

September 2024

CARRICK NEWSLETTER

CONTENTS

New Members	2
Announcements	2
Editorial	6
Group News	6
Members' Small Ads	24
Calendar of Events	14
Accounts	25
Puzzles	26
Contact Us	27



www.u3acarrick.org.uk

U3A Carrick

Registered Charity No 1034910

U3A MEETINGS

Monthly Meeting, Carnon Downs Village Hall. Wednesday 4th September at 2:00 p.m. **Caroline Goodwin** will share the story of her mother's long and eventful life entitled **Mum - Saint or Sinner**.

WELCOME TO NEW MEMBERS

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

Kate Townesend Mike Townesend Laura Appleby Glynis Brown

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

ANNOUNCEMENTS

A VIEW FROM THE CHAIR

Hello, I hope everyone has enjoyed whatever August had to offer, family visits, friends calling in etc.

There have been two coach trips involving Carrick members, with mainly positive but some mixed experiences. In view of some of the difficulties organising these, and time limits it has been decided to postpone the proposed trip on 14th September to Buckfastleigh. Different options will be explored.

Volunteers are need to help out with things like organising coach trips; we need an interested person to look at what is available at various proposed venues, so that an itinerary can be drawn up prior to arranging the trip; a courier role. So, if you are interested and can help, please do get in touch with any member of the committee.

Similarly, we need people to help organise social and or fundraising events. We have had some excellent suggestions for u3a activities, but much of the organising has fallen to the committee, and we would greatly appreciate other offers of help; so, you know what to do.

Our next events are:

Quiz night on **21st September** at Kea Centre, with a return of the ploughman's supper. So, a slightly earlier start of 6:30 for 7:00 p.m. start to give time for eating. Interested parties please let Sue know as usual and if you aren't already in a team, we will find you one. Non-members also welcome so bring family and friends.

A table top or indoor car boot sale has been organised for **5th October**. Details below.

There are a couple of new groups being suggested, or at least one new and one renewal so read about Ambling and Shakespeare in the Group News section

Finally, the Third Age Trust who are the umbrella organisation for u3as are suggesting a change of constitution. I will provide more information shortly, but it is all available on the u3a national website www.u3a.org.uk under Fit For the Future, so do go on and have a look.

Patsy Ross our Groups' co-ordinator and myself will be coming round to visit groups we haven't yet had chance to say hello to, so I look forward to meeting many more of you soon.

The picture shows me recruiting new members at Rosemoor Flower Show.



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

THE PRICE OF A CUPPA

There seems to be some confusion about what, if anything, members should be charged for drinks at meetings and what can be done with excess funds.

Here are the official u3a recommendations: Any financial transactions should go via the Treasurer and groups should have tea coffee etc provided centrally. Milk etc to be donated by group members.

This does not seem to be the most practical solution and so those groups who provide drinks do so on an ad hoc basis and either provide drinks for free, ask for donations or charge a nominal fee per session. However, the guiding principle is that no-one should gain financially or materially by membership of the u3a and so money collected should only cover the cost of providing supplies. So, there shouldn't be a build-up of funds in any tea kitty.

I have heard of some groups amassing tens or even hundreds of pounds in their tea fund and then wondering what to do with it. Some have suggested giving it to charity and been wrongly advised that that is not possible, others have put it toward an end of year gathering or meal.

For clarification, as the money is for items not provided by Carrick u3a it is not officially u3a money and so a large excess could be donated to charity by the individuals involved. Don't forget that Carrick u3a is a charity and all donations to funds are gratefully received.

Any decision to use tea funds for parties or meals out must be made clear before asking for donations and not just benefit one or two group members.

In all circumstances in order to comply with Charity Commission rules a record should be kept of all financial transactions and made available to the Treasurer should they wish to see them. This can be as simple as keeping receipts for supplies or anything else purchased from the tea funds.

Overall, it is worth considering how much it actually costs to make a cup of tea and costing it accordingly.

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

LET'S TALK TECH (u3a National)

Ric Reilly, our digital lead in u3a Carrick, has updated and enhanced the talk on 'The Rise and Rise of Mobile Comms' that he gave to our Science Group back in 2022, and is the guest speaker on the Third Age Trust's



monthly 'Let's Talk Tech' drop in on Zoom, which will be at 1:00 p.m. on Wednesday **21st August**. In this first session, Ric will look back at the evolution of the mobile phone and networks over thirty years and where we are now with the fourth generation (4G), and the first stage of the next generation (5G) which will facilitate the Internet of Things (IOT). The Zoom joining details are Meeting ID: 819 9315 3499 Passcode: 754565.

