

March 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 1:30 p.m., Tuesday **26th March**.
Community Police advice and help for the elderly. See entry in Group News section.

WELCOME TO NEW MEMBERS

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

Peter Newell Christopher Soper Sarah Rousset Carol Scott Jim Robinson
Jennifer Scadding Kate Hussey Diane Foster Geoff Rayson Colin Robinson
Christine Burrell Sally Wessels Terrence Carter Graham Amer

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

ANNOUNCEMENTS

AGM WEDNESDAY 10TH APRIL AT THE PERRANWELL CENTRE

The AGM of Carrick u3a is to be held on Wednesday **10th April** 2024 at The Perranwell Centre, 2:00 p.m. for a 2:30 p.m. start. Please note the afternoon start time.

Nominations for election to the committee are invited from members but must be with the General Secretary no later than **20th March**, and preferably before **18th March** in order to be printed in the newsletter prior to the meeting. It would be helpful if candidates submit a short resume and photograph for inclusion in the newsletter.

Motions for consideration at the meeting must be with the General Secretary as above.

Following our recent EGM it is possible for members who, for exceptional circumstances, are unable to attend in person to apply to the Secretary for a Proxy voting Form. Again, the closing date for such an application is Wednesday **20th March**. The forms must be returned at least 7 days before the meeting.

We look forward to seeing as many members as possible at the meeting in order to form a quorum. Please bring your current membership card.

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

A VIEW FROM THE CHAIR

I have to apologise. It seems I was possibly misleading in a response I gave to a question at the recent EGM.

When I said that we do not vote retrospectively on changes to the constitution, I was not clear about my meaning, nor did I properly address the question in point.

There was a question about the length of time a person could serve on the committee of the u3a, and whether or not the 9-year rule was retrospective.

Below is an extract from the u3a website which makes this clear.

“Do the terms of office start again from the adoption of the new constitution? ... all trustees are subject to a maximum period in office of nine years ... All periods served (whether before or after adoption of the new constitution) count towards the maximum. In other words, if someone has served on the committee of a u3a for six years prior to the adoption of the new constitution, they will only be able to serve a maximum of three years after adoption, such three-year period to include any transitional period. ...The above will apply in all cases – there is no opt out or scope for discretion in relation to trustee terms.”

Therefore, anyone who has served on the committee for 9 years or more at any time is no longer eligible to hold a committee post.

I refer you to the Third Age Trust website for more information.

Again, apologies for any confusion. Regards...

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

A VIEW FROM THE VICE-CHAIR

Arrangements for the quiz night on Saturday **16th March** at 7:00 p.m. at Kea are well underway; if you would like to join us, please send your team names and pasty orders to vicechair@u3acarrick.org.uk. Only one member of the team needs to be a Carrick member, so bring along your friends and neighbours for an enjoyable evening out.

We are hoping to repeat the Tony Herring Lecture in October and have been investigating speakers, more details in the next newsletter. Group leaders' meetings are planned, hopefully one in June and a further one in the autumn so that the committee can develop closer links with members and support the very valuable people who run our groups. Carrick u3a would not exist without them and their dedication, and I would like to thank them for the time and energy they devote to their posts.

We are sad to announce that some of our committee will not be standing for election again at the AGM. If you feel able to offer your services, please get in touch with Lesley or myself and we can explain what is involved.

The second carpet bowls group has been successfully launched, using the state-of-the-art equipment at Perranwell. It takes place on Wednesday afternoons. If you are interested in joining them, please contact Sue Zahra. There are also rumours of a ukulele group starting, so watch this space.

Finally, congratulations to the latest winners of the charity draw. If you would like to join, please get in touch. If we can get to 100 people participating, we will be able to increase the size of the prize money.

Sue Hutt 01872 864494 vicechair@u3acarrick.org.uk

DRAW WINNERS

The February winners are:

1st prize £10 Maureen Langdon

2nd prize £5 Malcolm Roberts

3rd prize £1 Pat Harrod

Sue Hutt 01872 864494 vicechair@u3acarrick.org.uk

CO-OPTED COMMITTEE MEMBER, MIKE ROGERS

The committee extends a warm welcome to Mike Rogers who has been co-opted to take on the University liaison role and will also be chairing the small sub-committee looking at future funding.

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

NOTICE FROM TREASURER AND MEMBERSHIP SECRETARY

Members are reminded that the subscription for 2024/2025 is not confirmed, until it is agreed at our AGM on **10th April**. The renewal form will be in the May newsletter.

Incorrect payment will delay your membership renewal.

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

Bob Williams, Membership Secretary 01326 219334 membership@u3acarrick.org.uk

TONY HERRING MEMORIAL LECTURE

Here is advance notice of a date for your diary. The Tony Herring Memorial Lecture will take place on Thursday **17th October** at Kea Community Centre, at 10:30 a.m. Doors open at 10:00 for tea and coffee. Our speaker will be Jason Semmens, Director at the Museum of Military Medicine, on Witchcraft and Folklore in Cornwall from the medieval period until the mid-20th century.

