

January 2024

CARRICK NEWSLETTER

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www.u3acarrick.org.uk



U3A Carrick

Registered Charity No 1034910

U3A MEETINGS

Truro Monthly Meeting: Truro Central Library, 2nd floor at 2:00 p.m., Tuesday **23rd January**. **Phil Gadd** will talk about the **Time and Tide Bell installation on Par Beach**. See entry in Group news section.

WELCOME TO NEW MEMBERS

We welcome these new members and wish them a long and enjoyable membership.

Rosemary Walters Ruby Walker Alison Firks Diane Hale
Adrian Smith Amanda Starkey Lyn Spencer Susan Ellis

Bob Williams, Membership Secretary membership@u3acarrick.org.uk

ANNOUNCEMENTS

A VIEW FROM THE CHAIR

Hello. I don't have much to report this time; mainly I want to encourage you to attend the Extraordinary General Meeting which is set for Wednesday **17th January** from 9:45 for a 10:00 a.m. start.

We are asking you to agree the proposed changes to the constitution designed to make things easier for this and future committees, as well as increase potential involvement with hybrid meetings.

I have been asked for clarification of the rules for proxy voting which has also been proposed and so a representative proxy form is included in this newsletter.

The Committee have invited Carrick Consort and the Carrick Singers to provide some musical entertainment at the EGM and I hope you will all come along to enjoy listening to these successful groups.

As with any General Meeting we will need a quorum in January, and as membership numbers continue to grow that means we will need 70 people in attendance, so please put that time and date in your diaries and come along to support us.

Our first draw of the Carrick fundraiser, or 100 Club, has taken place at the Music Appreciation group and the winners are listed in the newsletter, the next draw will take place at the EGM so if you haven't yet picked your numbers do complete your forms and either send to me or bring them, and the relevant funds, along with you on the **17th**

January. Payment can be made by BACS to 30-98-76 a/c no 00863629, Carrick u3a, and please put "Draw" in the reference.

Finally on behalf of the Committee I would like to thank you for your continued support of Carrick u3a and wish you all a very happy Christmas and a healthy New Year.

See you in January.

Lesley Parsons, Chair 01209 314810 chair@u3acarrick.org.uk

UNIVERSITY OF THE THIRD AGE IN CARRICK EGM

You are invited to attend an Extraordinary General Meeting of Carrick u3a.

The EGM has been scheduled for 10:00 a.m. on WEDNESDAY 17th JANUARY 2024

At Kea Community Centre, Playing Place, Truro.

The topic for discussion is the proposed changes to the Constitution of Carrick u3a.

The changes are not substantial but are designed to enable smooth functioning of the Committee by giving Officers a two-year term and General Committee members a one-year term. This will allow Officers time to understand the role and enable the option of a smooth handover to incoming Officers. It will hopefully also encourage members of Carrick u3a to offer their time as Committee members.

It is also proposed that the leeway for non-payment of subscription fees be reduced from the current three-month period to 6 weeks. This will allow the Treasurer to predict income on a more accurate basis and prevent misuse of u3a resources by non-paying attendees.

It is also proposed that General Meetings are facilitated as hybrid meetings to enable more members to attend meetings and have a voice if they are unable to be at the venue.

Copies of the proposed constitution have been emailed or provided as hard copies to all members during the next two months.

Gillian Davies, General Secretary 01326 318514 secretary@u3acarrick.org.uk

TREASURER'S NOTE

Now that interest rates have risen considerably, with the agreement of the committee, I have placed a portion of our reserve into a "Fixed term deposit" account, from which our u3a will earn 5.08% interest over 15 Months.

This will be reflected in the January 2024 accounts.

I would like to wish you all a Merry Christmas and a happy New Year.

Jenny Fulleylove 07799 731383 treasurer@u3acarrick.org.uk

COMMITTEE NEWS

We are pleased to welcome Patsy Ross to the committee as a co-opted member to fill a vacancy that has arisen. Thank you, Patsy, for putting your name forward.

To all members, we wish you a very Happy Christmas and healthy New Year.

Gillian Davies, General Secretary 01326 318514 secretary@u3acarrick.org.uk

CONGRATULATIONS TO THE WINNERS OF OUR FIRST DRAW.

The Carrick Charity Draw took place on 15th December at the Music Appreciation Group.

The next draw will be on **17th January** at the Extraordinary General Meeting.

Winner of £10.00 First Prize No. 13 Jimmy Jackson

Winner of £5.00 Second Prize No. 67 Jodie Lee

Winner of £1.00 Third Prize No. 98 John Bishop

Lesley Parsons 01209 314810 chair@u3acarrick.org.uk

REMINDER TO ALL GROUP LEADERS

Could all group leaders who use a costed venue please ensure that they have cancelled the halls for any sessions not being run during the Christmas/New Year season. Thank you

Lesley Parsons 01209 314810 chair@u3acarrick.org.uk

EDITORIAL

Last month's picture was of the remains of Old Kea Church.

The first to get it was Steve Cook followed by Lyn Chapman.

Lyn tells me "This the Old Kea church was struck by lightning many years ago, demolishing one of the tower pinnacles. A new church was built a few miles away but there is also a very pretty little church next to the old one, which you can sometimes go into, Wednesdays I think, and there are a few services there too.

This month's picture shows a curious looking structure. So, where is it?

Your answer, as always, to editor@u3acarrick.org.uk please, or use your smart phone with this QR code to email your editor. The answer will be in next month's newsletter.