Ric Reilly 07973 173367 ricreilly@icloud.com

TABLE TOP SALE

In response to a request from a member, we are holding a Table Top Sale, like a car boot but indoors, on Saturday **5th October** from 10:00 – 12:00 noon at Kea Community Centre.

Small tables will be available for £5, with larger ones being £10 each. Sellers will keep all of their profits, so if you have items to sell, whether they are pre-loved or new items, please book your table now.

Bookings will not be confirmed until payment is received and will be advertised locally and taken from non u3a members from 1st September if any are still available, so get in early to reserve yours now.

For further information or to book your table, please contact Sue Hutt.

Sue Hutt vicechair@u3acarrick.org.uk 01872 864494

EDITORIAL

Last month's picture was of the Nissan hut at Chacewater.

The first to get it was Jenny Fulleylove followed by Adrian Rowlands, Joan Woodward, Jean King, Michael Hone, Jenny Skinnard, Peter Becker, Maureen Gilbert and Ric Reilly.

No prizes for guessing who this is on the front cover, but where is the wall on which he is painted?

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

AMBLING

Ambling is back. Those of us who enjoy a gentle stroll around interesting places or a short walk in lovely surroundings will be pleased to hear of the return of the Ambling Group.

Previous walks have been in Trelissick, Tuckingmill and Tehidy. There must be plenty of places beginning with T or even other letters that we can stroll through.

Day and time of week will depend on interest. First contact Nick please.

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

APPRECIATING SHAKESPEARE

"He was a scholar, and a ripe and good one, Exceeding wise, fair spoken and persuading." Henry VIII Act 4, Scene 2.

Love him or not, no one can deny that Shakespeare is a phenomenon. His words permeate our English language, are adopted into more everyday speech than we

realise and almost all writers rely on him to add richness to their narrative. I have loved Shakespeare for as long as I can remember. After retirement I began a deep study of the Bard and joined the MA course at The Shakespeare Institute, Stratford upon Avon. It took three years to qualify. I then ran a Shakespearians group for u3a Worcester which I sadly said farewell to when I moved to Cornwall.

If you share my passion or would like to know more, I'd be glad to hear from you. I hope to form a similar group here in Carrick u3a. We would take part in play readings, watch film presentations and engage in discussions. Please email to me to express your interest with a view to forming a pilot group this autumn.

Janet Anderson-Kaye 01872 719460, 07903356131
janetandersonkaye@yahoo.co.uk

CARPET BOWLS 1

At our last carpet bowls in Mylor before the summer break, we decided to have cake with our cup of tea, and here we are enjoying it.



I hope everyone is enjoying a lovely summer break. We return to carpet bowls on **6th September** from 1:30 to 3:30 p.m. at Ord Statter in Mylor. We look forward to seeing you there.

Caroline Goodwin 01326 619690, Angie Attwood 07874782735

CARRICK CONSORT

Carrick Consort was invited to give a lunchtime Concert on Saturday 3rd August at King Charles the Martyr Church in Falmouth and fourteen of us played a wide selection of music ranging from the 16th to 20th centuries in a variety of different styles from Baroque to Rock.



We had a short breather in the middle when Ella Whomersley sang two songs accompanied by her mother who was also our guest soprano soloist in The Urchins Chorus from Bizet's Opera 'Carmen'.

Audience and performers thoroughly enjoyed the music which provided a fitting finale to our end of season's rehearsals.

We next meet on Friday **6th September**.

Helen Whomersley helenwhomersley@gmail.com

CARRICK SINGERS

All u3a members are invited to a 'Singalong with Cake' with the choir on Wednesday **11th September** at 2:00 p.m. at Kea Community Centre, Playing Place.

This will be an opportunity to join the choir members for a fun and joyful afternoon. We all know that singing is good for both your physical and mental health, but perhaps you are not sure whether you are 'good enough' to sing with a choir. We will be singing songs that are new to all of us, so choir members won't have an advantage. Richard, our Musical Director, will accompany us, and teach us with a light and humorous style. Come and join us for a couple of hours, and give it a try.

