

August 2024

# CARRICK NEWSLETTER

## CONTENTS

New Members	2
Announcements	2
Editorial	5
Group News	6
Calendar of Events	16
Accounts	29
Puzzles	30
Contact Us	31



[www.u3acarrick.org.uk](http://www.u3acarrick.org.uk)

USA Carrick

Registered Charity No 1034910

## U3A MEETINGS

**Monthly Meeting, Carnon Downs Village Hall.** Wednesday 14<sup>th</sup> August at 2:00 p.m. Helen Reilly will take us on a virtual tour of Chatsworth house. See entry in Group News Section.

## WELCOME TO NEW MEMBERS

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

Stephen Wood    Lynda Chidell    Cindy Edgeler    Ros Partridge

**Bob Williams, Membership Secretary** [membership@u3acarrick.org.uk](mailto:membership@u3acarrick.org.uk)

## ANNOUNCEMENTS

### A VIEW FROM THE CHAIR

A huge thank you to Jean King for generously giving us the use of her garden last Sunday for the Garden party, we are now all suffering from garden envy; and many thanks also to all those people who helped out, either by giving very generous



donations or by helping on a stall on the day. I won't attempt to name you all in case I miss someone accidentally, but you know who you are.

The weather was kind to us in that it didn't rain, although the display of summer hats didn't tempt the sun

out, and everyone had a good time with tea and cakes, treasure hunts, a book and plant stall and the opportunity to have a good chat in delightful surroundings. Mary Wright correctly guessed the weight of the cake at 4lbs and 3oz, the cryptic treasure hunt clues were most successfully cracked by Chris Breach, and Suzanne Rhymer found the treasure on the map. I am hoping Sue will be providing the answers to both quizzes.



Thanks also go to Carrick Consort for providing us with some lovely and apt music which drifted around the garden most evocatively.

This social event also raised funds, and I am pleased to report I banked £399.22 for u3a Carrick funds this morning, so again, thank you.

The next major event is the Indoor Car Boot or Table Top sale on **5<sup>th</sup> October**, so find out all those interesting items you would like to find new homes for and take a table.

There are rumours of another quiz, in September; and don't forget we would like as many of you as possible to display your talents and activities in our "Advent" show, too early for Christmas, in November.

As we are trying to introduce events and keep people informed, I will on occasion be emailing all members with an email address on record to remind you of what is happening.

Having established a link with the local coach company I can now say that a u3a Carrick specific trip to Buckfastleigh on Saturday **14<sup>th</sup> September** is on offer; more details to follow.

Those of you who have expressed an interest in the Saltram and Rosemoor trips will be receiving more information from me in a few days.

Finally, I have been asked to explain the need for any fundraising and/or a review of funding for Carrick as the accounts seem to be so healthy. The review is being done for two reasons:

It was requested by some members and has been promised since the request.

Venue costs are rising steadily and we need to establish the best format for funding all events so that we are not forced to keep increasing membership costs in a way which may not seem equitable. Once the review has been done, the decision will rest with the membership.

Fundraising helps us maintain that healthy looking bank account so that increased costs, or requests for equipment, new groups etc can be considered fully. I hope this helps.

I know some, but not all, groups will be taking a break for August. Whatever you do have a good time and see you in September. All the best

**Lesley Parsons, Chair 01209 314810 [chair@u3acarrick.org.uk](mailto:chair@u3acarrick.org.uk)**

## EDITORIAL

Last month's picture was of the restored winding gear at South Crofty mine in Pool.

The first to get it was Lizzie Congdon followed by Sheila Cooper, John Baldock and Maureen Gilbert.

Maureen tells me "The headframe at South Crofty on what is New Cooks Kitchen is now being revamped to modern methods and safety standards. The original Cooks Kitchen Mine is close by and was acquired by Crofty in 1899 along with Tincroft. As in the Gwennap area, Cooks was another mine which produced much more copper than tin. The latter being found beneath the copper lodes. The production figures were 40,000+ tons of copper, 8,000+ tons of tin along with around 120 tons of arsenic with mining ending in the 1920s. Be interesting to see what is developed underground over the next 5-10 years."

We all recognise a Nissen Hut, but if you don't, look it up on Wikipedia. There can't be many left now. So where is this one?

Your answer, as always, to [editor@u3acarrick.org.uk](mailto: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](mailto:editor@u3acarrick.org.uk)

## GROUP NEWS

### CARPET BOWLS 2



We meet every Wednesday afternoon between 2:00 and 4:00 p.m. at Perranwell Village Hall, and will continue to meet all through the summer except **24<sup>th</sup> July** when the hall is not available. We will be there in August.



