



OCTOBER/NOVEMBER 2025 NEWSLETTER

Welcome to the Autumn edition of the Lostwithiel Area u3a newsletter with news about our last Open Meeting and an update on some of our activities.

OPEN MEETINGS

At our Open Meeting on 1st September we were delighted to welcome back Kevin Channer, Consultant Cardiologist and experienced expert witness, to present us with the evidence in another mock trial at which we, the audience, played the part of the Jury. This time it was a case in the Coroners Court to determine the cause of a death in police custody. Did the action of police, who were forced to taser the deceased 4 times, cause or contribute significantly to the death? Kevin engagingly ran us through all the relevant facts and in the end we unanimously concluded that the evidence pointed to death caused by substance abuse. For those of us who have never been called up for real life Jury Service, it was quite an eye opener.

Monday 3rd November will be our last Open Meeting for 2025 – how can 2025 have flown by so quickly? We have invited renowned international wildlife photographer Adrian Langdon to show us some of his stunning work, so be sure to put the date in your diary.

Special General Meeting

Our September talk was followed by a brief Special General Meeting to obtain membership approval for a few constitutional changes, David explained that these are aimed at providing a little more flexibility in recruiting committee members. Members present (plus 10 members who had voted by proxy) agreed the following changes:

- To remove the role of Vice Chair from the list of specific officer posts that we are required to have, reducing this to Chair, Secretary and Treasurer. (Clause 16 (2))
- To remove the requirement for a trustee (i.e. committee member) to be limited to a continuous period of 3 years without at least a year between periods of service. (Removal of entire Clause 16 (8))
- To remove the guidance from clause 21 preventing people serving as an officer/non-officer member of the executive committee of more than one u3a

We were also delighted to announce the co-option of two new committee members, Andrew Currie and Lynn Figg.

However a number of current committee members will be stepping down next year having collectively given years of service. We will of course plan to thank them properly at the next AGM in May.

Now is a good time to flag this to give all members ample time to consider whether they would like to take this opportunity to join the committee in May – it's not too onerous and many hands make light work! The SGM notice has introduced a candidate for Chair at the upcoming AGM. In addition, there will be opportunities to fill the positions of Secretary, Treasurer, and Membership Secretary, and those interested in learning more are encouraged to inquire.

Contact David on 07484124490

Dates for your diaries for 2026

Next year's Open meetings will be on:

5th January/2nd March/11th May(Talk plus AGM)/6th July/7th September/2nd November.

A big thank you

is due for an extremely generous anonymous donation which has enabled us to buy a laptop. This is invaluable especially in helping the Open Meetings to run more smoothly. We can now preload presentations onto the laptop to ensure a seamless transition between multiple presentations and no longer have to rely on Speaker's own equipment, which has on the odd occasion proved tricky to connect to the projector in the hall.

NEWS FROM A FEW OF OUR GROUPS

For contact details and more information on all of our groups please visit the groups page on our website.

Mahjong

- Great news that a new group has started up. Stella Ward has had an excellent response and will be welcoming 20 members who have already joined. Two mini meets have already taken place to avoid too many complete beginners all at once.

Stella is now looking out for a spare mahjong set so if you hear of any do let Stella know.

Contact: stella_ward@sky.com: Telephone: 07979805887

Art Appreciation

The Art Appreciation Group visits exhibitions, galleries, stately homes with collections, craft shows and sculpture gardens, locally and further afield.

Dates planned for the coming months.

Wednesday October 22 - by the 10am train again to Penzance and the Lamorna Birch exhibition at Penlee House, followed by lunch at their cafe.

Friday November 7 - by the 9am train to Exeter for the Exeter Museum and other galleries. This date is just pencilled in at present but we'll inform you asap of any change.

Saturday November 29 - by the 10am train for our annual trip to the Christmas Krowji open studios at Redruth. There'll be plenty of art, jewellery, Christmas carts and some pottery on sale.

Saturday 28 February 10am - by train to Plymouth and the Beryl Cook exhibition.

The 2026 planning meeting and lunch will be held at the Royal Oak at 11am on 19 January.

Laone and Barbara are now looking for someone to take over as Group Leader/s. Plenty of support would be provided for as long as it is needed and the role can be organised jointly as present. Contact Laone (07419905358) or Barbara (01208 872360).

Beverage 'n Banter.

If you fancy a coffee, biscuit and a chat, the next meeting will be at the Fowey Valley Hotel on Monday 6th October at 11.00.

Electric Bikers continue to clock up the miles - 120 Miles in total during August: Innis Downs to St Issey, Dobwalls to Rilla Mill, Dragon Centre to St Wenn and Lanhydrock to Knightor.

If you would like to get pedaling and would be interested in joining the group please contact Brian on 0753050709

Family History

The new season of family research starts on Wednesday 22nd October with a Zoom talk commencing 14.00 on marriage breakdown in Victorian England entitled "Let No Man Put Asunder". This is delivered by Toni Neobard a very experienced genealogist who, besides being a u3a member "up country" helps to run the highly respected Essex Society for Family History. Please contact David Platt for further details.

Pop and Rock Appreciation Group

After thirty consecutive monthly meetings the group took their first break in August. Over the last two and a half years the group has listened to 461 tracks - around 3 days and 3 hours of continuous music - drank over 400 cups of tea and coffee and devoured many packets of (mainly chocolate) biscuits! The most popular artists so far have been the Rolling Stones (9 selections), The Beatles (7 selections) and Taylor Swift and Joe Jackson with 6 selections apiece. Returning in September for a **Free Choice** session, group members selected an eclectic mix of tracks ranging from the Ozark Mountain Daredevils, Grace Jones and The Who to Badly Drawn Boy, Black Sabbath and the Dixie Chicks.

More news from some of our other groups in the next newsletter.

We are always keen to explore ideas for other new groups so, if you have an interest, skill or knowledge you might be able to share with others in a group, David would be delighted to have a chat with you.

And as the autumn chill begins....

Don't forget that you can make the most of your membership by accessing a wide range of fascinating free online talks, workshops, and courses without having to set foot outside. You can check out what's on offer this autumn via the u3a website.

[u3a online talks](#)

Contacts

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