We hope this will be of interest to our members and we look forward to seeing you.

Sue Hutt 01872 864494 vicechair@u3acarrick.org.uk

ALL GROUP LEADERS

As a group leader you should have recently received an email from me as Groups Coordinator, concerning the sending in of attendance figures for your group for this membership year.

If you have not received this mail and it is not in your spam, please could you let me know and I will send it directly to you and look into why you have not received it.

Pat Harrod, Groups Coordinator groupcoordinator@u3acarrick.org.uk

EDITORIAL

Last month's picture was of St Georges Arcade on Church Street in Falmouth. That's right, no apostrophe.

The first to get it was Peter Sudbury followed by Steve Cook, Mike Rogers, Jill Mooney, Bernard Hinson, John Baldock, Richard Uren, Judy May*, Tony Clark, Sheila Cooper, Maureen Gilbert.



* Judy tells me "Once upon a time there was a theatre there but this closed well before my time. The old image of St

George on the front was damaged some years ago. Falmouth Civic Society played a big part in having the current handsome St George created and installed."

This month's picture was taken in a short tunnel. So, what stands above it and what is in the brick structure in the sunshine? And have I given too much away already?

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

UKULELE

Would anyone be interested in getting together to learn to play the Ukulele? It is fun and easy to learn, and is a great social activity.

You do not need to be musical. As long as you can read these letters, C, G and F, enjoy music, and have two hands, then you will be fine.

Oh, and you do need a ukulele too. The basic one costs around £20.

Interested? Want to know more? Contact me by email, text or phone.

Judy Moseley judy@moseley.tech 07981 343490

CARRICK CONSORT

The national u3a has recently appointed a new subject adviser for Recorder playing. Val McCarroll is professionally trained and is a very experienced teacher. She is able to offer online lessons to anyone interested in learning any of the Recorder family instruments and how to read music or any advice on the subject. She can be contacted at Recorderadviseru3a@hotmail.com

If you already play do feel free to come and try out Carrick Consort. We are a very friendly group who usually meet most Friday afternoons in term time at Kea Community Centre, Playing Place.

Helen Whomersley helenwhomersley@gmail.com

CARRICK BELLS

As so many members of this group will be at the Manor House on 27th February, Brenda and I have taken the decision to cancel the afternoon sessions that day. Play as normal the following week.

Gillian Davies 01326 318514

CARRICK SINGERS

Carrick Singers held their first public concert of the year at The Princess Pavilion, Falmouth, on Saturday 17th February. Accompanied by our talented Musical



Director, Richard Bailey, we romped through a varied selection of music which was enthusiastically applauded.

There were over 50 people in the audience, which included several current U3A members who came to support us (thank you), quite a few families with young children who enjoyed dancing to the lively music, and other members of the public. Leaflets with details of Carrick U3A were placed on the tables, and several people expressed an interest in joining the choir; they will be very welcome.

Carrick Singers practice every Wednesday afternoon, between 2:00 and 4:00 p.m. at Kea Community Hall at Playing Place.

Our next two concerts will be; at the U3A AGM on Wednesday **10th April**, and at King Charles the Martyr Church, Falmouth on Saturday **25th May**.

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 we 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 **21st March**, at Chez Reilly near Penryn. We never know, i.e. haven't a clue, what issues and topics our visitors will raise, but so far, they have been wide and varied, and in most cases we can resolve the issues often by delving into the internet or calling on experience from our visitors themselves.

With limited space and personal bandwidth, attendance will be by prior notification, either with a call or an email to Ric. 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

We had a good afternoon entertaining people at the Carnon Downs Memory Cafe. With music provided by the Aggie Folk Band, we put on a display that included Cornish Knave, a very pretty dance quite new to our repertoire. People at the Cafe joined in with the music and took part in some of the dancing. Afterwards, we were extremely well looked after, as

we relaxed over tea and cakes. Our thanks go to Margaret from Aggie Folk for interrupting her own tea to take the photograph.



We continue to meet weekly at Bosvale Community Centre in Falmouth. New members are always welcome and will be given plenty of help to pick up our Cornish dances.

We wish you all a Happy St Piran's Day, Gool Peran Lowen, on 5th March.

We will not be meeting on 28th March and 4th April.

Sue Prout 07917341057

FOURTH FRIDAY, FALMOUTH

Falmouth Fourth Friday will meet at the Falmouth Hotel on **22nd March** in the Camellia Room at 10:30 a.m. for coffee. Join our friendly group for a chat, and to welcome new members, and hopefully look forward to some Spring weather.

