

Committee News

Happy Birthday Mr Chairman !: Our Chairman, Phil turned 70 on the 30th June and invited Callington u3a members to join him in his celebrations on Saturday 20th. A good time was had by all with some great food being provided by Tish and drinks by Melvin of Lost Surfers. Inexplicably, we don't seem to have any photos of the revels Probably for the best ! Happy milestone Birthday Phil !

Get well soon Mel !: One of our hard working Group Leaders, Mel, has had a particularly rough time of it this last couple of months with two bad falls. I'm sure all would like to join the committee in sending our very best wishes to Mel for a full recovery and we would like to thank those who have stepped in to keep her groups going while she is unable to attend.

New Members Cream Tea - Tuesday 7th July: Every year we host a cream tea for our New Members to meet some of the group leaders and committee and learn more about our activities. We look forward to getting to know you better. Invitations have been sent out to new members, so please respond to Tish Jefferys on coathays@gmail.com so we know numbers and join us in the Council Chamber in the Town Hall from 2pm to 4pm on Tuesday 7 July.

Events and Outings: Helen has organised a River Yealm Cruise for Sat 25th July starting at 2.15pm and another cruise from Saltash to watch the Plymouth fireworks on 13th August. The cruises have been organised and bookings are now closed. Helen would like to thank everyone for their positive responses and we are looking forward to two nice summer outings on the water.

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 in this area 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. More details will follow.

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. The committee thought some of you may be interested in this subject and might like to participate in this survey. Richard has recently emailed details to you.

The survey is open to all adults over 60 and it is entirely voluntary, anonymous, confidential and directly between you and those carrying out the survey.

Third Age Matters (TAM) magazine: If you are interested in subscribing to the u3a's TAM magazine, please contact Jae Damarell. She has a few copies available for £1 each. 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. 2026 permits to park at the cricket club are 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: Thanks to Rosemary Wright for the bag of books handed to me and also thanks to anyone else who have passed books on. Books are on sale @ 50pence each or 3 for £1. Books need to be in good condition. The book stall is run each month by Anne Ellard and Helen Redden

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: 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 who were using so everyone can have a full session each time. If you are new or need your skills from the past refreshing 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 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: There will be no meeting in July as Lucy will be attending a family wedding, but the Crime Reading group normally meets 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 has gained a few new members so the extra equipment recently purchased has come in very handy and has been used already in June. We usually meet in the council meeting room on the 1st Thursday of the month at 10 till 12. But occasionally we are booted out and meet in the back meeting room which has a separate entrance in the Pannier car park to get into the room. This happens every now and again when the NHS hold special clinics. This is going to happen for the meeting in August on the 6th. July's meeting on the 2nd of July is in the usual meeting room off the back corridor. All this helps keep us on our toes and the back room is smaller so I don't know how long we can be shoehorned into it with numbers rising. 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 meeting will be on 12 July but the meeting on the 26 July is cancelled as Lucy will be attending a family wedding. We will continue again on 9 August. 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 - June 2026

June, and our theme this month had to be 'Flowers' which came with other beauties that the season offers.

'Honeysuckle Rose' from the piano of Earl Hines was the perfect start and was followed by 'Swingin' at the Daisy Chain' by Count Basie. Never mind that Basie's 'Daisy Chain' was a jazz club in Harlem, rather than a child's string of flowers. Then a couple of vocals, Nancy Wilson's 'Days of Wine and Roses' and Vince Hill's 'Edelweiss' before Laura Mvula wandered into the 'Green Garden' where we enjoyed Chris Barber's 'Petite Fleur'.

Diana Krall offered a touch of reality with 'Garden in the Rain' so we were pleased when Richard Bennett's New Orleans Jazz Band took us 'Down among the Sheltering Palms'.

Our floral theme continued with Woody Herman's 'Rose Room'. (Yes, another jazz venue, this one in a San Francisco hotel). We then ventured outside the garden with The MJQ's 'Willow weep for me', Louis Armstrong's 'Jeepers Creepers' and Sting's 'Fields of Gold'.

The local jazzman, John Surman, gave us a haunting 'Glass Flower'. Then the mood changed as Courtney Pine's 'Butterfly' flitted past and Cy Laurie's Jazz Band played 'Royal Garden Blues'. We heard another 'Honeysuckle Rose' from an early recording by Thomas 'Fats' Waller and finally Gerry Mulligan's 'Lullaby of the Leaves' brought our session to a close.

