

May 2024

CARRICK NEWSLETTER

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A yellow starburst graphic with a black background, containing text about membership renewal.

With pull-out
forms for your
Membership
Renewal



www.u3acarrick.org.uk

U3A Carrick

Registered Charity No 1034910

U3A MEETINGS

The Truro monthly meeting for April is cancelled. A new venue and time have been arranged for a meeting in May. See further information in Group News section.

Monthly Meeting, Kea Community Centre, Playing Place 2:00 p.m., Tuesday 28th May.

'Orchids, The Little Bit I Know' - Ric Reilly.

Circumstances has forced us to change the date and location of our May u3a Monthly Meeting, and it will now be at Kea Community Centre, Playing Place, on the morning of Tuesday **28th May**. The doors will open at 10:00 a.m. and the talk will start at 10:30 a.m.

Ric says 'it time for me to 'sing for my supper' once again and I shall be talking about 'Orchids, the Little I Know'. Not false modesty on my part, but a reflection of how much there is to know about Orchids, an amazingly diverse family of over 800 genera and 25,000 species, to be found on every continent except Antarctica.

His talk, with slides and demonstrations, will introduce you to some of the varied orchids that he grows and how he looks after them. For those new to orchids, it will cover in some detail moth orchids (Phalaenopsis), watering, feeding, reflowering and repotting. If members would like to bring any ailing orchids along or one or two in need of repotting, we'll have a bit of a surgery, and also, he'll repot a couple or three.



There is plenty of car parking at the Kea Community Centre, and there is a bus stop close by, adjacent to the Playing Place Shell Garage. There is ramp access to the hall for wheelchairs and mobility scooters.

Ric Reilly 07973 173367 ricreilly@icloud.com

WELCOME TO NEW MEMBERS

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

Jan Ellery John Simpson Teresa Harvey

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

ANNOUNCEMENTS

A VIEW FROM THE CHAIR

I want to start by thanking the 100 or so members who attended the AGM and the majority who voted for those members of the committee choosing to stand again. It is encouraging to think this is a vote of confidence in the way u3a Carrick is moving as much as a practical support for people trying to administer this vibrant u3a.

The proposal to increase the annual membership fee to £28 was also carried without debate and so this will be the new basic charge from **1st May**.

Yesterday, 17th April, over 40 people with responsibility for leading groups watched a demonstration of Beacon, the national u3a record keeping system, which u3a Carrick are now part of. This is a robust and sophisticated software system which up to now has been used by the Membership Secretary and the Treasurer, to great effect, and it is now being opened up to Group Leaders. Bob Williams gave a demonstration which showed how the system can be used to maintain group registers and will greatly reduce administration for Group Leaders. The intention is for all registers to be on Beacon so that Group Leaders can update them as people join and information such as outstanding payments is readily available without Group Leaders feeling obliged to keep asking. Support and instruction are available for any Group Leader not feeling confident in using the system, and if any Group Leader does not have access to, or feel comfortable using computerised systems, we simply ask that another member of the group takes on the Beacon role for that group.

Don't worry, this does not mean easy access to all your information for all Group Leaders, Beacon is fully compliant with all data protection requirements and information is sectionalised on a need-to-know basis. I am pleased to say that the majority of those present yesterday are keen to get started using the system, and hope this will make life easier for all Group Leaders. Anyone wanting help or advice, or to log in as a Group Leader is asked to contact me, or Bob Williams, initially.

The next stage in the future will be to enable members to join groups, renew membership etc. online, but we are not at that stage now.

We asked the membership for ideas for social and/or fundraising events and you came up with some great ones! So please pencil in your diaries the following dates, we will confirm them and venues as soon as possible:

1st June Quiz night, with ploughman's.

15th June BINGO.

14th July, weather permitting so subject to change, Garden Party in Perranwell Station.

21st September Quiz night.

5th October Car boot (Table top) sale.

17th October Tony Herring Lecture.

13th November "Christmas" show. Start thinking of what you can entertain or inform us with in a 10 minute or so spot as a group or individual.

We are also looking for a setting for a Beetle Drive, and are happy to consider any other ideas you may have for us. Thank you.

I am pleased to say we have been able to hold an initial meeting with the university at Penryn and it looks like liaison opportunities will restart. The university will send information about events and activities held by some of their contact groups and one is already advertised in this newsletter and probably on Facebook.

I am hoping to establish a link with a local coach company who organise day trips, and holiday breaks, to see whether u3a Carrick could benefit from a few day trips. Two very local ones in the coming weeks are a trip to Padstow to see the "Obby Oss" parades on **1st May** (£16) which is cheaper than driving and parking yourself,

and a trip to Seaton tramway and Sidmouth. They are also happy to discuss organising custom made trips, with a discount if we fill a coach, so think where you might like to go and let's have a discussion.