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

FRENCH BEGINNERS

This group runs on Fridays in Falmouth from 12:00 noon to approximately 1:30 p.m.

Please note that I will be away from 5th to 22nd March so if you require information or wish to join us, contact me by e-mail, not telephone.

Pat Dye patdye88@yahoo.co.uk 07904 113804

GARDEN

We had a lively and interesting meeting at Trebah Gardens cafe in January. The selection of questions for our Gardener's Question Time led to much discussion



and some useful and interesting ideas. It was a pleasure to welcome some new members as well as some much-missed returners making a group of 25, the most yet and just enough room for us all in the reserved section of the cafe, a very pleasant place to spend our morning.

This month, a reminder for the meeting on Saturday **24th February** to Bosvigo gardens for the Hellebore day followed by coffee at the County Arms. Bosvigo opens at 10:00 a.m. but the queue starts early if you are eager to buy plants and have the pick of the bunch. We can congregate at the garden and then coffee will be from about 11:00 a.m. More details in the previous newsletter. Thanks to those who have contacted me. I do please need to know numbers because of booking places.

Next month will again be later in the month as it was agreed to visit the Falmouth Spring Flower Show at The Princess Pavilion. It is the 114th so quite an institution. If you look on the website 'propercornwall.co.uk' and search for Falmouth Spring Flower Show 2024 you will find some details. I understand that schedules and entry forms will be available soon so perhaps you would like to enter something. It's all free both to enter and to attend and there will be a wide range of flowers along with other categories like photography to enjoy.

It is a Saturday again as it's a weekend event and we can meet from 2:00 p.m. as we view the show. I shall book a table in the cafe for 3:00 p.m. for a tea break and meeting as the cafe closes at 4:00 p.m. The show however continues until 5:00 p.m. so almost certainly some more time to go around if anyone needs it.

Visit details: Saturday **23rd March**. 2:00 p.m. The Princess Pavilion, Falmouth, TR11 4AR, the same venue as our December meeting.

A table will be booked in the cafe for 3:00 p.m. so I will need numbers. Please contact me in any of the usual ways.

Kate Gidman 07962 805666 kategarts.gdns@gmail.com.

HANDICRAFT

We are still around at Chacewater, sorry we forgot to send in information last month, we are enjoying ourselves knitting, crocheting, decoupage, crystal art. Come and join in if you can.

We are at Chacewater WI Hall in the car park, from 2:00 p.m. until 4:00 p.m. every Thursday afternoon.

If you are unable to drive there, you can catch the T1 or T2 bus.

And yes, we have new members coming.

Veronica & Gordon Richards veronicacrichards@gmail.com 07893511192



HISTORY

We had a record attendance at our February meeting to hear Helen Reilly's both interesting and entertaining talk about Pendennis Castle.



Helen is a volunteer guide at the castle and gave us a visual tour of the original castle and its later additions, spanning 500 years of history. Helen explained that Pendennis sits on a strategic headland protecting the English Channel. She described both the use and the development of the castle from its building at the behest of Henry VIII to defend England against threats from the French and the Spanish, to its use in WWII as the centre of the South West Coastal Defence providing essential support for the Atlantic convoys. Even today the castle can be requisitioned at short notice by the military in times of need.

Helen kindly agreed for the talk to be recorded, and if you missed the talk and wish to see the recording, please contact Ric at the address below.

Our next meeting is on Monday **11th March** when we will have a talk from Francis Shepherd and Hannah Curnow of the Cornwall Council Historic Environment Unit. Francis and Hannah will talk about the Historical Environment Record of Cornwall and the Isles of Scilly, which includes all Cornwall's scheduled monuments and sites of historical interest. They will show us how to access this extensive on-line archive via the mapping system with its numerous layers. 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

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 this month that's Mondays **4th** and **18th March**.

If you fancy joining us occasionally, then just drop me a line 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 one-to-one introductory session at your convenience to take you through it.

Ric Reilly 07973 173367 mondaysonline@u3acarrick.org.uk

PÉTANQUE, TRURO

We are still playing every week if the rain is not too bad but we are hoping for warmer dry weather.

In March some of us are going to a competition at Scorrier, so we will not be at the park on the Sunday 10th March.

Then on Sunday **17th March** St Austell u3a, are coming to us at the park for a friendly competition.

These matches are usually very enjoyable but competitive; with cake of course.

If you intend joining our group please email me, or come along and talk to us.

Jane Stevens janestevens52@hotmail.co.uk 01872 279667

PLAYREADING

Two plays this month:

"Fiddlers Three" by Eric Chappell is a double bill comprising two one act plays We Don't Want To Lose You and Cut and Dried. In the offices of Multiple Holdings, Rex, Harry and Osborne form a somewhat uncomfortable alliance against the management, as personified by the devious Fletcher. In the first, Rex, ordered to sack Osborne, offers Fletcher his own resignation in protest. To his horror, it's accepted! In Cut and Dried everyone's after Rex's job but Harry ingratiates himself with the bosses to better effect.

