

February 2024

CARRICK NEWSLETTER

CONTENTS

New Members	2
Announcements	2
Editorial	5
Group News	5
Nomination Forms	13
Calendar of Events	17
Members' Small Ads	22
Monthly Draw	23
Accounts	24
Puzzles	26
Contact Us	27



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 **27th February**. **John Wallace** will discuss the development of the **Morris Minor** and also share and exchange your stories of this iconic motor car. See entry in Group News section.

WELCOME TO NEW MEMBERS

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

Jane Hall Chris Mitten Janette Kessell Mary Walker John Walker

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

ANNOUNCEMENTS

AGM

The Committee of Carrick u3a wish to give notice of the intention to hold an AGM. The meeting will be held on **Wednesday 10th April 2024** at The Perranwell Centre commencing at 2:30 p.m.

In accordance with our Constitution, all Officers and ordinary Committee members, who were elected in 2022 or co-opted during 2023, will stand down.

Nomination forms may be found in the centrefold of the newsletter.

The election will be by written ballot.

Following the decisions agreed at our recent EGM, if you are unable to attend the AGM in person, it will be possible to register a proxy vote.

In order to do this, requests must be made in writing to the Secretary no later than **Wednesday 20th March 2024** and completed forms returned to the Secretary no later than **Wednesday 27th March 2024**.

Any motions for consideration by members at the meeting must be received by the Secretary by **20th March 2024**.

It has been considered advisable to amend the previous planned date of our AGM in order to avoid the Easter period.

Please note the change of time as well as date, but the venue remains the same as usual.

Again, because of the number of bank holidays associated with Easter the cut off dates for nominations, motions and proxy applications are as if the meeting were to be held the previous week as originally planned. It would also be helpful that nominations could be received before the cut-off date for the newsletter on **18th March** in order that prospective candidates can be identified in the March newsletter.

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

A VIEW FROM THE CHAIR

On this cold January day, it doesn't seem too late to wish you all a Happy New Year. All good wishes to you for 2024.

Many thanks to those of you who attended the Extraordinary General Meeting on 17th January, and to those who sent apologies and good wishes for the meeting. There were over 100 people in attendance and I am pleased to say that all proposed amendments to the constitution were agreed by clear majority votes. Thank you to those members who helped with refreshments, or in any other way. I would also like to express my thanks to the Committee members who put in so much hard work discussing the proposals and being there to make sure the meeting ran smoothly.

There was an interesting question asked about Trustees and Committee members, so I want to clarify how the Committee works. Every member of the Committee takes on the role of Trustee of Carrick u3a, this acknowledges the fact that the Committee is responsible for the care and effective use of the funds and resources of Carrick u3a. There is a personal responsibility attached to being a Trustee, but because we are under the umbrella of the national body of the u3a there is very little personal financial liability for each Committee member. What I would like to emphasise is that all Committee roles, whether officer or not are done on a purely voluntary basis, I have heard that some members think the committee/trustees are paid. This is not and never has been the case, the ethos of u3a is that no-one stands to make any financial or material gain from involvement in the organisation. Our Group Leaders and our Committee are all voluntary, and many give not only time and effort but also personal resources to ensure groups are available and that the organisation continues to grow.

We were delighted that the Carrick Singers and Carrick Consort were able to be at the EGM and sing and play for us, it is nice to have the opportunity to see what some of our groups do and everyone appreciated the talents on display, and I hope we can persuade them and perhaps other groups to entertain us at this year's AGM.

The January draw for the u3a Charity Lottery took place at the EGM, two new members joined on the day and I am pleased to announce that one of them won the £10 first prize. Please look for the draw results and an application form in this Newsletter.

So, what is in store for 2024? We are looking at potential dates for a Group Leaders' meeting to catch up with and support our group leaders, coffee and cake will definitely be involved.

There has been more than one request for another quiz evening, building on the success and slight wobbles of the previous one. So, look out for the announcements and expect anagrams, pictures, music (?) dingbats, non-exploding pasties, oh yes and some questions.

I am hoping we will be able to strengthen our liaison with the university this year and have found a willing volunteer, Mike Rogers, to lead that liaison. I also hope that we will be able to have some sort of talent show or other event to see what our groups are doing, so volunteers with a talent for organising such events please step forward.