Finally due to the huge increase in cost of the library in Truro, the meetings previously known as Truro Meetings will be looking for new venues, and as a start to their quest to increase membership have decided to rename as Members' Monthly Meetings, as they are in fact the remaining Carrick monthly meeting group. Previously there were three in different locations. The steering group who organises speakers, have been doing a grand job for many years and are now asking for support from the members of Carrick. They would like two or three new members to help discover and invite speakers and organise the calendar for the next year or so. If you have any time to help out once a month or so, please contact Richard Allen or Julia Holme or any member of the committee and help this meeting grow to one we can invite new members to as an introduction to the benefits of being in u3a Carrick. The next talk will be given by Ric Reilly and is about orchids and will be held at Kea Centre on **28th May**.

If anyone knows of any reasonably priced venues, please let the committee know as we may not be aware of them.

Have a good month. It looks as though Spring has finally sprung.

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

UNIVERSITY LIAISON

Following a meeting on Tuesday 16th April between some members of the committee and the University Liaison Officer from the Penryn Campus, it has been agreed that we will inform you of any courses or talks being given by the university which are open to the public which may be of interest. The next one is to be held at the Maritime Museum in Falmouth on Wednesday **24th April** and includes talks on Updating Plans for the Museum and Archiving the Sea. Tickets are free and available via Eventbrite. Full details will be published on our Facebook page which enables us to inform you of any new events on a daily basis.

Sue Hutt 01872 864494 vicechair@u3acarrick.org.uk

DRAW WINNERS

Congratulations to our May draw prize winners.

£10 First Prize No 99 Julia Holme

£5 Second Prize No 48 Marguerite Knight

£1 Third Prize No 76 Jackie Grant

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 and you could be one of our lucky prize winners.

To enter compete 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

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

IMPORTANT MEMBERSHIP INFORMATION.

Your membership is due for renewal on **1st May**, prompt payment is appreciated.

It is helpful if two members sharing the same address pay at the same time.

The renewal form is in the centrefold of this Newsletter.

Email Newsletters and Carrick Argus are included in your membership, so please make certain that I have your current email address.

Paper copies of the June Newsletter will only be sent to members who have renewed and paid postage. Late payment will result in a late Newsletter.

If you wish to change from a paper to an email Newsletter, you should confirm both your requirement and your email address either on the renewal form or by emailing membership@u3acarrick.org.uk

The password for the members section of our website will be printed on the reverse of the 2024/2025 membership card.

The current password will be changed to that on the new membership card on the **31st May**.

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

EDITORIAL

Last month's picture was of a beach. It was Maenporth of course. This proved a little easier than most. I try to mix them between the hard and the easy.

The first to get it was Malcolm Clark followed by Lizzie Congdon, Chris Barnes, Ric Reilly, David Westby, Karen Bonney, Bernard Hinson, Margaret Edwards, Nicholas Parsons, Janet Hinson Baker, Richard Uren, Tony Clark, Judy May, Sheila Cooper and Maureen Gilbert.

This month's picture is of a prominent church. What and where is it?

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



Mark Breach editor@u3acarrick.org.uk

GROUP NEWS

ARCHERY

We will be at Oak Tree Farm, Bissoe again this year. We will meet on the second Wednesday of the month at 2:00 p.m.

Roger Simpson ro.marg@hotmail.co.uk

CARPET BOWLS 1

The Friday afternoon carpet bowls meets at 1:30 p.m., and continues until 3.30 p.m. at Ord Statter in Mylor Bridge. We welcome new members to our happy group. The attached photo is the two skips deciding which team has got the closest to the white Jack. Any u3a members can come along and have a go, or contact us on the numbers below.

Caroline Goodwin 01326 619690, Angie Attwood 01872 862696



CARRICK BELLS

Carrick Bells declined the offer of playing at the recent u3a AGM as there is so much equipment involved in a performance. However, anyone is welcome to come and listen or 'have a go' at Ord Statter Hall, Mylor Bridge at 3:00 p.m. on a Tuesday.

We are practising for a Memory Cafe concert in Falmouth at present.

Brenda Moulson 07799 874226 moulsonbren@gmail.com

CARRICK SINGERS

The choir will be performing in the Summer Concert Series at King Charles the Martyr Church in Falmouth at 12:00 noon on Saturday **25th May**.

Admission to these lunchtime concerts is free with a retiring collection which supports the Cornwall Music Service Trust. The CMST is the backbone of music education in Cornwall.

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 ones being on Thursday **16th May**, at Chez Reilly near Penryn, and most third Thursdays after that.