As a bonus, we will be serving homemade cakes, instead of our usual biscuits, with tea and coffee at our break, with time to chat and compare notes.

No need to book, just turn up, we will be pleased to see you. If you have any questions, please call June 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 Helen and I are holding monthly 'surgeries'. As with this month, our informal gatherings over tea or coffee are on the third Thursdays of each month, so September's Connected Cafe will be on Thursday **19th September**, as always at Chez Reilly, near Penryn.

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. August's focus for instance was on recovering a Google account and gmail for one visitor, and continuing to consolidate and back-up precious photographs for another, as well as recommending and connecting up a 'hub' for another's Apple laptop.

One topic that got a mention at the recent u3a Committee meeting was mobile phones, and particularly so-called smartphones; how to use them and how to get more out of them, and can we provide some tuition. The simple answer is yes, we can. With a background in mobile comms, I am of course biased but I think with a myriad of 'apps' to harness they are potentially a boon for people like us in our later years, and in my case propping up a declining memory. Here is a picture I use in my talks to illustrate all the uses I put my phone to, and low down on it is using it as a phone.

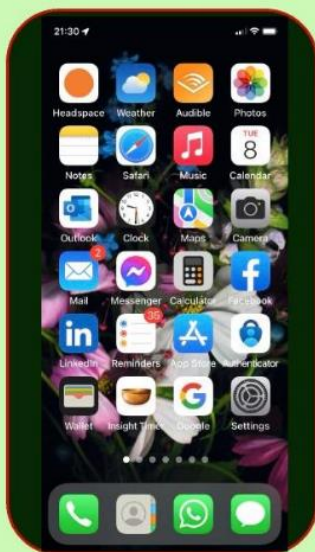
Phone ➤ Multifunctional Device

Communicator

Telephone
Pager
Email
Satnav/GPS
Social media
Answering machine

Organiser

Diary
Jotter
Calendar
Reminders
Alarm clock
Stopwatch
Calculator
Journey planner
Lists
Scribble pad



Entertainer

Radio
Library
Television
Video
Encyclopaedia
Gramophone
Snapshot camera
OB camera
Weather forecast
Guidebook
Newspaper
Photo album

Instructor

Meditation
Fitness
Local walks

So, if you have a mobile phone and you're wondering how to get it to do more for you then why not come along to the Connected Cafe. Likewise, if you are contemplating getting a smartphone it also may be useful to pop along.

With limited space and personal bandwidth, attendance has to be by prior notification even for regular attendees, either with a call or an email. 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 look forward to seeing you on Tuesday **10th September** for our annual competition, starting at 10:00 a.m. Please bring your own picnic lunch and enjoy some musical entertainment from the Eric and Jean Duo. After lunch the final will be played and medals presented.

John and Janet Bishop 01872 862949

EUCHRE 2

Hello all, Euchre 2 will be meeting at Chacewater Nissen hut on **26th August** at 2:00 p.m. We look forward to all existing members plus new ones. See you there.

Jenny Fulleylove 07799 731383 jennpetfull79@gmail.com

FOURTH FRIDAY, FALMOUTH

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

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

GARDEN

Due to the inclement weather, it was decided eventually to postpone our bonus visit in August to Lesley and Nick's garden so we look forward to a gathering there on **22nd August** instead. Initially this looked much better weather though the forecast is not brilliant again, there are always umbrellas.

For September Caz has generously offered to front the meeting as we shall be grandchildren/family visiting in Canada and this means that a September garden visit can go ahead. My thanks to her. It has been decided to go on a Thursday this time as Kestle Barton is doing an NGS open day on **12th September** and the owner is very happy for a group of us to visit to swell the numbers. To allow a bit of time to get there after lunch we've timed it for 2:30 p.m.

The garden promises much late summer colour and as it has a number of open days into September, we chose an early one to get the best of it. It is in the Helford direction on the Lizard side of the river near Frenchman's Creek. The address is Kestle Barton, Manaccan, Helston TR12 6HU. Fuller description of the garden on the NGS website or book. There is a "modest" tea room in the garden with an honesty box, including apple juice from their own orchard, and admission is by donation.

Please contact Caz so she knows who to expect, thank you.