We have a fun time and learn as we go so if you are

wondering if carpet bowls is for you come along and give it a try. The pictures give us all something to aspire to.

**Lesley Parsons 01209 314810 [chair@u3acarrick.org.uk](mailto:chair@u3acarrick.org.uk)**

## CARRICK CONSORT

Players from Carrick Consort recently had a busy weekend.

The Consort is an Associate Orchestra of the Society of Recorder Players and many of us also belong to the Cornwall Branch which played a Concert outside at the Falmouth Pavilion on Saturday **13<sup>th</sup> July**.

On the following afternoon ten of the group performed at the u3a Garden Party in Jean King's lovely garden in Perranwell.



Some of us are also making a guest appearance at the Stithians Ladies' Choir Concert on Monday **22<sup>nd</sup> July**.

Our main Concert to round off the term however, is a lunchtime one, at 12:00 noon on Saturday **3<sup>rd</sup> August** at King Charles the Martyr Church in Falmouth where we will play a wide variety of music from all centuries.

Everyone is welcome to come and listen.

**Helen Whomersley** [helenwhomersley@gmail.com](mailto:helenwhomersley@gmail.com)

## **CARRICK BELLS**

Carrick Bells will not be practising during August. We have thoroughly enjoyed our sessions of playing with both the American and Whitechapel Bells and will be polishing and storing them for the summer.

During the last six months we have entertained a group at the Memory Cafe in Falmouth. If anyone is in touch with any other groups who would enjoy listening or even singing along, please ask them to get in touch with us. Just a little reminder. We are in demand at Christmas.

We will be resuming practices on **27<sup>th</sup> August** at 3:30 p.m. at Ord Statter Hall Mylor Bridge.

Do come along. Concentration is all you need.

**Brenda Moulson 07799 874226 moulsonbren@gmail.com**

## **CARRICK SINGERS**

Carrick Singers invite you to a sing-a-long session on Wednesday **11<sup>th</sup> September** from 2:00 to 4:00 p.m., with cake and tea or coffee. Come and see if you'd like to join the choir. It can be daunting joining a choir when everyone but you knows the music, so this is a taster, using our warm up songs, simple rounds and shanties that you will pick up easily. You do not have to read music as long as you can follow ups and downs. Richard our choirmaster is very patient and will go over bits you need help with. He is always entertaining and a brilliant musician. We are specially in need of gentlemen; don't be shy give us a try. We have a new poster. If you know somewhere you can put one, let us know.

**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 holding monthly 'surgeries'. We're back to the third Thursdays, so August's Connected Cafe will be on Thursday **15<sup>th</sup> August** and as always at Chez Reilly.

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. July's focus for instance was on loading and using WhatsApp on a smartphone and consolidating a myriad of recent and ancient files on to a hard disk providing a back-up of treasured memories and freeing up space in the cloud and on a camera SD card. In all cases there is no 'bish, bash, bosh' with users encouraged to do things for themselves, the only way to learn.

With limited space and personal bandwidth, attendance has to be by prior notification even for regular attendees, either with a call or an email as below. We won't have all the answers, but may be able to help with searching them out.

**Ric Reilly 07973 173367 [ricreilly@icloud.com](mailto:ricreilly@icloud.com)**

## DONS KERNEWEK

Our group met up for afternoon tea at the Falmouth Hotel on 4<sup>th</sup> July, which was, as one of our members pointed out, more about "Get fat" than our usual "Get fit".

We have now put away our dancing shoes for the summer. We will be starting again on Thursday, **12<sup>th</sup> September**, 2:30 – 4:30 p.m. back at Bosvale Community Centre, Hillside Road, Falmouth. We look forward to welcoming any new members then.



**Sue Prout 07917341057**

## **EUCHRE 2**

Hello all; a date for the next Euchre 2 has been booked at the Chacewater Nissan hut as usual on **22<sup>nd</sup> July** at 2:00 p.m.

Hope to see you all there and bring a friend; they are more than welcome to join in our traditional card game.

**Jenny Fulleylove 07799 731383 [jennpetfull79@gmail.com](mailto:jennpetfull79@gmail.com)**

## **FOURTH FRIDAY, FALMOUTH**

Fourth Friday, Falmouth, will meet at Membly Hall Hotel on Cliff Road, on **23<sup>rd</sup> August** at 10:30 a.m. Come and join our friendly group for coffee and a chat, and to welcome new members. There is ample parking.

