

OCTOBER/NOVEMBER 2023 LOSTWITHIEL u3a NEWSLETTER

Autumn is upon us and the hosepipe ban has been lifted! Weather-wise, it's been a really topsy-turvy few months but hopefully things will start getting back to normal now as many of our groups move into their autumn and winter schedules.

Open Meeting Monday September 4th

We had a fantastic turnout at our September Open Meeting in the Church Rooms where almost 80 people gathered to hear the musician and raconteur, Roger Browne. Starting with his childhood in Salford, Roger took us on a musical journey of discovery from listening to music in the park and his early love of jazz through to the Great American Songbook from George Gershwin and Jerome Kern to Cole Porter and Rodgers and Hammerstein.

Roger regaled us with many anecdotes about the great songwriters of the day with fascinating snippets of the cultural and social backdrop behind the songs, all accompanied by highly accomplished keyboard playing. It was a real treat for everyone present and this was reflected in the warm applause at the end of Roger's performance; it was lovely that Roger stayed and chatted with us for the remainder of the afternoon.

In our new "Community Slot" we heard from the Lostwithiel Mayor, Karin Henderson, who gave us some tremendous insights into her first few months in the role. It was particularly interesting to hear what the Town Council is responsible for - and what it isn't - and about the Town Team who are working on both a Heritage Buildings Plan, looking at a financially viable future for The Guildhall, Edgcumbe House & Taprell House, as well as a Sustainable Transport Plan.

And to round off the meeting we had a fantastic cream tea - Kate Allen baked the delicious scones and we were grateful to Trewithen Dairy who donated the essential clotted cream and jam - or should that be jam and clotted cream?! Many thanks to all the volunteers who worked so hard to make the afternoon such a great success!

More new members join

Our membership numbers have swelled by 19 during in the last few weeks which means we have now reached **301** members! Steph Thomas, our Membership Secretary, has been busy sending out New Member Packs to all new members as soon as they join.

Your u3a needs your help!

As we celebrate our 10th birthday in 2023 your committee would like to hear how Lostwithiel Area u3a is meeting your needs. To help us with this you will shortly receive a questionnaire to gather your views on what you value, as well as giving you the chance to make suggestions that will benefit all our membership. The survey will be completely anonymous - unless you would like a response to a particular issue - and will help us enormously going forward. Further details will be in the questionnaire so please look out for it in your inbox shortly!

The next Open Meeting is at 2pm on Monday 6th November In the Church Rooms where our guest speaker is Kirsty Mitchell - Manager of the Lostwithiel Community Centre - who will be

talking to us about British Sign Language as well as giving us an update on what's happening at the Community Centre

Updates from our Groups

Acoustic Guitar for Beginners

The group is aimed at people who want to start learning to play the guitar. It meets in the Scout Hut in Lostwithiel on the 2nd and 4th Thursday of the month from 10.00am until 12.00pm.

Art & Craft Experiments

In July the group made clay tiles with leaves and flowers as relief - Heidi Swire has put a great video on YouTube which you can access from the Lostwithiel Area u3a website. Meetings are held on the last Friday of each month – 10.30am to 12pm, either out and about or at a local venue.

Art Appreciation

The group will be visiting Dartmouth on 26th October to see among other things an exhibition of Stuart Edmondson's paintings at the Dart Gallery. There are other galleries in Dartmouth to see and it is also the South Hams open studios that week. At the end of November a train trip to Bath is planned to see the Gwen John exhibition at the Holburne gallery. And on December 1 the ever popular visit, again by train, to Krowji at Redruth.

Beverage 'n Banter

If you enjoy a cup of Coffee/Tea (refill included) & a biscuit in an informal atmosphere & would like to meet up with other u3a Members - this could be the Group for you! Cost just £3 per head. Takes place on the first Monday in the months that alternate with our usual Open Meetings.