In brief: Thursday **12th September**. 2:30 p.m. Kestle Barton, Manacan, Helston, TR12 6HU. Admission by donation

Contact details for Caz: cazchivers53@gmail.com 07814 441859. Or via our WhatsApp group.

Kate Gidman kategarts.gdns@gmail.com 07962 805666

HISTORY

There was no History group meeting in August.

The next meeting will be on Monday **9th September** when Frances Dennett will be talking about Copped Hall, a Georgian mansion near Epping in Essex, where she previously worked as a volunteer. 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 would like a copy of the current History group meetings programme, please contact the group leader. New members are always welcome.

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. and as I am in Plymouth on the first Monday, September's gatherings will be on the second and fourth Mondays, so that will be Mondays **9th** and **23rd September**.

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

MONTHLY MEETING

On Wednesday 14th August a full meeting room of members welcomed Helen Reilly for her talk on Chatsworth House.

Helen's talk was a veritable tour de force history of Chatsworth and the Cavendish family ranging from its purchase in the 17th century up to the present time.

From the strong-minded Bess of Hardwick, determined to make something of herself both financially and in high society, who married Sir William Cavendish, we were taken on a roller coaster of a ride with the story of the family members.

Helen explained in detail the intrigue, marriages, menage-a-trois romps, the family link with Queen Elizabeth 1st, Jane Austen, politics, the infamous Mitford sisters and including J. F. K and the Kennedy family.

Helen finished by discussing the financial affairs of the various occupants through time, the debt left by death duties, up to the present time when the house and its surrounding estates are now managed astutely and controlled by the Devonshire Group which runs four to five estates.

Ric Reilly kindly recorded the meeting and u3a members can obtain a copy by contacting him via his email address.

On Wednesday **4th September** I look forward to welcoming Caroline Goodwin who will share with us her memories of her mother who was born in 1911.

Caroline remembers her mother Millie who in her eighties and up to the age of 102 raised money for Cancer Research UK and Diabetes UK by giving talks in Kent, East Sussex and Blackheath, South London, on her long and often outrageous life.

Caroline will bring along a number of artifacts which will connect with various story boards providing us with an interactive display and we will be encouraged to view the items, read, touch and ask questions before and after she has told her story.

Caroline would like members to be aware that her mother was no shrinking violet and she has quite a story to tell, hence the title, Saint or Sinner.

Richard Allen richardwallen85@gmail.com

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.

September 2024

Mon 2 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

Tue 3 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
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 4 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
14:00 MONTHLY MEETING Carnon Downs Village Hall
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 5 14:00 CROQUET Perranwell Cricket Club
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:00 QUIZ Victoria Inn, Threemilestone

Fri 6 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
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
14:00 MEDITATION and CREATIVE VISUALISATION Truro
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Sun 8 10:30 PETANQUE TRURO Boscawen Park

Mon 9 10:00 HISTORY Kea Community Centre
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 Hall
16:00 TABLE TENNIS Feock Church & Community Hall
18:00 MONDAYS ONLINE online
19:00 EUCHRE Oak Tree Farm

Tue 10 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 CREATIVE WRITING, TRURO Member's home
14:30 BOARD GAMES Moresk Community Centre, Truro
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 11 10:00 PHILOSOPHY 1 Victoria Inn, Threemilestone
10:30 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
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 12 09:30 BADMINTON 1 Tremough Campus
10:30 SCIENCE Kea Community Centre
14:00 CROQUET Perranwell Cricket Club
14:00 HANDICRAFT Chacewater WI Hall (The Nisson Hut)
14:30 DONS KERNEWEEK Bosvale Community Centre, Falmouth
14:30 GARDEN Garden Visit, Manacan

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

Mon 16 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
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 Hall
16:00 TABLE TENNIS Feock Church & Community Hall

Tue 17 10:00 CROQUET Perranwell Cricket Club
10:00 QUESTIONS OF THE DAY 1 Member's home, Carnon Downs
10:15 SCRABBLE Threemilestone Community Centre
13:30 SHORT TENNIS 1 Ord Statter Pavilion, Mylor Bridge
15:30 CARRICK BELLS Ord Statter Pavilion, Mylor Bridge

Wed 18 09:30 SCOTTISH COUNTRY DANCE Ponsanooth VH
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
18:00 NEWSLETTER CLOSING

Thu 19 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)
14:30 DONS KERNEWEK Bosvale Community Centre, Falmouth