I will end there or our Editor will say I am at risk of reader fatigue. I want to express the thanks of the Committee to Mark Breach who does such a great job editing and producing this newsletter in good time each month and I even forgive him for removing my brackets and exclamation marks*, there is never a constant for how much we ask Mark to include and I am pleased to see that more and more groups are sending in reports and pictures, many thanks Mark.

I look forward to meeting more of you at various groups over the next few months.

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

** Yes, they've been removed here too – it's a house style thing. Ed.*

CONGRATULATIONS TO THE WINNERS OF OUR FIRST DRAW.

The Carrick Charity Draw took place on 16th January at the EGM.

£10 Winner Number 40 Marian Almond

£5 Winner Number 9 Patsy Ross

£1 Winner Number 17 Janice Piper

Don't miss your chance to join this elite group, sign up for the draw today, application form in this Newsletter.

Lesley Parsons 01209 314810 chair@u3acarrick.org.uk

EDITORIAL

Last month's picture was of the remains of the Celtic Cross at New Cut Car Park in Redruth.

The only one to get it was David Westby.

This month's picture shows an interesting façade. What and where is the building concerned?

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

GROUP NEWS

EUCHRE 2

I am hoping to start a new Euchre card group. It will be held in an afternoon, hopefully from 1:00 p.m. onwards. We will help you learn how to play this enjoyable game. If anyone would like to take part, can you contact me.

Jenny Fulleylove 07799 731383 jennpetfull79@gmail.com

CARPET BOWLS 2

Carpet Bowls is cancelled on Wednesday 24th January

Sue Zahra suezahra@aol.com 07877 438305

CARRICK SINGERS

Carrick Singers thoroughly enjoyed singing for their fellow u3a members on Wednesday 17th January, following the EGM, at Kea Community Centre. The choir sang a wide variety of cheerful numbers and audience members enjoyed singing along with 'Is this the way to Amarillo?' The choir was accompanied and led by their Musical Director Richard Bailey, who also introduced the songs.

Carrick Singers practice on Wednesday afternoons between 2:00 and 4:00 p.m. at Kea Community Centre, and anyone interested in joining us will be very welcome to come along and give us a try. Non-U3A members can attend up to 3 sessions to decide whether they would like to join us, and u3a.



Our next concert is planned for Saturday **17th February** at 2:00 p.m. at the Princess Pavilion in Falmouth. We will perform a wider selection of items from our repertoire. We would love to have members come to listen to us and enjoy our singing.

For information contact June Caddy on 07584 258727.

Mary Wright wright2mary@hotmail.com

CONNECTED CAFÉ

If you are an existing user of email and/or the internet but need help to do more or grapple with the odd technical tease then by the time you read this we will have started monthly 'surgeries' on the third Thursday morning of each month from 10:00 a.m. to 1:00 p.m.; the next one being on Thursday **15^h February**, at Chez Reilly near Penryn. We don't know, i.e. haven't a clue, what issues and topics our visitors will raise, and as I write this for the newsletter it with bated breath that we wait for the inaugural session on 17th January. In the last month it's been a fair spread of topics, where we have been able to help, including access to emails from a phone, setting up and loading apps on a tablet, getting more out of a smartphone, helping to set up a Zoom licence to stay in touch with family, preparing for a Teams call, a refresher on spreadsheets using iSpread on an iPad, safely archiving pictures, and recognising and resisting scams.

With limited space and personal bandwidth, attendance will be by prior notification, either with a call or email me. We won't have all the answers, but may be able to help with searching them out.

Ric Reilly 07973 173367 ricreilly@icloud.com

DONS KERNEWEK

Now the New Year is here, our weekly dancing sessions start and we would like to invite anyone wondering about Cornish dancing to come and see for themselves how enjoyable it is. New members are always welcome to our group, so we hope to see you there.

Our regular sessions take place at Bosvale Community Centre in Falmouth every Thursday, 2:30 – 4:30 p.m. However, on Thursday **1st February** we will be away from there, entertaining members of the Carnon Downs Memory Cafe.

A Happy New Year, everyone.

Sue Prout 07917341057

FIRST SATURDAY

From time to time, I receive enquiries from u3a members wishing to join the First Saturday Group, unfortunately I have had to explain that we had as many members as we could manage. Usually, I explained how the group worked and suggested that they consider starting a similar group. To encourage anyone wishing to start a new group I thought I should recap what we actually did in 2023.