"The Reluctant Debutante" by William Douglas Home is a delightful romp through the world of debutante balls and upper-class society, filled with charm, wit, and an abundance of comedic moments. Set in the refined backdrop of London's high society, the play offers a humorous exploration of the clash between tradition and modernity, as seen through the eyes of its endearing characters.

At the heart of the play is Jane Broadbent, a refreshingly unconventional debutante who finds herself thrust into the spotlight of London's social scene. Played with great charisma and wit, Jane is a breath of fresh air amidst the stuffy conventions of debutante life. Her reluctance to conform to societal expectations leads to a series of hilarious misadventures, as she navigates the intricacies of romance, family dynamics, and the pressures of high society.

The supporting cast of characters adds depth and colour to the narrative, from Jane's overbearing mother, Mrs. Broadbent, to the charmingly roguish David Hoylake-Johnson.

Overall, "The Reluctant Debutante" is a delightful comedy that offers plenty of laughs along with a warm-hearted exploration of love, family, and the enduring power of individuality.

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

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 15th March** to Gillian Davies, General Secretary, 8 Tregenna Court, Port Pendennis, Falmouth TR11 3XG

NOMINATION FOR OFFICE OR COMMITTEE OF U3A CARRICK

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(Proposer's name, printed and signed)

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(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: _____

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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.

March 2024

Fri 1 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
12:00 FRENCH BEGINNERS Falmouth
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 4 10:00 PETANQUE FALMOUTH Gyllyngvase Beach
10:30 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 5 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 6 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
16:00 TABLE TENNIS Feock Church & Community Hall
19:00 ROCK & ROLL Carnon Downs Village Hall

Thu 7 09:15 BADMINTON 1 Tremough Campus
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:00 QUIZ Victoria Inn, Threemilestone
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth

Fri 8 10:00 SPANISH COMPLETE BEGINNERS Denyer Court, Fal
10:15 WALKS, 5 BANANAS various locations
10:30 WALKS, RAMBLERS various locations
12:00 FRENCH BEGINNERS Falmouth
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 10 11:00 PETANQUE TRURO Scorrer

Mon 11 10:00 HISTORY Kea Community Centre

10:30 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 12 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 13 09:30 SCOTTISH COUNTRY DANCE Ponsanooth V 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

19:00 ROCK & ROLL Carnon Downs Village Hall

Thu 14 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 15 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

12:00 FRENCH BEGINNERS Falmouth

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 18 10:00 PETANQUE FALMOUTH Gyllyngvase Beach

10:30 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

18:00 NEWSLETTER CLOSING

Tue 19 10:00 QUESTIONS of the DAY 1 Mem's home, Carnon Downs
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 20 09:30 SCOTTISH COUNTRY DANCE Ponsanooth V 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
16:00 TABLE TENNIS Feock Church & Community Hall
19:00 ROCK & ROLL Carnon Downs Village Hall

Thu 21 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 KERNEWEK Bosvale Community Centre, Falmouth

Fri 22 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
12:00 FRENCH BEGINNERS Falmouth
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

Sat 23 GARDEN Princess Pavilion

Mon 25 10:30 CREATIVE WRITING, FALMOUTH Bay Court, Fal
10:30 RUBBER BRIDGE Central Bar, Truro
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 26 10:00 PHOTOGRAPHY Carnon Downs Village Hall
10:30 FRENCH CONVERSATION Threemilestone Village Hall
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
13:30 TRURO MEETING Truro Library
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 27 09:30 SCOTTISH COUNTRY DANCE Ponsanooth V Hall

10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone

10:00 SKITTLES Threemilestone Community Centre

10:15 READING, FALMOUTH Bay Court, Falmouth

12:45 CARPET BOWLS 2 Perranwell Centre

13:00 PETANQUE TRURO Boscawen Park

13:30 FRENCH FILM Feock Church & Community Hall

14:00 CARRICK SINGERS Kea Community Centre

16:00 TABLE TENNIS Feock Church & Community Hall

19:00 ROCK & ROLL Carnon Downs Village Hall

Thu 28 09:15 BADMINTON 1 Tremough Campus

10:30 TRAVELLERS' TALES Kea Community Centre

14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

Fri 29 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

12:00 FRENCH BEGINNERS Falmouth

13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge

14:00 PHILOSOPHY 2 Carnon Downs Village Hall

14:30 CARRICK CONSORT Kea Community Centre

15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

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



ROCK AND ROLL

Following our winter break, Rock and Roll starts again on Wednesday **13th March** at 7:00 p.m. in Carnon Downs Village Hall. Owing to the popularity of the hall I have been unable to book consecutive weeks. So, our Spring dates are: **13th, 20th, 27th March; 10th, 17th April; 8th, 15th May.**

Only 7 weeks this time, instead of our usual 8, so please make sure they're in your diary. Complete beginners are always welcome, but it does help if you get in touch beforehand so we know to expect you. We look forward to seeing new and previous members, it's time to get those dancing shoes out, listen to some great music and strut your stuff. You can be assured of good fun, good exercise and a very warm welcome.