**Alex Pascoe [alexpascoe@talktalk.net](mailto:alexpascoe@talktalk.net) 01326 211228, 07971 395995**

## FRENCH FILM

French Film will resume on **25<sup>th</sup> September**. I am away for the August one and not many attendees can come along on 24<sup>th</sup> July so I have decided to cancel that one.

We will meet again in September at the usual venue, Feock Church Hall at 1:30 p.m. It has been great to see the group growing in numbers. We will carry on watching a varied selection of films, some will tax your emotions, some will be intellectually challenging, a lot of them will be funny, but mostly, I hope, all very enjoyable.

If you haven't joined us before, can I stress, there is no need to be a French speaker as all films have English subtitles.

**Genevieve Rosier** [genr@hotmail.co.uk](mailto:genr@hotmail.co.uk)

## GARDEN

With the weather being what it is this summer we were incredibly lucky yet again to have a beautiful sunny day



for our visit to Trenarth garden. Lucie gave us a warm welcome and a tour of the garden before reviving refreshments on the terrace. It is a really beautiful garden with quirky additions displaying her sense of humour. I for one look forward to going back on one of the NGS open days again, we all enjoyed it and several of us at least put it on the favourites list.

We have a treat in store with a bonus visit in August. Lesley and Nick Parsons have very kindly offered to open their garden for us on Tuesday **13<sup>th</sup> August** from 2:00 p.m. Lesley stressed that theirs is not to be compared with such as Trenarth

which is good to hear for the rest of us battling to sort our own gardens. We are invited to bring along items to add to a mosaic on a wall she and Nick are covering. Bits of china, shells, pebbles, whatever you might have that you'd like to share are welcomed. It sounds a lovely idea which reminds me rather of that park in Barcelona constructed by Gaudi.



As ever there will be refreshments. There is no charge for our visit but any donations you might like to make will be collected for charity.

Please keep in mind November's meeting which will be in Carnon Downs Village Hall. I am hoping we may have a few gardens to enjoy on screen. Bring some photos and tell us about your favourite garden anywhere, home or abroad but outside Cornwall. Just a few minutes each to tell us about it and why you love it. Further details to come. Please let me know if you are interested.

August visit: Tuesday **13<sup>th</sup> August**. 2:00 p.m. Refreshments. Donations for charity. Please contact me if you are coming and I will give you further details.

**Kate Gidman** [kategarts.gdns@gmail.com](mailto:kategarts.gdns@gmail.com) **07962 805666**

## HANDICRAFT

Just reminding members that the last Friday group meeting will be on Friday **26<sup>th</sup> July** and then will return to Thursdays starting Thursday **1<sup>st</sup> August** for the rest of the year.

**Veronica & Gordon Richards**  
[veronicacrichards@gmail.com](mailto:veronicacrichards@gmail.com)  
07893511192



## HISTORY

In spite of the poor weather our visit to Pendennis Castle on 15<sup>th</sup> July was a great success, thoroughly enjoyed by all. Our guide for the visit was Helen Reilly, who had spoken to us about the castle at our



February meeting. Helen is a volunteer guide at the castle.

The first part of the visit was a tour of the Keep, Henry VIII's original castle built in the 1540s to protect England from attack by the French and the Spanish. The tour started in the governor's quarters on the ground floor. It then continued

up the spiral staircase to the floor where the men were garrisoned, then up to the gun floor and finally on to the roof. The views from the roof would have been even better on a fine day.



After a break for lunch the visit continued with a tour of the WWII defences. For this part of the tour Helen changed into her ATS outfit, representing the many women who worked at Pendennis during the war. The tour started in the Train Shed which is now an exhibition

space. The group were then taken to the battery observation post, then down through the tunnels to the moat, the Half Moon Battery and the magazine. It was not possible to visit the Plotting Room as this is currently undergoing renovation.

Our thanks go to Helen for her lively and informative commentary which really brought the history of the castle to life.

Thanks to Jane and Martin for the photographs. There are more of Jane's photographs and some videos from Ric on Facebook.

There is no History group meeting in August.

Our next meeting will be on Monday **9<sup>th</sup> September** when Frances Dennett will talk about Copped Hall in Essex. The meeting will be held at Kea Community Centre, Playing Place.

Please contact the group leader if you would like a copy of the current meetings programme. New members are always welcome.

