

June 2019

FROM THE CHAIR

The AGM on the 15th May brought to an end another successful year for Lanark & District U3A.

We now have a Membership of 220 and there are 35 Activity Groups covering a wide range of subjects.

We have had some very interesting speakers at the monthly meetings covering a variety of topics. Our May annual outing was, in spite of the weather, a success – more of that later.

At the AGM a motion was put forward by the Committee to raise the Annual Subscription by £1.00. This is the first time in the 8 years since our U3A came into being that we have had to ask the membership to vote on a subscription increase. As from September the subscription will be £16.00. This is still a bargain when you consider what U3A membership offers you in the way of activities.

I am sure that all of you will agree that keeping active in mind and body as well as socially is an essential part of living in your third age.

I look forward to seeing you all in our new session which starts with our meeting on the 18th September.

Nelson

THIRD AGE TRUST POLICY CHANGE



After years of discussion on the subject the Board of the Third Age Trust have made a significant change in our name.



The wording “University of the Third Age” will no longer be used on any literature for publicity purposes or documentation from head office to local U3As.

It will now only use a logo of “U3A” plus the words “LEARN LAUGH LIVE” where appropriate.



These are the NEW logos which will now be used.



Note:

For legal reasons the Third Age Trust will have to use the word “University” in the title when dealing with Government Bodies such as the Charity Commission etc., as this is what we are still called for legal purposes.

Nelson

THE RIDDLE OF THE SPHINX

‘Which creature walks on four legs in the morning, two legs in the afternoon, and three legs in the evening?’
‘What creature has one voice and yet becomes four-footed, and two-footed and three-footed?’

Both questions have the same answer. Do you know what it is?

U3A ANNUAL OUTING TO DUNDEE—8TH MAY 2019

The annual Lanark and District U3A outing was well supported with 37 members setting off from Lanark and Carluke in “showery” conditions. We were all hopeful that the weather would at least improve.

Having had an enjoyable coach drive, we stopped at Glendoick Garden Centre, where coffee and cakes were partaken and “retail therapy” undertaken either in the various “outlets” or from the garden centre itself.

As we left Glendoick the clouds got darker and the earlier drizzle became “solid rain”! When we arrived at our drop-off in Dundee, close to the new V & A and the Discovery Centre, for most it was a quick dash a) to get out of the rain b) to have another coffee or c) to explore one or both of these venues!

As the day progressed the weather worsened with the rain now accompanied by strong winds. Unfortunately, this meant that unless you were “brave” you were limited to these two sites, when Dundee has much more to offer, as sadly the micro hybrid electric bus, which I was assured was running failed to put in an appearance.

When the coach returned to collect us at 3.30, strangely I had no stragglers with the only complaints really that it was a pity about the weather, which I, thankfully had no control over!

Having reconnoitred the V & A twice, I was interested to see people’s reactions. I’ve come to the conclusion that it’s like ‘Marmite’ or ‘Peanut Butter’, you love it or hate it!

We returned home via a stop at The King Robert Hotel at Bannockburn. A High Tea, along with a little tippie in some cases, was served by fantastic ‘smiley’ staff, which, if people were feeling down after a disappointing day weather wise, they were soon uplifted by the staff at this venue. When we left the hotel, I don’t know why, but I did have a couple of ‘late comers’!

Arriving back to Carluke for the first drop-off, guess what? The sun finally made a weak and wobbly appearance!!

I couldn’t organise the weather but hope people who came enjoyed the day in spite of it. I thank them all for their punctuality, it certainly made my job easier. Thanks too must go to Rosemary Train for her help and support and to Treasurer George McDougall who kept the finances in order.

Barbara Waters



Group activities.

It's been a busy year for all groups. Some are having a break. Others are continuing to meet.

Croquet has recently started.
Badminton is active.

Walking continues as usual.
Photography meets.

Social Cycling gathers pace.
Scrabble (Carluke) plays on.

Table tennis continues throughout the summer.

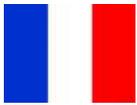
Read on to see what everyone has been doing.

CROQUET

Croquet is now up and running at Castlebank Park on Sunday afternoons.

Time depends on availability of players.

If you would like to take part (no experience necessary) please contact **Lesley** on **01555 664403**.



The French group stopped in March and it will resume in October.
Sheila Paterson

Scrabble (Carluke), is continuing throughout the summer.

The group is going well but would welcome a few new members.

Contact Nelson Waters by email at nelsonwaters62@gmail.com

The Badminton Group

continues to meet in the Lanark YMCA, from 10 until 12, every Thursday morning

It's good fun and also a good way of keeping fit.