Mark Breach editor@u3acarrick.org.uk

OTHER EVENTS AND MEETINGS

Mylor Groups

The groups that use the Ord Statter Pavilion at Mylor Bridge were recently asked to take part in the Christmas tree display in the village church at Mylor Churchtown.

All four groups contributed decorations and the result can be seen in the photograph. Three of us had an interesting time decorating the tree and I am pleased to say we had several enquiries for further information. The display is there until the beginning of January and the church is open daily.

Gillian Davies 01326 318514
secretary@u3acarrick.org.uk



GROUP NEWS

CONNECTED CAFE

If you are an existing user of email and/or the internet but need help to do more, then we are starting monthly 'surgeries' from January, on the third Thursday morning of each month from 10:00 a.m. to 1:00 p.m., starting on Thursday **18th January**, at Chez Reilly near Penryn. With limited space and personal bandwidth, attendance will be by prior notification, by contact as below. Helen and I have already started to provide a little help and advice on a variety of topics which have included using and getting at email, setting up a freebie Zoom account, using Excel, getting started with a smartphone and recognising and resisting scams. We won't have all the answers, but may be able to help with searching them out.

Ric Reilly 07973 173367 reicreilly@icloud.com

BADMINTON

We have had another successful year with our average turn out of fourteen players from our 22 members. We use two courts with doubles matches being played. Each game is played up to 15 points during our 90-minute sessions. If anyone would like to join, please do. For further details look at our group's web page.





Eric Rabjohns mrabjohns@hotmail.co.uk 01209 821488

CARPET BOWLS 1

From all the members of the Carpet bowls group, at Ord Statter, Mylor Bridge.

This is a big thank to John and Janet Bishop, who have kindly gifted a carpet roller to assist with the rolling away of two of our carpets. We appreciate your gift more than anyone can say.



Also, we would like to also say a big thank you to Mervyn Knight for helping along with John Bishop to raise the floor in the storage cupboard in which the roller is stored.

Jenny Fulleylove 07799 731383 treasurer@u3acarrick.org.uk

CARRICK CONSORT

Carrick Consort have enjoyed a busy end of term. On 9th December some of us played a large selection of traditional Carols and Christmas Songs at Falmouth Pavilion, with a sociable lunch between sessions.



Then on 16th December fourteen of us performed a lunchtime Concert of lesser-known Christmas Music, with a few favourites included, at King Charles the Martyr Church to a small but very appreciative audience.



We are having a short break now but recommence on 5th January.

Helen Whomersley helenwhomersley@gmail.com

CARRICK SINGERS

Did you enjoy singing over the Christmas holiday? Would you like to do more?

Carrick Singers meet every Wednesday afternoon, 2:00 – 4:00 p.m., at Kea Community Centre, which has plenty of parking, and is easily accessible by bus from both Truro and Falmouth.

We sing a wide variety of music: songs from West End shows, folk songs, Mozart and more. We sing from sheet music, but no knowledge of music is required. An ability to hold a tune is desirable, but not essential. We are learning new skills all the time, as well as having fun. We take a break, when we socialise over tea and a biscuit.



Studies show that singing in a choir produces both mental and physical benefits. So come along and join us. Either come to a choir practice on Wednesdays from **10th January** or contact June Caddy on 07584 258727 for more information.

If you would like to hear us sing, we are hoping to perform a few songs at the EGM on Wednesday **17th January**.

Mary Wright wright2mary@hotmail.com

DONS KERNEWEK

Our group has a tradition that, rather than sending each other Christmas cards, we club together to support a local charity of our choice. This year we decided we would like to support the work of the Salvation Army, helping homeless people in Falmouth.

Karen and Steve Thomas from the Salvation Army came along to visit us and tell us something about their work, and the many different ways they help street sleepers and others in



need. Karen explained how, from a stall on The Moor, they regularly give out comforting hot food in the form of pot noodles. The pots are heated there on the spot, are easy to eat, and give welcome warmth to cold hands on the street.

We also heard about the many other ways the Salvation Army supports people in need.

For example, at Christmas they hold an annual Toy Appeal, by which toys can be donated and given to children of struggling families unable to afford Christmas presents.

Our group's donation of more than forty pot noodles was handed over to Karen and Steve, and the afternoon was rounded off with mince pies and a spot of Cornish dancing.

We will start meeting again on **11th January**, 2:30 – 4:30 p.m. at Bosvale Community Centre, Hillside Road in Falmouth. As ever, new members will be very welcome, and until then, we wish everyone a very Happy Christmas and New Year.

Sue Prout 07917341057

FOURTH FRIDAY, FALMOUTH

Falmouth Fourth Friday will meet again on **26th January**, at the Falmouth Hotel Camellia Room at 10:30 a.m. for coffee and a friendly chat, and to welcome in the New Year, and new members.

Alex Pascoe alexpascoe@talktalk.net 01326 211228, 07971 395995

FRENCH BEGINNERS

Are you interested in learning French? This group will take you from the very basics. So, if you've tried before, not succeeded, and would like to give it another go, get in touch.

Pat Dye patdye88@yahoo.co.uk 07904 113804

GARDEN

What a lovely surprise to have so many people at our December meeting. Eighteen in all including some more new members we were happy to welcome. Thank you everyone for making the effort. The Christmas tree festival displayed a wide range of homemade decorations very imaginatively created on the theme of peace and love.