**Sheila James** [u3acarrickhistory@gmail.com](mailto:u3acarrickhistory@gmail.com) 01872 870745

## **LINE DANCING**

Just a reminder that we shall finish on the 26<sup>th</sup> July at Ord Statter and start again on **6<sup>th</sup> September**.

**Janet and John Bishop 01872 862949**

## **MEDITATION and CREATIVE VISUALISATION**

Thank you to those who came to the debut of the group which will be held on the first Friday of the month in Truro. Would the people who sent apologies please let me know if they are coming regularly as places are filling up. It is a small friendly group in a safe quiet space. The meditations will span from mindful sensory awareness using the breath as an anchor leading into visualisation, mainly facilitator led, with group ideas. The creative imagery would be of pleasant places then to be discussed, or evolving into art or even improvisation depending on group cohesion. All is invitational with the intention of continuing according to my group needs. Bring a small cushion as the chair backs need more comfort. Warm wishes.

**Ruby Walker 07880 727172**

## **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 **5<sup>th</sup>** and **19<sup>th</sup> August**.

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

**Ric Reilly 07973 173367 [mondaysonline@u3acarrick.org.uk](mailto:mondaysonline@u3acarrick.org.uk)**

# 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.

## August 2024

### Thu 1

14:00 CROQUET Perranwell Cricket Club  
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

### Fri 2

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  
14:00 Meditation and Creative Visualisation Truro  
14:30 CARRICK CONSORT Kea Community Centre

### Mon 5

10:00 PETANQUE FALMOUTH Gyllyngvase Beach  
10:15 RUBBER BRIDGE Central Bar, Truro  
10:30 SPANISH, BEGINNERS Norway Inn  
13:00 UKULELE Perranwell Church Hall  
14:00 JAZZ APPRECIATION Carnon Downs Village Hall  
16:00 TABLE TENNIS Feock Church & Community Hall  
18:00 MONDAYS ONLINE online

### Tue 6

10:00 CROQUET Perranwell Cricket Club  
10:30 FRENCH CONVERSATION Threemilestone Village Hall

### Wed 7

09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall  
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 8

09:30 BADMINTON 1 Tremough Campus  
14:00 CROQUET Perranwell Cricket Club  
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

**Fri 9**

09:30 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  
13:45 MAHJONG Perranwell Church Hall  
14:30 CARRICK CONSORT Kea Community Centre

**Sun 11**

10:30 PETANQUE TRURO Boscawen Park

**Mon 12**

10:15 RUBBER BRIDGE Central Bar, Truro  
10:30 SPANISH, BEGINNERS Norway Inn  
14:00 PLAYREADING leader's home  
16:00 TABLE TENNIS Feock Church & Community Hall  
19:00 EUCHRE Oak Tree Farm

**Tue 13**

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  
14:00 GARDEN Lanner

**Wed 14**

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 ARCHERY Oak Tree Farm  
14:00 CARRICK SINGERS Kea Community Centre  
14:00 MONTHLY MEETING Carnon Downs Village Hall  
16:00 TABLE TENNIS Feock Church & Community Hall

**Thu 15**

09:30 BADMINTON 1 Tremough Campus  
10:00 CONNECTED CAFE Penryn  
10:30 THIRD THURSDAY Truro  
14:00 CROQUET Perranwell Cricket Club  
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

**Fri 16**

09:30 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  
14:00 MUSIC APPRECIATION Leader's home, Lanner  
14:30 CARRICK CONSORT Kea Community Centre

**Sun 18**

18:00 NEWSLETTER CLOSING

**Mon 19**

10:00 PETANQUE FALMOUTH Gyllyngvase Beach  
10:15 RUBBER BRIDGE Central Bar, Truro  
10:30 SPANISH, BEGINNERS Norway Inn  
13:00 UKULELE Perranwell Church Hall  
14:00 JAZZ APPRECIATION Carnon Downs Village Hall  
14:00 READING, TRURO online  
16:00 TABLE TENNIS Feock Church & Community Hall  
18:00 MONDAYS ONLINE online

**Tue 20**

10:00 CROQUET Perranwell Cricket Club  
10:00 QUESTIONS OF THE DAY 1 Member's home, Carnon Downs  
10:15 SCRABBLE Threemilestone Community Centre

**Wed 21**

09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall  
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 22**

09:30 BADMINTON 1 Tremough Campus  
10:30 TRAVELLERS' TALES Kea Community Centre  
14:00 CROQUET Perranwell Cricket Club  
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