We never know what issues and topics our visitors will raise, but 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

CROQUET

We hope to start playing again on Thursday **2nd May**. Please be at the cricket club by 1:45 p.m. for a 2:00 p.m. start. We look forward to seeing old and new members.

John and Janet Bishop 01872 862949

DONS KERNEWEK

Following our contribution at Christmas to the Salvation Army's pot noodle scheme for homeless people, we were asked to take part in a Cornish Evening organised by the Army during the week of St Piran's Day.



We gave a display of some classic Cornish dances and invited the audience to join in dancing with us. We heard some beautiful singing by the Salvation Army Choir, and we joined in with some well-known Cornish songs, including a hearty rendering of "Trelawny". Our members performed a short piece telling the story of St Piran and we also talked about Cornish dance and the Cornish tartan. There was even quite a bit of the Cornish language spoken in an evening that celebrated so much of Cornwall's unique culture and heritage. Afterwards, we sat down to delicious food, including, naturally, some excellent pasties. We really enjoyed ourselves and hope that everyone who came along did too.

Our group meets every week on a Thursday at Bosvale Community Centre in Falmouth, 2:30 – 4:30 p.m., so do come along to dance along with us. No meeting on 2nd May.

Sue Prout 07917341057

EUCHRE 2

Hello all, the next meeting for Euchre 2 is **29th April**. There is a new start time of 2:00 p.m. and ending as near to 5:00 p.m. as possible. The meeting is held at Chacewater WI Hall TR4 8QS. There is also a free car park by the hall.

See you all there and look forward to new faces. Can you bring your membership cards to clarify membership.

Jenny Fulleylove 07799 731383 jennpetfull79@gmail.com

FOURTH FRIDAY, FALMOUTH

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

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

GARDEN

Last month gave us a glimpse of Spring with all the colourful displays at the Falmouth Spring Flower show. It became a bit chaotic trying to get refreshments but it was lovely to see so many families enjoying the day and the encouragement of a community involvement.





This month's visit gave us more beautiful colour with azaleas and rhododendrons at Burncoose. Andrew Mills their nursery manager gave us a very interesting and entertaining tour on a lovely sunny day, we were so lucky with the weather in the middle of a more than normally dull and wet week.

For May we shall be meeting at Godolphin House on Tuesday 7th **May**. The house itself is open to visit so I have booked for our group to have a tour at 2:30 p.m. The garden itself is interesting and there are woods to wander

through hopefully with lots of bluebells to enjoy and for those with a desire for a bit of a walk there is the Godolphin Hilltop to climb with stunning views all around, could be a good place for a picnic, weather permitting. So, some choices depending on your preferences, the woods and Hill are open to all. The garden and House require entry to the property, free to members or standard entry of £12.00. The inevitable tea shop is quite small so I was unable to book but I'm sure we'll manage for refreshments. I am suggesting we meet at 2:00 p.m. to give plenty of time to assemble and get entry sorted before our tour starts.

It also occurs to me that early May is a good time for people who are thinning out their plants to do a plant swap. I have not arranged anything separate for this but would suggest that if you have anything you would like to offer you might like to bring it along for a car-boot swap at the Godolphin car park.

Garden group May visit: Godolphin House, TR13 9RE. Meet in car park 2:00 p.m. Tour 2:30 p.m. National Trust, free for woods and hill walk, Membership or £12 entry for house and garden. Please contact me if you are coming, I do need to know numbers for house visit, thank you.

Kate Gidman kategarts.gdns@gmail.com 07962 805666

HANDICRAFT

As from **19th April** we change afternoons for 14 weeks due to double booking. Friday 2:00 – 4:00 p.m. from **19th April – 26th July**.

Then from the **1st August** we are back to normal on a Thursday afternoon. Thursday 2:00 – 4:00 p.m. from **1st August – 26th December**.

Veronica & Gordon Richards
veronicacrichards@gmail.com
07893511192



HISTORY

At our meeting in April, Lesley Vingoe told us the story of the Live Bait Squadron, three naval ships which were lost early in WW1 just off the Dutch coast. The three vessels, HMS Aboukir, Cressy and Hogue, were old fashioned cruisers not suited for warfare, but were ordered to join the fleet protecting the North Sea. They became separated from the rest of the fleet, were seen by a German U-boat which fired its torpedoes and sank all three ships. Lesley's grandfather Tom Bellerby, who was serving on the Hogue, was lost in the disaster. The incident was largely forgotten until Dutch historian Henk van der Linden uncovered the story and founded the Live Bait Squadron Association as a memorial to those who died. Lesley told us that her family had always remembered Tom and showed us his photograph, see right, and other memorabilia. Lesley is to be congratulated on successfully completing her talk in spite of the difficulties with the projector in the hall.



