

# Callington u3a Newsletter September 2023

## Committee News

There have been some changes amongst the Callington u3a Committee members: Anne-Louise Mellor has stepped down from the post of Chair for personal reasons. Phil Clift is standing in as Acting Chair for a month. Yvonne Johnson has been appointed by the committee and will take the role as Chair from the September committee meeting on 27th September until the AGM in 2024. Jo Earl has been appointed by the committee and will take the role of Website and Beacon Manager. The committee would like to thank Anne-Louise for all her hard work on the committee as Speaker Organiser and as Chair.

Dartmoor Trip, Monday 7<sup>th</sup> August.



Some of the members went to Princetown on Monday 7<sup>th</sup> August to visit the Dartmoor Prison Museum & St Michael and all Angels church as there was no monthly meeting taking place. The day was led by Pip Barker as our guide who had given a talk on 'The Borstal Boys at Dartmoor' earlier in the year. The tour of the museum,



church and graveyards were very informative and enjoyed by all the group with fine weather on the day.

## Xmas Lunch

By now you will all have received the menu for our Xmas lunch at Trethorne on 6th December. This is just a reminder that all non-refundable deposits should be paid to Jo Earl at the signing in desk in the town hall at our September meeting on Monday the 4th. PLEASE USE CASH ONLY.

The food choices and giving/receiving lifts will be decided in the October/November meetings. Thank you all for your support in this new venture. If you cannot attend Monday's meeting, please contact either Sue McMunn or Jo Earl to arrange payment. The Trethorne menu has also been added at the end of the newsletter so you can see the information again to help make your choices.

**\*Gentle Reminder\*** Can members please have your membership cards ready when you sign in at Monday meetings and when you join in group activities. New and existing members will also be able collect their 2023/24 membership cards from the signing in desk at all meetings. Thank you.

## Group News

### Scribblers

We met to have a summer tea party - which is actually a long postponed Christmas party. No matter - the weather is more or less the same! Back to writing in September. Please contact Penny Beech [pennybeech@googlemail.com](mailto:pennybeech@googlemail.com) if you are interested in joining this group.

### Rummikub

1st and 3rd Fridays in the month taking place in the council chambers of the town hall We have various stages of 'perfection' in our neat happy little group. We have lots of fun (a requirement of the U3A) along with copious amounts of tea coffee and biscuits. So come along learn a new game and make new friends in the process. Look forward to seeing old and new members at 10 30 am on 15<sup>th</sup> September. No need to book just turn up.

### Jazz Appreciation

Christine was away this month, so a few brave souls made the trek out to Ann, in the wilds of Pillaton, instead. The theme chosen for this month was "Transport", and the group may have been small, but we travelled widely! We sailed with "Riverboat shuffle" by Bix Beiderbecke, and then sank with Louis Armstrong and Claire Smith singing "Shipwreck Blues". We flew "home" with Benny Goodman and Frank Sinatra but kept our feet on the ground while we travelled the roads with Norah Jones singing "Out on the Road" and Sammy Davis Jnr "Lonesome Road". It seemed our favourite transport mode was the train!

We listened to two versions of "Night Train" - one by Oscar Peterson and the other by Ted Heath - and they were so different! Ted's version steamed along at full speed. Glen Miller's "Chattanooga Choo Choo" chuffed along nicely, and Ted Heath took us for a ride again "On the Akeson Topeka and the Santa Fe". Ray invited us to "Take the A train" with Andre Previn as well as the "Rock Island Line" with Lonnie Donegan. He also begged us "Don't stop this train" with MJC, while Clapton and Page travelled the "Freight Loader". Meade Lux Lewis had us doing the Boogie- Woogie as we listened to the "Honky Tonk Train Blues". Finally, Roy played Astrud Gilberto's silky smooth "Trains and Boats and Planes", which pretty well covered it all! This track also inspired our choice of theme for the next meeting, on 13 September, when we'll be playing jazz with a Latin rhythm. If you would like to join us for a lovely afternoon of friendship and jazz, please contact Rosemary on 01579 350578, email [rosemary.ralph@golitha.uk](mailto:rosemary.ralph@golitha.uk)

### **Strollers**

We meet up every Monday in the free car park at 10am. Walks for August have included Siblyback Reservoir, Calstock and also a stroll between Calstock and Gunnislake.

