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BiWord

After all...how hard can a two letter crossword be?

This month's puzzle:

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BiWord
September

1 Down:
Nasty Tax People

1 Across:
Prove it's you and show me it?

Answer to last month's puzzle:

1	o	k
	p	

BiWord
August

1 Down:
Short medical procedure

1 Across:
Alright?

Email your answer to me: colin-mills@talktalk.net

The first correct answer received will be immortalised in print in next month's issue.

Last month's triumphant winner (again):
Helen Redden



Have you checked out the website?:

www.callingtonu3a.org.uk

Copies of these Newsletters can be found on the above website

Future Meetings:

■ **October**

Exhibition Day

■ **November**

Diana Holsworth
U3A Regional Trustee

Officer Contact Numbers

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t: 384631

Vice Chair: Jenny Wheeley
t: 351662

Secretary: Jo Earl
t: 382859

Treasurer: Ian MacDonald
t: 351221

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.

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

Lest we Forget

Dorothy Willatt and Bob Wade Callington Rotary Memory Cafe

The speakers at our August meeting were Dorothy Willatt and Bob Wade who informed us about the work of the Callington Rotary Memory Café group. Started about 3 years ago they meet every other Saturday in the Town Hall Council Chamber and their aim is to provide help and support for dementia sufferers and their carers. Dorothy gave us a run through of the sorts of activities that the group take part in. Music, documented as a memory stimulus, was used as the type of thing that could be enjoyed. Lullaby of Broadway was sung by us with Dorothy leading the singing.

The Grand old Duke of York was sung next, firstly as we all remembered it and then with a testing change of words. Have to say here that the U3A members ACED the test. Dorothy finished the morning singing an amended humorous version of the Julie Andrews song "My Favourite Things". Then a quick test of Prime Ministers through the years from 1920 to the present day. She finished the presentation with a plea for volunteers to help out at their Saturday meetings with this group that won the Citizen of the Year award.

Mary Hardy

We were told that stories told by the group and visitors alike also prompted memory, quiz events and some samples of their magazine called the Sparkle were used as a reminder of life time events. Bob Wade took over the proceedings and took us through an example of the sort of quizzes they do. This one was called The Hoy Game, similar to bingo but played using playing cards and they even gave prizes to the lucky winners. A guitar was produced and with encouragement from Bob and Dorothy we joined in the singing of "Daisy Daisy".... a few of us even admitted that we knew



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Group Reports

Allotments

Two allotments are being cultivated.
Contact Ann Martin

Art

On 3rd September we will be visiting artists taking part in the 'Drawn to the Tamar Valley' event. In the past this has always proved a fascinating day, enabling us to meet local artists at exhibitions or in their own studios. The second meeting on the 17th, will be back at our normal venue in Stoke Climsland

Contact Tony Walpole 833082

Baking

The Baking group meets on the first Wednesday of each month. September's meeting is at 3 pm at David and Ellen's for Something Fruity

Contact Jenny Wheeley 351662

Birding Group

On September 8th we will be going to Ramehead leaving the FCP at 9.00am.

Contact Keith Lane 370713

Bookworms

The next date will be September 18th.

Contact Hilary Howarth 382172
hilary.howarth@btinternet.com

Bridge

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

Contact Roy Burrige 389018

Computer Group

The computer group operates as a self help group. If you've a problem come along and see if we can help. We don't have a set agenda it all depends who turns up. Please bring your lap top or tablet if you have one and we can explore the computing world together.

This month topics the group explored included;

1. Windows 10 upgrade.

2. Removing programs from an ipad

3. Searching for Apps.

4. Adjusting settings on a mobile phone.

We meet in members houses so please ask me where to meet. This normally takes place on the third Thursday morning of the month. The next meeting will be on the 17th September t 10.00.

Contact Peter Watson 384509

Cornish Art & Literature

The September meeting on Monday 14th September. We will meet at Launceston Castle and visit the Lawrence Museum and some sites Charles Causley wrote about.