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. normally on the first and third Mondays of the month, so that will be Mondays **6th** and **20th May**.

If you fancy joining us occasionally, then just drop me a line by email 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

We had a very enjoyable game against Tregony, on Sunday 17th March.

Truro won the event, competitive but enjoyable, even the weather was on our side as we all stayed for a picnic lunch.

We have our special Trophy match on Sunday 14th April. Hope the sun shines for us, as we shall have a bring and share lunch at the park.

Jane Stevens janestevens52@hotmail.co.uk 01872 279667

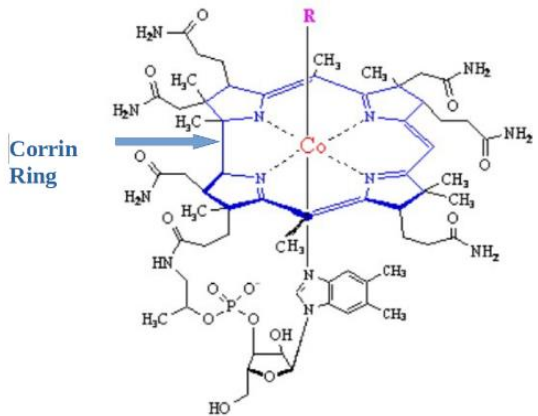
SCIENCE

Last month Roy Fisher gave a talk about Vitamin B12 (cobalamin) status in pensioners, indicating that one third have a sub-optimal level that is associated with a number of chronic diseases.

Vitamin B12 has a complex structure containing a corrin ring at the centre of which is an atom of cobalt, to which is attached a key group R, that can represent three different cobalamins. This was the last vitamin to be identified with its structure elucidated using X-ray crystallography in 1955 by Dorothy Hodgkin, who went on to win the Nobel Prize for chemistry in 1964.

Vitamin B12 is synthesised by bacteria and is only found in foods of animal origin e.g. meats, poultry, fish, eggs and dairy produce. With a daily intake of 3-30µg, an inadequate dietary intake is rare in omnivores as only 2.5 µg is required. Vitamin B12 in food is bound to protein and needs to be released by acid and pepsin secreted by the stomach's parietal cells. To be absorbed cobalamin needs to bind to Intrinsic Factor (IF) also secreted by the parietal cells. The Vitamin B12-IF complex is then absorbed by the ileum. However, when given as a supplement as methylcobalamin, 1-2% is absorbed by passive diffusion. Vitamin B12 is stored in the liver (3-5 mg), giving a 2 to 5 years supply.

Vitamin B12 is an important cofactor for several enzymes involved in the methylation of DNA, RNA & neurotransmitters, methionine synthesis and the metabolism of long-chain fatty acids in the mitochondria. It is also required to generate the active form of folic acid that is also important for DNA synthesis.



Vitamin B12 Structure & Cobalamin Family

R = CH ₃	Methylcobalamin
R = 5-deoxyadenosine	Adenosylcobalamin
R = CN	Cyanocobalamin

Continued on page 25



CARRICK MEMBERSHIP RENEWAL FORM

1st May 2024 – 30th April 2025

1 If this is your printed copy of the newsletter remove this centre section from the newsletter. If you received this electronically print this and the following 2 pages.

If there are two of you at the same address you may both renew on this form.

2 Please renew my/our membership of u3a Carrick. I/we understand it is the responsibility of individual members to ensure that they are fit to undertake any activity in which they choose to participate.

Name _____ Signed _____ Date _____

Name _____ Signed _____ Date _____

Membership Number(s) (if known) _____

If you are also a member of another u3a **and** you pay the £4.00 required by Third Age Trust through that u3a then your subscription to us reduces to £24.00. If you are currently a member of another u3a tell us which one.

3 Calculate how much you should pay. The subscription is currently £28.00 per person; see 6. overleaf. There is an optional extra. The national magazine can be sent to you through the post for an additional £3.80 for 5 issues per year. *Your monthly u3a Carrick newsletter will be delivered free by email whether or not you choose to pay for delivery of the national magazine.*

4 If you wish to participate in the u3a Carrick Charity Lottery Please add £12.00.

5 If you would like to further help our u3a, please consider making a donation.

6 If you have already signed up for Gift Aid, we say a big thank you! If you haven't and you pay income tax, would you like to do so to help us keep our subscription rate down? A Gift Aid form is attached.

7 Please make your payment online by bank transfer to:

u3a Carrick - Reg Charity No 1034910

sort-code **30-98-76**, account number **00863629**.

When making the bank transfer insert your membership number(s) in the box marked 'Reference'. Alternatively, we can also accept a cheque made out to **u3a Carrick**.

