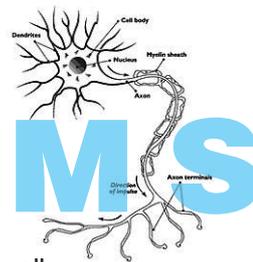


## My Journey by Karen Rose



Our first meeting of the year 2015 started with an inspiring talk from Karen, who moved to Callington from Bristol and joined our U3A about two years ago.

Here are some of the facts we learned about Parkinsons. Firstly it is not a disease, but a progressive neurological condition which effects about 127,000 in the UK. One in forty of these are under 40, the cause of Parkinsons is known, but as yet there is no way of curing the symptoms, only alleviation with tablets and lately some brain operations.

The cause of Parkinsons is loss of dopamine in the brain, nerve cell die and thus movement is affected sometimes restless movements and sometimes the complete inability to move despite the mind instructing. Sufferers gradually slow down and get stiffer – although the nature of the condition – cells dying mean each individual has their own pattern. Apart from motor problems, chemical imbalance can cause depression, anxiety and tiredness and possibly memory loss.

However this depressing litany was not apparent in the lively positive lady who gave us this talk.

Karen was diagnosed at the age of 34, there were several false diagnoses before the correct one of young onset Parkinsons was made.

This seemed devastating news to a young women with two children and a job. However she had great

support from her husband and family and managed to turn what seemed to be the end of her active life into another life of helping fellow Parkinsons sufferers.

She started a Group in Bristol for young onset Parkinsons sufferers, they went on outings to pubs etc. enjoying each other's company. Another was set up exclusively for carers so they could meet and talk frankly about their lives and share support for each other. Some young people are even diagnosed at the age of 18 so a positive outlook was a great help.

Karen told us that Parkinsons has given her opportunities she would otherwise never have experienced. She attended the Glasgow World Conference, 66 countries attended all of which are trying to find a cure. She met Graham Norton, has been to the House of Commons, the House of Lords and met Kenneth Clarke and Baroness Shepherd. Karen took part in a Nintendo Wi advert.

She is a continuous fund raiser and has raised thousands of pounds towards research for a cure. There are nurses funded by the Parkinsons Society. She appeared on BBC Breakfast with Dermot Mur-naghan and also Philip Schofield on This Morning.

Karen's tireless campaigning has not stopped, since moving to Callington, she has set up a Parkinson's Group for Plymouth and Tavistock and also a Young Onset Support Group for Plymouth and

East Cornwall.

I think we all agreed that Karen has fulfilled the target of keeping positive and living life to the full. She is a brilliant example for turning the worst of news into a life to be admired. She asked us to remember if we see someone who has Parkinsons, "patience my friend, I need you".

**Anita Bowden**

### Group Reports

#### Allotments

Two allotments are being cultivated.

**Contact Ann Martin**

#### Art

This group meets on the last two weeks of the month

**Contact Tony Walpole 833082**

#### Baking

Well our first meeting of the year and we certainly started as we mean to go on ! Many thanks to Richard and Maire for hosting, we had a table overflowing with varied and tasty canapés , a glass of wine and a roaring log fire - perfect.

*Dates and tasks for the next few meetings are:*

■ **February 4th, 10.30am at Ellen and David's with enriched doughs.**

■ **March 4th, 3.00pm at the Wheeley's with spicely bakes.**

■ **April 1st, 3.00pm at the Warwick's (unless someone else offers) with Easter bakes.**

**Contact Jenny Wheeley 351662**

## Birding Group

Wadebridge 13 January 2015

### Lapland Bunting or Not??

The weather was forecast to be "heavy showers and sunny periods" and so it was. Cleverly we travelled in the showers and watched birds in the dry periods. The tide was high at 10am when we arrived so we went to the hides in the Walmsley Sanctuary where we were able to watch a good number of ducks and waders. It was fascinating to watch five pairs of pintails. These large colourful ducks have long narrow pointed tails, which can be clearly seen when they upend themselves to feed. We also saw a number of small birds that we might also see in our gardens, for instance robin, song thrush, pied wagtail and dunnock. We were unable to positively identify one small bird because it was not in view for sufficient time. Our bird books suggested that it might have been a Lapland bunting. We waited for a while but it didn't reappear. Next we went down to the Camel Trail where we were able to watch waders on mud either side of the river. The birds were not in great numbers but we saw a variety of species. We set off along the Trail but when we reached the new bridge it started to rain. An assessment of the clouds suggested that a measured withdrawal was appropriate. This was a good start to our birding season.

*In February we are planning to go to Slapton Ley on Tuesday 10 February meeting at 9.00 am in the FCP.*

**Contact Keith Lane 370713**

## Bookworms

### The Siege of Krishnapur

by J G Farrell

Not a distinguished book but never the less enjoyed by most, it tells the story of a siege during the Indian Munity. Although the plot is perhaps a little unbelievable the characters are well defined and highlight the interactions between those of different rank and position and how they respond to their predicament. A Collector who surrounds himself with varies mementoes of the Great Exhibition, a fallen woman and representatives of all other social groups found in an India still under the protection of the East India Company grimly fight for their live behind makeshift barricades until they are finally relieved. An insight into the lives prejudices and hypocrisies of the Vic-

torian Era.