Our skills are improving thanks to the help of our more experienced members.

Once finished, we usually retire for a well earned coffee!

We will continue to meet over the summer holidays.

Fiona McGregor



Pub Lunch and Discussion Group,

The Pub Lunch and Discussion Group, as ever, keen to tackle the big issues of the day, debated "Where have all the great leaders gone?" at the April meeting. We didn't, of course, manage to find them, but it didn't stop us both bemoaning the standard of current incumbents and longing for the return of Genghis Khan and other assorted old favourites.

Climate change occupied our thoughts in May, a huge subject to which we may return in the months and years ahead to monitor how the world is responding to change.

Our final gathering for this session required members to volunteer what was still on their "bucket list" and what was definitely NOT! Surprisingly, travelling in one nameless country came up in both categories!

We will be moving to a more group-led format for next session and would welcome new participants, if you fancy a decent lunch (first Friday of each month in "The Crown" in Lanark), convivial company and a mind stretching hour of animated discussion.

Ken Liddell, Joint Group Leader

Email: kgliddell@gmail.com

Line Dancing!



Popular fun group which finishes on Tuesday 25th June.

Always lifts the spirits!

Restarts on Tuesday 3rd September



Total relaxation.

This group finishes on Monday 24th June and **restarts** on Monday 2nd September.

Theatre

This group has had good attendance, 'The Beatles Tribute' at the Memo being most enjoyable and most recent.

The **New Theatre Programme** has been circulated via email and is also available on the website.

Make sure you sign up soon!

Humour Group

We have 12 regulars who come along, enjoy a funny film, chat and leave with a smile on their faces (Hyacinth Bouquet's Cruise Adventures were hilarious)

Next meeting is Tuesday 27th August at 10.15am in the Clydesdale Inn.



Mindfulness

Small group who meet monthly at Kildare Farm.

Time to breathe and quietly reflect.

Next meeting tbc.

Film Group

So far this has been very successful with between 30 and 40 coming along to Greyfriars to watch a movie and enjoy refreshments.

We have seen A Star is Born, Bohemian Rhapsody and The Darkest Hour. All most enjoyable!

We meet again on **Friday 30th August** when **The Green Book** will be showing.

Programme will be available soon

Information on **Bridge** and **Cookery for One** will be circulated in July

Lorraine

lanimers.ls@gmail.com

The **Photography Group** met in **March** at the Pacific Quay Glasgow.



It was a warm day and a picturesque place to visit. With the Science Centre, Armadillo and The SSE Hydro to name just a few great places to take photos. We enjoyed a welcome break at the Radisson Red Hotel in the Sky bar on the 9th floor, which has great panoramic views over this area. All together a wonderful day out.

April saw our group visit the Scottish Owl centre at Whitburn.

It has the largest collection of Owls in the world. With over a 100+ Owls on display.



It



also



has an indoor flying display where you can sit back and watch the owls fly above the seated audience. Then it was back outside to take more photos of the rest of the owls on display. The weather on the day was dry but overcast. As there was no cafe on site, we drove to the Greenside Garden Centre at Newhouse for a well-earned coffee break.

In **May** the Group visited South Queensferry to photograph the three bridges.

The newest was only completed two years ago and is called the Queensferry Crossing. However, it's still the Forth Rail bridge that gets all the attention due to its iconic good looks. The weather conditions were very good so lots of photos taken. It was then down to the town to find a good cafe for tea & coffee break.



The Photography Group meets on the 2nd Monday of the month and will continue to run over the summer 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

Social Cycling Group

Our cycling has got off to a slow start this year, due to the weather being somewhat unkind over the past few months. We resumed our twice-monthly rides in March, but so far have had to cancel a couple due to the weather and a couple of others took place on damp blustery days and were poorly attended. There are about 15 in our group, but we do well to get up to six together for any particular ride.

Our first ride in March was an easy 9-mile circle from Carluke, visiting the General Roy monument.



Early in April only two of us managed to get to Whitelee Windfarm with our bikes, on a glorious sunny day; we did a ride into the wilderness, 20 miles on rough terrain and managed to lose each other of the way back – memorable but perhaps not to be repeated!

Later in April, on a pleasant afternoon, we rode from Lanark Loch to Carmichael and Sandilands, a circle of 11 miles.

Our rides in May were from Carstairs (15 miles) and Thankerton (11 miles), the latter with two guests on a tandem. A couple of our members also have e-bikes to help cope with the hills.