Fri 20 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
13:30 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 23 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 EUCHRE Chacewater
14:00 PLAYREADING leader's home
14:00 YOGA* Feock Church & Community Hall
16:00 TABLE TENNIS Feock Church & Community Hall
18:00 MONDAYS ONLINE online

Tue 24 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 25 09:30 SCOTTISH COUNTRY DANCE Ponsanooth VH
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
13:30 FRENCH FILM Feock Church & Community Hall
14:00 CARRICK SINGERS Kea Community Centre
16:00 TABLE TENNIS Feock Church & Community Hall

Thu 26 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)
14:30 DONS KERNEWEK Bosvale Community Centre, Falmouth

Fri 27 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
13:30 CARPET BOWLS Ord Statter Pavilion, Mylor Bridge
13:45 MAHJONG Perranwell Church Hall
14:00 PHILOSOPHY 2 Carnon Downs Village Hall
14:30 CARRICK CONSORT Kea Community Centre
15:30 LINE DANCING Ord Statter Pavilion, Mylor Bridge

Mon 30 10:15 RUBBER BRIDGE Central Bar, Truro
10:30 SPANISH, BEGINNERS Norway Inn
13:30 SOCIAL DANCING Perranwell Centre
14:00 YOGA* Feock Church & Community Hall
16:00 TABLE TENNIS Feock Church & Community Hall

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



PÉTANQUE, TRURO

On Sunday 11th August, Truro played Kernow. It was a great morning, 18 players played 4 games, with a lovely bring and share lunch at the end of play.



After a re-count Truro were the winners; 6 games to 5 games and 1 drawn game. Every one said how much they had enjoyed the day.

Jane Stevens janestevens52@hotmail.co.uk 01872 279667

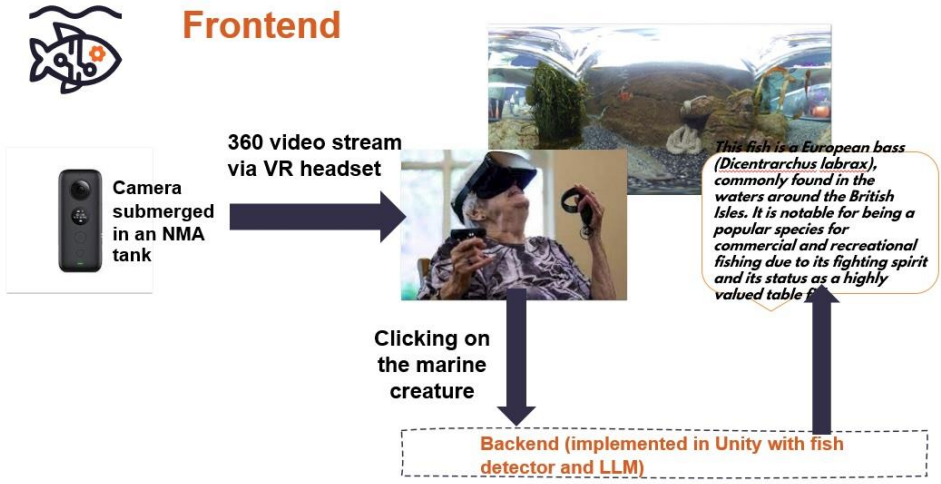
SCIENCE

After the summer break, our next meeting on **12th September** will feature a talk about the University of Plymouth's ICONIC Project.

For the past year u3a Carrick and a number of similar groups across Cornwall and Devon, have been supporting the University of Plymouth's ICONIC project, or to give it its full title 'the Intergenerational Co-design of Novel technologies in Coastal Communities'. We will be pleased to welcome Dr Rory Baxter, a Research Fellow with Plymouth's Centre for Health Technology. Supported by Ric Reilly, u3a Carrick's representative on the project, Rory will take us through the project's aims, philosophy and progress so far.

The background to the project, is that as society becomes ever more digital, those without access to technology or familiarity with it are at risk of social isolation, with those that live in rural and coastal communities often particularly impacted.

Connection to community, groups and activities in their neighbourhood and cultural landscape will become ever more essential for individual wellbeing, including social inclusion and healthy ageing. Additionally, in regions where traditional industries such as farming, mining, fishing, and port activity have declined, younger people may also have fewer opportunities to get involved in digital technologies and careers.