**Fri 23**

09:30 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  
13:45 MAHJONG Perranwell Church Hall  
14:30 CARRICK CONSORT Kea Community Centre

**Mon 26**

10:15 RUBBER BRIDGE Central Bar, Truro  
10:30 CREATIVE WRITING, FALMOUTH Bay Court, Falmouth  
10:30 SPANISH, BEGINNERS Norway Inn  
14:00 PLAYREADING leader's home  
16:00 TABLE TENNIS Feock Church & Community Hall

**Tue 27**

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  
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

**Wed 28**

09:30 SCOTTISH COUNTRY DANCE Ponsanooth Village Hall  
10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone  
10:00 SKITTLES Threemilestone Community Centre  
10:15 READING, FALMOUTH Bay Court, Falmouth  
13:00 CARPET BOWLS 2 Perranwell Centre  
13:00 PETANQUE TRURO Boscawen Park  
14:00 CARRICK SINGERS Kea Community Centre  
16:00 TABLE TENNIS Feock Church & Community Hall

**Thu 29**

09:30 BADMINTON 1 Tremough Campus  
14:00 CROQUET Perranwell Cricket Club  
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)

**Fri 30**

09:30 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  
14:00 PHILOSOPHY 2 Carnon Downs Village Hall  
14:30 CARRICK CONSORT Kea Community Centre

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



## MONTHLY MEETING

Our first meeting at Carnon Downs Village Hall proved to be quite exhilarating as the room we had booked was occupied by some miscreant group who eventually agreed to move to another location, thankfully.

The episode did not appear to unsettle our speaker Sue Swinchatt, who provided us with a well-researched study on the Life and Art of Walter Crane.

He was a leading light of the Arts and Crafts movement and friend of William Morris and Edward Burne Jones.

He is best remembered for his children's book illustrations, but also, he was involved in so many areas of the crafts movement and very innovative.

Sue managed to show how busy and skilled he was with her detailed photographs on the wall monitor, of his work within the printing, textiles and wall paper design industries.

As mentioned earlier we are quite chuffed to have secured the services of Helen Reilly for our Wednesday **14<sup>th</sup> August** meeting at Carnon Downs Village Hall.

Helen will be sharing her thoughts and views with us on the magnificent Chatsworth House Estate.

Helen has entitled her talk, 'Passion, Pride and Pemberley' as an amble through the history and development of Chatsworth House, the Derbyshire home of the Dukes of Devonshire. She will identify how the House and its worldwide fame is due to the influence of Three "duchesses" and Jane Austen.

Knowing Helen's enthusiasm for her subject and willingness to inform and entertain, I am sure we are in for another fascinating afternoon. See you there.

**Richard Allen richardwallen85@gmail.com**

## MUSIC APPRECIATION

Hello to classical, and some modern, devotees. Here are the dates for our summer classes: Fridays **16<sup>th</sup> August; 20<sup>th</sup> September; 18<sup>th</sup> October**; all at 2:00 p.m. Remember, this is a group aimed at anyone who has an interest in this musical genre; we listen, we chat, we drink tea, we enjoy. No previous experience required: an open mind is helpful.

Last month's subject was 'Hungarian composers', Zoltan Kodaly being a clear favourite. July was reserved for the Americans, possibly Gershwin, Copeland, and maybe some surprises. August's theme will be decided at the next meeting. So come along and join us. Phone for the address, and we will put the kettle on.

**Nick Parsons** [nic.alchemy@yahoo.co.uk](mailto:nic.alchemy@yahoo.co.uk)

## PÉTANQUE, TRURO

We went to Tregony for a Pétanque match on Sunday 30<sup>th</sup> June; they made us very welcome.

We had cake and coffee on arrival, then went on to be beaten, but the games were played in the right spirit.

We had lunch, and then we did manage to win two games, not good enough to win the match.

Our next match is on **11<sup>th</sup> August**, Kernow Pétanque are coming to Truro.

Then on the **18<sup>th</sup> August** Truro are playing at Pendeen.

Please note our Sunday group games start at 10:30 for 10:45 a.m. play, not as previously advertised.

If you would like to play Pétanque, please get in touch.

**Jane Stevens** [janestevens52@hotmail.co.uk](mailto:janestevens52@hotmail.co.uk) 01872 279667

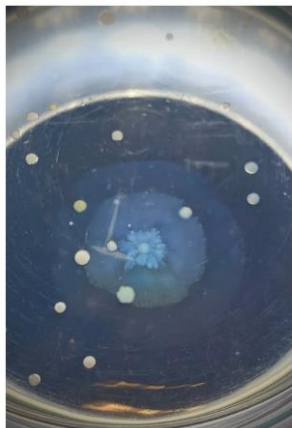
## READING, FALMOUTH

We are a friendly group and would welcome new members. We meet on the fourth Wednesday of the month in the morning at Bay Court, Falmouth. There is free parking or the 67 bus runs hourly.