Anyone interested in joining the Group please contact Anne Ellard on 01579 383864

### **Walkers 1**

Vera Geatches, who died recently, was one of the original walkers when there was only one Walking Group led by Phil Rowland. There were always 2 walks a week and numbers reached the upper 20's on some occasions! There was a Monday and a Friday walk and we went whatever the weather!! Vera and her husband, Ray, often hosted refreshments at the end of a walk at their home in St Dominick. We also had several holidays away in B&B accommodation in Cornwall, N Devon etc. Some members of the current Walkers 1 Group remember Vera fondly.



Walkers 1 had a lovely walk on Friday 25<sup>th</sup> August starting out from Weir Quay, not far from Bere Alston. The views over the River Tamar were spectacular throughout the walk, especially beautiful from our lunch stop! Because the river meanders so much, it was fascinating to see Cargreen, Cotehele Quay, Halton Quay and Pentillie Castle on the opposite bank in Cornwall whilst standing in Devon! We passed by the Tamar Valley Vineyard in South Hooe

near Hole's Hole where it is nearly harvest time! The blackberries and rose hips are in abundance in the hedgerows with honeysuckle still flowering in between. Thank you Anne Sleep for a wonderful walk. If you would like to join this group please email: [gjhanns@gmail.com](mailto:gjhanns@gmail.com) for more information.



### **Walkers 2**

We meet up every Tuesday in the free car park at 9.30am. Our walks this month have been as follows: Lavender Fields, a local walk, Anthony House, Lerryn, Saltram and Sheep's Tor Burrator where it rained constantly so we weren't able to walk to the top.

Anyone interested in joining this group please contact Helen Redden on either 01579 382612, 07770 402242 or email [ladywholunches3@gmail.com](mailto:ladywholunches3@gmail.com)

### **Baking**

We had no regular meeting this month, instead we supported Maire by baking for an afternoon tea held in Pillaton in aid of breast cancer. Other Pillaton residents also supplied delicious bakes and helped for what turned out to be a lovely afternoon. Two tables were groaning under a variety of cakes ranging from flapjacks to fruit, Victoria to Viennese. Mike baked an incredible Black Forest cake which we decided to raffle. There were also other generously provided raffle prizes as well as guess the weight of the cake and the number of sweets in the jar. Maire and her nationally acclaimed hand bell ringers

provided a lovely musical interlude. All in all it was a very successful afternoon and £600 raised for this very pertinent cause. 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

The meeting of the Humour Group will be on Monday 11th September at 10.30am in the Council Chambers of the Townhall and the subject will be Dave Allen.

This meeting is held on the 2nd Monday of each month so anyone interested in joining can contact me on 01579 382612 or 07770 402242 or by email: [ladywholunches3@gmail.com](mailto:ladywholunches3@gmail.com)

### Art Appreciation

We didn't meet in August but will re-group in September to hear about Bridget Riley.

For more information please contact Penny Beech email: [pennybeech@googlemail.com](mailto:pennybeech@googlemail.com)

### Date for the diary:

The speaker for the October meeting on Monday 2nd at 10am will be Ian Butler from Cornwall Blood Bikes.

Contact details:-

Anne-Louise Mellor – Chair, 07711281924

email: [annelousemellor@gmail.com](mailto:annelousemellor@gmail.com)

Phil Clift - Vice Chair, 07900956980

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Helen Redden – Group Co-ordinator, 07770402242

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Jo Earl – Beacon & Website, 01579 532024

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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