Sue and Ray Hutt sueandray21@btinternet.com 01872 864494

SAILING

The new season will be starting in just a few short weeks. This group does not have a regular timetable as such, rather ad hoc meet-ups. If you love things nautical and want more info, contact me please.

Please note that I will be away from 5th to 22nd March so if you require information or wish to join us, contact me by e-mail, not telephone.

Pat Dye patdye88@yahoo.co.uk 07904 113804

SCIENCE

Last month I gave a talk to 45 members on the impact of chronic stress on health. Over the last 30 years society has suffered from rising levels of stress which in many individuals can mean that the sympathetic nervous system fails to switch off and blood cortisol levels are higher than in the unstressed state. Over time this leads to chronic stress, which has significant and far-reaching consequences on both physical and mental health and contributes up to 80% of GP consultations. It features in heart disease, type 2 diabetes, irritable bowel syndrome, anxiety and depression. It also contributes to obesity and suppression of immunity. Individuals may experience chronic stress due to a combination of factors from different aspects of their lives. Robert Sapolsky, Professor of neurology and neurosurgery at Stanford university has studied the impact of stress on the brain that is detailed in his book and video "Why Zebras Don't Get Ulcers" (1)

The working environment is a major cause of stress especially in high demand jobs in which individuals have little control, unlike those at executive level. The Japanese were the

first to recognise death through overwork (karoshi) in the 1970s, and this is now globally on the rise in people who work more than 55 hours a week.

Chronic stress during pregnancy and in early childhood can predispose to poor health in adult life. The epidemiologist Professor Michael Marmot showed that the greater the inequality within a country will equate to more stress and illness, increasing the demand on health services.

When the covid pandemic came along in 2020 our society was turned upside down and many became more anxious and distressed, further increasing stress levels. Psychological stress and social isolation are dominant determinants of an individual's health. The impact of lockdowns made the situation far worse as it seriously damaged the economy, closed schools, increased isolation and worsened mental health, particularly in children. Levels of anxiety and self-harm in teenagers are at a record high and over 25% are regularly absent from school. Together with an enormous NHS backlog, chronic stress has contributed to the excess deaths, about 30,000/year, mainly from heart disease, seen since 2021. Social inequality has increased.

Effective stress management strategies (2), such as breathing exercises, movement and exercise, mindfulness and reflective journaling can help mitigate the negative effects of chronic stress on both physical and mental well-being. As the impact of stress affects the poorest most, reducing inequality and investing in other social measures, would benefit the country and lead to a more cost-effective health service.

References

1."Why Zebras Don't Get Ulcers: Stress and Health":
<https://www.youtube.com/watch?v=D9H9qTdserM>

2."Beat stress with science: 4 key techniques for stress relief" - Dr. Rangan Chatterjee:
<https://www.youtube.com/watch?v=hsEq3yDVsgQ>

At our meeting on **14th March**, Dr Martin Falkner will talk on the "The Asian Hornet (vespa velutina)". The Asian hornet first arrived in Europe from China in 2004. It quickly established in France as an invasive species decimating the honey bee population and by its voracious appetite for other insects has changed the biodiversity in many areas. It has now become a threat in the UK.

In 2002 a network of coordinators was set up by the National Bee Unit, part of DEFRA, to monitor the threat in the UK. As a local beekeeper Martin was asked to represent central Cornwall. Martin plans to talk little about the ecology and biology of this potentially serious invasive species.

Roy Fisher 01872 270528 raf59@talktalk.net

SHORT TENNIS 1

As so many members of this group will be at the Manor House on 27th February, Brenda and I have taken the decision to cancel the afternoon sessions that day. Play as normal the following week.

Gillian Davies secretary@u3acarrick.org.uk 01326 318514

SPANISH, BEGINNERS

This group is not for complete beginners; see next entry. This group runs on Mondays at The Norway Inn from 10:30 a.m. to 12:30 p.m. Please note that I will be away from 5th to 22nd March so if you require information or wish to join us, contact me by e-mail, not telephone.

Pat Dye patdye88@yahoo.co.uk 07904 113804

SPANISH, COMPLETE BEGINNERS

This group runs on Fridays in Falmouth from 10:00 a.m. to 12:00 noon. Please note that I will be away from 5th to 22nd March so if you require information or wish to join us, contact me by e-mail, not telephone.

