

December 2018



### FROM THE CHAIR

Since our first General Meeting of the current season there has been a lot of activity in

Lanark and District U3A.

That of course is what the U3A is all about giving our members a wide variety of Interest Groups.

'four new Interest groups have, or are in the process of starting' Our thanks go to Loraine who has worked tirelessly to get these new Groups off the ground.

There are now over 30 different groups offering you a very wide range of activities.

Why don't you look for all the information on these groups on our website the address of which you will find at the end of this publication.

**Nelson**



*Merry Christmas everyone.*

*See you All at the meeting on the 16th January 2019.*

# *Illuminated Lanimer Procession*

We had a very enjoyable evening at this event.

Although cold, it was dry and everyone was in good spirits.

The vehicle and U3A members were looking festive with fairy lights twinkling in the dark, shimmering tinsel, glow sticks and Christmas music. We enjoyed a sing a long and many of the spectators joined in the singing. Lanark certainly puts on a good parade and the wonderful Lanimer lorries had added Christmas decor to their vehicles for the parade. Thanks to the members who gave of their time to decorate the vehicle and to those who returned the next day to dismantle it.

**Lesley Gair**



# *Xmas Lunch 2019*

U3A members were all looking smart and adorned in their Christmas attire

The Memorial Staff had gone to town with the decoration of the Hall and the tables were festively adorned

Nelson welcomed all and wished everyone a Happy Christmas followed by Margaret D's thoughtful grace

The entertainment provided by the Ukelele Group was first class and they must be congratulated for their programme and festive attire. Margaret D cheered us with her humorous poem.

Finally our very own Singing Group led the Community Carol Singing and as always ended with our U3A Christmas Jingle



Grateful thanks to Lindsay and Marion for all their administration which is no easy task

A convivial afternoon with lots of sharing of the Cracker jokes!

*Loraine*

## New Groups

These groups were suggested by members and then Taster sessions organised which were enjoyed by all who attended.

The groups are quite diverse

### Mindfulness, Yoga, Line Dancing and Thai Chi

They were all well received and will restart again in January 2019.

**Yoga :** Monday 14th at 1:15pm  
**Line Dancing :** Tuesday 15th January at 4pm  
**Mindfulness :** Wednesday 9th at 1.30pm  
**Thai chi :** Thursday 10th at 10am and 1.15pm

For further details please contact:

Loraine Swan at [lanimers.ls@gmail.com](mailto:lanimers.ls@gmail.com)

## JANUARY OUTING: WEDNESDAY 23 January 2019

Our next monthly U3A Outing is to Glasgow, with a particular theme being "In Search of Medieval Glasgow" We use the St Mungo Museum of Religious Life & Art as our base (toilets and refreshments).

We have a guided tour of Glasgow Cathedral; time to visit Provan's Lordship and St Nicholas Garden and have lunch at the Museum Cafe.

After lunch, for those who wish and weather permitting, we take a walk up to the Necropolis to get a view over the Cathedral and its position next to the Molendinar burn, as well as seeing some of the elaborate Victorian tombs. Those not going on the walk have time, if they wish, to make a full visit of the Museum (opened in 1993 with the aim "to promote understanding and respect among people of different faiths, and of none")

Entrance to the Cathedral, Provan's Lordship and the Museum are all free, but a donation is suggested.

The organiser of this outing is John Foster. If you wish to take part please let John know: [john@jifoster.plus.com](mailto:john@jifoster.plus.com).

## Sugarcraft group

This session of sugarcraft has been another successful and enjoyable group, various seasonal projects have been achieved. Once the Christmas projects are completed we will be closing until January 14th and hope that more members who are interested in cake decorating and sugarcraft will come and delight friends and family by producing wonderful icing flowers for that special cake, it really isn't that difficult, come and find out.

Doreen Dixon



**Circle Dancing** continues to meet on the second and fourth Fridays of the month at 10.30am, in the Memorial Hall. Our teacher, Jo Freeman, lives locally and is a passionate member of the Circle Dancing Association, **'Circle Dancing for All'**

As this name suggests, Circle Dancing is very inclusive, being suitable for a wide range of mobility & not requiring a partner.