If there is another member at your address, please make a combined payment if possible.

8 If you opt for a printed newsletter, add £10.20 to cover postage costs. If you opt for the national magazine, add £3.80 to cover postage.

9. The return address is printed on the back of this form. New membership cards will be issued.

10 Please tick your preferred newsletter format:

Email (no additional cost)

Paper (£10.20 postage)

TOTAL AMOUNT PAID - (by Bank Transfer or cheque, please indicate method used)

Excess payment will be treated as a donation.

Annual subscription.....£

Newsletter Postage.....£

National Magazine.....£

Carrick Charity Lottery...£

Voluntary donation.....£

giftaid it

TOTAL

£

Gift aid declaration

University of the Third Age in Carrick (registered charity number 1034910)

Please treat as Gift Aid donations all qualifying subscriptions paid today and in the future.

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6th April to 5th April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs that I donate to will reclaim on my gifts for that tax year. Other taxes such as VAT and Council Tax do not qualify.

Gift Aid allows u3a Carrick to reclaim 25p of tax on every pound that you subscribe.

Donor's details:

1stTitle_____ First name or initial(s)_____ Surname_____

2ndTitle_____ First name or initial(s)_____ Surname_____

Home address_____

Postcode_____ Date_____

Signature(s)_____

If your circumstances change so that your declaration is no longer valid it is essential that you inform the Treasurer. Contact details are in the newsletter.

Bob Williams
u3a Membership Secretary
1 Swallow House
Port Pendennis
Falmouth
TR11 3XH

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.

May 2024

Wed 1 10:30 ITALIAN online

13:00 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 2 09:15 BADMINTON 1 Tremough Campus

14:00 CROQUET Perranwell Cricket Club

14:00 QUIZ Victoria Inn, Threemilestone

Fri 3 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 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

14:30 CARRICK CONSORT Kea Community Centre

15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 6 10:00 PETANQUE FALMOUTH Gyllyngvase Beach

10:15 RUBBER BRIDGE Central Bar, Truro

10:30 SPANISH, BEGINNERS Norway Inn

13:00 UKELELE Perranwell Church Hall

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 7 10:00 CROQUET Perranwell Cricket Club

10:00 QUESTIONS OF THE DAY 2 Member's home

10:30 FRENCH CONVERSATION Threemilestone Village Hall

13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge

14:00 GARDEN Godolphin House

15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 8 09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall
10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone
13:00 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 9 09:15 BADMINTON 1 Tremough Campus
10:30 SCIENCE Kea Community Centre
14:00 CROQUET Perranwell Cricket Club
14:30 DONS KERNEWЕК Bosvale Community Centre, Falmouth

Fri 10 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
13:45 MAHJONG Perranwell Church Hall
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Sun 12 11:00 PETANQUE TRURO Boscawen Park

Mon 13 10:00 HISTORY Helston
10:15 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
19:00 EUCHRE Oak Tree Farm

Tue 14 10:00 CROQUET Perranwell Cricket Club
10:00 PHOTOGRAPHY Carnon Downs Village Hall
10:30 FRENCH CONVERSATION Threemilestone Village Hall
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 15 10:30 ITALIAN online
13:00 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 16 09:15 BADMINTON 1 Tremough Campus
10:00 CONNECTED CAFE Penryn
10:30 THIRD THURSDAY Truro
14:00 CROQUET Perranwell Cricket Club
14:30 DONS KERNEWЕК Bosvale Community Centre, Falmouth

Fri 17 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
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:00 MUSIC APPRECIATION Leader's home, Lanner
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Sat 18 18:00 NEWSLETTER CLOSING

Mon 20 10:00 PETANQUE FALMOUTH Gyllyngvase Beach
10:15 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
13:00 UKELELE Perranwell Church Hall
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 21 10:00 CROQUET Perranwell Cricket Club
10:00 QUESTIONS OF THE DAY 1 Member'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 22 10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone
10:15 READING, FALMOUTH Bay Court, Falmouth
13:00 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 23 09:15 BADMINTON 1 Tremough Campus
10:30 TRAVELLERS' TALES Kea Community Centre
14:00 CROQUET Perranwell Cricket Club
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth

Fri 24 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
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 27 10:15 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 28 10:00 CROQUET Perranwell Cricket Club
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 29 10:00 SKITTLES Threemilestone Community Centre
13:00 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

Thu 30 09:15 BADMINTON 1 Tremough Campus
14:00 CROQUET Perranwell Cricket Club
14:30 DONS KERNEWEK Bosvale Community Centre, Falmouth

Fri 31 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 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:00 PHILOSOPHY 2 Carnon Downs Village Hall
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.