We do not purchase the books we read, they come from Falmouth library either chosen by us or the librarian.

**Shirley Clark 01326 218484 clarkshirley436@gmail.com**

## SCIENCE



### Drug resistance

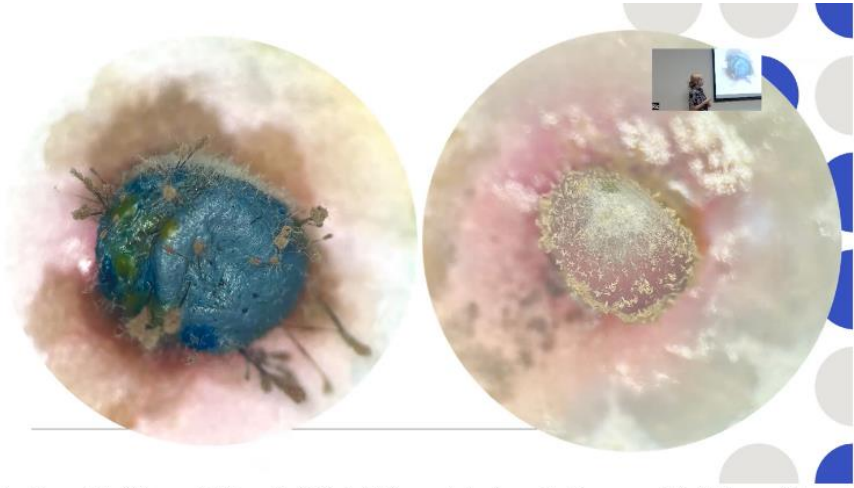


- Antimicrobials: antibacterials (antibiotics), antivirals, antifungals and antiparasitics
- Microorganisms: bacteria, viruses, fungi and parasites
- The ability to multiply or persist in the presence of an increased level of an antimicrobial agent

Last month PhD student Emily Stevenson gave an outstanding talk to 29 members on her research into microplastic particles

(MPs) as vectors of antibiotic resistance in aquatic systems. MPs, less than 5 mm are environmentally prevalent pollutants that can support a diverse range of microbes, known as 'The Plastisphere', found to be distinct to microbial communities that are free-living in the water or sediment, or even those attached to natural debris. There is increasing concern that these microplastic-associated biofilms may support the enrichment and spread of pathogenic and antimicrobial resistant (AMR) microorganisms, potentially increasing human or animal exposure to disease-causing, drug-resistant microbes. Significant sources of microplastics include nurdles, industrial feedstock of plastics, and bio-beads that are used to remove ammonia in sewage treatment plants.

The primary aim of Emily's research was to discover if MPs are "hotspots" of AMR bacteria focused on 3 key pillars.



**Bio-bead(left) and Nurdle(right) found in local river and left to culture**

The first was Selective Colonisation, in which Emily wanted to know if AMR bacteria preferably bind to MP. E Coli, a commonly used marker of faecal contamination of water was used. There are 7 phylogenetic types, only two of which are pathogenic (B2 and D). Five materials, previously sterilised were investigated: nurdles, bio-beads, polystyrene, wood and glass. Assessing the levels of bacterial adhesion it was found that wood and polystyrene had the most of all types, but the bio-beads had the most pathotype biofilms.

The second was on the Evolution of AMR bacteria and whether MPs have a unique role in making these bacteria more antibiotic resistant. This could be due to selection pressure or direct selection involving heavy metals. 3 hypotheses were considered:

- a) Bacteria can pass genetic material to unrelated bacteria horizontally within a biofilm. This is not unique to MPs.
- b) Sorted selective and co-selective agents in which the bio-beads act like magnets for antibiotics and other contaminants such as heavy metals.

c) Selective and co-selective agents incorporated in plastics. Chemicals and heavy metals are incorporated to stop bacteria growing. This is the most exciting possibility as it could be a driver of evolutionary pressure in the biofilm. To investigate this further Emily will be visiting a laboratory in Australia that specialises in the chemical analysis of plastics.