Now in its third year, around 14 members participate on a regular basis, although there is a total of about 20 registered members.

The wide range of beautiful music gleaned from around the world, contributes hugely to the enjoyment gained from Circle Dancing, giving you the opportunity to listen to and appreciate music you might otherwise never hear.

Circle Dancing is more leisurely than our new U3A neighbour, **Line dancing**, but is a valuable, gentle exercise for the body and mind. It would be lovely to welcome some new members in the New Year, so why not come along and try out this dancing genre, which is not widely available in our area.

Margaret Dunlop (Group Leader)



## Feeling sporty?

Have you tried Badminton, Table Tennis or just stretching you legs with the Walking group.

Here's what they've been up to.

**Badminton** – NO definitely not the Horse Trials.

We are enjoying playing in the newly refurbished YMCA Badminton Hall and feel we are gradually improving due to the helpful input so kindly provided by Martin and John. Not only is it a good way of exercising but there is a lot of fun and laughter as well. After all our hard endeavours on the court we usually retire for a well-earned coffee!

We continue to meet every Thursday morning in the YMCA from 10 - 12 noon.

Want to give it a go, then let us know.



Fiona MacGregor

## TABLE TENNIS also known as Ping Pong.



It may be an Olympic sport but this is NOT how we play it.

Our feet use the floor.

If you want to give it a go all you need is loose clothing and plimsolls or trainers?

New members welcomed, especially ladies, so do come along and join in.

The group meets on Friday afternoon from 2.45pm to 4.45pm at the Lanark Lifestyle Centre in Lanark.

For further information contact 'Colin Bulloch at [bullochdoonleigh@aol.com](mailto:bullochdoonleigh@aol.com)

If you can't get Colin then try Betty Armstrong at [195pmbbee@gmail.com](mailto:195pmbbee@gmail.com)

## Walking Group report

In September we visited Blacklaw Windfarm. Five of us walked a 6 mile circular route that took us past the Covenanters monument. Anne McKay led the short walk to turbine 42 and back. We lunched at the Inns in Forth.

Thirteen of us walked round Baronshaugh RSPB wildlife sanctuary in October.

Our November walk took a different thirteen from Chatelherault via Cadzow Castle and Barncluith to Hamilton, returning on the Avon walkway.

The photo shows some of us looking distinctly unimpressed by Barncluith.

Our December walk takes us to Crossford and Tillietudlem.

We walk on the first Wednesday of the month, whatever the weather.

To receive information about these walks, contact [a4rmstrong@yahoo.co.uk](mailto:a4rmstrong@yahoo.co.uk)



Anne Armstrong

The "**Humour**" group has watched a variety of dvds this session, including Dave Allen, Billy Connolly, Ricky Gervais, The 2 Ronnies and Michael Crawford. We meet in the Clydesdale and enjoy their refreshments and whoever brings in the DVD supplies us with nibbles.

It is quite nostalgic to see some of the older videos and to see if the humour has stood the test of time, some have and some haven't!

It is a friendly group with time at the beginning for a chat which allows us to get to know one another.

Just to prove we have a sense of humour here are some photographs from our very enjoyable Christmas lunch.

Can you name these people? Answers on a postcard please...



## Lunch group report

At the beginning of this session Marion Snelling and Lindsay Morrow became Co-leaders of this Group.

Our first lunch in September was at the Elphinstone Hotel, Biggar. We were both a bit anxious but pleased with the response from members (35 in total). We do not intend to say anything at these lunches, but felt the work of both Sylvia and Janette should be recognised therefore Marion gave a short, but sincere 'thank you' to both for their time and effort in organising lunches over the past few years. There were a couple of complaints re the food, but generally everyone seemed to have enjoyed it. We will probably return at some time in the future.

The October lunch was at Prego, Carluke. Again we had a good turnout (31 in total) and everyone seemed to enjoy the food and chat, though it was a bit noisy.

We have just been to the New Lanark Hotel – our chosen venue for November. 37 Members were at the lunch and those members we managed to chat to all gave positive feedback.

