



JUNE/JULY 2024 NEWSLETTER

Welcome to the June/July edition of the Lostwithiel Area u3a Newsletter. Now “No Mow May” is no more (for this year) we can hopefully look forward to some sunny days and balmy summer evenings! In this issue we have a report from our last Open Meeting and AGM, the Family History Group appearing at the forthcoming Liskeard Grand Family/Local History Day event, an idea for a possible new group, plus updates from all our groups including the news that three of our groups were all in Cardinham Woods during May - but which ones?

Open Meeting Monday May 20th 2024

At our **Open Meeting** on **Monday 20th May** in the Church Rooms, we were very grateful to Balu Madhvani who stepped in at the last minute when our planned speaker had to postpone due to unforeseen circumstances. Balu treated us to a fascinating talk about his early life in Kenya before moving to the UK in 1964 – and how he came to eventually live in Bodmin. His family had arrived in Kenya in the 1890s from India – along with 30,000 others – to work on the 625 miles long Mombasa (then in British East Africa) to Lake Victoria railway. Over 4,000 died in the making of the railway. We heard about Balu’s childhood in Kericho and saw a photo of his birthplace. His mother had been widowed and left with lots of young children. Balu subsequently joined family members in the UK when he was in his early teens and told us of his encounters with racism at school. After working in the family business repairing watches, he went into banking before returning to the jewellery business, running a shop in Bodmin from 1983. Balu also mentioned his long-time involvement with the Bodmin Boxing Club and his role in setting up eye camps in Kenya which have performed 600 cataract operations and helped thousands more with eye problems. And how did Balu end up in Bodmin? Apparently, he ran out of petrol on the A30 and didn’t leave! All in all a very enlightening and uplifting talk from Balu and our grateful thanks that he was able to step in at such short notice.

Annual General Meeting Monday May 20th

Our Chair, David Platt, gave an overview of the last year – our 10th Anniversary- highlighting our presence at the Lostwithiel Charity Day, the afternoon tea in February at the Fowey Valley Hotel and the September Cream Tea featuring entertainment by Roger Browne. David also mentioned the new display boards showing group activity, the introduction of Community Slots at Open Meetings and how keen we are to “showcase” individual groups. David noted that Lostwithiel Area u3a currently has 279 members and talked us through the latest accounts as well as offering grateful thanks to Anthony Hindley who is standing down from the Committee as Treasurer. Lalita

Madhvani has kindly offered to take over the Treasurer role from Anthony. Both the AGM minutes and the Accounts will be available on the website shortly.

Role of Groups' Coordinator - vacancy on the committee

As previously mentioned in the May Newsletter Extra, after serving as our Groups' Coordinator since May 2021, Annie Singer is now standing down which means we will need someone to take over the role. Over the last three years Annie has provided tremendous support for Group Contacts and Leaders, both existing and new, helping them with the smooth running of their groups.

As Annie says, *"It is a very interesting role which gives you the opportunity to be in regular contact with the Group Leaders and Contacts, keep up to date with the exciting range of activities they offer, support the introduction of new groups as well as offer advice and support to existing group leaders"*. If you would like to find out more about what the role entails, do not hesitate to contact Annie on 01208 871272 or at annie.singer@talk21.com. Our next Groups' Coordinator will of course receive much support from Annie during the transition period.

Diary Date! Grand Family History Day Saturday 15th June

On Saturday 15th June there will be a Grand Family/Local History Discovery Day at Liskeard Public Hall, West Street, Liskeard presented by South East Cornwall Museums Forum. The event promises to help you discover your ancestors, heritage and roots with information and displays from many local groups including the Cornwall Family History Society, Devonport Naval Heritage Centre, Cornwall Regimental Museum, Saltash u3a Ancestral Time Travellers, Lostwithiel Museum plus our very own Lostwithiel Area u3a Family History Group. Entrance is free and doors open at 10am until 3pm. Refreshments will be available. More information on the Visit Liskeard website [here](#)

Pickleball - New Group Idea!

Pickleball is a relatively new sport in the UK and is best described as mix of tennis, table tennis and badminton, helping with mobility, fitness and general good health. It can be played by people of all ages and the ball speed is around a third of a tennis ball with underarm serving making it easier to play than tennis. It can be played inside or outside on a badminton sized court. Starting in the US in the 1960s it is now the fastest growing game there with over 4 million players; in the UK there are now over 4,000 players and several u3as have Pickleball Groups.

If you think you might be interested in having a go at this please contact David Platt on 01208 873792 in the first instance. If enough are interested then we might be able to start the (pickle)ball rolling and set up a new group! For more information about Pickleball including the rules and health benefits visit the Pickleball England website [here](#).

Our next Open Meeting is on **Monday 8th July** at 2pm in the Church Rooms, Lostwithiel where our guest speaker is **Professor David Channer** who presents **Guilty of Manslaughter?**, an interactive talk where you, the audience, are the jury. It should be an interesting meeting!

