

## April 2014 News Update

This update includes details of our Annual General Meeting on Monday 19th May 2014; latest news about current and potential groups and some information provided by The Third Age Trust. Read on for further details.

### Art Appreciation - Pat Stearn 01208 872138



Pat Stearn reports *"We had a very successful trip to Florence and managed to visit several major galleries. We also had some memorable meals, all washed down with copious amounts of chianti! Photographs taken by the group are still coming in and we hope to mount a display at some future meeting (if we are asked to do so).*

*The Group are planning a trip to Falmouth on Thursday 3rd July to see an exhibition called "The boy who bit Picasso". Sounds intriguing.*

### Bird Watching - Alan May 01208 873411



Following the recent inaugural meeting it was decided that the group would have a monthly outing, usually on the 3rd Wednesday of the month. However in April it will be the 4th Wednesday, i.e Wednesday 23rd April 2014.at 6pm. Please meet at the Railway bridge at the entrance to Coulson Park.

**NOTE** Since deciding this venue the bank near the Water Works on Shirehall Moor has collapsed and the path is currently closed. Check with Alan for alternative venue if the path has not reopened.

## **Creative Writing - Ronnie Puttock 01208 873411**

Pat Stearn reports *"The writers group meet on the last Tuesday of the month at my house. We are a very small group, 4 in number, and would welcome new members. Why not come along to see what we get up to, no need to be a budding best seller writer. We have a topic every month which we email to each other. At the meeting we are then able to discuss each others work and offer comments which we hope are helpful. We finish by agreeing on the next month's topic. Sometimes the creative juices do not flow so one of us may not produce anything. It doesn't matter. Or we will be rebellious and say we didn't like the topic so wrote something else instead!"*



## **Cycling - Brian Marriott 01208 872104**



On Wednesday 19th March ten U3A Members cycled from Bodmin to Wadebridge to Padstow. The weather was perfect for cycling - dry and not too warm.

The next outing is scheduled for Wednesday 16th April. We would love to see more riders so if you have a bike and transport please join us. The rides will be reasonably easy, no steep hills and not too far. If you are interested please let Brian know.

## **Digital Imaging - Sue Gambrill 01208 872077**

In future the meetings will be held in the upstairs room in the Community Centre on the third Thursday of the month More information from Sue.

## **iPadders - Sue Gambrill 01208 872077**

This is a new group which meets on the third Monday of the month (unless it's a Bank holiday) from 11am until 1pm at Sue's house in Lanlivery. The group already has ten members, which is the maximum that can be accommodated at Sue's house.

## **Local History - Janet Haley 01579 326091**

This group is looking to relaunch in 2014 so please contact Janet if you are interested.

## Lunch Group: Zara- Jane 01208 871770

!!!! ..... A lunch group vacancy..... !!!

Application for LUNCH GROUP ...April 23rd point of contact ..

An easy friendly job ... So I was told !!!  
Applicants must have own teeth a good head of hair ...smile through  
Gritted teeth .....Hence own teeth ...  
After dinner speaking is a must .. Your bark must be worse then your bite  
Good at maths ...As lunch venues ...sometimes are not ....  
Good with words ..... As call my bluff is sometimes played  
Must always eat their greens .....Be firm but fair ...You not the greens  
But we will make an exception sprouts ....as after effects Can offend.....  
Never speak with mouth full ....Unless choking on a pea ....  
Be a lady or gent at all times ....Sips never slurps coffee or tea  
Can spot a fake U3a membership card at six paces ...five with reading glasses on  
A good telephone manner ....always on weekdays  
If all the above .... and more sounds .....or happens to be you  
Please apply ASAP ....By Email or Telephone as above ....  
Look after the lunch group it's yours after all ...  
New members always welcome .....They must enjoy food ...Have a good sense of humour  
.....Failing that ...one can be gained after attending three lunch group venues  
You must have watched one or more call my bluff ....

## Photography - Peter Bland 01208 871100

The next Field Trips will be as follows:



Friday 25th April - Coastal trip (in lieu of 18th April which is Good Friday)  
Friday 16th May - Newquay Aerohub (classic airforce museum) and Afternoon Field Trip along the coast.

