

Committee News

New Members Cream Tea - Tuesday 7th July: Thanks to the new members and Group Leaders who turned up for the cream tea and many thanks to Tish for organising the scones etc.

Events and Outings: RIVER YEALM CRUISE ON SATURDAY 25th JULY 2026: In total there were 24 on this trip and whilst some travelled by car the rest of us travelled to Plymouth by bus from the free car park. We went an hour earlier than intended, due to a protest being held on the Tamar Bridge to do with payment of the toll, but this gave us more time to do a leisurely walk down to the Barbican and to find somewhere to eat and drink. 13 ended up in Montys restaurant and a nice meal was had by all. Our boat sailed at 2.30pm and we had to be there ready at 2pm. We were early, meeting up with our fellow travellers and luckily we ended up at the front of the queue. The weather was hot and sunny, ideal for a cruise on the water. The whole journey took us 2 hours, there and back and I have to say that our trip back was very windy. Only a few hardy souls stayed on top deck. It was lovely cruising in to the likes of Noss Mayo and you can see how pretty the place is from the pictures supplied by Susan Morris. Once we had docked back at the Barbican, we said goodbye to those who had come by car and the rest of us made our way back to Royal Parade to get the bus home. Whilst it had been a long day, everyone seemed really happy that they had done the trip. Helen Redden - Events and Outings.



PLYMOUTH FIREWORKS BOAT TRIP: Many thanks to the nine people who have signed up for the Plymouth fireworks boat trip on 13 Aug. Bookings are now closed. Enjoy the evening !

October 'Study' Day: The committee are planning a 'Study' Day on Monday 12th October in the Town Hall on the subject of "The Environment". This will consist of a series of talks from guest speakers who are knowledgeable on this subject and we are expecting it to be an interesting and educational day. Lunch and refreshments will be provided within a total cost for the day of £7.50. Please refer to Jo Earl's of 8 July sent on behalf of the organising committee and purchase your tickets from our secretary, Marcella, email: callingtonu3a@gmail.com before or at the 7th Sep meeting so we can confirm we have sufficient interest for the event to go ahead. She can provide payment details for bank transfer or you can pay by cash or card on the sum up machine at our meetings. Thank you.

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. Further to Richard's email of 24th June, here's the link to the anonymous and confidential survey again for those interested in participating : <https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

Dr Hill has informed us that they are particularly keen to hear from older adults with a range of experiences, including those who may or may not have experienced a fall or concerns about falling.

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: Are you feeling lucky ? Then you might just have the edge this month's raffle ! 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

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. More boards have been purchased to cover more new members, so everyone can have a full session each time. 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 next meeting for this group is 27th Aug. The last meeting was in June due to Lucy attending the wedding of her grand daughters wedding and having to cancel the July meeting. The meeting was well attended and so many books and their authors were discussed.

If you are interested in this group you can get further details from Lucy Thomas on 01579 388799 or email lucydtomas22@gmail.com

Cribbage and Cards: The cribbage group has gained a few new members so the extra equipment recently purchased has come in very handy and has been used already. We usually meet in the council meeting room on the 1st Thursday of the month at 10 till 12. But for our 6 August meeting, we will be in the back meeting room which has a separate entrance in the Pannier car park to get into the room.

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 next meetings for Game On will be Aug 9th and 23rd. at 2.30 - 5 pm. We had some fun at the meetings in July and I would like to thank the ladies who kindly made delicious cakes, in sweltering temperatures, for our tea at the end of the meetings. If you would like to join our group, I have one space so please contact me Lucy Thomas on 01579 388799 or email lucydtthomas22@gmail.com

Jazz Appreciation: Jazz in the Afternoon

This month we'd decided to bring along some of our personal favourites. These gave us a wide ranging selection, covering more than 100 years of jazz and therefore, many styles of jazz.

We started with one of the earliest, from the 1920's, Louis Armstrong's 'Potato Head Blues'. This is a real classic from Louis' Hot Five and Hot Seven groups. Then Frank Wess gave us 'Stelle by Starlight'. Frank was one of a small number of flute players in jazz. He played this in addition to tenor and alto saxes. At one stage he was a stalwart of the Basie Band and was also an arranger and composer.

Next, from his early days, was Cliff Richard's 'Up a Lazy River' and then, unexpectedly, the London Symphony Orchestra, of all outfits, really let their hair down with 'Baker Street' a number originally performed by Gerry Rafferty in 1978. Those classical musicians can really turn it on when they want to.

We had a couple of tunes from Jasmine Myra. Jasmine is a young composer, saxophonist and band leader. We heard 'Opening' and 'Where Light Settles' both being excellent examples of the work of this gifted, British musician.

Eva Cassidy gave us 'Fields of Gold' which we had heard Sting sing last month. An immediate contrast was Muggsy Spanier's 'Sugar Foot Stomp' and another contrast, Stan Kenton's 'Two Guitars'.

When we each bring our own favourites, contrasts inevitably occur. So we continued with Mel Torme's 'Too Close for Comfort', Herb Alpert's 'Street Life' and a group of jazz guitarists - unknown, playing 'This Masquerade'.