Pat Dye patdye88@yahoo.co.uk 07904 113804

THIRD THURSDAY - TRURO

We will meet for coffee and chat in Zafiro's, New Bridge Street Truro from 10:30 a.m. on Thursday **21st March**. We are a very friendly and welcoming group and look forward to meeting new members.

Julia Holme julia.holme@outlook.com

TRAVELLERS' TALES

It was nice to get a bumper turnout for our first meeting of the year, and a big thanks goes to Phil Carson for his talk on Bonaire in the Dutch Antilles. Having heard Phil's talk and seen his pictures, I shall be green with envy in March when he is headed back to Bonaire.

Next up in our full and exciting programme, we welcome back Leonie Whitton and David Westby, who gave one of the short talks, 'A Taster of Tuscany', back in October. This week, on Thursday **22nd February**, they will take us on 'A Journey Around Puglia', a

southern region of Italy which forms the heel of the boot. Doors will be open from 10:00 a.m. with the talk starting at 10:30 a.m.

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.

If you were a watcher of Grand Designs Abroad in the noughties, you may recognise them and their home. If you missed it or have forgotten it, we will be sharing extracts from a recording of the Grand Design episode to set the scene at the beginning of the meeting, from 10:15 a.m., and after their talk to show off quite what they achieved. Stunning is certainly how I would describe it, having had a sneak preview.



On Thursday **28th March**, assuming they make it back in time from their current expedition, we will have the pleasure of Phil and Wendy Franklin recounting their tales of travelling in Antarctica and Patagonia, and illustrating them with Phil's exquisite photographs.

In Phil's words; "Any trip to Antarctica, and penguins come to mind, but there is so much more to see in the form of other

birdlife and various seals. Then there are the remains of early exploration together with the bases built during the days of whaling. We were fortunate to see a variety of these."

"Patagonia is a land divided between two countries, Argentina and Chile and in our journey, we travelled through both. It is a land of mountains, glaciers and wide-open spaces. Our walking tour included both



the Torres del Paine and Bernardo O'Higgins National Parks. The picture in this report was taken from the roadside just outside the town of El Calafate."

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 by 5:00 p.m. the day before and I'll let you have the joining details. With the speakers' kind permissions, we will also be recording the February 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.

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

As mentioned previously, the library management now recognise that our members are not a great deal of trouble, fairly trustworthy, and have granted us full use of their super kitchen facilities. We reinstated refreshments for our January meeting which we enjoyed towards the end of the afternoon.

There has now been a slight rethink and the general view is that we could encourage a more sociable and friendly get together by arranging the refreshments before the meeting commences.

Therefore, from the next meeting in February we are flinging open the doors at 1:30 p.m. and look forward to a pre-meeting chat over a drink.

In March we look forward to meeting up with our old friends the Community Police team who have joined us in the past for a visit. We will gain an insight to their work along with advice on staying safe and also a Q & A. session.

Hopefully you may read this before our next meeting on the **27th February** when we will be joined by a fellow u3a member John Wallace and his wife Brenda. They will be talking about the iconic Morris Minor car and also sharing your own memories with the members.

Also, in what will be a first for our meeting, Ric Reilly has agreed to film John's talk so we will have a record of it for future use. This is a new innovation and a partnership with Ric we would like to make use of for future meetings.

We were treated to an interesting meeting in January when we were joined by Phil Gadd and his wife. Phil was a prime mover in arranging the installation of the Time and Tide Bell on Par beach. This is a national project with the design of the first bell by Marcus Vergette in 2008. The aim was to create a bell rich in harmonics, and installed on coastal areas around our shores. The project has been financially supported by private, Arts Council and Lottery Funding. The bell at Par beach is just one of 13 installed around our island shores.

Phil explained that the aim is to highlight the link between the sea and the land with the emphasis on the concern for climate change, rising tides and the impact on coastal communities.

Although all the bells are the same, the installation and position is agreed by each local community and at Par beach the platform for the bell was built on the beach which meant it would be under water at high tide. Phil described the worries over raising money for the installation, the platform materials and the amount of work involved in bringing the project to fruition. He explained at Par the entire local community came together in so many ways to make a dream into reality. The bell is now in situ on Par beach and well worth a visit.

Richard Allen richardwallen85@gmail.com Carol Waters 01872 272951

Minutes of the Annual General Meeting Carrick U3A

Wednesday 5th April 2023 at the Perranwell Centre

1. The Chairman welcomed the 117 members in attendance and declared the meeting quorate.

2. **Apologies:** Shirley Cardus, Les and Brenda Moulson, Jill Mooney, Joanne Wright, Anne Bartlett, Roy Fisher, Margaret Ingles, Sylvia Roper, Jimmy Jackson, Brian Kirkpatrick, Diane Tyas, John and Helen Whomersley, Patrick Haughton, Jenny Tippet.