Please contact Roy; email burriderroy@gmail.com

Mahjong:

The new Mahjong group kicked off very successfully on 10th June with nine new members learning the basics of Mahjong with Edna and John providing tuition as most were at beginner level. The feedback from everyone was very encouraging and people said they really enjoyed the game, so much so that eight people attended a second session, arranged by popular request two weeks later to take advantage of the five week month. Meetings will be held from 10.00am to 12.00pm in the Council Chamber on the 2nd Wednesday of each month. A small contribution of £1.50 is requested to cover the room charge and refreshments. Please contact Edna on 07889 239454 or edna7jonno@gmail.com



Nostalgia: There were only four of us at June's meeting but we had an enjoyable afternoon listening to music from the movies. This included themes from Pirates of the Caribbean, The Dambusters, 633 Squadron, Chariots of Fire, The Magnificent Seven, James Bond, Love Story and The Good, The Bad and The Ugly. We also watched Gene Kelly Singin' in the Rain, Fred Astaire putting down his Top Hat and the last few minutes of Cinema Paradiso.

We can continue with this theme next time, or if anyone has any suggestions, please let me know.

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

We are now continuing with **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: In June we went to Calli Pizza Daytime Cafe for the first time. Suzie opened specially for us, and on the whole the food was well received.

This month we are going to Louis Restaurant and probably the Bull's Head in August to avoid travelling far in the tourist season ! 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: All is well in the Rummikub world. 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 the group looked at the Voyager space craft, Voyager 1, which was launched in 1977 and has travelled further than any other man made object. In November 2026 it will have travelled 1 light day from Earth, that is the distance light in a vacuum travels in one day, 26 billion kilometres. It has taken Voyager 1 just over 49 years to cover this distance.

The nearest star system to Earth is 1,460 light days (4 light years). Anyone for a day out to a Star?

We normally 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 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: Managed to get to Gunnislake, Newbridge, Lezant (where I got my car keys locked in the car due to the child lock on? ... and had to wait 3 hours at Tre Pol Pen before I was rescued) and Dupath Well. Anybody wishing to join this Group please contact Anne Ellard on 01579 383864 or 07443 473799 or email ellardanne@gmail.com



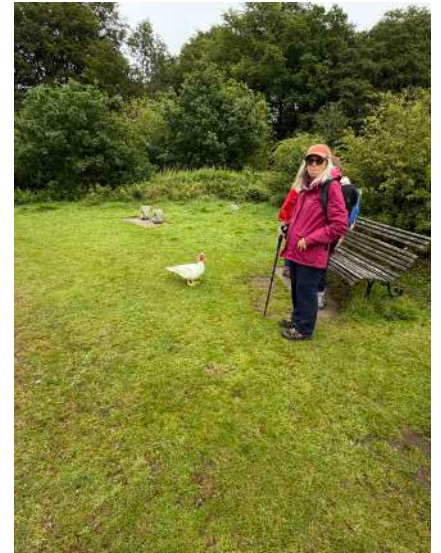
Walking 1:

We've seen all weather this summer from fog and Cornish mizzle to tropical heat and humidity, so not surprisingly we got the lot this month !



June started in beautiful sunshine at Pentireglaze National Trust Car Park for a walk around the scenic Rumps Peninsula. Walkers enjoyed some fabulous views but as soon as we sat down for lunch, the clouds gathered and a little rain fell on our sandwiches, but didn't spoil our enjoyment of the walk.

Our second walk was a misty stroll around Burrator reservoir, but luckily the mizzle was light and we enjoyed some beautiful woodland with moss covered rocks and were joined by an inquisitive duck at lunch who spotted our sandwiches from a hundred metres away and waddled over !



Next up was our second coastal walk of the month around Wembury and Heybrook Bay, across the border ! This time we started in the rain and ended up at lunch basking on the beach in glorious sunshine. No ducks and thankfully nobody was dive-bombed by seagulls !

Then the heatwave hit with full humidity and we unfortunately had to cancel our last walk of the month and retire to our

gardens and other shaded areas ! All in all, a typical English midsummer !

Many thanks to our walk leaders, Richard, Gina, Marcella and Anne S for arranging our June walks.



So, if you'd like to join us all in the summer sunshine, well maybe with a bit of mizzle... please contact : Richard Ketley on richard.ketley@icloud.com or Gina Davies on ginadavies8@hotmail.co.uk.

Walking 2: Walked at Minions, Siblyback, Downgate (Thank you Susan and June for leading) Newbridge (Thank you Sandra for the lovely spread you gave us after the walk, really lovely) and Pensilva.

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:

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

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

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Vice Chair - Neil Carter 07896002932

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Treasurer - Jae Damarell 07756 411253

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Groups Co-ordinator - Gina Davies 07738 014845

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