Funded by the Physical Sciences Research Council (EPSRC) the ICONIC project being delivered by the University of Plymouth, aims to improve digital inclusion for the younger and not so young generations and help them to interact with their local communities and culture and engage in digital activity. This will be achieved by looking at how people can work together across generations to develop ideas for creating novel technologies to improve access to digital resources.

The four technologies the project is focusing on are:

Extended Reality – This allows users to explore real-world places (e.g. Dartmoor) from their own homes, or to view information projected into the real-world environment.

Social Games – This will involve the creation of mobile and tablet-based games that can be played and shared with friends and family.

Underwater Telepresence - This is focused on designing a safe and engaging experience that allows users to explore the underwater environment, e.g. at Plymouth Sound or National Marine Aquarium, while viewing remote video feeds on a screen.

AI Voice Interfaces – The goal is to design a technology that will allow users to access information that is usually only available online, e.g. about local events and services, while speaking on a telephone line.

Roy Fisher 01872 270528 raf59@talktalk.net

SOCIAL DANCING

Hello Members, I hope you have all enjoyed your summer break, it's now time to put down the ice creams and dust off your dancing shoes and get back to Dancing. We have a full programme for you to enjoy.

Dancing starts again on Monday **9th September** at 1:30 p.m. To start off, we are looking to learn the Ria Bachata, don't let the name put you off, it's really good fun, following on at 2:00 p.m. with a fine selection of Ballroom, Latin, Sequence, Cha Cha Cha etc. We are looking forward to seeing you all again and new participants of all abilities or none, are always welcome.

See you soon.

As it's the start of a new term, please remember to bring your u3a membership card with you, thanks.

Edith Lucas edithandpaul@btinternet.com 01736 710474

THIRD THURSDAY - TRURO

We will meet for coffee and chat in Zafiro's, New Bridge Street Truro from 10:30 a.m. on Thursday **19th September**. You will find us in the relatively private section at the back of Zafiro's. 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 Martin Smith's perambulation along The North Coast 500, a 516-mile scenic route around the north coast of Scotland. And yes, I do have the Proclaimers and 500 miles going through my mind recalling their recent visit to the Hall of Cornwall. If you missed the talk, the Zoom recording is still available, just drop me an email.

I know it's September's newsletter, but on Thursday **22nd August** we are going to try a different format. Drawing on an initiative from the History Group, thanks Sheila, we're having a 'bring and share' meeting with members of the



group invited to bring along something collected on their travels, an object or a picture that perhaps brings back memories. I am hoping some members will be

happy to talk about their object for five or ten minutes, long enough for where, when and what, but if public speaking is not your thing you won't have to.

On **26th September** we return to our usual format and welcome back Phil and Wendy Franklin to share their photographs and memories of their visit to Iran in 2015. Following an agreement in April that year between the World Powers and Iran that Iran would refrain from activities related to the production of atomic bombs, and the consequent lifting of sanctions, the Iranians began to develop a tourist industry. Phil and Wendy took advantage of this and visited the country in the November.



After landing in the North at Tabriz they visited the Sassanid castles of Babak and Rudkahn together with the ancient hill village of Masouleh. Heading South to Tehran and then on to Abyaneh, Shiraz and Esfahan they visited mosques, palaces and bazaars. The ruins of the ancient city of Persepolis and the rock-cut tombs at Nagsh-e-Rostam, dating back to 500 BC were also on their itinerary.

The pictures are: The courtyard of the Masjed-e Jame mosque at Yazd. The Khaju bridge at Esfahan built in the 1660's by Shah Abbas II. Carvings at the ruined city of Persepolis.



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., and from September we will be restarting tea and coffee to welcome attendees to our TT meetings.

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 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 07973 173367

UNIVERSITY LIAISON

The University Liaison project has introduced us to the activities of the Institute of Cornish Studies and the wide range of research and teaching activities that they undertake. Through subscribing to their newsletter and following them on X (Twitter) we have become aware of many events that the public can attend, mostly for free.

The latest email newsletter included the following links (underlined text), which may be of interest to some of you, Sue is also posting some of the information on Facebook. To use the links below you need to be on the online edition of this newsletter.

Click [subscribe](#) for the Institute of Cornish Studies Newsletter.

