



Lanark & District U3A Newsletter

Living
Laughing
Learning

December 2016

Issue 8

CHAIR'S REPORT

I write this in the Popinjay Hotel as we await our lunch (November).

There is a buzz of anticipation, good food and friendship, which I think sums up Lanark and District U3A. Since September we have gone from strength to strength - new groups being formed and new members joining. At the moment our membership is higher than it was last year at this time.

Lanark and District U3A is well established in the Clydesdale Upperward Areas. Our motto of 'LIVE LAUGH LEARN' is being shared around our community and is commended to our over 50's.

Our members support other organisations and visa versa. We also support and care for our own members - now sending cards at appropriate times to our members.

Lanark and District U3A has recently hosted its first Network Meeting with our most local U3As i.e. East Kilbride, Hamilton and Biggar. We plan to meet quarterly to share ideas and discuss issues.

Social Coffee Morning. This lets members come along to the Clydesdale to meet and chat with other members. Come along on Tuesday 3rd January at 10.15am then the First Tuesday of each month.

All you need to do is buy your own coffee or tea as you come in then start to have a good old natter!

I must thank our hard working Group Leaders, members and my Committee for their enthusiasm and commitment. I look forward to meeting members either at General Meetings or when visiting our many groups in the New Year.

It is my privilege to be your Chairperson and would like to wish you and your families a very Happy Christmas and a peaceful New Year.

Lorraine

OPEN DAY

On Saturday 3rd September we held our 2nd Open Day at the Tolbooth.

The first one was held 2 years ago.

Over the 5 hours that we were open to the public I would say that there were 30+ people who came in to find out more about Lanark & District U3A. A few had a cursory glance round the room then left however the majority did spend time with us. **What we could do for them?** was the most often asked question.

Membership forms were taken by a few and more said they would come to the General Meeting. It was a worthwhile exercise as we have had quite a lot of new members since September.

Nelson Waters

General Meeting—Dates for your Diary.

(Third WEDNESDAY in the month at 2pm at Lanark Memorial Hall.)

Speakers and Topics for the rest of the 2016/17 session

18th January 2017	A Burns Extravaganza
15th February 2017	Lorna Seath—'Looking after Ourselves in Older Age'
15th March 2017	Peter Drummond - 'Place Names in and around Lanark'
19th April 2017	Ian Thomson—VIP and Royal Security
17th May 2017	AGM then Phoebe Weller—'The Roving Fromagerie'

GROUPS

Some have finished, others need members to start and even some of those that are started would like more members to come along and join in. So please let the leaders know if you are interested.

Croquet: This has now finished for the winter. **Canasta:** Cannot start because of shortage of participants.

Curling: Hamilton Ice Rink on a Thursday morning. Interested then contact Anne Love.

However **'Curling in Lanark'** "No cold hands and feet" what we hear you say!

Lesley Gair is willing to start a group if sufficient members are interested in participating.

Badminton: This group has recently got off to a good start and is looking for more members to join.

Contacts are:

Badminton: Martin Yuill. Email: martin.yuill@btinternet.com Tel: 01555 665238

Curling—Hamilton: Anne Hood. Email: annehood@btinternet.com Tel: 01698 350926

Croquet / Canasta / Curling (Lanark): Lesley Gair. Email: lesleycgair@gmail.com Tel: 01555 664403

Circle Dancing

As Circle Dancing is now emerging as an activity alongside Country Dancing and Line Dancing, and as we are fortunate to have a teacher of it, Jo Freeman, living locally, it seemed that this might be a possibility for a new U3A group. Teachers are, in fact, few and far between, at the moment, so we are especially lucky to have Jo. We held a taster session, in the Memorial Hall, on 23rd September and were delighted when 16 ladies came along. It should be said that some came reluctantly in fear and trepidation in case it would be too energetic or difficult for them. However, their fears were soon put to rest due to the easy, relaxed pace of the dances and the most enjoyable and catchy music, compiled from around the world.

Circle Dancing has a long history in many small towns and villages around the world.

Circle dances are generally held in a central place, outdoors, to enable the local community to come together for bonding and fellowship.

