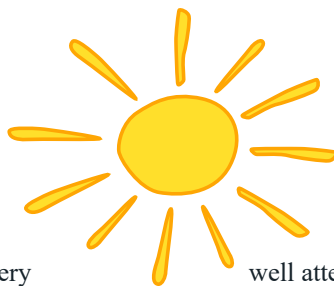


Summer Social



Last month we enjoyed our summer social event which was very well attended with 83 members coming along to join in the fun.

The Town Hall had been laid out with tables and chairs and each table had a 2 table top games including, **D**ominoes, **J**enga and **P**ick up **S**ticks. Alongside these were copies of a picture quiz, general quiz and **B**eetle **D**rive games.

As members arrived they were given a raffle ticket ready for the draw later in the morning before enjoying a cup of tea/coffee and choosing a seat either according to the games on the table they wanted to play or just to sit by friends for a chat.

After the usual U3A welcome from our Chair the mornings plan of events was announced.

Beetle Drive Game Sheet



Rules:
 1. You need a 6 to start, two points can be obtained without a beetle.
 2. You need a 7 to start a Beetle. Before you can add eyes or antennae.
 3. A completed beetle will have a beetle, 6 heads, 6 legs, 2 wings.
 4. Antennae and 6 legs.

Game Sheet:

1. Eyes	2. Antennae	3. Long
4. Tail	5. Head	6. Body

Download from beetle-drive-gamesheets from www.beetle-drive.com

First came **B**eetle **D**rive which I think the majority had played many times before, it wasn't long before the roll of dice and cheering could be heard around the hall. It got very competitive as each team tried to draw their beetle first.

It didn't take long for the first team to call out with their completed beetle, closely followed by other teams completing theirs. This gave us time for another game before moving onto other games on the tables.

The winning team of each drive won a box of chocolates to share.

After this came the table top games and the majority of us spent the next half an hour engrossed in the games on our table.

There were some crafty movements going on with a **J**enga game, using a **P**ick a **S**tick to poke the **J**enga piece out, without making the tower wobble or fall.



Throughout the morning we worked on the quizzes, the picture quiz showed a portion of **30** popular brand names such as, Finish washing powder and Dairy Milk chocolate, which really got the little grey cells working. Three other quizzes which had been compiled by Hazel, also required delving deep into our brains and much discussion. The first one required answers beginning with the letter '**K**', the second was around general knowledge and the third one related to The Fifties.

Around mid-day lunch was served; a variety of fresh and tasty sandwiches, delicious sausage rolls, pasties for any vegetarians, baby tomatoes and crisps, followed by individual cakes and fruit pies with some grapes for those of us watching our waist lines. Water and fruit juice was available and also more tea and coffee for those wishing to have another hot drink.

Following lunch the answers to the quizzes were read out with the winners receiving a bar of chocolate each and finally the raffle was drawn with the prize a beautiful **rose** bush.

A thoroughly enjoyable morning and huge thanks went out to committee members for organising and others for helping hands on the day

*Chrissie Le Marchant will be talking about
Kit Hill at next month's meeting on 1st October*

GROUP NEWS

We currently have 31 groups, so something for everyone.

For more details and photos check out the U3A website, Callington U3A Facebook page, contact the group conveners or come along to the monthly meetings.

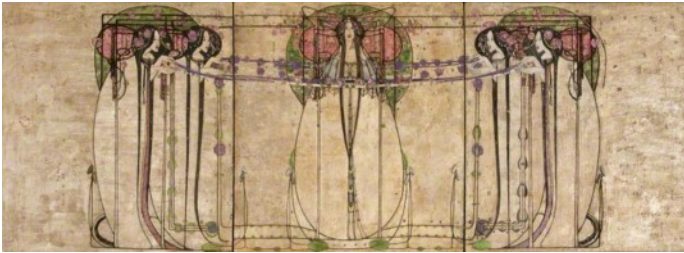
Here is what some of the groups have been doing

■ Art Appreciation

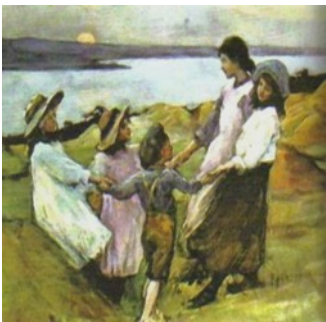
We had two presentations from group members this month. Jo King told us about some of the women artists and reasons why they might not be as famous as the men. This was mainly because they were dominated by their fathers, brothers or husbands although, naturally, there were exceptions. Sometimes, even with help and support from a father or husband, their work would be credited as 'from the studio of' rather than in their own name. Following the theme, Richard Warwick gave us a talk about Elizabeth Forbes who married Stanhope Forbes and together they became founders of the Newlyn School of Art. Elizabeth was Canadian and came to England to live with an uncle when her father died.