The third pillar, was to see whether MPs are a vector of AMR bacteria dispersal. Do they increase risk to the environment or people? Emily's recent study involved the Truro River looking at AMR bacteria starting with sewage from Treliske hospital then the sewage works at Newham and two further sites progressively down river to see if there was greater sustainability, persistence and transport of MP-attached AMR bacteria.

Another current study is investigating the impact of MP attached AMR bacteria on the food chain by exposing mussels to various treatments of microplastics and sewage before extracting and analysing the DNA of their gut microbiome.

Emily ended up with her thoughts and ideas about the larger picture of connections between 'the Plasticsphere', AMR bacteria and Climate Change by considering all the stages of plastics from source, production to use and disposal.

It is imperative to address the rising increase in antibiotic resistant bacterial disease as it has been predicted to be the major cause of death by 2050.

Ref: <https://www.pml.ac.uk/news/PhD-Student-spotlight-Emily-Stevenson>

Please note that there will not be a science meeting in August.

**Roy Fisher 01872 270528 raf59@talktalk.net**

## **SHORT TENNIS 1**

We will resume at 1:30 p.m. on Tuesday **27<sup>th</sup> August**.

**Gillian Davies secretary@u3acarrick.org.uk 01326 318514**

## **SKITTLES**

Hello fellow Skittles players; a reminder that we are meeting on **31<sup>st</sup> July** at 10:00 a.m., and a further reminder the next meeting after this one is on **28<sup>th</sup> August**. This is in the August bank holiday week, if unable to attend on this date can you let Maureen or Brenda know so if there are not enough attendees, we will have time to cancel. Have a good meeting.

**Jenny Fulleylove jennpetfull79@gmail.com 07799 731383**

## **SOCIAL DANCING**

Just to confirm that our talented dancers will not be meeting during August but will resume on Monday **9<sup>th</sup> September**. We will be fresh and raring to go again after a summer of ice creams and glorious weather. We can all dream.

Enjoy the break everyone.

**Edith Lucas edithandpaul@btinternet.com 01736 710474**

## **THIRD THURSDAY - TRURO**

If you are wondering what to do in August with lots of groups having a break why not join us for coffee and chat in Zafiro's, New Bridge Street Truro from 10:30 a.m. on Thursday **15<sup>th</sup> August**. We are a very friendly and welcoming group and look forward to meeting new members.

**Julia Holme julia.holme@outlook.com**

## TRAVELLERS' TALES

I hope those who attended or received a recording, enjoyed Kate and Jay Gidman's wonderful talk on California Dreamin', with youthful memories of the Mamas and the Papas. With the joys of the internet, you could take a short break if you're online reading this newsletter, and find the YouTube recording as I did while helping put the slides together. Thank you, Kate and Jay, it was fabulous. If you missed the talk, the Zoom recording is still available, just drop me an email.

It might be August's newsletter, but on Thursday **25<sup>th</sup> July** we will welcome Martin Smith who will be taking us on The North Coast 500 which is a 516-mile scenic route around the north coast of Scotland, starting and ending at Inverness Castle. It's known for its stunning coastal scenery, historic fishing villages, castles, and remote inland glens.

The North Coast 500 route was developed in 2015 to boost tourism in the remoter northern part of Scotland as its own version of Route 66. This has proved a great success and continues to be very popular, and it was listed in 2017 in the top 5 coastal road tours. Not too late for an autumn break this year perhaps, so come and get the lowdown from Martin and Rosalind.



There will be an August Travellers' Tales meeting this year, a break with tradition, for which we are going to try a different format. Borrowing an initiative from the History Group, thanks Sheila, we're have a 'bring and share' meeting on

Thursday **22<sup>nd</sup> August**. Members of the group are invited to bring along something collected on their travels and talk about it for five or ten minutes, long enough for where, when and what. It could be an object or a picture that brings back memories.

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 at [TravellersTales@u3acarrick.org.uk](mailto:TravellersTales@u3acarrick.org.uk) 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 meetings just drop me a line and let me know.

**Ric Reilly [TravellersTales@u3acarrick.org.uk](mailto:TravellersTales@u3acarrick.org.uk) 07973 173367**

## **UNIVERSITY LIAISON**

On Tuesday, 16<sup>th</sup> July, the group attended two talks at the Penryn Campus given by Nina Baskerville and Elitsa Penkova. Many thanks to Mistralle Reid, our liaison contact, who organised the event. Both the speakers presented their projects to us last November and for this event they were updating us on their progress.