This is being mirrored in our very own group as Jo encourages us to smile and look at each other while we dance. Even at break time, we sit in a circle to enable us to chat to everyone else so it's such an excellent way of making new friends and getting to know fellow members if you are new to the U3A.

So far, we have learned a wide variety of dances from cultures such as Greece, Israel, France, the Balkans and Scotland. Some at a slow pace and some livelier and quicker.

We recently tackled a sailors' hornpipe, which caused great hilarity until we eventually got it, well I think we did! Diverse is the name of the game and we've even danced the Shadows' signature, dance sequence to their very own music! Circle dancing is interactive, relaxing and lots of fun and Jo constantly reminds us that the ethos of the class is that there are no mistakes, just variations and there can be plenty of them!!! When we are concentrating on remembering a sequence, you can hear a pin drop but when we have variations, it's such great fun! On a more serious note, this gentle exercise for around an hour and a half's duration is really good for us and there is no doubt that the concentration required in remembering the simple sequences is an excellent exercise for the brain!

We now have around 22 people attending so if you think this might be a possible group activity for you, do come along and try it out, we'd be absolutely delighted to welcome you.

For more detailed information about Circle Dancing and our own group, we now have a brand new web page, with photos, on our website at: www.u3a-lanark.xyz



Margaret Dunlop (Group Leader)

HUMOUR GROUP

We continue to laugh and very occasionally cry at our group. Recently we have enjoyed 'Jam and Jerusalem' and the Inspirational film of 'Eddie The Eagle'

We meet in the Clydesdale Inn at 10.15am on the last Tuesday of the month. January's selection lies in the capable hand of Rosemary Gottlieb. We will be attending 'Menopause the Musical' at Lanark Memorial Hall on Monday 13th February as we have been assured that it is very funny.

We do smile and certainly laugh - come and join us on Tuesday 31st January.

Lorraine

November 2016 - Outings group.

On Friday 14 October, our group embarked on an outing to Summerlee heritage museum in Coatbridge. Not straightforward to reach by public transport, we went by car on a rather damp and cold day. Summerlee was one of Scotland's most important ironworks. Opened in 1836 and closed in 1926, superseded by the rise of the steel industry, the site covers 22 acres with an all weather exhibition hall with working machinery. This was fascinating and we had a very knowledgeable and enthusiastic guide which really enhanced the experience. We had lunch at the site café and then a trip down the coal mine. How lucky we are never to have to work in such conditions. A visit to the Sweetie Shop and a ride on a tram completed a very enjoyable visit.

On **Sunday 30 October** our group went on the Glasgow Central station tour. Scheduled for the 1300 tour, most of us went to the Riverhill, a restaurant within a few minutes of the station, where we had arrived by train from Lanark just before 1130, for a late breakfast or brunch. We had to wear hard hats and hi viz jackets. Paul was a mine of information and, apparently runs the tours with the help of only one other person who handles the IT. So we went back in time and descended into the realm of the Victorian platforms and were regaled with fascinating stories, delivered quite passionately, including the very moving accounts of the station's role in the first world war.



Outings are now run rather sporadically, due to other commitments and, as you can see, not necessarily on the second Wednesday of the month!

A helping hand, or two, would be greatly appreciated, so, if you could help with creating perhaps a three month calendar, please contact me asap.

Group leader: **Cary Jones** Email: caryjones67@hotmail.com Tel: **07759 527820**

Pub Lunch and Discussion

Report for October Meeting

Twenty members discussed matters grammatical, their most detested phrases in common use, the emergence of new words, txtspeak and general sloppiness of speech, not necessarily agreeing that this was a bad thing! There were too some amusing tales about encounters with phrases uttered in shops and banks. And we did only cover misplaced **modifier's** and randomly placed **apostrophe's** !!!!

Report for November Meeting

16 members, including three new members, attended, producing a pretty open discussion on "The BBC" (from World Services, the website, BBC Radio, local news, etc). Some reckoned the BBC had too much of an "England" bias, but the majority did not.

Our final meeting of 2016 is on Friday 2nd December, the topic being, appropriately, "Christmas", and whether this festival should be ignored by the shops until, at least, 1st December.