We are hoping that our weather improves, especially for our day out at the beginning of July, when we plan to ride by the Union Canal from near Linlithgow, through Hopetoun estate and along by the Forth estuary to Queensferry.

We meet at 1.30 pm every first and third Tuesday of the month, March-October. More members are always most welcome. Our easy-paced rides are a great way to enjoy the healthy, energising, fun activity that is cycling.



John Foster

Bicycle wheels vary in size. Is there a reason for this and what is constant?



WALKING GROUP REPORT

What a difference sunshine makes to a walk, everybody feels happier and there seems more going on. Yet as Billy Connelly said, 'There's no such thing as bad weather, only the wrong clothes,' and our U3A walks are more about the company and the conversation, than communing with nature.

In April, snow prevented some members from joining us, yet we saw only occasional drizzle, as we walked round the RSPB reserve at Baronshaugh (Motherwell) with refreshments afterwards at Garrion Bridges. This walk was a record for us – for the first time ever, we had more men than women! We had an extra walk in April at Whitelee wind farm, as part of the Outing, and enjoyed warm sunshine. This is a great place to take your dog.

May saw us on a woodland walk by the Nethan at the Kerse estate, with a choice of 3 or 5 mile walk.

We had it dry, but previous rain had left it muddy and slippery in places. Lunch was at the excellent Truck Stop in Lesmahagow.

In June the forecast rain held off, and we had a pleasant rural walk among lambs and wild flowers. There was a choice of three different walks. Lunch was at the Gillespie Centre.

We walk every month of the year, on the first Wednesday, whatever the weather – to receive monthly emails, contact Anne Armstrong at a4rmstrong@yahoo.co.uk.

Ukulele1 (Uke-rhythmics)

What you do on holiday !!!

Fiona one of our members took her Ukulele on holiday to practice at the bottom of the ski slopes.

That's dedication!



Following our entertainment for the AGM, the group are now having a break until August when we will resume our tuition with our excellent teacher Ian Murray.

I would like to say a big thank you to our group for all the hard work and dedication leading up to the AGM and our coalition with Sandra and the Singing group which went very well. Our joint practice sessions with



them certainly paid off. A big thank you also to William Rae and Jim Crummie from Ukulele 2 for joining us and lending us their experience on the day.

We are looking forward to August when we can continue our progression, and improvement and most of all our enjoyment of playing this wonderful instrument.

Emma Dawson

The Ukulele Today - a Social activity?

The ukulele is once again enjoying a period of popularity with modern audiences around the western world. The uke is celebrated for its versatility, small-size and ease of learning. The internet has websites and video tutorials dedicated to providing easy-learning resources for beginners, many of which are frequented by new players in their hundreds. We have a tutor. The ukulele is also widely celebrated for its increasingly social side. The ease of strumming along to sung melodies and playing together has made this little instrument a popular choice and has led to the formation of ukulele clubs and groups around the world.

It has been taken up very quickly by members in our U3A . We now have several groups and its very popular.

It's a joy to learn and brings everyone together so is definitely a social activity.

Singing



Group



The Singing Group met from March until the end of May. Led by Rebecca, our musical leader we enjoyed singing together for enjoyment & being part of an informal singing group.

The Group were invited by the U3A Committee to accompany the Ukulele Group perform on stage at the AGM on 15th May.

Rehearsals took place between the two groups & the end result was amazing! It was fun joining with the Ukulele group and the performance was well received by members attending the AGM. Both groups enjoyed coming together to make music & perform for our U3A.

We performed You are my Sunshine, Deep in the Heart of Texas, Edelweiss & Your Cheating Heart, as well as Never on a Sunday & I Have a Dream. The audience participation was also good.

The Singing Group is now finished for the Summer and re-commences on Friday 20th September at 3pm until 4.15pm in the Jerviswood Hall at Lanark Memorial Hall.

Rebecca has arranged a new programme for then & we look forward to a new musical challenge.

New members are most welcome to come and join us.

Contact Sandra Chalmers Group Leader for further details.

sandra.chalmers037@gmail.com

General Meeting—Dates for your Diary.

2019 —>	18th September	16th October	20th November	11th December Xmas Lunch—New Lanark Mill	
2020 —>	15th January	19th February	18th March	15th April	20th May

Have a enjoyable summer. Look forward to our first meeting on 18th September.

Man: He crawls on all fours as a baby, then walks on two feet as an adult, and then walks with a cane as an old man.
THE RIDDLE OF THE SPHINX

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 Irene McDougall at mrsmdougall@hotmail.co.uk

Thanks to everyone who contributed.

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

Website: www.u3a-lanark.xyz