Contact Anita & Tony Bowden
Joint Co-ordinators 350668

Crime Fiction Appreciation

At August's meeting 7 members gathered at Lucy's house. Although we were short on numbers, we discussed many books by many authors. Particularly recommended were books by Paula Hawkins, Linwood Barclay, John Harvey, Mark Billingham, Edmund Crispin, Robert Goddard, Ian Rankin, Susan Hill and Ben Aaronovitch. The tea time cake was a delicious chocolate courgette cake, made by Ellen and decorated by David. Next meeting will be 24th Sep at Lucy's at 2pm. If you are interested in joining us to discuss or learn more about crime fiction, please contact

David Seward 384631

Family History

The next meeting will be September 28th, 2.30pm at Eileen's. Please bring along any suitable items for the display day in October, as well as any recent research.

Contact Eileen Sturt 350639

Flower Arranging

30th September 10am at Eileen's. Ideas for Christmas arrangements please.

Contact Eileen Sturt 350639

Food & Wine

Contact Maire Warwick 350711
(maire.warwick@btinternet.com)

Game On

We are taking a break until Autumn.

Contact Jenny Wheeley 351662

Handbells

Contact Maire Warwick 350711

History

Contact Josephine King 350890

Humour

The next meeting on September 21st will be held at Michael Farr's house meeting at 10.00am. There isn't a focus for this meeting but all present will be giving a ten minute slot about one of their favourite comedians. The October focus will be about the two Ronnies and will be lead by Christine and the venue will be at Christine's.

Contact Keith Lane 370713
or by email kandslane@hotmail.com.

Italian

We continue to meet every month and are half way through our course. We cannot take any more new members at the moment. If anyone wishes to join Gunnislake U3A my other U3A Italian group has room for one or two more.

Sally Thomas 01822 832017

Jazz Appreciation

Due to holiday commitments, there was no jazz meeting in August. The next meeting will be on Wed 9th September at Rosemary's. If you are interested in joining us for an afternoon of jazz, contact

David Seward 384631

Music Appreciation

After our break in August in September we are hoping to do English music starting with Thomas Tallis a catholic Elizabethan composer who despite his unswerving commitment to his religion was allowed to compose and provide music for the church. Much of his compositions are in Latin as would be expected of a catholic man, his music is undoubtedly some of the greatest church music ever written and was performed in the presents of the Queen herself.

Music Appreciation is held at 12 Trelawney Heights new members are always welcome
Next meeting September 15th at 2pm

Contact: Pat Ferguson 384402

Needlework

Normally meet on the second Thursday of the month.

Details from Ann Martin

Opera

The next opera will be on September 9th as I shall be on holiday after that date for five weeks the next date will be October 20th. Many will be unable to attend the September meeting because of holiday commitments and so we will be having a re-run of the all-time favourite Verdi's La Traviata.

Opera is held at 28 Trelawney Road
Next meeting September 8th at 2pm

Contact Carol Dowell 382158

Philosophy

The next meeting will be on 24th September in the Committee Room.

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

Play Reading

Contact Jean Rose 350029

Poetry

The next opera will be on September 9th as I shall be on holiday after that date for five weeks the next date will be October 20th. Many will be unable to attend the September meeting because of holiday commitments and so we will be having a re-run of the all-time favourite Verdi's La Traviata.

Opera is held at 28 Trelawney Road
Next meeting September 8th 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 383632

Scribblers

All enquiries to:

Anne Cooper 382267

Singing for Pleasure

The Singing for Pleasure Group dates are the 7th and 28th September 3.30 to 5pm at Callinton Methodist Church.

Contact: Rosalind Bunkum 383171

Strollers

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



Walking Group 2

Chuckles

From the Humour Group...

**Patient: Doctor doctor I keep feeling dog tired,
Doctor: How long have you been feeling this way,
Patient: Ever since I was a puppy**

Did you hear about the man who got sacked from the calendar factory, all because he took a day off.

I never wanted to believe my dad was stealing from his job as a road worker, but when I got home all the signs were there.

A man walks into a bar with a roll of tarmac under his arm and says "Pint please and one for the road".

Did you hear about the man whose whole left side was cut off. He's all right now.

**Why did the scarecrow get a pay rise?
His employers thought he was outstanding in his field.**

My friend recently got crushed by a pile of books, he's only got his shelf to blame.

**What does a one-legged ballerina wear?
A one-one.**