First Saturday meets for lunch on the first Saturday of each month and that has been the most difficult part to arrange. Finding somewhere that can take at least 18 of us and without needing to preorder or pay a deposit has been limiting; our current venue has been very helpful, there is ample parking, a bus stop outside and it is just about walkable for half the group.

At the meeting, amongst the eating, drinking and chatting, we circulate ideas for events to attend in the future. Anyone who wants to organize an event puts the details on a form which is passed around the table. Those who would like to attend put their names on the form and agree to pay the costs specified such as tickets or transport. The proposer then arranges the event and keeps everyone updated on the details. Very often a meal is arranged before an event or perhaps after there will be a debrief at a nearby hostelry. The numbers attending events varies from 2 or 3 to 12 or more.

Over the last year we have started to get back into the swing of things following covid; the group organized at least 28 events. The biggest beneficiary of the group's activities is The Plaza in Truro; we always keep an eye out for the more unusual films and last year we went to eleven. The Plaza also does online transmissions from such places as The Royal Opera House and The National Theatre; and we took in nine plays, a ballet and two operas. There were also visits to the Hall for Cornwall, Truro Cathedral, art galleries, Open Gardens and small live music events.

The events can be as simple as someone saying I'm going to the cinema next week who wants to come, through to a visit to the Theatre Royal in Plymouth with group train tickets and a meal booked. Something for everyone. Good luck.

Mike Rogers mike142122@gmail.com 07753249550

FOURTH FRIDAY, FALMOUTH

We will meet again at the Falmouth Hotel Camellia Room at 10:30 a.m. for coffee and a chat, and to welcome new members.

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

GARDEN

Due to difficulties at Trebah, I had to make a quick change of plan for our January meeting and booked for 17th January without realising at the time it was the same morning as the EGM. I changed the date to the 24th January and contacted all those I could to inform of the change. As I had asked people to confirm their intention to attend for booking purposes, I am very hopeful that we covered all bases and no one was there on the 17th January wondering where we all were. Looking forward to our 'Gardener's Question Time', I haven't had many questions yet so I hope you will come with some queries others may help with along with all that knowledge I'm sure we can share. As a reminder it's Trebah Gardens Cafe, 10:30 p.m., Wednesday **24th January**.

For February it has been agreed that we will meet on a Saturday as it is the Bosvigo Gardens charity day for Hellebores. The information given is that the gates open at 10:00 a.m. but people start queuing from 9:30 a.m. if you want to be there at the start and see all the plants for sale. Apparently, they are about sold out after a couple of hours so it sounds a bit of a mad rush. I suggest we plan to gather at the garden around 10:15 a.m. after the initial flood of people whether or not you are there to buy. I went last year and the woodland garden is not large but has some interesting plants with snowdrops as well as hellebores.

I have booked a table for us to have coffee at the County Arms for 11:00 a.m. which is only 3 minutes' drive or 13 minutes' walk away. There is very little parking at the garden so it's maybe necessary to park a little way away, where possible it would probably be good to car share. For those close enough to walk, that's great or it's 7 minutes' walk from Truro station. Hopefully, however we get there we'll be able to squash everyone into cars to transport us all to the pub. Finally, if there is anyone who would like to join us but does not wish to visit the garden, please join us for coffee at 11:00 a.m. at the County Arms. I do need to know numbers for confirming our booking at the County Arms. Please contact me in the usual way, WhatsApp, phone or email.

Kate Gidman 07962 805666 kategarts.gdns@gmail.com

HISTORY

Our January meeting was the popular Show and Tell, where members bring an old object which they value and tell the meeting about it. As usual, behind each object there was an

interesting story. We heard stories of old houses and the people who had lived in them, of relatives lost and found, and a gold mine lost and sadly not found. Old documents told the story of an unusual surname and valued ornaments recalled the relatives to whom they had belonged.

There were souvenirs from the late queen's coronation including a treasured bible. We heard the story of a lucky find in the attic and a more sombre tale of objects picked up while walking around the battlefield of the Somme. The photograph shows group members examining some of the objects following the meeting.



Our next meeting is on Monday **12th February** when Helen Reilly will talk about Pendennis Castle and its 500 years of military history. 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.