21st August, online only from La Trobe University, Melbourne, Australia [A New Grammar of Middle Cornish: A Reanalysis of the Middle Cornish Corpus](#)

7th, 10th, 11th and 14th September Kresen Kernow [Heritage Open Days Strongroom Tours](#)
Join us at the Institute of Cornish Studies to celebrate the rich history of Cornish migration to Mexico, and to mark its 200th anniversary

12th September Penryn Campus. [Cornish migration to Mexico](#)..

19th September at Royal Cornwall Museum, access to museum included. [Two hundred years of the Cornish in Real del Monte and Pachuca](#)

20th – 22nd September Redruth. [International Mining and Pasty Festival](#)

We are looking forward to further opportunities for University Liaison talks in the next academic year.

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

YOGA

We are due to start our sessions on **9th September** in Feock church Hall from 2:00 until 3:30 p.m.

If you are interested in joining us, please contact Liz.

Liz Walden lizwalden.21lan@gmail.com 01326 376843

MEMBERS' SMALL ADS

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

SKITTLES

Fancy keeping fit through the winter? How about Skittles? I am involved in organising taster sessions to be held on Thursdays **19th** and **26th September** at 8:00 p.m. in the Chyvelah Hall, Threemilestone Community Centre, TR3 6DP. Come and give the game a try.

Maureen Gilbert 07771 573244

ACCOUNTS

Statement of Accounts: all accounts Printed 31st July 2024 18:37

Income & Expenditure, 1st February - 31st January

Category	Start year	2024	
	In		Out
HMRC Gift Aid	£ 2,634.42		
Catering			£ 348.99
Charity Lottery	£ 587.00		
Donations	£ 306.11		
Equipment			£ 104.03
Fundraising	£ 1,260.72		
Interest	£ 32.54		
Membership	£ 17,404.00		£ 26.00
Newsletter Printing			£ 619.00
Postage	£ 1,000.55		£ 1,540.40
Re-Imburse	£ 84.00		£ 100.00
Stationary			£ 401.76
TAM postage	£ 101.88		£ 114.16
TAT			£ 2,848.00
TATTL Beacon			£ 892.00
Venues			£ 8,498.70
Website			£ 43.21
Zoom			£ 155.88
	Sub-totals £ 23,411.22		£ 15,692.13
	Brought forward £ 26,277.70		
Total			£ 33,996.79

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.

Balance Sheet

Current	£ 18,959.26
Easy Access Account	£ 5,037.53
Fixed Term Savings	£ 10,000.00
Total	£ 33,996.79

Tony Herring Legacy Expenditure List.

Membership Analysis, at 31st July 2024		Members				
Associate	5	Balance 31/01/2024				£4,460.36
Associate Joint	2	23/02/2024	French Film group	Deduct		£15.98
Honorary	1	Balance 29/02/2024				£4,444.38
Individual	394	12/03/2024	Truro group AV	Deduct		£10.00
Joint	204	15/03/2024	French Film group	Deduct		£9.94
Totals	606	Balance 31/03/2024				£4,414.44
		20/04/2024	French Film group	Deduct		£20.14
		Balance 30/04/2024				£4,394.30
		06/07/2024	Tennis Balls	Deduct		£31.98
		12/07/2024	Garden Rake Petanque	Deduct		£15.99
		Balance 31/07/2024				£4,345.33

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

PUZZLES

SUDOKU

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

In last month's Sudoku the three shaded numbers, in order, were 6, 4, 1.

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

Draughty ... and then the Lights Went Out

I was playing draughts one evening when the lights went out; complete darkness and no other lights were available. All the pieces were double sided, i.e. black on one side and white on the other. At that moment there were 8 black pieces and 11 white pieces in play. How could I now separate the pieces into two piles each with the same number of black pieces?

Last month's problem – Playing with Cards

The first time I do this, I see a new card. On the second time there is a $\frac{12}{13}$ chance of seeing a different card. Therefore, on average I will have to do this $\frac{13}{12}$ times to see the second new card. For the third new card, on average, it will be $\frac{13}{11}$ times and so on. That makes $1 + \frac{13}{12} + \frac{13}{11} + \frac{13}{10} + \frac{13}{9} + \frac{13}{8} + \frac{13}{7} + \frac{13}{6} + \frac{13}{5} + \frac{13}{4} + \frac{13}{3} + \frac{13}{2} + \frac{13}{1} = 41.34$ times.

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 Shop Windows

