

# Callington u3a Newsletter October 2023

## Committee News

### Group Leaders and New Members Afternoon.

Thank you to all those who attended the afternoon of 24th September. It was noted that everyone had a very pleasant afternoon participating in teas, coffees, flapjacks and a choice of doughnuts. May I also take this opportunity to thank those on the committee who made this successful afternoon possible. Sue McMunn.

### Christmas Lunch at Trethorne.

Thank you for paying your deposits in a very timely manner. We are extremely happy with the number of members who have signed up for the new venue at Trethorne, because as you know this is a new foray for Callington U3a, hopefully this will be a regular Christmas lunching place for the future. The balance for the meal is now due for payment which is £17.95. This can be made by cash, cheque or Bacs transfer. We are also asking you to make your lunch choices so the menu has been attached to the end of the newsletter for you to review and to put on the list that Jo will be holding at our October meeting. For anyone not able to attend the meeting can you please contact Sue McMunn with your choices. There is also a list for you to offer or if you require a lift to Trethorne. Thank you once again from the hospitality team, Sue McMunn.

### Cake Stall

The cake stall is now up and running at each meeting. You will be able to buy a slice of cake to go with your coffee/tea or take a slice home wrapped for later from £1 a slice or less. Donations are welcomed and help with running the stall if you would like to volunteer.

### Christmas Tree Festival 1<sup>st</sup> Dec - 16<sup>th</sup> Dec

It has been suggested that the group take part in the festival this year to promote the group and share our talents and interests. We have already had a tree donated so we can do this with your help. If you like doing craftwork and have any ideas to help then pop along on Thursday 5<sup>th</sup> Oct at 10am in the Town council chamber for a chat and make plans to dress the tree. Coffee and biscuits are provided. There is also a further date of the 2<sup>nd</sup> November at 10am to meet again and make decorations etc ready for the festival running from 1<sup>st</sup> Dec. Anyone interested please see me on the cake stall at the meeting or call me on 01579641674. Thank you Ann Moore.

### Treasurers note

Please find attached at the end of the newsletter the half yearly accounts report for the group. There will also be a copy available to **read only** on the noticeboard at the meeting on Monday. If you have any queries regarding the accounts please speak to Jae Damarell who is happy to answer any of your questions at any time.

## Group News

A new group for Hi-Fi equipment appreciation is in the process of being considered. The aim is to hear music as the recording engineer intended it to be heard and not the compressed type on TV and radio stations these days. It will run in a listening room at a members home suitable for 3 others, so would appreciate if interested members would be willing to use their homes at times should the numbers merit it. Please check out the notice board at the meeting on Monday or contact Helen Redden, Group co-ordinator on 01579 382612 or 07770 402242 or email [ladywholunches3@gmail.com](mailto:ladywholunches3@gmail.com) if you are interested for more details.

### Science of Astronomy

The first group meeting was held on Monday the 25th September. The aim of the group is to make Astronomy understandable and enjoyable. After an introduction members looked at the difference

between Astronomy and Astrology. They then looked at basic telescopes, observation techniques and aids and then how to identify some easy observable celestial objects. There are still a couple places available, please contact the Group Co-ordinator or Ray Lawrence Group Leader on mobile 07566781800.

### Philosophy

We read the last chapter in our Nigel Warburton's Philosophy Bites series. We discussed Atheism by A. C Grayling a prolific writer and academic. Topics like the rationality of belief, bad design in the universe, in science: the right concepts, the right procedures, and the right instruments. Ethics: rewarder and punisher. Is death final? Those who think for themselves. And so on. But he did say, he was fond of pointing out to people that the average human life is less than 1000 months long, which is a good reason for not wasting time if one can help it. It means that the things that you want to achieve must be achieved here. You must work: 'work while you have light' as the nineteenth century Swiss philosopher Henri-Frederic Amiel said. In the end you will survive in the way science tells us, which is that our constituents return to the elements, and become part of nature and remain permanently part of nature, we're not going to disappear entirely in the form of bits that we are made of. We also discussed the many millions of people around the world that believe in God or god's that find comfort and solace in this. The phenomenon of belief was not always or wholly bad, he says, but there was, on balance more negative than positive, with tremendous conflict and oppression. Great creativeness and beauty can be attributed to religion also. It's a subject that will go on for many of us. We have enjoyed going through this book. We have learned a great deal about how we view life and the things we take for granted. How we deeply related to some subjects, and laughed a lot. Starting with Yuk moving through relativism, friendship, discrimination, tolerance ohhh yes and infinity. Grasping the concepts of scientific realism, mind and body, vagueness, and of course wine! Ohhh and the paradox of tragedy!. The meaning of life and problem of evil we struggled through! Most of them so deep we could only skim the surface. Our next book is Philosophy Bites Back which adds the classic philosophers into the mix ie. Socrates, Plato etc. If you wish to join us we will be in Callington Town Hall at 10am on the last Thursday of every month. Please contact Gillian email [gillian.brown@gmail.com](mailto:gillian.brown@gmail.com)