Owing to reduced Library opening hours, to maintain our Thursday afternoon slot, the Platform Office at the railway station has been booked for future meetings, starting 24th April (2pm start)

## Ukulele - Brian Marriott 01208 872104 or Pete Ellis 01726 816787

At the present time, we are in a position to take on two or three new members. At some point in the future however, it will be necessary to close the group to new members with no experience.

So anyone wanting to learn to play the ukulele, please contact us ASAP whilst we are still able to offer basic training for beginners. Feel free to pop along to one of our Tuesday sessions for a taster. Following on from an initial taster, you will need to purchase a ukulele. Prices start at around £30.



Meetings are held every 1st and 3rd Tuesday in the month at 2.00pm in the Platform Meeting Room. Note: Tuesday 15th April - meeting will be held in the Scout Hall.

## Walking - Chris & Janet Dimond 01208 871784

The Group organises two walks per month :-

A Main Walk (4-5 miles) on the second Tuesday of every month and a shorter Walk (about 3 miles) on the last Tuesday of every month.

For both Long and Short Walks please meet at the Community Centre from 10.15a.m to leave at 10.30a.m. Contact Chris or Janet for more details.

## Other Groups

Our other interest groups continue to meet regularly and have activities listed on the website. The group contacts' details are shown below :-

- BRIDGE - Jenny MacDonald (01208 873933)
- COMPUTING - Keith Southgate (01208 873371)
- FRENCH - Veronica Ashworth 01208 873397
- POETRY / POETRY READING - Josephine Child (01208 871284)
- SCIENCE - Linden Blake (01208 873261)
- SPANISH - John Hurst (01208 871375)
- THEATRE - Jean Ashbridge (01208 871381)
- WINE APPRECIATION - Jean Ashbridge (01208 8713810)

## Potential New Groups

Several possible new groups have been suggested recently. If you are interested in any of the following activities then please contact the person shown: below:-

- SCRABBLE - Details via Veronica Ashworth 01208 873397
- SINGING / MUSIC GROUP - Cliff Allen 01208 873636
- PLAY READING GROUP – Jenny Thomas 01726 814844

## Next Open Meeting - 19th May 2014 at 2pm



The next open meeting will be held in The Church Rooms, Church Lane Lostwithiel on Monday 19th May. The Guest Speaker will be Val Budgen-Cawsey and her subject will be Growing Old Disgracefully. Our (short) AGM will also be held as part of this meeting. A formal notification of the AGM is enclosed with this newsletter.

## U3A Walking Guides

There are now U3A-prepared Walking Guides to Settle and Bodmin Moor. These have been published by the Royal Geographical Society and cost £3.75 each (inc p&p) and may be ordered

from the Third Age Trust National Office (19 East Street, Bromley BR1 1QE) with cheques made payable to 'The Third Age Trust'.

## **U3A Events in London - Spring 2014**

21st May - Dana Lecture at the Royal Society: Staying Sharp at the Royal Society  
"Plug in, Switch on, Rewire" Can technology rewire your brain for greater fulfilment? 2-4pm.  
More information via Keith Southgate

## **Future Meetings in 2014**

There will be three further meetings in 2014 after the AGM. Details as follows:

- 7th July 2014: Guest Speaker will be Paul Holden talking about Lanhydrock and the Robartes
- 1st September 2014: Our Guest Speaker is Simon Dell and his subject is "Murders on Bodmin Moor."
- 3rd November Guest Speaker Bob Venn who will bring us news about the Donkey Sanctuary in Ivybridge.

## **Using the Internet**

There is a vast amount of information about Lostwithiel U3A on the internet. Just ask your family or friends for help. Tell them to look for our website **WWW . LOSTWITHIELU3A . ORG . UK** It is possible to see the website using a computer, iPad or smartphone.

Also staff in Lostwithiel Library will be happy to find out for you what is happening in Lostwithiel U3A using their computers.

## **Contact The Committee**

- Ann Henderson – Chairman (Telephone 01208 873428)
- Keith Southgate– Secretary (Telephone 01208 873371 )
- Carol Williams – Membership Secretary (Telephone 01208 871077)
- Veronica Ashworth – Group coordinator (Telephone 01208 873397)
- Lindsay Southgate – Treasurer (Telephone 01208 873371)
- Zara Read Publicity Officer - (Telephone 01208 871770)
- Caroline Collier Speaker Secretary - (Telephone 01208 369604)
- Rosemary Phillips – Telephone 01208 871337