For our next meeting I have booked a table for us at Trebah in the cafe. As so many people were able to make it on a Wednesday morning, I have booked the same day at Trebah. Meeting at the cafe means that no one needs to pay entrance unless they subsequently go on to visit the garden itself. We meet in the morning at 10:30 a.m. so anyone who wishes may stay on for lunch/garden visit or whatever they choose.

Our theme for the meeting is 'Gardener's Question Time'. I'm sure many of us have things we puzzle over which others may have experienced. Amongst us all there must be a fair old bit of knowledge so it would be good to share and discuss members' problems or queries. It would be most useful if anyone with a question could pass it on to me, email or WhatsApp are best. I can then circulate these on our WhatsApp group to give people some time to have any idea of solutions or suggestions they can contribute.

Details for the day: Wednesday **17th January**. Meeting 10:30 a.m. Trebah Gardens Cafe

Theme 'Gardener's Question Time'. Questions to be sent to me please beforehand.

As I've booked a table, I really need to know numbers in advance to confirm the booking so please let me know if you intend to come, thank you. I look forward to seeing you in January.

Merry Christmas everybody and see you in the New Year.

Kate Gidman kategarts.gdns@gmail.com 07962 805666

GREEK FOR BEGINNERS

Want to get more from your next trip to the Greek Islands? Why not learn a few words of modern Greek. Amaze the locals when you order your meal in their own language.

Impress people when you say "good morning" as you walk along the street. This will be very basic stuff but will enhance your travels no end. And... don't worry about trying to read that "secret code" they call an alphabet; we'll cheat and use lots of phonetics.

Want to know more?

Pat Dye patdye88@yahoo.co.uk 07904 113804

HANDICRAFT

Our last meeting was on 14th December, and we will start again on **4th January** at the

W.I. Hall, Chacewater.

We wish you all a Merry Christmas and a Happy Healthy New Year from all at the Handicraft Group.

Veronica & Gordon Richards
veronicacrichards@gmail.com 07893511192

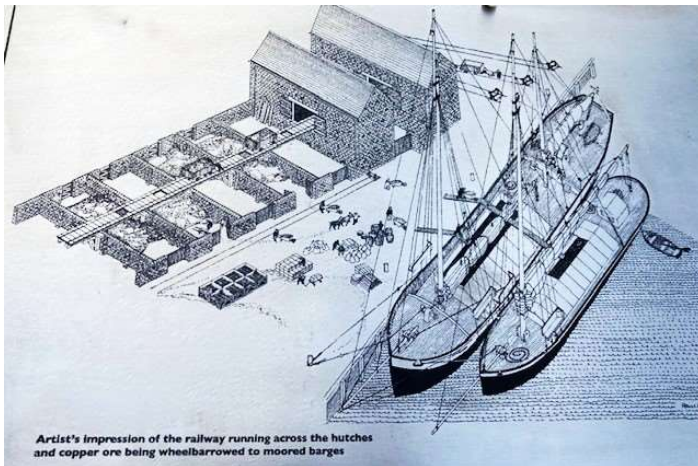


HISTORY

At our November meeting Phil Franklin gave an interesting and well-illustrated talk about Scottish castles and other historic buildings. Phil started by describing brochs, apparently defensive buildings dating from the late Iron Age, 500BC to 500AD. These are double-walled towers built by the dry-stone wall method and mostly found in North West Scotland.



They have no windows and generally one small door, often flanked by a guard cell. There is a spiral staircase in the gap between the walls leading to the higher levels, potentially with rooms built against the wall. They may have had a conical timber roof. Evidence of fire and pottery fragments have been found on the ground inside some towers. The precise purpose of these towers is not known. Phil then continued with the stories of a number of late medieval castles, most of which are now in ruins due to the skirmishes between the Scottish Clans and later battles with the English during the Scottish Rebellion. Phil's photo of a partially collapsed broch shows the sturdy construction of the original building,



Artist's impression of the railway running across the hutches and copper ore being wheelbarrowed to moored barges

In December we were again lucky with the weather for our guided walk, this time around Devoran. During the mid-19th century Devoran was the busiest port along the entire Cornish seaboard, handling the import of coal and timber for the Gwennap mines, and the export of the

copper ore. After hearing about the growth of the port and walking around the wharf area we adjourned to The Old Quay Inn for a welcome warming drink and Christmas lunch. Thanks to Wendy Forman for the photo of the artist's impression of the scene around the ore hutches, taken from the information board.

Our first meeting of the New Year is on Monday **15th January**. This is our popular Show and Tell meeting where members bring an old object which they value and tell the meeting about it. The meeting will be held at Kea Community Centre, Playing Place. The doors open at 10:00 a.m. and the meeting starts at 10:15 a.m. Please sign the attendance register on arrival and bring your current Carrick u3a membership card.

Sheila James u3acarrickhistory@gmail.com 01872 870745

MONDAYS ONLINE

Our informal gatherings online, using Zoom, are open to anyone who just feels like they would like some company and a natter, with no set agenda and just letting conversations go where they will. The gatherings are from 6:00 to 8:00 p.m. on the first and third Mondays of the month, so next will be Mondays **1st** and **15th January**.

As I write this at the last minute on 18th December, I am looking forward to chatting with friends this evening, and mindful that for some Christmas can be a lonely time, then I will set up a Zoom call to host a Monday Online on Christmas Day evening and of course Monday **1st January** is New Year's Day.