We meet on the afternoon of the 3rd Monday in the month.

Contact Penny Beech 01822 834756, or, 07971 889572



The May Queen by Margaret McDonald



Ring of Roses by Elizabeth Forbes



Part of a Triptych by Margaret McDonald

■ Barn Dancing

The next meeting will be 6 September, 10.30 am in the Methodist Church.

Contact Wendy Fader 01822 835985

■ Baking

Les hosted our August meeting when we tried our hands at recipes for special dietary requirements or allergies. The biggest difficulty was encountered by those using gluten free flour for pastry - it proved very difficult to work with and results looked flat and unappetising. Among other ingredients used were coconut oil, avocado spread, rice milk and chick peas. We all produced different bakes both sweet and savoury covering vegan, vegetarian and gluten free recipes. Although no one seemed happy with their results everything was surprisingly tasty - but no one decided to convert though!

Next meeting is September 5th at the Wheeley's for baking with 3 or more layers.

Contact Jenny Wheeley - 351662

■ Crime Fiction

We had nearly a full house at our July meeting and a prospective new member. Most returned books had good reviews although there was a good discussion about the merits of Jane Bolitho's Cornish novels and Pierre le Maitre's Alex was thought too gruesome by some. There are a lot of new crime novelists around now and it's interesting to try some of these rather than stick to authors we know although sometimes the plots can seem really contrived. Looking at the list of books our group read last month the majority of authors were women, with crimes including hanging, torture, cannibalism and abduction!

We meet on the 4th Thursday of the month at Lucy's, new members welcome. If you are interested in reading and discussing Crime fiction

Contact Jenny Wheeley 351662

■ Cornish Culture

There was no meeting in August.

On Saturday September 8th we have our outing to Falmouth price £12.

We will be visiting as many places of interest as we can as well as admiring the views. We will be leaving Harrowbarrow Village Hall at 9 am, then Callington Free Car park at 9.20 and returning approximately 5pm.

Our October meeting will be on Monday 8th with a visit to Dingles Showground - you are never too old for Dodgems!!

If you are interested in coming along please email us, sign up or give us a ring.

Contact Anita & Tony Bowden 350 668

■ Events and Outings

Two groups had extremely enjoyable visits to Sterts theatre last month, 'The Little Shop of Horrors' and Gilbert and Sullivan's 'Pirates of Penzance'.

Visits to National Trust Houses are going well with Lanhydrock and Castle Drogo visited in August, planned visits to Trerice, Trellisick and Colaton Fishacre in September with Anthony in October and possibly an evening at Saltram in December for the Christmas Lights festival

The "locals" day trip to the Isle of Scilly for £25 on Wednesday 12th September is going to be a car share outing and I will need confirmation and payment to book the tickets at least 7 days before. Events planned for the rest of the year; Abba tribute concert Mount Edgecumbe in September, Devonport Heritage Centre in October trips to Ikea, Exeter and Bridgewater Carnival for November and Kitley House or Tavistock Christmas Fayres

for December. Please see the sign up sheets at monthly meetings for any other suggestion.

■ Games

During August we have enjoyed a medley of games including Rummikub, Dominoes and Backgammon. We even managed a social chat incorporating general aches and pains and where the best holidays are, all of course with a selection of cakes, tea and coffee.

We had one session in the garden and are ever hopeful that the weather will allow at least one in Sept.

Contact Lucy Thomas 388799

■ Humour

September's Humour Group Meeting will be on Monday 17th at Christine's house, start time 10.15am. We will be discussing the works of American comic Tom Lehrer and possibly watching part of a Laurel and Hardy movie (if we have time).

As usual anyone interested in joining our group please

Contact: Helen Redden on 01579 382612

■ Jazz Appreciation

Its official! This group has been meeting for 10 years.

Doesn't time fly when you are having fun!

The meeting this month was well attended, and we welcomed a new member! We listened to a varied collection, including Glen Miller, Miles Davis, Nancy Wilson, Harry Roy, Art Tatum, M.J.Q. Duke Ellington and not forgetting Charlie Parker.

The next meeting will be at Christine's on September 12th at 2pm.

If you are interested or would like any more information

Contact Rosemary Wright 370578

■ Pub Lunches

There was no pub lunch in August as we had our summer social event.

Our next Pub lunch will be on Monday 3rd September at the Carpenters Arms in Lower Metherell

Anyone wishing to join in will need to put their names down on the list provided at the monthly meetings, each month in advance as most pubs can only accommodate 20 members.

Contact Lucy Thomas 388799 or Mary Elliott 384729

■ Scrabble

The scrabble Group is currently full.