Johnny Mac, who as you may know, lives in Callington, gave us 'False Hearted Lover', Ahmed Jamal played 'It's the Good Life' and Benny Goodman closed the session with 'Jumpin' at the Woodside'.

Another great afternoon of jazz. Please contact Roy; email burridgeroy@gmail.com

Mahjong: On 22nd July, Mahjong was enjoyed by 10 players. A good turnout. Well done everyone.

John explained, briefly, about "Chows" which involves a run of 3 tiles, however Annie was hoping to be allowed 4 consecutive tiles. Not allowed! Sorry Annie. On the second table Tish had both of her own flowers, a "pung" and a hidden "kong" of honours giving 4 doubles. This resulted in an amazing record breaking score of 1124!! Well done Tish! We are all improving. Doing our best to remember whether to say "pung" or "kong"

and working at calculating our own scores.



We shall now meet twice a month from 10.00am to 12.00pm in the Council Chamber on the 2nd and 4th Wednesday of each month except this August when the first meeting will be on the 5th instead of the 12th. We then revert to pattern. There is a small charge of £2 for the room charge and refreshments. Contact Edna on 07889 239454 or edna7jonno@gmail.com

Nostalgia: There were ten of us this month and we again enjoyed listening to, and watching, themes from the movies. Among others we saw the dinosaurs in Jurassic Park as we listened to the music; we watched a stagecoach galloping across The Big Country; we saw George Chakiris and the Sharks dancing to 'America' from West Side Story and listened to Louis Armstrong singing 'We Have All The Time In The World' from On Her Majesty's Secret Service.

Join us for an 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: We had a nice lunch at Louis Restaurant in July. It had much improved since the last time we went there several years ago. We were supposed to be going to the Bull's Head this month but they no longer serve food at lunchtime. They would have accommodated us, but their reduced menu was not sufficient for our needs. We will therefore be going to the Weary Friar at Pillaton on 3rd August. The venue for September is still to be decided. 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: DO YOU KNOW WHAT YOU ARE MISSING ? !!!!!!! 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. 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. GO ON TREAT YOURSELF we won't bite (not on your 1st time anyway). Contact me, I just might bite !!! Sue McMunn 01579 532777 or 07980 049562

Science of Astronomy: This month Brian gave the group an excellent talk on the NASA Artemis program. The talk start with the background including the Apollo Moon mission and the idea of a manned moon base to obtain possible minerals from the Moon. The talk then looked into some of the difficulties being faced, such as the issues with the heat shield tiles, which are essential for the safe return of the astronauts to Earth, plus other issues which has resulted in extending the time line for the actual Moon landing, although Brian pointed out that the project is scheduled over a 50 year period. Thanks Brian for an interesting and informative talk. We meet at Ray's house on the fourth Monday of each month, 2-4pm. If you are interested, please contact Ray Lawrence on, rayg8awb@gmail.com or 07566781800.

Scrabble and Word Games: The date for the August meeting will be 13th at 10 - 12 noon. This group now has 9 members and as we have 3 scrabble boards we could accommodate another three members. 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: Our strolls have been to Kelly Bray Woods, Newbridge and Calstock. With the way the weather has been, it is hard to find somewhere in the shade to stroll. Anybody interested in joining this Group, please contact: Anne Ellard on 01579 383864 or mobile 07443 473799 or by email ellardanne@gmail.com

Walking 1: Wow ! What a lovely warm July we have just had ! Unfortunately two of our walks had to be cancelled when the temperature rose above 25C, but we started the month with a lovely coastal walk and amazing views around Lantic Bay before the full heatwave hit. We could have been in the Mediterranean ! We made our way along the SouthWest coast path to Lansallos Beach where we had a paddle in the crystal clear water to keep cool before making our way up the hill to Lansallos church where we stopped for lunch.



With the walk cancelled on the third Friday, a few of us met up early for a short stroll around Kit Hill before the day got hot, cutting our way through the

undergrowth...Thank goodness for Gill's trusty secateurs ! We then retired to a shady table outside Louis Tea Rooms where we held our tri-annual walk planning meeting over a cup of coffee and a bite to eat. Of course the wasps saw us coming !!!

The sunshine continued for our last walk of July, the ever popular annual trip to Bude starting on the coast road just north of Widemouth Bay. Temperatures



in the sun along the clifftops where sure footed sheep balanced at the edge of the cliff.

We made our way down into Bude where we stopped for lunch by the canal and then back along the canal-side stopping at the



excellent Weir Bistro for final refreshments, before trekking back over a very dry hill to the cars.

Thanks as always to all who organised walks this month: Frances, Marian, John & Sara and Annie, who put in the work to plan the walks, but in some cases were frustrated by the very hot weather and forced to cancel for the well-being of the group. We have a couple of walks on Bodmin Moor planned in August, so if you'd like to join us to make the most of an excellent summer in friendly company, please contact : Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: This month we have been to Seaton twice, once along the sea front and once along the woods, Golitha Falls (See pictures) and Lanhydrock. Anyone interested in joining this Group, please contact Helen Redden on 01579 382612 or 07770 402242 or email at ladywholunches3@gmail.com



Dates for the diary:

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

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

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 & Outings - 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