Our lunch venues for 2019 are as follows:

30 <sup>th</sup> January	The Woodpecker, Lanark
27 <sup>th</sup> February	The Crown, Lanark
27 <sup>th</sup> March	La Piazza, Carluke
24 <sup>th</sup> April	Lanark Golf Club
29 <sup>th</sup> May	Dalziel Park Hotel & Golf Club



We are an informal group who like to go out for lunch and a chat. Should any members wish to be included in the Lunch Group circulation emails – please contact:

[marionsnelling@hotmail.com](mailto:marionsnelling@hotmail.com) or [lindsaymorrow1@hotmail.com](mailto:lindsaymorrow1@hotmail.com)

## U3A **Pub Lunch and Discussion Group** : Report on Activities, September to December 2018.

The U3A PLAD Group reconvened in September following the summer break, straight into a serious debate about the power of social media, "Is the internet a force for good or evil?". In October, we discussed "Modern Art : con or culture?", which attracted a sizeable audience. Unfortunately, this coincided with a tighter venue (downstairs in the Crown) and a less than plentiful supply of lunch, however we just about managed. By November, we were geared up to tackle the outcome of Brexit negotiations, but since, by that time, not a lot had changed, we switched subjects to "Journalism and Journalists : are they in present danger?", a topic suggested and led by one of our new members.

Turnouts have been excellent, with 17, 23 and 20 members respectively savouring the delights during this period.

The year closes on Friday 7th December with a Christmas Lunch plus topics session in the Crown. We lock horns again on Friday January 11th (subject still to be finalised).

## The U3A **Singing Group**.

We continue to meet on the 1st and 3rd Fridays of the month in the Jerviswood Hall at Lanark Memorial Hall from 3pm until 4.15pm. Donation of £3 per member. We have between 10 to 15 members attending the group.

Our musical leader and pianist is Rebecca Keay a music teacher.

She supplies us with our music and is great to work with.

We all enjoy singing with Rebecca and she knows how to bring out the best in our singing!!

Recently our singing theme has been 'Sing'.

We have been singing delightful songs such as: Sing by Gary Barlow

Why we Sing by Greg Gilpin

Sing, Sing, Sing by Louis Prima and

This is Me from The Greatest Showman.

We enjoy singing together for fun and relaxation plus it makes us feel happy!!

We have been invited to lead the members in festive community singing following our U3A Christmas lunch.

We have also been invited to sing 2 Burns songs at the U3A Burns Extravaganza on 16th January 2019.

We are delighted to be singing at these U3A events and look forward to performing for our members.



## **UKULELE group.**



The ukulele group continues to meet twice a month and we feel that we are getting more confident and competent as we progress from complete novices to playing a number of songs together, the timing is better the chord changes are getting faster, the songs are getting progressively more difficult, but Ian our tutor, said that we should stretch ourselves to get better and make the easier songs easier.

We have a very good mix in our group and we try to help each other as much as we can. Due to the popularity of this wonderful little instrument a number of new people have shown an interest. Although we can't accommodate them in our group we have decided to start a new group for beginners. Ian has kindly offered his services and an inaugural meeting has been arranged.

Christmas is coming and we have been asked to play a few Christmas songs at the Christmas lunch, we are all looking forward to show you all what we have learned. This time last year we hadn't even held a ukulele never mind played one, so hopefully you will all enjoy listening to us.

Emma Baillie

## Gardening group

AUTUMN 2018

After the glorious summer weather we have been full of tales of the fecundity of our gardens, the long flowering season and abundant produce. Recent dull weather has not dampened our spirits as we share our enthusiasm and plans for the new gardening year.

We had a very informative session led by Ken Liddell – ‘*Nasties*’ in the Garden- including plants, creatures and other lurking bugs and poisons. Another session, led by Cary Jones, was on *Propagation, Seed-sowing* and how to get the most out of our Scottish weather. We hope to have plenty of spare plants to share following Cary’s good advice!

For a change we decided to get in the ‘Pros’ from Viewpark Community Allotments for our November meeting to talk about Vegetable growing. This attracted a record attendance but sadly the speakers didn’t turn up! As ever our resourceful members found plenty to talk about! From the range of worms and their usefulness to composting and our own experiences of growing vegetables.