If you fancy joining us occasionally, then just drop me a line at mondaysonline@u3acarrick.org.uk, and I'll let you have the joining details for Zoom. If you haven't used Zoom before it is quite simple, and I'd be delighted to set up a 1:1 introductory session at your convenience to take you through it.

Ric Reilly 07973 173367 mondaysonline@u3acarrick.org.uk

MUSIC APPRECIATION

A big 'thank you' to all who supported this fledging group. Whoever says: 'Oh, that old stuff, boring', is early in need of a brain transplant. We next meet on Friday **15th January**, very important to note the New Year, and please bring along your favourite tunes. Next January might, or it might not be the music of Michael Tippett.

Nick Parsons nic.alchemy@yahoo.co.uk 01209 314810

PLAYREADING

Far From the Madding Crowd by Thomas Hardy is well known to many of us, especially through the Alan Bates / Terrance Stamp / Julie Christie film. The play follows the original story, but adapted for the stage of course. It tells of feisty young Bathsheba Everdene, who having inherited her father's farm, finds herself playing mistress in a man's world. She is pursued by three would-be lovers: the constant shepherd, Gabriel Oak; the obsessive landowner, William Boldwood; and the reckless Sergeant Troy. But are any of them a match for the headstrong and independent Bathsheba?

We read Peter Pan by J. M. Barrie which is the original play, not any later derivative pantomime. It is the much-loved story of the boy who never grew up and can fly. We followed his adventures through Neverland with all the favourite characters: Captain Hook, Wendy, Tiger Lily, Tinker Bell, The Crocodile, The Lost Boys ...

Mark and Chris Breach mark.breach@yahoo.co.uk 01872 862063

QUESTIONS OF THE DAY (QOD)

In the November Newsletter I outlined the possibility of starting a second group and asked interested members to contact me. I'm pleased to say that enough responded to that 'trawl' for a second group to be started.

The groups meet to discuss matters of current affairs. Numbers are limited to a maximum of 12 members. Because of the nature of the discussions, it is felt by the existing group that any increase in numbers would be increasingly difficult to manage.

One member has volunteered their home as a meeting place for the new group. The existing group has been meeting in member's homes for well over six years.

The new group, tentatively called Questions of the Day 2, will hold its first meeting in January. Both groups will meet on the third Tuesday of the month at 10:00 a.m.

QoD 1 will meet in the northern part of the Carrick U3A catchment area whilst QoD 2 will meet in the south of the area. This arrangement is simply because of the locations of the houses offered by the two host members. In time there may be the opportunity for members to swich from one group to the other in order to ease accessibility.

I will be the group leader for the new group. A new group leader is being sought for QoD 1.

Anyone wishing to join either of the QoD groups should, in the first instance, contact me preferably by e-mail or by phone advising me of their e-mail address, telephone number, and town or village in which they live. Please put 'QOD' as the subject of any email.

Peter Sudbury sudburyp@yahoo.co.uk 01326 619403

EVENTS CALENDAR

* Contact leader before first attendance. Subject to information supplied at time of preparation. Some events may change. Contact editor to input/edit entries.

January 2024

Mon 1 10:00 PETANQUE FALMOUTH Gyllyngvase Beach
10:00 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
16:00 TABLE TENNIS Feock Church & Community Hall
18:00 MONDAYS ONLINE online

Tue 2 10:30 FRENCH CONVERSATION Threemilestone Village Hall
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 3 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:30 ITALIAN online
13:00 PETANQUE TRURO Boscawen Park
13:30 ART, TRURO Feock Church & Community Hall
14:00 HUMAN PSYCHOLOGY Leader's home
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 4 09:15 BADMINTON 1 Tremough Campus
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 QUIZ Victoria Inn, Threemilestone

Fri 5 09:15 SHORT TENNIS 2 Tremough Campus
10:00 SPANISH COMPLETE BEGINNERS Denyer Court, Falmouth
10:15 WALKS, 5 BANANAS various locations

10:30 WALKS, RAMBLERS various locations
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 8 10:00 HISTORY Kea Community Centre
10:00 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
13:30 PLAYREADING leader's home
13:30 SOCIAL DANCING Perranwell Centre
14:00 YOGA* Feock Church & Community
16:00 TABLE TENNIS Feock Church & Community Hall
19:00 EUCHRE Oak Tree Farm

Tue 9 10:00 PHOTOGRAPHY Carnon Downs Village Hall
10:30 FRENCH CONVERSATION Threemilestone Village Hall
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
14:00 CREATIVE WRITING, TRURO Member's home
14:30 BOARD GAMES Moresk Community Centre, Truro
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 10 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone
12:45 CARPET BOWLS 2 Perranwell Centre
13:00 PETANQUE TRURO Boscawen Park
13:30 ART, TRURO Feock Church & Community Hall
14:00 CARRICK SINGERS Kea Community Centre
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 11 10:30 SCIENCE Kea Community Centre
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth

Fri 12 10:00 SPANISH COMPLETE BEGINNERS Denyer Court, Fal
10:15 WALKS, 5 BANANAS various locations
10:30 WALKS, RAMBLERS various locations
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
13:45 MAHJONG Perranwell Church Hall
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Sun 14 11:00 PETANQUE TRURO Boscawen Park

Mon 15 10:00 PETANQUE FALMOUTH Gyllyngvase Beach
10:00 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
13:30 SOCIAL DANCING Perranwell Centre
14:00 JAZZ APPRECIATION Carnon Downs Village Hall
14:00 READING, TRURO online
14:00 YOGA* Feock Church & Community