*Next Bookworms will be at 28 Trelawney Road on February 20th*

**Contact Carol Dowell 382158**

## Bridge

The Bridge Group is now meeting every Tuesday evening at 7.30 pm, in the Methodist Church. Please use the side entrance in Valentine Place. Parking is available at the rear of the church.

**Contact Roy Burridge 389018**

## Computer Group

The next meeting will be on the 21st Feburary at 10.00.

**Contact : Peter Watson 384509**

## Cornish Art & Literature

We had no meeting in January. Our February 9th meeting will be at 2 pm in the Scout Hut (this is at the top of the Co-op car park in Callington) so car parking can be at the Cricket car park.

The cost of the meeting is £10 (shared by all those who attend) for our two hour meeting payable on the day - so please try to attend to keep costs low.

**Contact Anita & Tony Bowden  
Joint Co-ordinators 350668**

## Crime Fiction Appreciation

At January's Crime Fiction meeting, a select group of 4 met at Lucy's house (thank you, Lucy) to discuss our latest reading. Although it was a small group, as we had not met since November, a good selection of books by different authors was discussed. These included Conn Iggulden, Tana French, Georgette Heyer, Nicholas Blake, Jo Nesbo, P J Tracey, John Harvey, Sophie MacKenzie and Ann Foweraker. David's Apricot Cardamom Tea Loaf was much enjoyed for tea. February's meeting will be on Thursday 25th February at 2pm at Lucy's house. If you are interested in joining us to discuss or learn more about crime fiction, contact:

**David Seward 384631**

## Family History

**Contact: Eileen Sturt 350639**

## Flower Arranging

Members will be contacted to rearrange the date.

**Contact: Eileen Sturt 350639**



## Food & Wine

Thirty one members of the group enjoyed a very pleasant lunch at 'Rhodes at the Dome' on Plymouth Hoe last Wednesday. The restaurant special offer this month was a Chinese menu so at least some of us practised our skills with chopsticks and all appreciated the wonderful views from the windows as well as the tasty food.

**Contact Maire Warwick 350711**

(maire.warwick@btinternet.com)

## Game On

February's meetings are the 8th and 22nd. Meet at Lucy's house at 2.30pm. New members welcome.

**Contact Jenny Wheeley 351662**

## Handbells

This group will be entering the Handbell Class at the Saltash Music Festival on Wednesday 4th February. Come along and support us if you can - the class starts at about 8 p.m..

**Contact Maire Warwick 350711**

## History

For details,

**Contact Josephine King 350890**

## Humour

Eight of us met at Christine Goldie's house for the first meeting of 2015. Michael Farr had chosen 'Flanders and Swan' as the Focus for the day and he entertained us for the best part of an hour. We learnt a lot about the two men and their careers together. We all had memories of this double act and Michael treated us to many of their best known songs via a couple of DVDs. He sang a song and mentioned railways frequently. The highlight of the morning was all of us singing the 'Hippopotamous' song. After refreshments we entertained each other with cracker jokes that we had written and

read. Although we generally think of cracker jokes as rather weak the majority that we heard were a good jokes and gave us a lot of laughs. We had found them very difficult to write and wondered how much those who wrote them for a living were paid.

The next meeting will be on 16th February 2015. It will begin at 10.15am in the same venue.

**Contact Keith Lane 370713**

## ■ Italian

The current members will be meeting in our homes while the cricket club is out of action.

Anyone interested in joining will need to wait until the cricket club is open again.

**Sally Thomas 01822 832017**

## ■ Jazz Appreciation

For January's meeting, 10 members gathered at Christine's house (thank you Christine) for a talk by Ruth Desborough on the History of the Jazz Guitar (and not Female Vocalists as I thought!). She illustrated her very interesting and enjoyable talk with examples of the guitar in Jazz, from the 1920s through to the present day, featuring Lonnie Johnson, Teddy Bunn, Django Rheinhardt, Charlie Christian and Wes Montgomery, among others. Next month's meeting, at 2pm on Wed 11th February at Christine's house, will be a members' choice session. If you are interested in joining us or need directions, contact:

**David Seward 384631**

## ■ Music Appreciation

Due to illness and the loss of two of our members last year we had to cut off attendances to, what was in general, a vital and enjoyable monthly meeting. This year I hope the vitality and enjoyment will return as we listen to and discuss well loved, well known (and not so well known) pieces of great musicians and composers of European, American and other lands. As with the Poetry Group we would welcome new members who love classical music in all forms.

*Next meeting February 10th at my house 2 Trelawney Heights at 2pm*

**Contact: Pat Ferguson 384402**

## ■ Needlework

Normally meet on the second Thursday

of the month.