If you are unable to attend the meeting in person and wish to attend via Zoom please contact Ric Reilly on ricreilly@icloud.com

Sheila James u3acarrickhistory@gmail.com 01872 870745

HUMAN PSYCHOLOGY

It was with sadness that we learned of John Faupel's passing in early January, and our sympathies have been sent to Sonja and the family. John did a marvellous job of leading the Human Psychology group, graciously hosting it at his home, setting scenes and writing briefs for some intriguing and sometimes challenging discussions, which very much further the educational aims of our u3a.

With John's passing the meetings are in abeyance until we can literally regroup. If any member would be interested in picking up leadership of the group, then please let me or Pat Harrod, groupscoordinator@u3acarrick.org.uk know, noting that finding a new venue is a separate consideration.

I shall miss my Wednesday afternoons at chez Faupel. RIP John.

Ric Reilly 07973 173367 ricreilly@icloud.com

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 and do. The gatherings are from 6:00 to 8:00 p.m. on the first and third Mondays of the month, so in February that's Mondays **5th** and **19th February**.

If you fancy joining us occasionally, then just drop me a line, details below, 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

PÉTANQUE, TRURO

In December we had our Christmas Lunch at the Victoria Inn; most enjoyable.

Also, eight of us went to play in the Melee Christmas game at Tregony; no prizes won, except in the raffle, but a very good day of Boules.

We are continuing to play during the winter, if the weather is not too stormy.

Please contact me first if you would like to join our group.

Jane Stevens janestevens52@hotmail.co.uk 01872 279667

PLAYREADING

Only one play this month because of Christmas. We read High Profiles by Woodrow Wyatt in which Conservative MP Philip Grantly has a wife who loves him, a mistress who also loves him, two teenage children and a good chance of a seat in the Cabinet in the next reshuffle. However, his wife discovers his affair, his daughter gets suspended from school for drug abuse and his son has a fight with the police. Add to that the News of the World uncovers his affair and threatens to publish, so destroying his chances of being in the Cabinet. Solicitor, Sir Edgar Wiseman, must find a way of stopping the paper from publishing.

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

SCIENCE

A record turnout of 51 members, including 6 using Zoom heard an excellent and thought-provoking account from Helen Reilly about the strengths and threats of Artificial Intelligence (AI). Helen had worked in the IT industry since 1979, then became freelance

before switching to teaching computer studies in 1996. She mentioned that her first boss had worked with Alan Turing at Bletchley Park in WWII.

AI refers to the development and deployment of computer systems that can perform tasks that typically require human intelligence. AI systems aim to analyse and interpret data, extract meaningful patterns, and make predictions or take actions based on the insights gained. AI algorithms and neural networks need large datasets and advanced computational power to train models and improve their performance over time.

AI already drives applications in our daily lives including satnavs, Google maps, commercial chatbots, health/sleep apps and traffic control. AI programs used in games are now able to beat world champions at Chess and Go. Helen then talked about ChatGPT, a natural language processing tool that allows you to have human-like conversations and to answer questions, as her live demonstration showed. It doesn't always get it right.

The benefits of AI include efficiency through task automation that runs 24/7, rapid data analysis for informed decisions, assistance in medical diagnosis, use of robot assistants for the elderly, identifying thieves and shoplifters using facial and movement recognition and facilitating driverless cars.

However, the disadvantages of AI need to be recognised, which include micro-targeting by political or terrorist groups, ease of getting bogus qualifications, loss of jobs, and it offers a more sophisticated tool for scammers. AI can be biased and discriminatory as it is only as good as the data set used which may not be transparent. As with any new technology there is a need for national and international control agreements on its use.

My concern is that AI will lead to a number of job losses, including professional ones. It also has the potential to increase the level of Internet misinformation and make it more difficult to know if video images have been spoofed. We need to make sure we are not heading for an Orwellian future as portrayed in 1984.

Ref: ChatGPT at <https://chat.openai.com>

At our next meeting on **8th February** Roy Fisher will be talking on “The Dark Side of Stress”.

Humans have the ability to respond to sudden danger by turning on their stress response, in which we see the acute release of cortisol and adrenalin. The stress response switches off once the danger has passed. However, in the 21st century many people suffer from chronic activation of the stress axis due to prolonged exposure to a variety of daily stresses. The effects of chronic stress can impact various systems within the body and contribute to the development or exacerbation of numerous chronic health problems, such as heart disease, mental health disorders and impaired immunity.

Over the last three years, the covid-19 pandemic and its associated lockdowns have caused additional significant social, economic, and mental health consequences, further

increasing the level of chronic stress that may possibly have contributed to the excess of deaths seen in the UK since 2021.