16:00 TABLE TENNIS Feock Church & Community Hall
18:00 MONDAYS ONLINE online

Tue 16 10:00 QUESTIONS OF THE DAY 1 Member's home
10:00 QUESTIONS OF THE DAY 2 Member's home
10:15 SCRABBLE Threemilestone Community Centre
10:30 FRENCH CONVERSATION Threemilestone Village Hall
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 17 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:30 ITALIAN online
10:30 GARDEN Trebah Gardens Café
12:45 CARPET BOWLS 2 Perranwell Centre
13:00 PETANQUE TRURO Boscawen Park
13:30 ART, TRURO Feock Church & Community Hall
14:00 CARRICK SINGERS Kea Community Centre
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 18 09:15 BADMINTON 1 Tremough Campus
10:00 CONNECTED CAFE Penryn
10:30 THIRD THURSDAY Truro
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth
18:00 NEWSLETTER CLOSING

Fri 19 09:15 SHORT TENNIS 2 Tremough Campus
10:00 SPANISH COMPLETE BEGINNERS Denyer Court, Falmouth
10:15 WALKS, 5 BANANAS various locations
10:30 WALKS, RAMBLERS various locations
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
14:00 MUSIC APPRECIATION Leader's home, Lanner
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 22 10:00 RUBBER BRIDGE Central Bar, Truro
10:30 CREATIVE WRITING, FALMOUTH Bay Court, Falmouth
10:30 SPANISH, BEGINNERS Norway Inn
14:00 PLAYREADING leader's home
14:00 YOGA* Feock Church & Community
16:00 TABLE TENNIS Feock Church & Community Hall

Tue 23 10:00 PHOTOGRAPHY Carnon Downs Village Hall
10:30 FRENCH CONVERSATION Threemilestone Village Hall
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
14:00 TRURO MEETING Truro Library
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 24 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone
10:15 READING, FALMOUTH Bay Court, Falmouth
12:45 CARPET BOWLS 2 Perranwell Centre
13:00 PETANQUE TRURO Boscawen Park
13:30 ART, TRURO Feock Church & Community Hall

14:00 CARRICK SINGERS Kea Community Centre
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 25 09:15 BADMINTON 1 Tremough Campus
10:30 TRAVELLERS' TALES Kea Community Centre
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth

Fri 26 09:15 SHORT TENNIS 2 Tremough Campus
10:00 SPANISH COMPLETE BEGINNERS Denyer Court, Falmouth
10:15 WALKS, 5 BANANAS various locations
10:30 FOURTH FRIDAY, FALMOUTH various locations
10:30 WALKS, RAMBLERS various locations
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
13:45 MAHJONG Perranwell Church Hall
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 29 10:00 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
13:30 SOCIAL DANCING Perranwell Centre
14:00 YOGA* Feock Church & Community
16:00 TABLE TENNIS Feock Church & Community Hall

Tue 30 10:30 FRENCH CONVERSATION Threemilestone Village Hall
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 31 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall

10:00 SKITTLES Threemilestone Community Centre

12:45 CARPET BOWLS 2 Perranwell Centre

13:00 PETANQUE TRURO Boscawen Park

13:30 ART, TRURO Feock Church & Community Hall

13:30 FRENCH FILM Feock Church & Community Hall

14:00 CARRICK SINGERS Kea Community Centre

16:00 TABLE TENNIS Feock Church & Community Hall

Use this QR code with your smart phone to find the most up-to-date version of the calendar. See what's on today.



SEA SHANTIES

Would anyone like to get together to learn and sing Sea Shanties through the winter?

This might not be a regular group as such but perhaps "ad hoc" meet ups as and when people are available. We can learn our parts at home then arrange to put them together.

Interested? Call me for a chat ...

Pat Dye patdye88@yahoo.co.uk 07904 113804

SAILING

The winter is almost upon us and the boats are coming ashore. Anyone interested in things nautical and getting together between now and the new season next April, please get in touch. If you have experience or need help with any of the following: Competent Crew Basics, Day Skipper, Rope Work, VHF Radio, Yachtmaster, Navigation, etc. ...

Pat Dye patdye88@yahoo.co.uk 07904 113804

SCIENCE

Last month 35 members were present for my talk that reviewed the latest book published by two vitamin D experts, Professor David Anderson and Dr David Grimes (1).

Global Vitamin D deficiency is at pandemic levels and has a detrimental health impact. Vitamin D acts on over a thousand genes, 15 of which are involved with our immune system. Low blood Vitamin D levels make us far more susceptible to viral and bacterial infections. Numerous studies have shown that taking high dose vitamin D3, 4000 IU/day, supplements is one of several ways to strengthen the immune system (2) and greatly reduce the risk of catching SARS-Cov-2 or minimising the severity of Covid-19 symptoms if caught. This knowledge poses a threat to the patent-based predatorial behaviour of the pharmacology industry and is why they work so hard to suppress and deny the importance of Vitamin D.

Anderson in conjunction with Prof Tritto, an Italian virologist, provides detailed evidence showing that SARS-Cov-2 virus was a laboratory designed bioweapon, using 'Gain of Function' research that originated in the US, before being banned in 2015 by President Obama. Funding was then diverted for its continuation in China at Wuhan, from where the virus escaped in late 2019.

