Tamar Valley, Recycling and Farming. 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 !

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.

Visit to Jimmy Frost's Horse Racing Stables: Ann and Carl Moore recently went on a u3a Group trip to Jimmy Frost's Horse Racing stables in Buckfastleigh arranged by Dee McVee from Newton Abbott u3a. If you would like to read about their experience, you will find Ann's report on the Callington u3a Facebook page. Our thanks to Ann for feeding back.



Moonlight Memory Walk

Children's Hospice SouthWest are staging a fundraising Moonlight Memory Walk at the Lost Gardens of Heligan on Saturday 7th

November for those wishing to celebrate the life of someone they hold in their heart. They are asking fundraisers to pledge to raise £80 and there is a small fee to participate. Details can be found on chsw.org.uk/moonlight .



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

Leicester: If you are still interested in participating in the University of Leicester survey on how seeing or hearing about others falling affects older adults' worries about falling, please refer to last month's newsletter or contact Richard Ketley for details.

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: Didn't win last month ? You might just be lucky this time ! Tickets are on sale with prizes visible as you enter the monthly meeting.

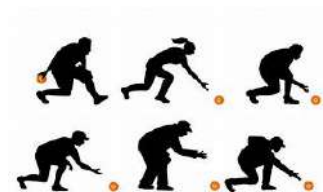
Phones: Please could we ask that phones are turned off at the Monday meetings, thank you.

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.

Groups' News : NEW GROUP - CARPET BOWLS & GOLF PUTTING : 🎉 FANFARE ! 🎉



Following interest at the last meeting, Ann Moore is starting a new Carpet Bowls & Golf Putting Group. This new group has its first meeting on Tuesday 8th Sept in the Town Hall Council Chamber at 2 till 4pm. The area in the room will be split, allowing both activities to play to utilise the area and offer 2 activities at the same time as there is space for this.



Carpet bowls is a simpler, easier game of bowls. The lane is shorter and the balls are lighter and smaller, similar in size to a grapefruit. There are 8 bowls and the game can be played as singles bowling 4 each or as pairs bowling 2 each. Several singles / pairs can play creating a knockout round to play off for the winner.

The Golf Putting activity is target golf putting. There is a short lane where you putt 6 golf balls, 5 white and 1 red towards a target wall. When the ball goes through the gap the score is earned and all 6 scores added up. The player with the highest score wins the round. The 2 highest scoring players have a play-off to decide the round champion. A further play-off can take place if there are a few champions during the afternoon and time allows. Score sheets / boards will be available to use for both games. Both games can be played during the afternoon with a break for drinks as the game changes or as you are knocked out on a self service basis. If only one activity appeals to you play that for the whole session if you prefer. But why not have a go doing both and see how you get on. All done in fun and for pleasure.



Contact Ann Moore on 07443414811 or email aemoore4521@gmail.com for more information.

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. When members have finished a game during the session they can ask at any time if

anyone is near finishing and we will swap players so you can play someone else as we all have our own way of playing to make it more challenging. If they are a whizz they may change a few times but no certificates or medals are awarded for the most games! It's all done in the spirit of fun and sharing. So if you want to learn a new board game or revisit an old hobby come along and join us. If you would like more information please email aemoore4521@gmail.com or call 07443414811 for Ann Moore

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 at 10 till 12. If you are interested or want to know any more information please email aemoore4521@gmail.com or call 07443414811 for Carl Moore who runs the group.

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 🎵 🎵

A selection of our own choices this month, produced some really unexpected music.

Peggy Lee started us off with her great hit, 'Fever', virtually unaccompanied except for a double bass, drum and finger snaps. It may not sound much, written down like this but just listen to it.

Oscar Peterson gave us 'D&E', a cryptic title by pianist John Lewis, of the MJQ. We then went to New Orleans to hear the type of music popular there nowadays. Quite different from the Trad Jazz style we've heard over the years. This was the Preservation Hall Jazz Band playing 'August Nights'.

Next came something very unusual for us, a variation on 'Tea for Two' by Dimitri Shostakovich which he called 'Tahiti Trot'. This was played by the Royal Concertgebouw Orchestra. No doubt it was this kind of western influenced music, (he also wrote a couple of 'Jazz Suites'), which greatly upset the Soviet authorities at various times during his life.

We returned to more usual fare with Ray Charles' 'You'll never miss the Water', a touch of Boogie Woogie in Albert Ammons' 'St. Louis Blues' and June Christy with the Stan Kenton Orchestra, singing 'Willow Weep for Me'.