Roy Fisher 01872 270528 raf59@talktalk.net

SKITTLES

Hello all fellow skittle players. We start our New year of Skittles on **31st January**; it's been a long while since we last played. Looking forward to meeting you all again and hopefully new members to our group.

Jenny Fulleylove jennpetfull79@gmail.com Maureen Gilbert 07799 731383

THIRD THURSDAY - TRURO

We will meet for coffee and chat in Zafiro's, New Bridge Street Truro from 10:30 a.m. on Thursday **15th February**. We are a very friendly and welcoming group and look forward to meeting new members.

Julia Holme julia.holme@outlook.com

TRAVELLERS' TALES

It's been a while but Christmas wasn't short of Travellers' Tales even if they were not in the hall at Kea. It was with trepidation that I agreed to pick up the reins from John Skelton who knows everyone on the highways and byways of Cornwall let alone everyone in the u3a, a difficult act to follow. I have been delighted by the number of u3a members willing to share their adventures with the group, and we have a full and interesting programme for 2024 which has been circulated and is on the u3a website. Paper copies will be available at the next TT meeting.

We will start 2024 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 (50 miles) off the coast of Venezuela. The island has an arid climate, is small; being only 288 square kilometres (111 sq ml) and has a permanent population of only 24,000 persons.

Continued on page 20

Nomination Forms for the Office or Committee of u3a Carrick are overleaf.

There are two forms. Only one is required for each candidate you choose to nominate.

If this is your printed copy of the newsletter, please remove this centre section from the newsletter.

If you received this newsletter electronically, please print the following pages as required.

NOMINATION FOR OFFICE OR COMMITTEE OF U3A CARRICK

I, _____
(Proposer's name, printed and signed)

Being a paid-up member of u3a Carrick, do hereby nominate:

(Name of person you are proposing)

for the post of: _____ for the year 2024/2025.

Seconded by:
(Printed and signed) _____

Signed by person who has been proposed: _____ Date: _____

Candidates for Office or for Committee Member are asked to submit a personal statement, maximum 300 words, to be circulated to all members in the April newsletter in time for the Annual General Meeting. Please send the statement to editor@u3acarrick.org.uk no later than **6:00 p.m. on 18th March**. Candidates may also send a head and shoulders photo of themselves to editor@u3acarrick.org.uk to be included with their personal statement.

Notes:

1. Candidates, proposers and seconders must be paid up members. They should sign the form and their names should be clearly printed.
2. The posts are Chairman, Vice-Chairman, General Secretary, Treasurer, Membership Secretary and Committee Member.
3. The nominee must sign to give his/her permission for the nomination.
4. Candidates must be aware that, if they are elected, they are automatically regarded by the Charity Commission as Trustees of u3a Carrick.

Forms must be returned **no later than 20th March** to Gillian Davies, General Secretary, 8 Tregenna Court, Port Pendennis, Falmouth TR11 3XG

NOMINATION FOR OFFICE OR COMMITTEE OF U3A CARRICK

I, _____
(Proposer's name, printed and signed)

Being a paid-up member of u3a Carrick, do hereby nominate:

(Name of person you are proposing)

for the post of: _____ for the year 2024/2025.

Seconded by:
(Printed and signed) _____

Signed by person who has been proposed: _____ Date: _____

Candidates for Office or for Committee Member are asked to submit a personal statement, maximum 300 words, to be circulated to all members in the April newsletter in time for the Annual General Meeting. Please send the statement to editor@u3acarrick.org.uk no later than **6:00 p.m. on 18th March**. Candidates may also send a head and shoulders photo of themselves to editor@u3acarrick.org.uk to be included with their personal statement.

Notes:

1. Candidates, proposers and seconders must be paid up members. They should sign the form and their names should be clearly printed.
2. The posts are Chair, Vice-Chair, General Secretary, Treasurer, Membership Secretary and Committee Member.
3. The nominee must sign to give his/her permission for the nomination.
4. Candidates must be aware that, if they are elected, they are automatically regarded by the Charity Commission as Trustees of u3a Carrick.

Forms must be returned **no later than 20th March 2024** to Gillian Davies, General Secretary, 8 Tregenna Court, Port Pendennis, Falmouth TR11 3XG

Gillian Davies, General Secretary,
8 Tregenna Court,
Port Pendennis,
Falmouth TR11 3XG

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.