This is the second in our new season of Open Meetings - take a look at the display board at the Open Meetings - as well as our website - to see the range of exciting, varied and educational programme of talks we have arranged for the forthcoming year!

Updates from our Groups

more information, including group contact details, is on our website [here](#)

Acoustic Guitar for Beginners

The group is aimed at people who want to start learning to play the guitar. It meets in the Scout Hut in Lostwithiel on the 2nd and 4th Thursday of the month from 10.00am until 12.00pm.

Art & Craft Experiments

The Art & Craft Experiments group meets regularly on the last Friday of each month – 10.30am to 12pm, either out and about or at a local venue.

Art Appreciation

We visit exhibitions galleries, stately homes with collections, craft shows, sculpture gardens, locally and further afield. We want to interpret Art as widely as possible, and see and learn about new works as well as those we already admire and love.

The group recently visited galleries in and around Bude and are off to the 20th Bovey Tracey Craft Festival on June 7th.

Beverage 'n Banter

If you enjoy a cup of Coffee/Tea (refill included) and a biscuit in an informal atmosphere & would like to meet up with other u3a Members - this could be the Group for you! Cost just £3 per head.

The group usually meets on the first Monday of the month where there isn't an Open Meeting.

Bird Watching

Our next field trip is on Tuesday 11th June to Breney Common, part of the Helman Tor nature reserve. Though primarily we are a bird watching group we do in reality take an interest in all wildlife we come across, from mammals, insects and butterflies to plants and fungi. You do not need to be an expert, all are welcome and if you enjoy photography do bring your camera.

Bridge

After trialling venues in town we are now established happily in the Scout Hut, still on Wednesdays. However, we now skip the refreshment break and leave earlier to enable some to be home in daylight and others to get a meal before going off to an evening activity. Those who miss their cuppa bring a flask!

As we now have this lovely space and ample tables we are happy to invite more players to join our group. If you would like to try an afternoon's bridge with our group please contact Jenny MacDonald on 01208 873933

Creative Writing

Another year and the group is still going strong. It will soon be twelve years since the group started and the number of stories written over the years must run into hundreds. The collective creative energy generated could, possibly, power the whole of Lostwithiel (maybe that's a bit of an exaggeration!). Although this group is now full, Creative Writing 2 (*see below*) is still taking new members.

Creative Writing 2

In arranging our meetings we try to avoid clashing with other group meeting dates and at our meeting on May 29th we confirmed dates until the end of the year, the first being on Wednesday June 19th at 2.30pm in the Lostwithiel Community Centre. Our next story theme is "*The Passage of Time*". Group contact : David Bridges 07891724221.

Day Trippers

The Day Trippers aim to use just public transport for their trips. On 19th May a few of the group went to Looe and had a lovely time, taking in the Heritage Centre in the Old Sardine Factory before lunch in a Greek restaurant by the quayside. On June 15th the Day Trippers visit Fowey and Mevagissey with Penzance (and hopefully an open top bus) to follow in July.

Electric Bikers

Rides in April included Downend to Pelynt, St Stephen to Portmellon, Liskeard to Millendreath and Sladesbride to Rock and in May, Cardinham Woods to Boconnoc, Polbathic to Cremyll and Dunmere to St Breward at an average distance of around 23 miles per trip. The group is full but if you have an ebike and are interested in joining please ring Brian on 07530507091

Family History

As mentioned elsewhere in this newsletter we will have a stand at the Grand Family/Local History Day at Liskeard Public Hall on Saturday 15th June - our friends from Lostwithiel Museum will also be there so please pop in and see us if you're in the area between 10am - 3pm! The group had a meeting on Wednesday 15th May with a Zoom speaker who told us the story of her amazing discovery that one of her ancestors was poisoned by "Sally Arsenic" - Britain's most notorious 19th Century female poisoner & how she was eventually brought to justice!

French

Meetings are held on alternate Tuesdays 2-3.30pm in the Lostwithiel Community Centre Reading Room (where the mobile Post Office is held) New members very welcome! The group is very informal and of mixed ability, but not really suitable for absolute beginners. Most of us have some school French. We share our knowledge of the language and experience of French life and culture with each other. There is always a lot of laughter and "*déviaton*" along the way! Group contact: Veronica Ashworth 01208 873397

Garden Visits

In May the group visited a couple of wonderful gardens in Cardinham – Pinsla and Deviock Farm – and what a treat it was with perfect weather and welcoming hosts who gave us very interesting garden tours. Claire and Mark Woodbine have lived at Pinsla for forty years and have created a magical wildlife garden with different areas to wander through. The granite stone circle is quite a feature. Originally their cottage was the lodge to Glynn House estate. We then went to Deviock Farm where we were greeted by Sue and Bernie Muir. On arrival we were provided with a very welcome cup of tea/coffee and delicious homemade cakes whilst sitting in the sunshine. Sue and Bernie have lived at Deviock Farm for nineteen years and have created a stunning garden with a natural theme to encourage wildlife. As Bernie has several bee hives some areas have been left uncut and wild daffodils, Camassias and fritillaries have been planted. The apple trees looked a picture covered in blossom. On leaving most of us bought a clump of 'Poached Egg' plant to take home. A most enjoyable morning!