Meeting place : Crown Hotel, Lanark (upstairs)

" time : 1230hrs (lunch) followed by discussion from 1300hrs

" when: first Friday in the month

Ken Liddell

Theatre Group

Please note our updated programme from January 2017. Some of our members have written reviews of some of our recent visits - see below.

If you have any suggestions of potential theatre outings please let me know. We continue to enjoy these outings - fun, camaraderie and love of live theatre.

Lorraine Swan

On 13th September a group of us went to Motherwell to the opening night of the Shine production of '**Into The Woods' by Stephen Sondheim.**

None of us knew what to expect, but what an unusual and great show it was.

The musical takes everyone's favourite storybook characters and weaves them into a dark comedy.

The setting is a fairytale kingdom in the woods, and the theme of the story is "Be careful what you wish for!"

The musical is very challenging, and the young people sang, acted and moved with such enthusiasm and expertise that it is hard to believe they are not professionals.

Not all fairy tales have a happy ending, but we all had a very enjoyable and entertaining evening.

An excellent production. Well done Shine!

Thank you for organising the trip Lorraine.

Rona Rowe

On 11th November we enjoyed a slick, professional performance of '**The Wish House**' at Biggar Corn Exchange.

It was given by North Country Theatre Group who traverse the country delighting audiences wherever they go.

They transported us with economical and magical use of minimal props to the end of the First World War where we find an elderly widow having a leg ulcer treated by the District Nurse while reminiscing on her life and loves interrupted by visits from the local minister.

So her story unfolds both sad and funny but love is her theme and her final aim is to bring love to her two friends.

A young girl befriended the widow and confided that a wish house existed whereby you could transfer a loved one's affliction to yourself and this she proved by taking away the widow's headache. The widow then cured her lover's leg injury which she duly inherited. This flawed solution does not end well and proved we should all beware of what we wish for.

Marie Neill

Eleven of the Theatre Group dined at Prego before making our way up to the Memorial Hall for a Concert by the Scottish Chamber Orchestra. As there were 40 musicians who obviously could not fit on the stage they set up on the front of the seating area. For those of us who were sitting in the front few rows of the remaining seats it felt as if we were sitting in the middle of the orchestra.

We were entertained by pieces from Beethoven, Schubert and Mozart.

Undoubtedly the star of the show was a Clarinet Concerto by Ludwig Spohr a German Composer.

The Soloist was Maximiliano Martin the Principal Clarinetist of the Orchestra. He gave a virtuoso performance of the sometimes challenging piece which earned him a well deserved standing ovation.

Nelson Waters.

Billy Elliot

On tour for the first time after eleven years in London's West End I was really looking forward to seeing this production at the Edinburgh Playhouse and it certainly did not fail to disappoint! It was a poignant and powerful story and it featured great dancing. Set in a small mining town in the North east of England, against the background of the 1984/1985 miners' strike. Billy Elliot is the inspirational story of a young boy's struggle against the odds to make his dream come true. It was an uplifting and enjoyable experience. Thanks to Lorraine for great seats.

Anne McKay

Spanish group

The Spanish group restarted last month and numbers have been increasing weekly. The group ranges from some total beginners to those who have had some experience of the language but all are enthusiastic and have been enjoying the class. Progress has been rapid as they are all keen to participate and work hard.

We meet as and when the group wants either in Lanark or in Biggar, but we don't have a set day or time. Therefore, anyone who might be interested in joining us should contact either Cathy Cursiter (Group Leader) or Nelson Waters.

Email Cathy Cursiter at catherine306@hotmail.com

Walking group

For our July walk we took the train to Pollok estate in Glasgow. After walking round the estate, and lunch at the Burrell tearoom, some of us visited the museum, some visited Pollok House, and others hit the shops in Glasgow.

In August we walked round Strathclyde Loch and had lunch in the watersports centre cafeteria.

A walk round the windfarm at Climpy in September was a first for many walkers, who were surprised by the experience of getting up close and personal to a wind turbine. The long walkers raced 6 miles round the whole site, while the short walkers dauned along at our own pace to turbine number 42 and back. Lunch was at the excellent Inns in Forth.