February 2024

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

Fri 2 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 5 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 YOGA* Feock Church & Community
16:00 TABLE TENNIS Feock Church & Community Hall
18:00 MONDAYS ONLINE online

Tue 6 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 7 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:30 ITALIAN online
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
14:00 HUMAN PSYCHOLOGY Leader's home
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 8 09:15 BADMINTON 1 Tremough Campus
10:30 SCIENCE Kea Community Centre
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEK Bosvale Community Centre, Falmouth

Fri 9 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
13:45 MAHJONG Perranwell Church Hall
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Sun 11 11:00 PETANQUE TRURO Boscawen Park

Mon 12 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 13 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 14 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 15 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

Fri 16 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

Sun 18 18:00 NEWSLETTER CLOSING

Mon 19 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 20 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 21 09:30 SCOTTISH COUNTRY DANCE Ponsanooth VHI
10:00 SKITTLES Threemilestone Community Centre
10:30 ITALIAN online
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 22 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 KERNEWEK Bosvale Community Centre, Falmouth

Fri 23 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 26 10:00 RUBBER BRIDGE Central Bar, Truro
10:30 CREATIVE WRITING, FALMOUTH Bay Court, Falmouth
10:30 SPANISH, BEGINNERS Norway Inn
13:30 SOCIAL DANCING Perranwell Centre
14:00 PLAYREADING leader's home
14:00 YOGA* Feock Church & Community
16:00 TABLE TENNIS Feock Church & Community Hall

Tue 27 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 28 09:30 SCOTTISH COUNTRY DANCE Ponsanooth VH
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
13:30 FRENCH FILM Feock Church & Community Hall
14:00 CARRICK SINGERS Kea Community Centre
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 29 09:15 BADMINTON 1 Tremough Campus
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEK Bosvale Community Centre, Falmouth



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



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. "On Thursday **22nd February**, we welcome back Leonie Whitton and David Westby, who gave one of the short talks, 'A Taster of Tuscany', back in October. In February they will take us on a Journey around Puglia in a southern Italy which forms the heel of the boot.



Living and working in Puglia for over twenty years David and Leonie took their guests away from the usual tourist trails. They visited busy cities, thriving olive farms and remote Masseria to discover traditional ways of life, unchanged food production, prehistoric ritual sites, ancient

troglodyte churches and hidden works of art.

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 and I'll let you have the joining details. With the speakers' kind permissions, we will also be recording the January and February talks.

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.

If you are not already on our group email but would like to be kept informed and reminded, just drop me a line with your contact details.

Ric Reilly TravellersTales@u3acarrick.org.uk 07973 173367

TRURO MONTHLY MEETING

With a new year starting we wish to extend an invitation to all long standing and especially new members to come along and give us a try.

In a few days' time, **23rd January**, Phil Gadd will tell the story behind the installation of the Time and Tide Bell on Par beach, as detailed in the previous newsletter. Don't forget; please arrive in good time as time & tide wait for no man, or woman.

The February meeting will be 'An afternoon of nostalgia'. Come along to the Truro meeting and reminisce about one of the most iconic cars of the 1950's to the 1970's, the Morris Minor.

John Wallace will lead us in an investigation of the creation and development of the various forms of the car which many families owned in this period.

Hopefully this will bring back lots of memories for those of us of a certain age. So come along and share your memories, and if you have any, your photos too.

Where did your Morris Minor take you? Did you learn to drive in one? Did it take you to your wedding or your first job, or even an adventure abroad? We look forward to an afternoon of stories, pictures and memories of a British made car of which we were all so proud.

At the end of each talk or session we will now be offering tea/coffee and biscuits with a chance to socialise and air your views and opinions. Please join us.

Richard Allen richardwallen85@gmail.com Carol Waters 01872 272951

MEMBERS' SMALL ADS

For members who wish to advertise their wants, goods or services.

Mother Goose

Your editor is running the box office for CDDG's next panto which also stars his wife, Chris; she's the good Fairy Phoenix. A great show for all kids and their grandparents.



Tickets at <https://www.ticketsource.co.uk/cddg>

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

Do you have a favourite or lucky number? Then why not pick it for inclusion in our

U3A CARRICK MONTHLY DRAW

For £1.00 per entry your number will be included in our monthly draw when three lucky numbers will win a £10 first prize, a £5.00 second prize and a £1.00 third prize.