Anyone interested in starting up a 2nd group?

See Lesley Cheetham at the next monthly meeting.

■ Strollers

We were out and about in August making the most of the sunny weather. We spent a very enjoyable time in Looe catching the train from Liskeard and spent the morning strolling through the town and visiting the beach in hot sunshine. Our next outing was to Pensilva where we enjoyed a stroll to the old quarry followed by coffee at The Farm Shop. Nearer to home for our next stroll when we went from Calstock along the river to Danescombe We stopped off at the honesty cafe at The Boathouse where we made tea and coffee and enjoyed the delicious cake. Our final sortie was to Whitchurch strolling on the Moor

Contact Pauline Hudson 350379

■ Scribblers

Our theme for August centred on crossing a bridge and seeing a church spire in the distance. Our stories featured:

2 young lads who crossed a bridge on bikes and scared themselves silly in the church graveyard.

Someone crossing a bridge which turned out to be a wormhole going back to her own house as it was in Victorian times.

2 cousins getting their stories straight as they see the spire they are aiming for to attend a memorial service which may, or may not, spill some family secrets.

Some school leavers who want to be historians and begin by hunting down family stories in churchyards.

2 British soldiers, working with the French Resistance, who pass a crooked church spire in France en route to a safe house.

The intriguing first part of a story involving major restoration work to a bridge on an old country estate - we are impatient for the outcome!

We meet on the afternoon of the third Thursday of the month.

Contact Penny Beech: 01822 834756 or 07971 889572.

■ Table Tennis

September meeting cancelled due to low numbers, we will be restarting on 18th October. Hope to see you all there then?

Contact Ray Geatches 382167.

■ Walkers 1

We only had two walks last month due to adverse weather.

The temperatures were high for the Lansallos Circular as we negotiated several traditional Cornish stiles before reaching Lantivet Bay car park, tracks, lanes and fields led us to the coast and spectacular views. A lunch break at Pencarrow Head before the undulating coastal route back to the church.

Our second walk was from The National Coastwatch Institute at Rame Head to St Michael's, the C13 Chapel at Rame Head was our coffee break stop, and the views from the chapel window were spectacular across The Sound towards Jennycliffe.

We looked back at the chapel on our way to pick up the coast path and the ditch and rampart across the isthmus clearly showed Iron Age cliff castle.

We took a diversion down to Penlee Point to look at the Grotto, also known as Queen Adelaide's Chapel. This listed building was built to commemorate a visit by the future William IV and Queen Adelaide in 1827.

We reached Cawsand beach to eat our lunch and watch the docking of the ferry from the Barbican. After lunch fields and tracks saw us back on the coast path for the return journey with a view of Polhawn Fort across the valley.

Lantivet Bay



Pencarrow Head



St Michael's Rame Head



Polhawn Fort



Future meetings

October

Chrissie Le Marchant - Kit Hill

November

1918 Commemoration

If you have any memorabilia, photos, newspaper cuttings etc which could be placed on a table display for the morning please contact Penny Beech

pennybeech@gmail.com

or Cyndy Banks 01822 832808

December

Christmas Lunch

Walkers 2

Menheniot was our first walk led by Rosy who as always had done her homework on the history of the village. Lucy also shared some very interesting family history, as some of her family came from here many years ago. There were a few stiles to navigate and a couple of uphill climbs sharing narrow roads with a tractor on its way to fields being harvested.. A much cooler and a lovely walk.

Tavistock Viaduct was next where we admired the splendid views of the town beneath. We then walked past the old railway station into town for some welcome refreshments before the climb back up the hill.

Our last walk was to St Germans, we walked down to the River Tiddy and managed to peer over the wall of Battery Cottage to see the canons. We walked across fields back to the Grade 1 Listed Norman church with its imposing carved west doorway. After a look around the church we enjoyed a much needed coffee in the local restaurant.

St Menheniot



Tavistock from the Viaduct



Battery Cottage
St Germans



Church Doorway
St Germans



Office Contact Details

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<i>Editor</i>	<i>Yvonne Johnson</i>	<i>641357</i>

Find us on FACEBOOK. Search for Callington U3A within Facebook and apply to join. This is a Closed group, only open to members of Callington U3A.

Don't forget to visit the website

www.u3asites.org.uk/Callington

If you are interested in joining the Callington U3A visit www.u3asites.org.uk/Callington, click the Welcome tab and complete a membership form. Alternatively come along to the Callington Town Hall at 10.am on the first Monday of each month

If you would like to get more regional and national news from U3A plus details of any study days or workshops being held why not sign up for the monthly email newsletter from Head Office - u3a.org.uk/email

*The next newsletter will be available 1st October. Due to holidays could all contributions reach me by 20th September please ?
johnsonyvonne1@sky.com*