The World Health Organisation (WHO) declared the Covid-19 pandemic in February 2020, advocating strict containment measures including the disastrous lockdowns. However, early evidence showed that the number of Covid-19 cases was grossly exaggerated due to serious errors in Prof Ferguson's modelling. In addition, the confirmatory Polymerase Chain Reaction (PCR) test for SARS-Cov-2 detection was not fit for purpose, as it has a false positive rate in excess of 90%. Furthermore, existing cheap proven anti-viral treatments such as ivermectin were wrongly dismissed or blocked from use, as being ineffective. Instead, toxic mRNA 'pseudo' vaccines that were developed at 'warp' speed, 8 months, were enabled to be used at considerable cost under Emergency Use Authorisation and the pharmaceutical companies were given immunity to liability for vaccine damage. We were told these were safe and effective, which proved not to be true. Over the last two years we have seen the highest ever number of serious side effects compared to all previous vaccines combined. These include heart inflammation, sudden deaths and 'turbo' cancers across all age groups. The virus continues to mutate and circulate within our communities and data shows that the more vaccinations you have, the more likely you are to get Covid-19, due to vaccine damage to the immune system.

There has been a reluctance by our government and medical authorities to discuss and investigate these excess deaths, yet they continue to suppress or dismiss any counter-views as misinformation. We are living in a dystopian world because if science is not open to challenge, then it's not science, but propaganda. It seems that we are subject to a Big Pharma/WHO driven global experiment to test novel toxic gene "pseudo" vaccines against a created bioweapon virus that Anderson says are crimes against humanity. Instead, we could have optimised the population's Vitamin D levels and used existing antivirals as a cheap, safe and effective way of dealing with this viral outbreak.

References

1. Vitamin D3 and the Great Biology Reset, April 2023; book pdf can be obtained free at:
<https://dgreatbiologyreset.com/#download>
2. Strengthening Your Immune System – How to Fight Infection, Allergy and Autoimmune Disease by Dr Paul Clayton, 2020.

Our next meeting is on **11th January** when Helen Reilly will be talking on “From Turing to Altman – The strengths and threats of Artificial Intelligence”.

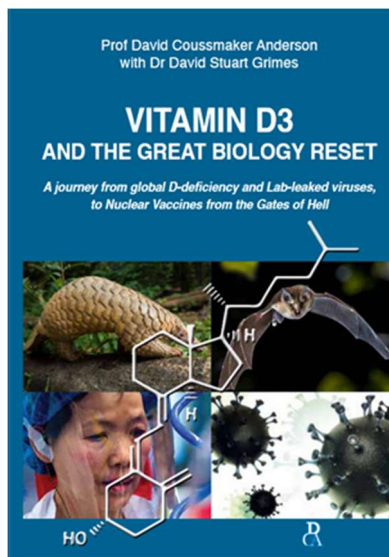
The development of Artificial Intelligence has suddenly taken off and this has sparked enthusiasm and concern in equal portions. We cannot put the genie back in the bottle, but we can ensure that it grants us the wishes that will improve and support our world, while controlling the sinister side often pictured in sci-fi movies. To do this we need to understand the basics so we can ask the right questions and challenge the uses. Hopefully, this talk will give you some of this information and answer some of your questions. We will look at the history, ways it is being used, consider how it could be used and the issues that need to be globally addressed to make sure it becomes our servant not our master.

Many thanks to all our members who gave talks this year. Wishing you all a most enjoyable Christmas.

Roy Fisher 01872 270528 raf59@talktalk.net

SCOTTISH COUNTRY DANCE

Our small but enthusiastic group continues to meet on Wednesday mornings in the beautifully spacious Ponsanooth Hall where we try out all sorts of formations and dances to the wonderful lilting Scottish dance tunes. We have a lot of laughs along the way and last week we tried a new dance ‘A Toast to the Mousies’ as a nod to Robbie Burns’ poem. Most of the Scottish dances tell a story or record a moment in Scottish history. Recently, we have been working on a dance entitled ‘The Luckenbooth Brooch’ which depicts the



intricate pattern of the traditional silver brooch which dates back to 16th century Scotland and to Edinburgh's High Street. Apparently the first small shops there, especially the jewellers', were "Locked Booths", hence the name of the historic brooch. The brooch design is of a heart and crown and the original is believed to have been given by Mary Queen of Scots to her lover and second husband, Lord Darnley. This style of brooch was later given as a symbol of betrothal or for love and protection of a sweetheart by a departing soldier to the battlefield.



We will be having a well-earned rest after Wednesday 13th December and restarting for the Spring Term. Do come and join in the fun and work off those extra pounds we will inevitably gain over the festive season.

The Scottish Country Dance group will meet at 9:30 – 11:30 a.m. on Wednesdays at Ponsanooth Hall from **3rd January** to **27th March** inclusive except 14th February.

Happy Christmas everyone.

Polly Barton polly7gv@gmail.com

SOCIAL DANCING

Following a fun-packed Christmas Party Dance, we are now having a break to recuperate. We will resume on **8th January**, but please note there will be no dance on 22nd January.

Alyson Cowlshaw 07707 280801

SPANISH, BEGINNERS and COMPLETE BEGINNERS

We currently have two Spanish groups running. To find out which is best for your particular level, contact me for a chat.

Pat Dye patdye88@yahoo.co.uk 07904 113804

TRAVELLERS' TALES

For Travellers' Tales, 2023 was rounded off in November with a super talk from Malcolm Clark on his anecdotal recollections of the silk routes, across land and sea. If you are a member of the group and missed it, a recording for personal plying is available.