Continued from page 16

Dietary Vitamin B12 deficiency may be seen in vegetarians and particularly vegans. It is likely to be found due to malabsorption in patients with gastrointestinal and pancreatic disease. Less commonly autoimmunity can destroy the parietal cells that secrete IF and hence stop the absorption of Vitamin B12, resulting in pernicious anaemia (PA), formerly a fatal condition. It has an incidence of 1:8000 in those over 60 years.

A far more common cause of deficiency in the elderly population is food malabsorption, due to the presence of atrophic gastritis, which results in decreased acid and enzyme secretions, so failing to release Vitamin B12 from dietary protein. Note that cobalamin supplements are not affected. In addition, commonly used drugs such as proton pump inhibitors, e.g. omeprazole, and metformin used for treating Type 2 diabetes, impair Vitamin B12 absorption.

Presenting symptoms of Vitamin B12 deficiency, include neurological (pins and needles in fingers and toes, abnormal gait, brain fog, personality change and postural hypotension), digestive (swollen tongue and mild jaundice) and haematological (low haemoglobin with larger red cells).

Unfortunately, measurement of serum Vitamin B12 is not the best indicator of mild or subclinical deficiency as only 20% of the total is biologically active and GPs have a high threshold before testing. Low serum Vitamin B12 levels resulting in a raised homocysteine level are associated with an increased risk of cardiovascular disease, dementia, depression, Parkinson's disease and macular degeneration. Taking a daily mixed B supplement (Vitamin B12 500µg, Folate 400 µg/d and Vitamin B6 20 mg/d) has been shown to be beneficial.

Cobalamin replacement therapy for PA is usually by intramuscular injections of cyanocobalamin (100 -1000µg) every 2-3 months. In all other cases oral therapy with methylcobalamin (500 -1000µg/d) is appropriate.

During the discussion I learnt that Marmite is a good source of Vitamin B12.

In conclusion, optimisation of Vitamin B12 levels in the elderly should be an urgent public health priority as it could reduce the burden of much chronic disease at little cost.

References: Homocysteine – from disease biomarker to disease prevention. A. D. Smith, H. Refsum.

<https://doi.org/10.1111/joim.13279>

At our next meeting on **9th May**, Peter Falkner will talk about “Marine Surveys”.

Peter has a background in Marine Biology with Oceanography and worked as a Marine Ecologist in Southampton working offshore for 15 years then transitioned to an office based commercial and project management role. In 2016 he left Southampton and went to work in the Cape Town office to manage offshore geophysical projects, returning to Cornwall in 2020 managing mainly offshore environmental projects. The offshore environmental surveys he manages are conducted across a range of offshore sectors including renewables, cable routes, port developments and oil and gas developments.

His talk will be on offshore environmental surveys, covering how we undertake these surveys and how the data is used.

Roy Fisher 01872 270528 raf59@talktalk.net

SKITTLES

Hello all fellow skittle players our next meeting is at Threemilestone CC on **25th April**, 10:00 a.m. – 12:30 p.m.

All new players are welcome, come along and have an enjoyable morning. Please bring along your membership card.

Jenny Fulleylove jennpetfull79@gmail.com 07799 731383

SOCIAL DANCING

Just a quick note to say that there will be a dance at Perranwell as usual on both Bank Holidays on **6th** and **27th May**.

Alyson Cowlshaw
atropica@hotmail.co.uk



TRAVELLERS' TALES

There was another bumper turnout last month for Phil Franklin's back-to-back talks on Antarctica and Patagonia, with more of Phil's wonderful pictures. Regrettably Phil had to go solo as Wendy was still under the weather following their most recent trip. I'm sure you'll join me in sending best wishes to Wendy.

On Thursday **25th April** Sue Swinchatt is going to take us to Iceland, a fascinating country with unique topography and geology, and one recently in the news with its most volcanic activity. Sue writes "Iceland was somewhere I'd always wanted to visit and in September 2000, I finally managed it. Billed as a Special Interest Countryside Tour exploring the southwest of the island, our 12 strong group was hosted by a geologist, known in his native Wales as "Jones the Rock." It was one of the best holidays I've ever had."

On Thursday **23rd May**, Keith Davies, who lived and worked as a civil engineer in the Netherlands for 20 years, is going to talk to us about how 40% of the Netherlands was reclaimed from the sea, and the challenges of stopping the sea from claiming it back. The Dutch are succinct in saying "God made the world, but the Dutch made the Netherlands".

The challenges were epitomised by a major flood which happened in February 1953, caused by a combination of a high spring tide and a storm and surge from the north west, which resulted in about 1,800 deaths and widespread property damage. The Dutch government vowed this would never happen again and embarked on a huge programme of construction of dykes and storm surge barriers called the Dutch Delta Scheme.