### Pub Lunch group

Eighteen of us enjoyed a lovely lunch at The Rifle Volunteer in St Anne's Chapel on 4th September. We will be going to The Swingletree on October 2nd and The Engine House on November 6th. If you would like to join the group, please contact Jo on [greenjo1951@gmail.com](mailto:greenjo1951@gmail.com)

### Scribblers

Between us we had entered a few stories for the Callington Show this year and Barbara was awarded the Second Prize, with the others achieving Highly Commended. Well done to Barbara. This month's theme was 'A Stranger in the House'. We had strangers in various forms: an unexpected person in the house of an absent neighbour who caused alarm but turned out to be a grandson house sitting; an older woman who saw various images from her past in the mirror of a house well known to her but which had undergone a lot of changes and was now full of strangers. Clever twist in this one; A story from long ago concerning three sisters working as scullery maids. On the way to work they discuss playing a trick on the housekeeper but the night watchman plays one on them instead. He tells them of the black caped stranger in the library before laughing and saying he made it up; A portrait of a beautiful woman found in Grandma's loft clearance who she can't remember until her granddaughters find some old letters and photographs. The subject of the portrait begins as a stranger but turns out to be Grandma's Aunt who was cast out of the family. She is quickly reinstated in the family home; Finally, our newest member, read her story which was about a woman who had lost her husband and was missing him. She was in the house watching the new kitchen going in - something her husband had said they didn't need. She walked around, distracted and remembering past times until she heard her daughter was at the door with her newly adopted son. The lad rushed in first and exclaimed, 'Mum, there's a stranger in the house,' just as

she disappeared through the wall. Spooky and very well written! Next month we have a rather challenging choice of three plots, said to be one of 7 basic structures. This needs a bigger thinking cap - for me anyway! If you are interested please contact Penny Beech on [pennybeech@googlemail.com](mailto:pennybeech@googlemail.com)

### Skittles

On Thursday 21<sup>st</sup> September the Skittles group met at Treburley Social club for this months game. Numbers were lower due to holidays etc but that didn't stop us having another great day. 13 members made up 3 teams of 4 with 2 doing half a game each. The teams were called Sun, Moon and Stars. Team Sun won with a score of 227, followed by team Moon with 200 and team Star with 177. The day was completed with a lovely buffet of pasties and more laid on by our host Cindy.



If interested please contact Mel Hammond on 07884164907 or [melkenhammond@outlook.com](mailto:melkenhammond@outlook.com)

### Strollers

with the exception of the U3A monthly meeting on the first Monday of each month and Christmas we meet on Mondays at 10am in the free car park, new members welcome. Contact Anne Ellard on 01579 383864 or 07443 473799 or email [ellardanne@gmail.com](mailto:ellardanne@gmail.com) for details.

### Jazz Appreciation

The meeting this month was most enjoyable as the theme chosen was Latin Jazz. Amongst the varied music listened to was Stan Kenton - Peanut Vendor, Johnny Dankworth - Adios, Lena Horne - As long as I live, Django Reinhardt - Brazil, and not forgetting Charlie Byrd - The Girl from Ipanema. The next meeting will be on Wednesday 11th October at Christine's house at 2 o'clock. If you would like to join us for a relaxed afternoon of cool Jazz, please contact Rosemary 01579 370578 [rosemary.ralph@golitha.uk](mailto:rosemary.ralph@golitha.uk)

### Walkers 1



Walkers 1 enjoyed a local walk on Friday 15<sup>th</sup> from Cotehele Quay, through the woods to Danniscombe, on to Norris Green, Metheral and back to Cotehele via Comfort Wood. Judy chose a beautiful spot for lunch beside the weir, a calm and tranquil place to listen to the water for a while! Thank you Judy for a lovely walk. If you would like to join this group please email: [gjhanns@gmail.com](mailto:gjhanns@gmail.com) for more information.