**Details from Ann Martin**

## ■ Opera

### Don Carlo

The longest opera by Verdi written originally in French, latter update by the composer with a score in Italian, it is a story of jealousy, treachery, forbidden love and self-sacrifice set against a backdrop of suffocating religious repression and political tyranny in the time of Philip II of Spain. Staged at the Saltsburg Festival with Jonas Kaufmann as Don Carlo, Anja Harteros as Elisabetta and Thomas Hampson as Rodrigo, it has five acts. Because of its length we saw only the first two Acts the final three will be shown at the next meeting.

*Next meeting is at 28 Trelawney Road on February 17th*

**Contact Carol Dowell 382158**

## ■ Philosophy

The January meeting of philosophy covered Logic and Common Sense by looking at the works of Gottlob Frege and Bertrand Russell. We also had a discussion on whether a machine would ever be able to think, and in the light of current events aired our views on the rights of free speech. The next session will be held on 26th February at the Scout Hut Callington at the usual time of 10.00.

**Contact: Doreen Johnson 343152**  
doreen.johnson@onetel.com

## ■ Play Reading

**Contact Jean Rose 350029**

## ■ Poetry

There was no Poetry in January as half of our group were unable to attend. I hope that February will be more successful and that we can tackle Beowulf head on. We will be visiting the Seamus Heaney version of this Nordic tale a fairly recent version of an ancient saga featuring fearless monsters and a truly brave and steadfast hero.

It would be good to see new members.

*Next meeting February 6th at my house 2 Trelawney Heights at 2pm*

**Contact Pat Ferguson 384402**

## ■ Scrabble

The group, led by Lesley Cheetham at her

home, meets in the evening on the third Wednesday of each month.

**Contact Lesley Cheetham**

## ■ Scribblers

Scribblers will not be meeting on February 5th because of other commitments. We expect to meet again on March 5th at 3 Grenville Close.

All enquiries to:-

**Anne Cooper 382267**

## ■ Singing for Pleasure

Singing for Pleasure dates are February 9th & 23rd. same time and venue as before.

**Contact: Rosalind Bunkum 383171**

## ■ Strollers

Our first stroll this month was moved from Calstock to Cotehele because of the risk of icy roads, which made a change from cancelling because of rain! It was cold but sunny and we walked out to the weir and back and had coffee at the Edgcumbe on the quay. Our second stroll saw sixteen hardy souls (including three new members) walking across the Tamar Bridge. It was a bit cold and blustery but the sun was shining which was a bonus. Afterwards we retired to Ashtorre by the river, which is a favourite watering hole with the group, for a very welcome hot drink. Their hot chocolate is to be recommended!

**Contact: Pauline Husband 350379**

## ■ Table Tennis

We meet once every 4 weeks for a couple of hours of good fun and exercise. All equipment is provided and you don't need to be an expert, just enthusiastic. You can check the website or ask for details.

**Contact Ray Geatches 350638**

## ■ Walking Group 1

**Contact : Ann Martin**

## ■ Walking Group 2

**Contact: Lucy Thomas 350018**

## Speakers at Future Meetings:

### The March Speaker is Helen Dowdall

- talking about the council budget for Callington, maybe "Where does your money go?"

## Officer Contact Numbers

Chairman: David Seward t: 384631

Vice Chair: Jenny Wheeley t: 351662

Secretary: Ann Henderson t: 351289

Treasurer: Maggie Wood t: 384634

Editor: Colin Mills t: 208529

Email: colin-mills@talktalk.net

## Group Leaders and other contributors

### Please Note:

**All Copy to the editor by 25th of the preceding month please.**

*(N.B. I cannot guarantee inclusion of copy submitted after this date - but exceptions will be made wherever possible for groups meeting in the fourth week of the month)*

*The Newsletter is published at the start of each month except when there's a disaster with my printer!*

## Have you checked out the website?:

[www.callingtonu3a.org.uk](http://www.callingtonu3a.org.uk)

Copies of these Newsletters can be found on the above website

*N.B. Phone numbers without dialling codes are for the 01579 area.*

## National U3A Events

● March 6th The Achievements and Legacy of Dr Edward Jenner. Berkeley. Glos.

● March 23rd Science at the Royal Institution, London.

● March 25th First World War in the Air. RAF museum. London

*For further details see the Secretary or visit the National website*

## Local U3A Events

● AGM in The Town Hall **13th April 2015**... make a note in your diaries!

## Its all a question of etiquette...

It would be appreciated by the group leaders if members of each group could inform the leader of their intention to attend (or not) *prior* to a group meeting.

This would assist in the organising of refreshments and any other arrangements that the group leaders have to make (including the charges incurred for hiring venues, organising seating etc.)

*...thank you.*

## This month's puzzle:

1 >	

**BiWord Feb**

1 Down: Short direction

1 Across: I want to thank you quickly

## Answer to last month's puzzle:

1 >	a	r

**BiWord Jan**

1 Down: End of year

1 Across: End of Jan

**Email your answer to me: colin-mills@talktalk.net**  
**The first correct answer received will be immortalised in print in next month's issue.**