The Jacques Loussier Trio, famed for their jazz versions and improvisations of J.S.Bach's works, gave us 'Aria', George Melly with John Chilton's Feetwarmers sang 'Anything Goes' and the Dave Brubeck Quartet played 'Give a Little Whistle'.

Then came 'The Girl from Ipanema' from Antonio Carlos Jobim, with the vocal this time, not by Astrud Gilberto but by Frank Sinatra. Nigel Kennedy turned to jazz with 'Isn't She Lovely' and Bix Beiderbecke played 'Way Down Yonder in New Orleans'.

We finished the session with Kenny Ball's 'The Green Leaves of Summer', Erroll Garner's 'Skylark' and Jan Garbarek's 'As Seen from Above'.

You could say, bearing in mind the weather outside, an afternoon of 'Hot Jazz'.

Please contact Roy; email burridergeroy@gmail.com

Mahjong: We had a good turnout of ten players at Mahjong this week (giving two tables). Mary, May, Annie and Gina each managed to collect complete Mahjongs. Annie 'drew' four flowers of the same colour. May told us that this is known as a "bouquet" which has a value of 500 points.





We are gaining confidence and feeling more relaxed about the various routines and sequences. Scoring still requires quite a lot of concentration. We had a most enjoyable session and look forward to the next gathering on the 9th of September. 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 and refreshments. Contact Edna on 07889 239454 or edna7jonno@gmail.com



Nostalgia: Five of us enjoyed a pleasant afternoon listening to and watching our favourite music from the good old days. These included Roy Orbison, The Monkees, The Fortunes, Elvis, Celine Dion, plus many more.

I will have to increase the charge to £2 as I am not covering the costs at present. I hope to see you on the 21st of September. Join us for a nostalgic afternoon 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 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>

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: There were only six of us at the Weary Friar for our August meal. However, it was a very enjoyable couple of hours and we were well looked after. In September we are going to the Engine House. We meet from 12 noon on the first Monday of every month but as numbers are low and places that offer lunch are reducing, I might cut back our visits to every other month from next year.

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 such a fun game in fact 2 different games,,,,,, 1 x numbers game and 2 x word game. Both equally as intriguing and thought provoking. DO YOU KNOW WHAT YOU ARE MISSING ?!!!! Why don't you do yourselves a favour and give us a go. We are a motley crew consisting of beginners, professionals and nearly theres. You might 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: Science of Astronomy was unfortunately cancelled this last month as our main star, Ray, was in hospital. We all wish Ray the very best for a speedy recovery and hope he is back challenging us to go to infinity and beyond with him again soon. !
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 lucydtthomas22@gmail.com

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

Strollers: Our strolls this month have been along the canal at Tavistock, a local stroll up to Kelly Bray and to Cotehele where we took part in a competition to find 6 mice (not real ones) around the Mill. This we did and were awarded a medal each. Yes we knew it was for the kids, but being big kids ourselves it was good fun to do. So 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: Our three August walks started on the 31st July when the Intrepid Eight strode out across a sunny Bodmin Moor to scale the highest point in Cornwall, Bronn Wennili (aka Brown Willy - 420m) via Sharp Tor (378m)! It was a perfect day for it and nice to tick that one off the bucket list !



We enjoyed it so much that the next week, we were up on the moor again walking from St Breward to King Arthur's Hall, an old megalithic stone rectangle with grand views towards Brown Willy again.



The beautiful summer rolled on, but with temperatures remaining above 25degC we sadly we had to cancel our fourth walk of the season. This worked out ok



though as with so many away either on holiday or on family duties, we enjoyed a sunny two week break before our final walk of the month which was a beautiful walk from Horrbridge to Sampford Spiney. We roamed along shady paths and over common land with lovely views of Dartmoor and across small streams with stepping stones before stopping for lunch at Sampford Spiney's 10th century church.

Thanks to Jill, Richard, Gina and Maya for leading our walks. If you'd like to join us one Friday, please do contact : Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: We have walked around both Siblyback and Roadford Reservoirs, along with a couple of local trips. 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:

Sep 7th - Terry Green, Crime Thriller Writer from Tavistock (voice for "Cashier No.3 please")

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

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

December 7th - Melodrama !!

January 11th 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.

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

March 1st - Brian Oldham - Emigration of Cornish Miners

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

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