We finish this year with a Christmas Lunch and look forward to our monthly meetings next year which, so far, include a Gardening Quiz, growing wild/indigenous flowers and landscaping. As ever we will also include discussions of anything topical. No doubt we’ll fit in a visit or two to places of interest once the weather warms up.

Is there no end to our members’ talents?  
The following poem was inspired by the  
‘*Nasties*’ session.

Christine Robbins

For further information contact me at  
carobbins@talktalk.net

Poem:

One of our members, as part of her penitence for wrongly accusing the Genus *Rodgersia* of being ultra poisonous, wrote this epistle :

**Rodgersia, Rodgersia!  
Oh you I have maligned  
I accused you of toxicity  
But now I've changed my mind**

**An innocent plant is what you are  
In gardens and in parks  
But you were accused by foolish me  
Of being sinister and dark**

**No ricin is within your form  
As I've been known to say  
I spread a falsehood, far and wide  
Forgive me, please, I pray**

**Your leaves are similar to the toxic plant  
Known as the Castor Oil,  
The real one, I hasten to say  
That grows outside in soil**

**The False Castor Oil is a lovely plant  
In houses to be seen  
Not full of deadly ricin  
But beautiful and green**

**But now, my dear Rodgersia  
My apologies, I send  
A harmless plant is what you are  
And a gardener's magnificent friend!!**

Rona Rowe 2018

### Craft and Cards

At the September meeting we made general cards to distribute to U3A group leaders. They in turn would send them out to their own group members who might need a "get well" card or whatever would be appropriate.

Our October meeting was cancelled as our group leader was out of action. Our November meeting was cancelled due to bad weather but held a week later. We had an enjoyable, relaxing and stress free afternoon making Christmas cards.

Next year we will be tackling a number of techniques including silk painting, encaustic and painting on glass. Our group leader also provides us with lovely home baking, tea and coffee.

Best wishes for 2019.



## Photography group

The Photography Group met in July at Linlithgow Palace which is in Linlithgow. It was a lovely summer day and a picturesque place. We also visited the nearby Union Canal centre which is also a great place to take photos.

We enjoyed a welcome break at a cafe just down from the Palace. I think I can speak for us all when I say it was wonderful day out.



September saw our group visit Bo'ness and Kinneil railway which is a volunteer run steam enthusiast haven. We got there in plenty of time to take photos of the retro styled station before we climbed aboard the steam train for a half hour journey each way with tea and coffee available on the train. The weather on the day was dry but overcast however that didn't dampen our enthusiasm for this place as we headed to the on site museum which is packed full of vintage steam trains and carriages.



In October the Group visited The Botanical Gardens in the west end of Glasgow. The weather conditions were very poor. Fortunately, most of this is under cover. After taking plenty of photos and of course a tea & coffee break in the on site cafe bar, we decided to head to the nearby Glasgow School of Art to take more photos under cover.

It was an altogether a most enjoyable day despite the poor weather conditions.

The Photography Group meets on the 2nd Monday of the month and will continue to run over the next few months. I would like to thank Jane Thomson for her role as Deputy Group Leader and for her support. Additionally we would like to welcome the new members who recently joined the U3A Photography Group.

If you would like to join the Group or require further information, contact [derekchalmers@hotmail.co.uk](mailto:derekchalmers@hotmail.co.uk)

### General Meeting Dates and Speaker Programme for 2019

16th January	Burns Extravaganza	
20th February	Forth & Clyde Canal	Tommy Lawton
20th March	Barrow to Baghdad and Back	Phillip Caine (Author)
17th April	Ham & Jam	Mr Ramsay
15th May	Game Show—Call my Bluff	Stewart Houston

### Wednesday, 16th January is the First General Meeting Date of 2019

Contributions from anyone who has something to say, be it about the U3A as a whole, one of the groups or as an individual are welcome. Please send items for inclusion, by email, to Nelson Waters at [nelsonwaters@btinternet.com](mailto:nelsonwaters@btinternet.com)

Thanks to everyone who contributed.

Publicity group — Irene McDougall, Jan McNulty and Jim Allan.