Nina's research aims to determine the fate of sewage and livestock associated bacteria in natural aquatic environments and the influence of the environment on the spread of resistance to antibiotics in those bacteria. We learnt how Nina carried out her investigation in the laboratory and she showed us some current results. The work feeds into the European wide BlueAdapt programme, which is investigating the impacts of climate change on risks to human health posed by pathogens and antimicrobial drug resistant bacteria in coastal waters.

Elitsa's research was focussed on wild swimmers in rivers and she is leading the "Poo-Sticks" project, which is recruiting participants who regularly swim in UK rivers and other freshwater, such as lakes, to discover how wild swimmers might acquire antibiotic-resistant bacteria, also known as 'superbugs'. By comparing swimmers with non-swimmers, the project team hopes to identify whether differences in

people's gut bacteria might be due to exposure to natural waters affected by pollution.

This group will act as a mailing list for those members who have shown an interest in receiving notification of upcoming events; useful for short notice events. If you would like to join the group, please email the group leader.

**Mike Rogers 07753249550 [universityliaison@u3acarrick.org.uk](mailto:universityliaison@u3acarrick.org.uk)**

# 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.

Printed 2nd July 2024 11:07

Income & Expenditure, 1st February - 31st January

Category	In	Out
Catering		£348.99
Charity Lottery	£587.00	
Donations	£304.31	
Equipment		£56.06
Fundraising	£458.00	
Interest	£27.34	
Membership	£17,072.00	£26.00
Newsletter Printing		£458.00
Postage	£980.15	£1,540.40
Re-Imburse	£72.00	£100.00
Stationary		£397.01
TAM postage	£94.28	£114.16
TAT		£2,848.00
TATTL Beacon		£892.00
Venues		£6,433.30
Website		£36.01
Zoom		£155.88
Sub-totals	£19,595.08	£13,405.81
Brought forward	£26,277.70	
Total		£32,466.97

## Balance Sheet

Current	£17,434.64
Easy Access Account	£5,032.33
Fixed Term Savings	£10,000.00
Total	£32,466.97

## Membership Analysis, at 2nd July 2024

	Members
Associate	4
Associate Joint	2
Honorary	1
Individual	382
Joint	206
Totals	595

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

## PUZZLES

### SUDOKU

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

In last month's Sudoku the three shaded numbers, in order, were 5, 4, 8.

The first to get it was Joan Woodward followed by Chris Ayres 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.

### Playing with Cards

I take the 13 cards of one suit from an ordinary pack of cards and discard the rest. I shuffle the 13 cards and lay one down face up. I then pick up all 13 cards. On average, how many times will I need to repeat this exercise using the same 13 cards before I expect to have seen them all?

### Last month's problem – Roman Alchemy

The sequence is all those chemical elements, in their order in the Periodic Table, that have chemical symbols that can be represented by the letters that make up Roman Numbers: C Carbon, CL Chlorine, V Vanadium, CD Cadmium, I Iodine, MD Mendeleevium, MC Moscovium.

The missing first term is LI for Lithium.

**Mark Breach** [mark.breach@yahoo.co.uk](mailto:mark.breach@yahoo.co.uk)

## **CONTACT US**

### **OFFICERS & COMMITTEE**

- Chair:** Lesley Parsons 01209 314810 [chair@u3acarrick.org.uk](mailto:chair@u3acarrick.org.uk)
- Vice-Chair:** Sue Hutt 01872 864494 [vicechair@u3acarrick.org.uk](mailto:vicechair@u3acarrick.org.uk)
- General Secretary:** Gillian Davies 01326 318514 [secretary@u3acarrick.org.uk](mailto:secretary@u3acarrick.org.uk)
- Treasurer:** Jenny Fulleylove 07799 731383 [treasurer@u3acarrick.org.uk](mailto:treasurer@u3acarrick.org.uk)
- Membership Secretary:** Bob Williams 01326 219334 [membership@u3acarrick.org.uk](mailto:membership@u3acarrick.org.uk)
- Groups' Coordinator:**  
Patsy Ross 07973 801715 [groupscoordinator@u3acarrick.org.uk](mailto: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](mailto:webmaster@u3acarrick.org.uk) Newsletter copy also goes to the webmaster.

**Digital Lead.** Ric Reilly 07973 173367 [ricreilly@icloud.com](mailto:ricreilly@icloud.com)

**Newsletter.** Copy to [editor@u3acarrick.org.uk](mailto:editor@u3acarrick.org.uk) by **6:00 p.m.** on the **18<sup>th</sup>** of the month.



Photography Group  
Landscape/Seascape