Draws will be held mid-month and winning numbers will be announced.

To enter complete the form below and send it as an attachment to
lesleydragon22@gmail.com

Or hand it in a sealed envelope to any committee member with the appropriate cash/cheque or BACs payment confirmation.

Application to take part in Carrick u3a Monthly draw

Please Print: First Name -----

Surname -----

Contact details -----

My preferred number is -----

Two alternative options are-----

Numbers between 1 and 100- confirmation of number available will be given

I enclose cash/cheque to cover ----- monthly entries at £1.00 per month

Or I have made a BACs payment to Carrick u3a to cover ---- monthly entries

Please put Charity Draw in the reference

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.

After some consideration it was felt by the treasurer and committee that it would be worthwhile to transfer funds that were not regularly used, and could be earning us some interest, whilst still being accessible. To this end I have opened an easy access account, for the monies currently in the Tony Herring Legacy account, which will be closed.

Transactions will still be accounted for in the general account. Also, I will still continue to make a list of payments made from the original Tony Herring Legacy, as and when, and entered into the newsletter.

Income and Expenditure Account up to 31/12/2024

Income		Expenditure	
Subscriptions	£17,953.40	Venue Hire	£14,927.04
Catering		Zoom	£95.99
Donation	£408.72	Third Age Trust Capitation	£2,636.00
Gift Aid	£2,196.14	TAM	£127.17
Postage	£1,030.50	Stationary	£349.83
Fundraising	£524.00	Postage	£1,599.20
Interest		Newsletter	£1,230.00
TAM Postage	£102.25	Admin	£26.00
100 Club	£65.00	Re - imburse	£27.15
Transfer TH fund	£578.10	Speakers	£60.00
		Webpage	£67.19
		Catering	£39.89
		Trans THL	£947.30
		Equipment	£76.63
		Extras	£28.90
	£22,858.11		£22,238.29
		Excess of Expenditure over income for the year	£619.82

This number will not balance back until the two new accounts come to their end.

Balances at Bank b/fwd 01/01/2023		Balances at Bank c/fwd 31/12/2024	
Current Account	£22,405.35	Current Account	£23,025.17
(less unrepresented cheques)	£0.00	(less unrepresented cheques)	£0.00
	£22,405.35		£23,025.17
Tony Herring Memorial Account	£4,857.74		
	£27,263.09		

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
		Open Easy Access Account	£5,000.00
		Transfer to u3a account	£380.66
		Total	0,000.00

OFFICIALLY CLOSED 20/12/2023. MONEY TRANSFERRED TO OPEN "EASY ACCESS ACCOUNT" ON 13/12/2023 AND REMAINDER TO u3a ACCOUNT.

ON OPENING OF A "EASY ACCESS ACCOUNT FROM THE T H LEGACY" 13/12/2023
INTEREST IS ACCUMULATED ON EVERY MONTH END

	<u>IN</u>	<u>OUT</u>
13/12/2023	£5,000.00	
Interest 01/01/2024	£4.99	
Interest Jan-24		
Interest Feb-24		
Interest Mar-24		
Interest Apr-24		
Interest May-24		
Interest Jun-24		
Interest Jul-24		
Interest Aug-24		
Interest Sep-24		
Interest Oct-24		
Interest Nov-24		
Interest Dec-24		
	£5,004.99	

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

PUZZLES

SUDOKU

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

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

The first to get it was Joan Woodward followed by Chris Ayres, Mary Jarvis and 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.

That Sinking Feeling

If the plug comes out of my boat it will sink in 10 minutes. With the plug in I can pump out a full boat in 20 minutes. With a second pump my wife can do the same in 25 minutes. One day while sailing along the plug comes out and is lost. If we pump as fast as we can, how long have we got before the boat sinks?

Last month's problem – Good-Natured Numbers

Numbers with the property that the sum of the factors of one is the other number and vice versa are called Amicable Numbers. The only pair of Amicable Numbers that are smaller than those in the question are 220 and 284.

220 1, 2, 4, 5, 10, 11, 20, 22, 44, 55, Their sum is 284

284 1, 2, 4, 71, 142 Their sum is 220

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	Lesley Vingoe * 07717 849458

* Lesley Vingoe put her name forward to join the committee some while ago and we would like to give her a warm welcome as a co-opted member of the committee until the forthcoming AGM.

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
Close-up