Our October walk was at Lesmahagow, along the Nethan river, at the Kerse. There was a longer walk (which bizarrely was completed before the short walk) and a shorter one. The Truck Stop ('Route 74') provided a satisfying range of snacks, meals and coffee.

The November walks at Mauldslie were a circular walk up to Ashgill and back, and a wander round Mauldslie estate. The trees were fabulous and we behaved like kids, scuffing through the piles of leaves. Lunch at Goudings was the reward for finishing both walks.

Thanks to John Foster and Robin Lee, who have stepped up to lead walks, and in John's case, to suggest and recce new walks. With around 60 members on the walking email list, the group is thriving.

Contact a4rmstrong@yahoo.co.uk if you wish to join the email list.

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



Poetry readers

We are a small collection of folk who enjoy listening to good poetry and discussing it. We meet once a month, on a Thursday. We bring along our favourite poets and share their work – discovering new favourites in the process. At our December meeting the theme is 'song lyrics' and we will be reading 'Fairytale of New York' and other songs. Occasionally we attend a live event – in the summer we enjoyed a sublime evening in Biggar hearing Carol Ann Duffy the poet laureate, Jackie Kay the Scottish Makar, Imtiaz Dharker, Gillian Clarke and Vicki Feaver read their work.

Contact a4rmstrong@yahoo.co.uk for more information.

LUNCH CLUB

SINCE SYLVIA AND I HAVE TAKEN OVER THE LUNCH GROUP FROM GILLIAN AND SHELIA WE HAVE BEEN VERY PLEASED WITH THE SUPPORT WE HAVE RECEIVED FROM THE MEMBERS

SEPTEMBER

WE WERE AT LA VIGNA IN LANARK AND HAD 30 MEMBERS ATTENDING. WE HAD A LOVELY TIME AND GOOD FOOD.

OCTOBER

WE WERE AT DALZIEL PARK IN MOTHERWELL. DELICIOUS FOOD AND THERE WERE 28 AT THIS LUNCH.

NOVEMBER

WE ARE BOOKED FOR THE POPINJAY AT ROSEBANK WHERE THERE WILL BE 31 AND I AM SURE WE WILL HAVE A FANTASTIC TIME

WE ARE TRYING TO DO 1 MONTH DOWN THE CARLUKE AREA AND THE NEXT MONTH UP THE LANARK AREA.

WE WOULD LIKE TO THANK ALL MEMBERS FOR THEIR SUPPORT AND HOPE THEY WILL CONTINUE AT THE BEGINNING OF NEXT YEAR

Janette Rankin

French group



As previously mentioned It will come as no surprise to you all that CROQUET has now stopped for the season. I have looked at CANASTA again but due to lack of numbers it will not run.

However, it may be possible to arrange Indoor Curling (no ice) in the YM but I would need to know how many people may be interested before investigating this further. This is not too strenuous an activity but is good fun. If interested, please talk to me at the Christmas lunch. The sessions would probably be in the morning and start after Christmas.

Lesley Gair

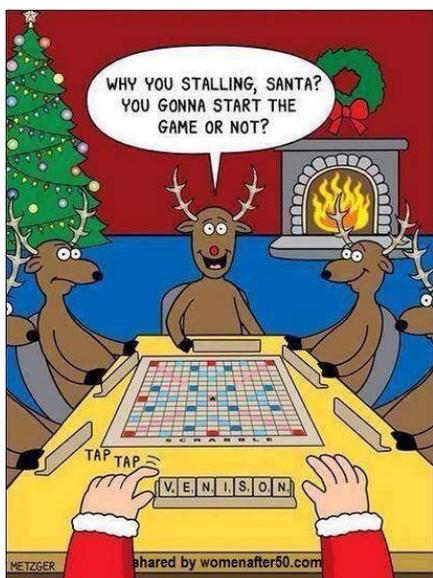
What were we doing and who was missing?



That's how we play
Scrabble
at
Halloween.



While Nelson was abroad cruising.



The
TILES
have the
answer.