3. **Minutes** of the meeting held on 6th April 2022. The minutes were published in the March 2023 newsletter. Proposed as correct by Ray Hawkesford, seconded by Gordon Richards. Agreed by a majority of members present.

4. **Matters Arising:** None.

5. **Chairman's Report:** John Bishop reported another successful year for Carrick u3a with numbers gradually increasing. Carrick membership had decreased by about 23% as a result of the pandemic whereas the Third Age Trust as a whole had seen a decrease of 60% nationally. John noted that we had a happy, agreeable committee, on good terms with the membership and especially thanked the efforts of group leaders, who together with the committee form the backbone of our u3a. He made a special mention of the newsletter editor, Mark Breach, for the production of our informative newsletter and keeping the calendar up to date with the regular input of information.

Finally, John said he had enjoyed being Chairman for the past 5 years and looked forward to enjoying membership of this special u3a.

6. **Membership Secretary's report.** Bob Williams reported that we currently have 660 members compared with 647 last year, 100 of them new to Carrick u3a; hopefully that will increase further next year.

The large number of groups and activities offered by our u3a is entirely thanks to members offering their expertise, time and interest.

Bob explained that £4 of membership fee went to the Third Age Trust. Postage of membership cards is also included and will have the members password for the website printed on it this year. It is shortly to be changed and members will be advised of the timescale.

The newsletter is free by email but 192 have a paper newsletter at present, over half contributing to postage. Some of the remainder are hand delivered but the system is fragile. Postage for Third Age Matters is £3.60 and set by the Trust.

Finally Bob thanked Mark Breach, our Newsletter editor and Paul and Edith Lucas who collect and prepare Newsletters for distribution. Also to the team of webmasters for rebuilding and keeping our website up to date

7. Treasurer's report and adoption of the accounts for 2022.

The Treasurer greeted the members and reported a successful financial year. She thanked our Independent Examiner, Charles Ross on behalf of the committee for scrutinising the accounts for the year.

The accounts have been printed in the newsletter on a monthly basis together with the December year end accounts. There was a shortfall on 2022 accounts of £4,970.91 and £1,838.68 to date in 2023 with expected further outgoings of £4,466.80 prior to the end of the membership year. The financial year runs from January to December whilst the membership year runs from May to April.

Venue costs and printing and postage are all increasing hence the request to raise the membership fee for the 2023-24 year and charge postage for printed newsletters.

Accrued reserves in excess of Charity Commission recommendations mean that the increase is less than it may otherwise have been.

Adoption of the Accounts, proposed by David Weaver, seconded by Brenda Williams
Agreed by a majority of members present.

8. Proposal for an increase in the subscription for 2023-24;

The annual subscription will increase to £26; this to include postage of membership cards. All members are eligible to receive a monthly newsletter by email. If any member wishes to receive a paper copy there will be a further charge of £9 to cover postage. The charge for new members from 1st November will rise to £16.

The membership secretary introduced the proposal and explained that it was necessary in view of the rise in costs generally. The last increase had been in 2017.

Carrick had been able to draw on accrued funds for the last year and the coming one
Proposed by the Committee. Agreed by a majority of members present.

9. Vote of thanks for retiring officers and committee members.

The Chairman noted that he was the only Officer actually retiring at this meeting.

The Secretary thanked John Bishop for all he had contributed to Carrick u3a and he and his wife, Janet, were presented with a card and plant from members.

10. Election of Officers and Committee: In accordance with our constitution the committee shall consist of not less than 5 and not more than 12 elected members.

General committee members who were elected in 2022 stand for 2 years and are, Lyn Chapman, Margaret Ingles, Mervyn Knight, Paul Lucas, Jimmy Jackson, Sylvia Roper and Pat Harrod

Pat Harrod introduced those members standing for election as Officers, who serve for one year.

Lesley Parsons for the office of Chair.

Sue Hutt for the office of Vice- Chair.

Jenny Fulleylove for the office of Treasurer..

Gillian Davies for the office of General Secretary.

Bob Williams for the office of Membership Secretary.

There being only one nomination for each post the committee members were elected by a show of hands.

Lesley Parsons then took the chair and invited each of the committee members present to introduce themselves.

11. Appointment of an Independent Examiner.

It was proposed that the committee be able to appoint an Independent examiner to scrutinise the accounts. Proposed by David Weaver. Seconded by Ken Whitley and was agreed by a majority show of hands.

The formal business of the meeting concluded at 11:00 a.m.

The Chair then invited members to air any concerns or ask questions.

Sue Corcoran asked for clarification of the Charity commission advice reference reserves.

The Treasurer explained that the Charity Commission recommendation was for reserves to be in the region of one year's annual expenditure.

Gill Widdison asked if there were plans to spend the Tony Herring legacy. Lesley replied that the committee was open to any suggestions from members. Gill replied that suggestions had previously been offered. Pat Harrod commented that some time had passed since those discussions and the committee had changed in the meantime.