### Walkers 2

Meet every Tuesday at the free car park for 9.30am. New members welcome. Walks we have done for the month of September are: Walk around Kithill to the Quarry, Siblyback and Gunnislake to Calstock Church. For more information contact Helen Redden on 01579 382612 or 07770 402242 or email [ladywholunches3@gmail.com](mailto:ladywholunches3@gmail.com)

### Baking

Eponymous bakes- named after people or places- was the theme for our last meeting and as usual everyone excelled and all recipes different. On the savoury side we had delicious mini beef Wellingtons, spicy Dorchester biscuits, quiche Lorraine and Kentish pie. To satisfy our sweet tooth tendencies we had Dorset apple traybake, mini Bakewell tarts, Eccles cakes, Chelsea buns and Scillonian tattie cake ( a version of a secret Isles of Scilly recipe). All in all quite a Geographic meeting as well as a very delicious one. If you are interested in this group please contact Jenny Wheeley on 07845157237 email:

[jenny@wheeley.plus.com](mailto:jenny@wheeley.plus.com)

## Humour Group

Meet 2nd Monday of each month in the Council Chambers of the Townhall at 10.30am, new members welcome. For more information contact Helen Redden on 01579 382612 or 07770 402242 or email [ladywholunches3@gmail.com](mailto:ladywholunches3@gmail.com)

## Art Appreciation

The subject up for discussion was Bridget Riley, who at 92, is one of the oldest living, working painters of our time. Her name might not be instantly recognisable, but her art certainly is, as she became an icon, not just of Op art (a label she quietly disagreed with) but of contemporary British painting in the 1960's. During the war years, she and her family were evacuated to Cornwall near to the coast, which is where she drew her inspiration from nature. Bridget Riley's geometric paintings implore the viewer to reflect on how it physically feels to look, and her paintings exploited optical illusions to make the two-dimensional surface of the painting seem to move, vibrate, and sparkle. She was inspired by Seurat and his exploration of colour, something which science was beginning to have a great effect upon during his time. Her work inspired textile designs and psychedelic posters over the decades, but her objectives have always been to interrogate what and how we see, and to provoke both uncertainty and clarity with her paintings. In 1967 she began to use pure colour and produced a permanent painting for the National Gallery called *Messengers*, a great achievement for any artist. The title comes from a phrase John Constable used when referring to clouds in the sky. Next month, in something of a coincidental prequel, we will be looking at the work of Georges Seurat. For more information please contact Penny Beech email: [pennybeech@googlemail.com](mailto:pennybeech@googlemail.com)



## Date for the diary:

The speaker for the November meeting on Monday Nov 6th at 10am will be Charlotte Bacon from South West Water.

### Contact details:-

Yvonne Johnson – Chair, 07900913860  
Phil Clift - Vice Chair, 07900956980  
Pat Mitchell – Secretary, 01579 241845  
Jae Damarell – Treasurer, 07756411253  
Helen Redden – Group Co-ordinator, 07770402242  
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Treasurers Report available below in Word or PDF



Summary Report to  
310823Final.odt



Summary Report to  
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# Festive Lunch

TWO COURSE SIT DOWN LUNCH £22.95

Available every Wednesday, Thursday, and Friday during the festive period.  
Arrive from 11.45am, Food served at 12.30pm. A pre-order is required for all bookings

## MAINS

Warren's Roast Beef *with yorkshire pudding*  
Trethorne Festive Turkey *with sage & onion stuffing, pig in blankets*  
Festive Gammon *with festive glaze*  
Fillet of Salmon *in a creamy dill & white wine sauce with new potatoes*  
Roasted Vegetable & Walnut Roast *with vegetable gravy*

## DESSERT

White Chocolate & Raspberry Cheesecake  
Chocolate Brownie *with salted caramel*  
Christmas Pudding *with clotted cream*  
Sticky Toffee Pudding *with custard*  
Fruit Salad

## TO FINISH

Tea or Coffee *with a chocolate mint*