As a civil engineer who has lived for some twenty years in the Netherlands, it is not surprising that the first part of Keith's talk will explain the way that the polder

system of reclaiming land from the sea has worked over many centuries. The principle of polders will be explained as well as how the polders are constructed, drained, and kept dry. As brilliant and ingenious as Dutch engineers are when it comes to the control of water, occasionally they need to call on overseas assistance as can be seen by the largest steam beam engine ever built which was used for the draining of the Haarlem Lake. This can still be seen today in the working museum at Cruquius where it is a national monument. The beam engine with a 3.7m diameter piston was built by Harvey & Co of Hayle.

Keith's talk will go on to talk about the Netherlands as being one of the world's largest agricultural exporters, and thousands of hectares are covered with glass houses, supersonic flight over these areas is banned. Then there are dairy products including of course cheese and the famous cheese market in Alkmaar is well known. And of course there are the extensive bulb fields, the world's largest flower market in Aalsmeer and the



Keukenhof gardens which will all covered in the 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.

In common with our 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. Likewise, if you would like a recording of either of these two talks just drop me a line and let me know.

Ric Reilly TravellersTales@u3acarrick.org.uk 07973 173367

TRURO MONTHLY MEETING

The title will change in May. The suggested name change is Members' Monthly Meeting. The Truro library venue has been cancelled so there is no meeting in April.

After enjoying many fascinating discussions and being entertained and informed by so many speakers, there is now a requirement to relocate to a new venue.

The reason for the change is the increase that Truro City Council is charging for our library meetings. Over the past year the cost per meeting was set at £32 but from the new financial year in April the cost has risen to £64.

The committee have always supported and recognised the importance of a presence in Truro, especially for many of our long-standing members.

The combination of the new hire charge plus parking fees and accessibility to the library's location have brought the matter to a head.

Lesley and Sue have been active in assisting the steering group explore new venues in Truro but none have been suitable for all the parties concerned.

The steering group along with the committee have come together and reluctantly agreed to geographically cast our net further and seek other venues.

For our May meeting we have therefore managed to obtain a booking at Kea Community Centre at Playing Place for Tuesday **28th May** in the morning starting at 10:00 a.m. until 12:00 noon.

Ric Reilly, our IT guru, will talk on his specialist subject, Orchids.

The venue is on the U1 and U1A bus route between Truro and Falmouth.

We would like to encourage more members to come along, give us a go and even consider joining a new start up steering group to help the committee make this new venture a success.

Richard Allen richardwallen85@gmail.com Carol Waters 01872 272951

UKULELE

The Beginners u3a Ukulele Group met for the first time on Monday 8th April where 13 people had great fun learning and playing tunes, slowly, using chords C, F and G7. We will be meeting twice a month. Our next sessions will be on Mondays **22nd April** and **6th May** at Perranwell Church Hall, Church Road, Perranarworthal from 1:00 – 3:00 p.m. If anyone wants to join us, you would be most welcome. Please email me or leave a message on my phone.

Judy Moseley judy@moseley.tech 07981 343490

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.

Carrick U3A Statement of Accounts: all accounts

Printed 31st March 2024 17:04

Income & Expenditure, 1st February - 31st January

	Start year	2024
Category	In	Out
Catering		£ 17.93
Donations	£ 52.01	
Equipment		£ 35.92
Interest	£ 11.06	
Membership	£ 438.00	
Newsletter Printing		£ 236.00
Postage	£ 11.25	£ 1,537.50
Stationary		£ 127.19
TAM postage	£ 2.88	
Venues		£ 2,833.80
Website		£ 14.40
Zoom		£ 155.88
Sub-totals	£ 515.20	£ 4,958.62
Brought forward	£ 26,277.70	

Total £ 21,834.28

Balance Sheet

Current	£ 6,818.23
Easy Access Account	£ 5,016.05
Fixed Term Savings	£ 10,000.00
Total	£ 21,834.28

Tony Herring Legacy Expenditure List.

Balance 31/01/2024		<u>£4,460.36</u>
Feb-24 French Film group	Deduct	£15.98
Balance 29/02/2024		<u>£4,444.38</u>
Mar-24 Truro group AV	Deduct	£10.00
Balance 31/03/2024		<u>£4,434.38</u>

Membership Analysis, at 31st March 2024

	Members
Associate	3
Individual	470
Joint	242
Totals	715

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

MEMBERS' SMALL ADS

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

TV stand/table

Large black glass and chrome oval TV stand/table in perfect condition with 1 cable hole at the back. Size 150cm long and 45cm wide across central area. Falmouth £10.