The Garden Visits programme for the next few months is now on our website [here](#).

Lunch Group

The Lunch Group is a friendly group of singles and couples who meet for lunch on the 4th Wednesday of each month at as many different locations as we can find within 30-40 mins of Lostwithiel! Between us we have discovered some really good places to eat. The lunches usually start at 12.30 for 1pm. Members take it in turns to organise and host the lunches, so if no one volunteers there's no lunch!! If you are interested in joining please contact us to have your name put

on the waiting list. In May the group visited Stepping Stones in Wadebridge – one of their favourites! – and are off to the Crows Nest near Liskeard in June.

Photography

May started with a treat as we enjoyed a fabulous visit to Ethy House near Lerryn. Members were keeping an eye out for images with "lines" as this is the theme for the Platform meeting this month. But then what is a line?.....We are also working on some high key images to discuss at our next Photo Extra meeting.

The [Photography Group's](#) page on the Lostwithiel Area u3a website has links to some wonderful images on their Flickr page. Group contacts : Stephanie Thomas 01208 841484 and Lindsay Southgate 01208 873371

Poetry

Currently our meetings are held monthly every 1st Friday of each month at 10.30am in the Reading Room at the Lostwithiel Community Centre. Group contact: Josephine Child 01208 871284

Pop and Rock Music Appreciation

This theme for the April session was *New Wave and Punk* which resulted in some shorter-than-usual tracks from, amongst others, Joe Jackson, Wreckless Eric, Patti Smith, Dr Feelgood and The Beat. In May our theme was *Groups (and Duos) who break up* - we discovered that this really applied to most bands! Tracks at this session included *Brothers in Arms* by Dire Straits, *All Right Now* by Free, *20 Years* by The Civil Wars and *Gimme Some Lovin'* by Traffic. Our theme for June is *Rediscoveries*.

Scrabble

The group would be delighted to hear from any new members. They are a friendly little group and not over serious, playing purely for enjoyment. The group meets fortnightly on Thursdays at 2.00 pm at the Royal Oak. All equipment is supplied. For more details please contact Jon Hancock 01208 269456

Strollers

The Strollers are currently resting while looking for a new Group Contact/Leader

Strummers Ukulele Sing Along Group

Strummers are now back up and running after the Lanhydrock Hall closure. New Members and Beginners are welcome. (we can loan you a ukulele and get you started)

Come along for a great Monday afternoon fun sing along, Contact: Brian on 07530507091

Theatre

Highlights from the last couple of months include Agatha Christie's *And Then There Were None* at the Hall for Cornwall, husband and wife folk duo *Atlantic Roots* at the Piggery in St Neot. We are a very lively, active and friendly Group meeting every 3rd Thursday morning of the month when members choose and help organise trips. We go to live and live-streamed theatre, music and dance in and around Cornwall and beyond. We use public transport where possible. When cars are required transport depends on availability of drivers.

u3Art

Members use a variety of drawing and painting media. We now meet at Lostwithiel Community Centre Oasis Room on the 2nd and 4th Wednesdays of every month, from 2pm to 4pm (although this can be subject to change at times to accommodate other groups). The group is at present at full capacity, given the size of our venue, but if anyone is interested in joining, we can always take contact details in case we have a space in the future. Group Contact: Trish Penrose 07780 713276

Ukulele Workshop

We are a group of enthusiastic ukulele players who are keen to improve our skills and make our music more interesting to listen to, by introducing more advanced chords/rhythms/riffs/arrangements/instrumentals etc. We continue to meet on a Friday afternoon at the Scout Hut.

Group contacts : Alan Pearce 01208 872592/Cezar Leon 07900 694520

Walking

Fourteen intrepid walkers set off from Cardinham Parish Hall in spite of rather dire weather forecasts for rain and winds! We were able to use the Hall car park, having hired the Hall in advance at a very reasonable rate, to avoid causing parking problems in the village. We followed well maintained footpaths through country lanes, fields, and woodlands, seeing en route lovely wild flowers, stunning newly green trees, and hearing birdsong and streams gushing with fast flowing water, as well as the chatter of our group members. Mid-way was a welcome coffee and cake stop at Woods Café, always a treat. We then resumed our walk, returning to Cardinham village via quiet country lanes and footpaths. The weather was kind to us, and the walk relatively easy, so we enjoyed ourselves and were glad we had braved the gloomy weather forecasts.

Wine Appreciation

For 2024 we will continue with a regular fixture of 3pm on the last Monday of the month. The location will be either in a members home or the Café at the Community Centre. We plan to go to other locations for visits to tastings and vineyards. For the April Meeting the group sampled wines from France, New Zealand, South Africa, Italy and the USA – the Fernão Pires from Western Cape was the most popular white and a Primitivo di Manduria the favourite Red. Group contact: Michael Furminger 07715546026

You can find out more about our groups - and how to contact them - on our website