As the fourth Thursday of December is in Christmas week, there is not a meeting of the Travellers' Tales group in December, so on behalf of Jon, myself and all those who help make it happen, may I wish everyone a cheery solstice, a happy Christmas and all the best for any travels in the New Year.

We almost have a full programme for the New Year, just one or two slots to match with speakers. To those on our group email I'll send out the details early in the New Year, and if you are not on our group email but would like to be kept informed and reminded, just drop me a line with your contact details at TravellersTales@u3acarrick.org.uk.

We will start next year with a talk from Phil Carson on Bonaire, which appropriately rhymes with 'where', as I have to confess it was somewhere I had never heard of until Phil enthusiastically told me more. Phil's talk will be at 10:30 a.m., doors open at 10:00 a.m., on Thursday **25th January** at the Kea Community Centre, and to whet your appetite here is an introduction from Phil.

“Bonaire is an island in the Leeward Antilles of the Caribbean, 80 km, i.e. 50 miles, off the coast of Venezuela. The island has an arid climate, is small; being only 288 square kilometres, 111 square miles, and has a permanent population of only 24,000 persons.



Known informally as the shore-diving capital of the world, it has many other attractions. After visiting the island frequently over the last 10 years I will overview the island, its history, some of the attractions it has, and how it is changing”.

In common with the Science and History groups, whenever possible Travellers’ Tales meetings held at Kea will be ‘hybrid’ meetings available simultaneously in the hall and online using Zoom. If you can’t be there but would like to join online then drop me an email at TravellersTales@u3acarrick.org.uk and I’ll let you have the joining details. With Phil’s kind permission we will be recording this talk.

All u3a Carrick members are welcome to our meetings, just come along, or join us online for talks that are zoomed. Meetings of the TT Group are held at the Kea Community Centre, Playing Place. There’s plenty of car parking at the hall, the bus stop is close by, adjacent to the Playing Place Shell Garage. There is a ramp access to the hall for wheelchairs and mobility scooters. Talks start at 10:30 a.m. but come any time after the doors open at 10:00 a.m.

Ric Reilly TravellersTales@u3acarrick.org.uk 07973 173367

TRURO MONTHLY MEETING

The steering group look forward to meeting up with everyone again in the new year.

In November we welcomed Andrew and Hilary Julian to our meeting. They regaled us with the fascinating story of their move to St. Martin's on the Isles of Scilly where they saw a business opportunity and a dream, which was to cultivate the land, grow mainly daffodils, transport and sell them on the mainland.

With a fine set of photographs, they spoke about the early years, the weather and setbacks which nearly made them give up in despair. They pressed on creating a thriving business which has now been passed on to the next generation.

We will be joined by Phil Gadd for our January meeting. Phil is a very active member of Friends of Par Beach and will speak about the Time and Tide Bell which was installed on Par beach last year.

Phil was a main player in the project along with Richard Park and his team which after years of hard work and fund raising culminated in the massive structure.

With climate change and raising sea levels Phil's story is very relevant to our time.

Refreshments; the steering group is also intending to return to those days of yore and offer tea, coffee and biscuits after the discussion from January onwards.

Richard Allen richardwallen85@gmail.com Carol Waters 01872 272951

UNIVERSITY OF THE THIRD AGE IN CARRICK EGM

An Extraordinary General Meeting is to take place at 10:00 a.m. on Wednesday 17th **January** 2024 at Kea Community Centre, 47 Old Coach Road, Playing Place, Truro, TR3 6ET in order to agree changes to the Constitution of Carrick u3a.

AGENDA

1. Welcome.

2. Constitution Amendments to Section 5

Proposal to amend the “period of grace” for membership renewal
Proposed by the committee.
Presented by Bob Williams

3. Constitution Amendments to Section 6.

Proposal to amend the timescale committee members may serve
Proposed by HH and the committee
Presented by Jenny Fulleylove

4. Proposal to allow Hybrid attendance at General Meetings

Proposed by the committee
Presented by Ric Reilly

5. Proposal to allow Proxy voting at general Meetings

Proposed by the committee
Presented by Sue Hutt

6. Charity Lottery

The doors will open at 9:45 a.m. for tea and coffee.

Please bring your current membership card.

We hope that members will make every effort to attend so that we can achieve the necessary quorum. Carrick Consort and Carrick Singers will be there to entertain us during the morning.

Gillian Davies, General Secretary 01326 318514 secretary@u3acarrick.org.uk

CARRICK U3A FORM OF PROXY FOR ANNUAL GENERAL MEETING

I

being a member of Carrick u3a appoint the Chair of the meeting or

..... as my proxy to vote on my behalf at the Annual General Meeting of the u3a to be held on [INSERT DATE AND TIME] and at any adjournment of the meeting, on the following resolutions, as indicated by an 'X' in the appropriate box or if no vote is indicated, as they think fit.

MY MEMBERSHIP NUMBER IS

	RESOLUTION	FOR	AGAINST
1	Accept minutes of AGM [INSERT DATE]		
2	Receive and adopt the accounts for the 12-month period ending [INSERT DATE]		
3	To be completed as appropriate		
4	Confirm the appointment of the Society's Auditor/Independent Examiner		

Signature.....

Date.....