Bird Watching

The proposed calendar for our next season of bird field trips (September 2023 - August 2024) is now on the website . Though primarily we are a bird watching group we do in reality take an interest in all wildlife we come across, from mammals, insects and butterflies to plants and fungi. You do not need to be an expert, all are welcome and if you enjoy photography do bring your camera. Group contacts: Marion May 07903 710303 and Jasmina Goodair 07974 700883

Bridge

There are two sessions running, including one for beginners. A player new to u3a has joined in order to play bridge with us in a friendly social manner. Also, someone already really involved with our u3a has found time to come back to the group. having started when we first set up 10yrs ago. We are very happy to welcome them both. If you think you may like to be part of this group please get in touch, it's good to welcome new u3a members. Group contact: Jenny MacDonald 01208 873933

Creative Writing

This very informal writing group meets on the second Tuesday of each month in the Royal Oak. Members write on an agreed topic and then share what they have written.

Creative Writing 2

The theme for the third meeting in September was "School"

This very informal group meets on the last Wednesday of the month at the Royal Oak at 2pm.
Group leader: David Bridges 07891724221.

Day Trippers

The Day Trippers, who aim to use just public transport for their trips, plan to visit Buckfast Abbey on 21st October and the Exeter Christmas Market on 25th November.

Electric Bikers

The group has done some great rides during September:

Dobwalls to Coad's Green, St Austell to Grampond and Lanhydrock to Knightor winery with a mid-ride stop for a special cream tea to wish group members Nick and Jackie Cleaver goodbye before they move to Somerset. The group is full but if you have an e-bike and are interested in joining please ring Brian on 07530507091

Family History

Our meeting on 20th September was all about "getting back in the groove" following our summer recess. We completed a couple of Family History quizzes in teams of 2's & 3's - one supposedly "easy" & the other "moderate" - in reality most of us needed to research some answers on the internet but this was all part of getting back into research and we all learnt something!

Our next meeting is Wednesday 18th October at Lerryn Memorial Hall 2-4pm to be hosted by Bren.

French

The group resumed their Autumn meetings on Tuesday 12th September. Meetings are held on alternate Tuesdays 2-3.30pm in the Lostwithiel Community Centre Reading Room (where the mobile Post Office is held) New members very welcome! The group is very informal and of mixed ability, but not really suitable for absolute beginners. Most of us have some school French. We share our knowledge of the language and experience of French life and culture with each other. We look at grammar points, topics and current news - whatever anyone suggests. The aim is to have fun whilst learning and to refresh our rusty French. There is always a lot of laughter and "déviation" along the way! Group contact: Veronica Ashworth 01208 873397

Garden Visits

On 21st September the group visited Trenarth Gardens at Constantine, which has an emphasis on unusual plants, set around a 17th century farmhouse with water and bog features. We had a very informative 90 minutes guided tour in beautiful sunshine by the enthusiastic gardener Jeremy. The gardens have been planted over the last 30 years and extended so that they now cover about 4 acres. There has been a deliberate attempt to ensure variety, colour and interest through the year as well as encouraging conservation of wildlife, bats, birds and bees. The important breeding roost of lesser horseshoe bats in the cellar (60+) was featured in a Chris Packham BBC programme in April 2021.

Lunch Group

In August, 16 of us attended a lunch at the Boathouse in Charlestown. The food was delicious, many enjoyed bowls of mussels as starters and it was lovely to get to know some of our new members. And on 27th September 15 lively members had a very successful lunch at The London Inn, St Neot - the banter was good! Great food and excellent service - thoroughly enjoyed by all. The group are off to the Stepping Stones at Wadebridge towards the end of October.

Photography

After taking their cameras to see the beautiful moorland colours of heather and gorse at Colvannick and St Bellarmin's Tor, the Photography Group followed this up with a field trip for the late summer hues at Luxulyan Valley. A field trip to Penzance is planned for the end of October.