Richard Allen wished to express thanks to members of the committee and was thanked by the Chair.

David Weaver wished to raise the issue of publicity and was thanked by the Chair.

There being no further questions the meeting dispersed.

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 from 01/01/2023 up to 31/01/2024

Income		Expenditure	
Subscriptions	£18,184.78	Venue Hire	£16,575.39
Catering		Zoom	£95.99
Donation	£458.72	Third Age Trust Capitation	£2,636.00
Gift Aid	£2,196.14	TAM	£127.17
Postage	£1,035.00	Stationary	£379.58
Fundraising	£524.00	Postage	£1,711.70
Interest		Newsletter	£1,325.00
TAM Postage	£103.69	Admin	£26.00
100 Club	£87.00	Re - imburse	£27.15
Transfer TH fund	£578.08	Speakers	£90.00
		Webpage	£153.37
		Catering	£39.89
		Trans THL	£947.30
		Equipment	£76.61
		Extras	£28.90
	£23,167.41		£24,240.05
Excess of Expenditure over income for the year			-£1,072.64
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 31/01/2024	
Current Account	£22,405.35	Current Account	£22,272.71
(less unrepresented cheques)	£0.00	(less unrepresented cheques)	£0.00
	£22,405.35		£22,272.71
Tony Herring Memorial Account	£4,857.74	Fixed term deposit	£10,000.00
	£27,263.09		£12,272.71

Tony Herring Legacy Expenditure List.

		Payment	Balance at
		30/04/2021	£4,857.74
28/04/2023	C Austen Amblers	£25.58	30/04/2023 £4,802.16
26/05/2023	Paid S/S Truro meeting group	£10.00	31/05/2023 £4,792.16
09/06/2023	Paid S/S Truro meeting group	£10.00	30/06/2023 £4,782.16
14/07/2023	Paid S/S Truro meeting group	£16.00	
22/07/2023	Update ASUS laptop for Chair's	£160.00	30/07/2023 £4,606.16
11/08/2023	Paid S/S Truro meeting group	£10.00	31/08/2023 £4,596.16
15/09/2023	M Ingles speaker Truro M/Group	£30.00	30/09/2023 £4,566.16
27/10/2023	Hire TV truro Meeting group	£10.00	
27/10/2023	T H meeting Perranwell	£85.80	31/10/2023 £4,470.36
24/11/2023	Paid S/S Truro meeting group	£10.00	30/11/2023 £4,460.36
26/01/2024	Paid J Holme Speaker cost	£30.00	31/01/2024 £4,430.36

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

MEMBERS' SMALL ADS

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

Wanted Gazebo

Truro Pétanque are still wanting occasion use of a pop-up gazebo, or to buy if anyone has one, please.

Jane Stevens janestevens52@hotmail.co.uk 01872 279667

Large Plastic Tank

I have a large black plastic tank of 455 litres made of recycled polythene. This tank was bought in November 2023 and used by our drama group as a practical village pond on stage in a panto. I now need to dispose of it as it takes up valuable space backstage in the Village Hall. It was bought from [theworkplacedepot](https://www.theworkplacedepot.com) at a cost of £159.08. The overall dimensions in mm are Height 670, Width 775 Length 1370. It is in near perfect condition; it has not been drilled, cut or modified. Currently it's on eBay starting at £50. <https://www.ebay.co.uk/itm/126316330575>. Contact me to view.



Mark Breach 01872 862062 mark.breach@yahoo.co.uk

PUZZLES

SUDOKU

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

In last month's Sudoku the three shaded numbers, in order, were **7, 8, 5**.

The first to get it was Mary Jarvis followed by Joan Woodward, Chris Ayres, Lyn Chapman, Maureen Gilbert.

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.

MIXX

What is the final term in this sequence, and why?

XXIXVIIIIVXIIIIVIXXVIIIXVIIIIXIXVIIIXVIVIIIIXIXIVIXXII?

Last month's problem – That Sinking Feeling

The first with a correct answer was Ric Reilly followed by John Baldock.

In 20 minutes, I can empty a watertight boat. That means I can empty at the rate of 3 boats per hour. My wife takes 25 minutes to do the same so she empties at the rate of 2.4 boats per hour. So, together we can manage 5.4 boats per hour. However, water comes in at the rate of 6 boats per hour so overall, we are filling at $6 - 5.4 = 0.6$ of a boat per hour. So, in 100 minutes or 1 hour and 40 minutes we will sink. Better call the coastguard now.

Mark Breach mark.breach@yahoo.co.uk

CONTACT US

OFFICERS & COMMITTEE

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	Paul Lucas	01736 710474	Sylvia Roper	07936 523282
	Patsy Ross	01326 712157	Mike Rogers	07753249550

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
Pictures from
2023