Karen Bonney 01326 314653



Wanted Pallets

Have you any old pallets cluttering up your garage/garden that you would like disposed of? I have just had some trees down in Perranarworthal and am looking for pallets for stacking firewood. I can collect.

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

Mabe Garden Club, Spring Fayre - Saturday 20th April

Mabe Garden Club, will be holding their Spring Fayre and Coffee Morning at the Mabe Youth and Community Centre, Cunningham Park, TR10 9HB from 10:00 a.m. until noon on Saturday **20th April**. It will feature many stalls including books, bric-a-brac, crafts, textiles, cards & collectable, and of course plant sales. There will be a raffle with great prizes, as well a bonus ball competition and a £1 in a bucket.

Entrance and parking are free, and there will be a super selection of cakes and savouries to go with your tea or coffee, or for a special treat why not make it a cream tea.

As well as me there are at least five other u3a members who are members of the Mabe club too, and we make up about half the committee.

Ric Reilly 07973 173367 ricreilly@icloud.com

Gepida Alboin 1000 52cm £850

This is a top of the range hybrid eBike which comes fully equipped with all the bells (really!) and whistles. It is powered by the popular Bosch Active Line motor and a Bosch Powerpack 400 battery assist function. Gearing is by a 10 speed Shimano derailleur gearset operated by handlebar triggers. The bike comes with the following equipment: Bosch Intuvia trip



computer Integrated LED lights, front and rear, Hydraulic disc brakes, front and rear, Rear view mirror Bell Mudguards Rear carrier Pump Quick release wheels and saddle post. I bought the bike locally in 2019 and it has been professionally serviced each year, full-service history available. In August 2022 I had the gear cassette, chain, tyres and disc pads replaced at a cost of over £450.00, receipts provided. The bike has been garaged throughout its life. In short, this is a reliable bike in perfect working order on offer at a very reasonable price. The current new price is in excess of £2500.00

Hilary Julian scillylass@hotmail.com 07796 142297

Cornwall Orchid Society Show - Saturday 27th April

The Cornwall Orchid Society will be holding their annual show on Saturday **27th April** at the Chacewater Village Hall, TR4 8PZ, open to the public from 11:00 a.m. to 4:00 p.m. The show will feature an extensive display of orchids of all shapes and sizes from our local society, there will be displays from the Devon and Somerset societies, and stands from Burnham's Nurseries (orchid specialists), Andy Air Plants and Stephen's Terrariums. In addition, there is the usual raffle, repotting demonstrations and sweet and savoury eats.

Entrance is just £3 and there is plentiful free parking nearby.

As well as me, a founder member, there are at least two other u3a members who are members of the Society.

Ric Reilly 07973 173367 ricreilly@icloud.com

PUZZLES

SUDOKU

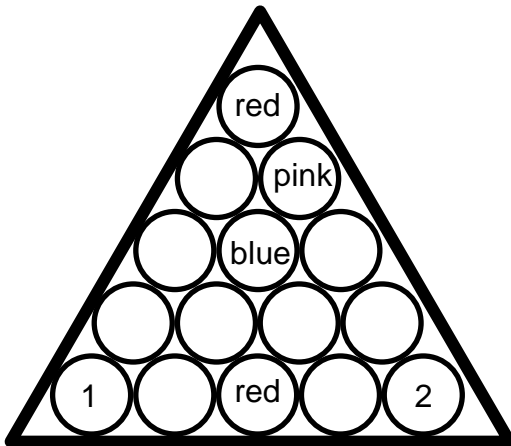
		8					5	
			4			8		7
3								2
	4			5		3		
			9		8	2	6	
				1			4	
	9		8	7				
8				3	5		7	
	3	6						8

In last month's Sudoku the three shaded numbers, in order, were 1, 2, 3.

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

Pyramid of Balls



I recently inherited an old snooker hall with many tables. All the balls were in a big bucket so I decided to find out if it was possible to create a pyramid of balls in a snooker triangle just using four colours, red, blue, pink and yellow. The only constraint was that no two balls of the same colour should touch. The diagram below shows the bottom layer with some of the balls identified. What are the colours of the other two

corner balls, 1 and 2, and what is the colour of the ball at the top of the pyramid?

Last month's problem – Yet Another Room

The dimensions are 3 metres, 4 metres and 12 metres. The volume is 144 metres.

Applying Pythagoras' Theorem in 3 dimensions gives the length of the diagonal between a pair of the furthest corners as $\sqrt{3^2 + 4^2 + 12^2} = 13$ metres.

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: Patsy Ross 07973 801715
groupscoordinator@u3acarrick.org.uk
Committee: Ric Reilly 07973 173367 Mike Rogers 07753 249550
Lesley Vingoe 07717 849458

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
Something
Green