Poetry

Currently, our meetings are held monthly every 1st Friday of each month at 10.30am in the Reading Room at the Lostwithiel Community Centre. Group contact: Josephine Child 01208 871284

Pop and Rock Music Appreciation

In August, we celebrated our 100th track - Led Zeppelin's Kashmir as performed by Epic Symphonic Rock. Meanwhile, the theme for the September meeting was Journeys and we came up with some very different types : walking (Marc Cohn), flying (Fascinating Aida), trains (Jethro Tull), motorcycling (Steppenwolf) and driving cars (Meat Loaf, Roy Orbison and John Shuttleworth); we also had Highway Star by Deep Purple set to a GoPro cycling video in Cardinham Woods and some Japanese Kawaii metal in the shape of Babymetal.

Quizzes

There will be no in-house quizzes for the time being but the group will try again in the autumn/winter when there are fewer distractions, beach, trips out etc.

Scrabble

The group would be delighted to hear from any new members. They are a friendly little group and not over serious, playing purely for enjoyment. The group meets fortnightly on Thursdays at 2.00 pm at the Royal Oak. All equipment is supplied. For more details please contact Jon Hancock 01208 269456

Strollers

An easy and favourite walk to start the autumn season from Dunmere to Nanstallon Tea Orchard followed later in September with the Circular Clay trail walk (near Penwithick) ; Cardinham Woods is in the schedule for October followed by Spit Point and Beach, Par in November.

Strummers Ukulele Sing Along Group

Fun sing along Ukulele group meet every Monday 2 to 4pm at Lanhydrock Memorial Hall. New Members and Beginners are welcome. (we can loan you a ukulele and get you started)

Come along for a great Monday afternoon sing along, Contact: Brian on 07530507091

Theatre

We are a very lively, active and friendly Group meeting every 3rd Thursday morning of the month when members choose and help organize trips. We go to live and live-streamed theatre, music and dance in and around Cornwall and beyond.

We use public transport where possible. When cars are required transport depends on availability of drivers. Group contact: Carol Williams 01208 871077

u3Art

Members use a variety of drawing and painting media and at present has limited space for one or two new members of any ability. Currently the group is meeting in the Oasis Room at Lostwithiel Community Centre, usually on the 1st and 3rd Wednesdays of every month, from 2pm to 4pm. Group Contact: Trish Penrose 07780 713276

Ukulele Workshop

The Ukulele Workshop group sees themselves as complementary to the Strummers Ukulele Sing Along Group. The emphasis is on playing the ukulele and singing with the occasional inclusion of other instruments to enhance particular songs. Sessions are conducted in a helpful and supportive way. Meetings are held every Friday at the 1st Lostwithiel Scout Hut from 2.00 to 4.00 pm. The group performs as "Lost Chords". Group contacts : Alan Pearce 01208 872592/Cezar Leon 07900 694520

Walking

It was a dry, slightly cooler day than late for the first outing of our Autumn/Winter programme on September 12th, and 19 members of our walking group were keen to get out and savour a short but historically interesting circular walk from Pons Mill car park to Black Hill car park. Luxulyan Valley has long been regarded as an area of great outstanding beauty but also contains impressive remains of its industrial past including the imposing Treffry Viaduct, now managed under the auspices of Cornwall Heritage Trust. Since 2006 Luxulyan Valley has been part of the Cornwall and West Devon Mining Landscape World Heritage Site and is home to many varieties of wild life and flora and fauna. Sadly, on our walk, we saw none of the deer, otters or other animals promised in the guide book.

Wine Appreciation

In the past few years we have tasted wine from all over the world as each month a different member hosts the group and chooses which wines we should taste - sometimes by country or region, and sometimes by grape variety. We have all enjoyed trying wines which we would not normally have chosen so we like to feel our tastes have widened through belonging to this Interest Group. For the remainder of 2023 we will continue with a regular meeting of 3pm on the last Monday of the month. Group contact: Michael Furminger 07715546026

You can find out more about our groups on our website : lostwithielu3a.org.uk

The next Lostwithiel Area u3a Newsletter (December/January) will be out at the end of November