CROQUET ON SUNDAYS

We know a special couple - Gair is their name
Call them Lesley + Malcolm - they answer just the same
On Sundays we play croquet at The Cartland Bridge Hotel
We mark the pitch, remove the twigs
Rake up the leaves as well
Mallets chosen, hoops are placed, the pegs are hammered in
But the grass is far from perfect - it's luck that helps us win!

No! That is wrong - some have great skill
They Roquet + they Croquet with determined will
Their eye is clear, their aim is true
They aim for the hoop, the ball goes through
An aggressive game some others play,
Their opponent's ball is whacked away
Whatever style we decide to choose
Competition is fierce. Who wants to lose?

We've learned the rules, we get to grips
The very next week there are some blips
The rules may change from week to week,
Lesley's advice we have to seek
But Autumn is here, more leaves start to fall
Canasta will take over, the playing cards call
But whenever we meet up on a Sunday
It's never, no never ever been a dull day.

Our thanks to our leader + her patient, quiet husband
We salute you both on your special birthdays
We wish you both well, in health + wealth
And look forward to our Croquet Sundays.

Author unknown

Marie Curie:

We hope to have a speaker from Marie Curie charity in the future: they provide support for people with terminal illness and their families.

In the meantime, they have no fundraising group in South Lanarkshire,

The Local Community Fundraiser, Georgina Ramplin, is working to raise awareness and generate support in the area with a view to establishing a group.

If you would like to get involved please contact

Georgina at : georgina.ramplin@mariecurie.org.uk

Care and support
through terminal illness
or
Telephone 07730 619485

The fuller report is issued with this Newsletter

Short breaks

Grange over Sands 5th-7th August. A party of 6 left on Friday 5th August to travel down to a tribute night at Grange-over-Sands. We travelled by train and the journey went well. Arriving at Grange-over-Sands station I asked how far it was to the Grange Hotel and was told it was only 5mins. Walking didn't seem too bad until we got to the very steep hotel entrance but we got there.

At reception we checked in then went to our rooms which were clean and nice. We re-grouped then went for dinner, very good variety of meals, after which we went on to see the tribute night which was Frankie Valli then Elvis a good night was had by all.

On Saturday we all had breakfast, again a good selection, then decided we would go into Barrow and walked round the shops, then back to the hotel for dinner. The tribute night was Michael Buble and then 3 girls singing 60's songs again another enjoyable night.

Sunday we went for breakfast then headed home, all in all had a great weekend with great company and even the weather was good.

Sylvia Maxwell

BADMINTON

When the group was formed there was very little interest from U3A members. At the first session only three including the Leader turned up.

The future of the group is now looking more secure as we now have six in total and the prospect of even more joining.

If you would like more information about the Badminton Group please get in touch with Martin Yuill. martin.yuill@btinternet.com 01555 665238.

Some light relief.

Three handsome male dogs are walking down the street when they see a beautiful, enticing, female Poodle.

The three male dogs fall all over themselves in an effort to be the one to reach her first, but end up arriving in front of her at the same time.

The males are speechless before her beauty, slobbering on themselves and hoping for just a glance from her in return.

Aware of her charms and her obvious effect on the three suitors, she decides to be kind and tells them "The first one who can use the words "liver" and "cheese" together in an imaginative, intelligent sentence can go out with me."

The sturdy, muscular black Lab speaks up quickly and says "I love liver and cheese."

"Oh, how childish," said the Poodle. "That shows no imagination or intelligence whatsoever."

She turned to the tall, shiny Golden Retriever and said "How well can you do?"

"Ummmm...I HATE liver and cheese," blurts the Golden Retriever.

"My, my," said the Poodle. "I guess it's hopeless. That's just as dumb as the Lab's sentence."

She then turns to the last of the three dogs and says, "How about you, little guy?"

The last of the three, tiny in stature but big in fame and finesse, is the Taco Bell Chihuahua. He gives her a smile, a sly wink, turns to the Golden Retriever and the Lab and says... "Liver alone. Cheese mine."



Wednesday, 18th January 2017

Please put this date in your diary it is for the first General Meeting of 2017

And join in our 'Burns Extravaganza'

Merry Christmas and a Happy New Year



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

Thanks to everyone who contributed.