NOTES

1. To be valid, this form must be received by hand, post or email at [INSERT SOCIETY REGISTERED NAME, ADDRESS, EMAIL ADDRESS & PROXY DEADLINE DATE & TIME].
2. The form must be signed. If someone else signed the form on your behalf, you or that person must send the power of attorney or other written authority under which it is signed to the above address.
3. This form enables you to instruct your proxy how to vote in the event of a poll on the resolutions to be proposed at the meeting. Please indicate with an "X" how you wish to vote. If you do not indicate how you wish to vote, the proxy will vote or abstain from voting as he or she thinks fit.
4. The appointment of the Chair as proxy has been included for convenience. If you wish to appoint any other person or person as proxy or proxies delete the words "the Chair of the meeting" and add the name and address of the proxy or proxies appointed.
5. Returning the form of proxy will not prevent you from attending the meeting and voting in person.

ACCOUNTS

The accounts are a month behind as they have to be confirmed by the committee. If you have any questions please don't hesitate to ask.

Income and Expenditure Account up to 31/01/2024

Income		Expenditure	
Subscriptions	£17,809.40	Venue Hire	£13,055.64
Catering		Zoom	£95.99
Donation	£414.50	Third Age Trust Capitation	£2,636.00
Gift Aid	£2,196.14	Newsletter	£1,135.00
Miscellaneous	£81.58	Postage	£1,447.60
Fundraising	£524.00	Speaker Expenses	£60.00
Interest		Website	£62.39
TAM Postage	£96.49	Christmas Show	£0.00
Postage	£1,012.50	Miscellaneous	£3.20
Transfer TH fund	£115.80	Equipment	£57.34
	£24.00	Admin	£1,366.21
		TAM Newsletter postage	£127.17
	£22,274.41		£20,046.54
		Excess of Income over Expenditure for the year	£2,227.87
Balances at Bank b/fwd 01/01/2023		Balances at Bank c/fwd 30/11/2023	
Current Account	£22,405.35	Current Account	£24,616.73
(less unrepresented cheques)	£0.00	(less unrepresented cheques)	£0.00
	£22,405.35		£24,616.73
Tony Herring Memorial Account	£4,857.74	Tony Herring Memorial Acc	£5,380.66
	£27,263.09		£29,997.39

Income and Expenditure T Herring Account for the year ended 01/01/2023 to 31/01/2024

IN		OUT	
Catering		Speaker Expenses	£130.00
Donation trans from main acc	£399.30	Christmas Show	£0.00
Miscellaneous		Miscellaneous	£6.00
Fundraising	£362.00	Equipment	£25.58
100 Club	£186.00	Truro PA system	£50.00
		Laptop for Chair	£160.00
		Venue Specials	£25.80
		Venue	£27.00
	£947.30		£424.38
Balance at 01/01/2023	£4,857.74	Balances at Bank c/fwd 30/11/2023	£5,380.66

Jenny Fulleylove, Treasurer 07799 731383 treasurer@u3acarrick.org.uk

PUZZLES

SUDOKU

6	8					3	
3			5		2		
		9		4			
		5	1			4	
9							6
	1		9		7		
		1		7			
		8		2			9
	4					5	3

In last month's Sudoku the three shaded numbers, in order, were **2, 8, 6**.

The first to get it was Joan Woodward followed by Peter Becker.

For this month's puzzle, just tell your editor the three numbers in the shaded squares, top to bottom, or left to right as applicable.

Good-Natured Numbers

The numbers 1184 and 1210 have an interesting relationship. If you find the factors of 1184 and add them up you get 1210. If you find the factors of 1210 and add them up you get 1184. The factors of each are:

1184 1, 2, 4, 8, 16, 32, 37, 74, 148, 296, 592 Their sum is 1210

1210 1, 2, 5, 10, 11, 22, 55, 110, 121, 242, 605 Their sum is 1184

There are many other such pairs that have the same relationship and which are larger, but only one pair which is smaller. What is that pair?

Last month's problem – Birthday Cake



Mark Breach mark.breach@yahoo.co.uk

CONTACT US

OFFICERS & COMMITTEE

Chair:	Lesley Parsons	01209 314810	chair@u3acarrick.org.uk
Vice-Chair:	Sue Hutt	01872 864494	vicechair@u3acarrick.org.uk
General Secretary:	Gillian Davies	01326 318514	secretary@u3acarrick.org.uk
Treasurer:	Jenny Fulleylove	07799 731383	treasurer@u3acarrick.org.uk
Membership Secretary:	Bob Williams	01326 219334	membership@u3acarrick.org.uk
Groups' Coordinator:	Pat Harrod	07407 243106	groupscoordinator@u3acarrick.org.uk
Committee:	Margaret Ingles	01872 272344	Mervyn Knight 01872 241697
	Paul Lucas	01736 710474	Sylvia Roper 07936 523282
	Patsy Ross	01326 712157	

Membership, Change of Address, Mode of Newsletter Delivery. The u3a is open to those no longer in full time employment. No age restriction. Contact Bob Williams for a membership information pack or to change to/from emailed and paper newsletter delivery.

Groups Contact. You can start a new group within the aims of u3a, subject to cost and others with shared interest. Contact the Groups' Coordinator. Requests for group expenditure must be preauthorised by the Committee.

Webmaster. webmaster@u3acarrick.org.uk Newsletter copy also goes to the webmaster.

Digital Lead. Ric Reilly 07973 173367 ricreilly@icloud.com

Newsletter. Copy to editor@u3acarrick.org.uk by **6:00 p.m.** on the **18th** of the month.



Photography
Group
December

