

March 2019

FROM THE CHAIR

There have been a lot of activities in our ever expanding U3A since the last edition of the Newsletter. Our Membership is now over 220. Many of our new members join because they have heard about us from one of you our existing members. Therefore I would suggest that you continue to 'spread the word'.

The number of Interest Groups is also increasing with a total of 32 plus and several other new groups, covering a wide variety of subjects. Have a look at our website on www.u3a-lanark.xyz as there could be something which may interest you.

It's not all new, of course, as all our well established Interest Groups, with the guidance of the Group Leaders, continue to offer you the opportunity to get out there, 'live a bit', 'learn a bit' and 'laugh a bit'.

That's the U3A motto - the 3 L's.

Living Laughing Learning.

NELSON

Variety of groups which run throughout the month.

As can be seen there is a tremendous spread of groups offering something for everyone. Thanks to the group leaders who give their time and skills to enable such a variety of groups. They are well attended and all enjoyed by members.

There are also several NEW groups, report on last page, that have started and others in the pipeline so keep looking and get involved.

These are the Days Day on which the group runs. Note : Frequency not included.

Monday: Photography, Sugar Craft, Scrabble (Alternate Mon/Thurs), Yoga.

Tuesday: Gardening, Humour, Art, Book Club 1, Bookworms, Social Cycling, Line Dancing.

Wednesday: Walking, Book Club 2, Lunch, Ukulele 1 & 2.

Thursday: Badminton, Craft and Cards, Family History, French Conversation, Poetry Reading, Poetry Writing, Tai Chi. Scrabble (Alternate Mon/Thurs)

Friday: Circle Dancing, Pub Lunch & Discussion, Singing, Table Tennis.

Sunday: Croquet (Spring-Summer)

No Fixed Day: Art Appreciation, Theatre, Outings, Mindfulness.

'Look out for further announcements as groups develop and come on line.'

Burns Extravaganza

For several years Lanark & District U3A has organised a Burns Extravaganza for its January meeting. It is not a pure Burns Supper but a nod to celebrate Robbie Burns, Scotland's Bard, whose birthday is celebrated all over the world. It is always well attended and the entertainment was provided by some of our Poetry and Singing Group members, visitors from the Local Community and finally a group of talented youngsters from Lanark Grammar and Lanark Primary Schools.



Our members and visitors thoroughly enjoyed themselves with occasional audience participation too as the pictures show. Several toasts were made to Robbie and the Lassies with Irn Bru of course and the afternoon concluded with everyone singing Auld Lang Syne.



A wonderful afternoon of camaraderie ,community and entertainment for all ages !

Necropolis—joint outing by Jill Murie

The Lanark and Biggar Rotary visit to the Glasgow Necropolis with Lanark and District U3A was just pure dead brilliant. In his book, 'Death by Design', historian Dr Ronnie Scott writes 'cemeteries are for the living' and sure enough, on 8th March, our tour guide Ronnie brought to life the world of the dead in this attractively designed and built ornate burial ground with Greek, Gothic and Moresque architecture.

A group of some 20 Rotarians and U3A members travelled back in time to this Victorian Valhalla established in 1832. The cemetery, although secular and multi-denominational, was designed to provoke religious and philosophical thoughts and, of course, public admiration. Nearly every eminent Glaswegian in the 1800s was interred in the Necropolis—religious leaders, surgeons, provosts, merchants, ship builders, architects, industrial pioneers, poets, actors and novelists.

At the highest point on the hill is the 58 foot fluted Doric column of John Knox, the Scottish reformer. The Celtic cross of Alexander McCall, chief constable of Glasgow police, was designed by a very young Charles Rennie Mackintosh. From Lanark's hall of fame are the remains of John Glaister, Regius Professor of Forensic Medicine at Glasgow University. There is an obelisk to Henry Montieth, who purchased land in Carstairs and a tribute to a Sheriff of Lanarkshire.

The Necropolis was modelled on Pere Lachaise an enlightened and ornamental cemetery in Paris and celebrates a significant change in commemoration and mourning of the dead. Further, the Necropolis epitomises the culture and social values of a 19th Century Glasgow, the 'Second City of the Empire'.



Croquet Group

The croquet group has been silent over the winter but it looks as though we should be able to get going again earlier than usual if this weather holds up.

We play our own version of garden croquet which is good fun. You do not need to have played before as we now have several "experts" ready and willing to help. It is not a strenuous game as it is more tactical and good exercise.



I would hope to be able to start beginning of May or even earlier so watch out for an announcement in April at the general meeting.

Lesley

🎵 U3A SINGING GROUP 🎵

December 🎄🎄🎄

Our Singing Group had a 'Christmasfest' where we enjoyed singing Christmas carols led by Rebecca. The Group adorned various festive decorations whilst singing which was all part of the festive fun. We also had a secret Santa and exchanged gifts. 🎁🎁🎁

We were invited to sing by our Committee at the Festive Lunch on 13th December. Here we led the Festive singing accompanied by Mary on the piano. This was most enjoyable and everyone was in fine voice!!

January 🎷🎷🎷

Our Group was invited once again to perform!

This time at The Burns Extravaganza on 16th January. Here we enjoyed singing Ye Banks & Braes O Bonnie Doon & Charlie is my Darling' accompanied by Rebecca, our musical leader.

We enjoyed taking part in this event and everyone in the group was beautifully dressed in 'tartan' entering into the spirit of Burns!



February 🎵🎵🎵🎵

After our recent performances, we relaxed and enjoyed singing various songs from The Musical 'Oliver.' This is most uplifting music as well as being fun to sing! Our leader Rebecca is fun to work with and she teaches us to sing in parts creating a harmonious sound within our Singing Group.

We are continuing at present with music from the musicals which everyone seems to enjoy.

If you would like to come along and join us or would like more information contact:

Sandra Chalmers, Group Leader. Email: sandra.chalmers037@gmail.com

Crime Book Group Report.

In December, we read 'The Widow' by Fiona Barton. It was very intriguing as, though we put forward our theories at some length, we still were left with unanswered questions. The plot was very clever and though the marriage seemed bland on the surface, you began to realise that the husband was quite controlling.

In January, we read a really new release-'The Couple Next Door' by Shari Lapena. It had mixed reviews from our group. The characters became rather annoying and two dimensional, though there was a twist at the end which was surprisingly provocative.

In February, we read a Harlan Cohen, 'Six Years' which definitely wasn't one of his better novels as it became unbelievable and contrived.

Our Group, at the moment, has room for another two or three members, so if you're at all interested in more details re. times and venue, please feel free to give me a call on 01555 664294

Rosemary Train.

"The Uke-rythmics."

The Ukulele group has now been established for over a year and we named ourselves "The Uke-rythmics." We were invited to play at the Christmas lunch and it was so nice to receive an email from the committee thanking us for our wonderful performance, this means a lot to us all and gives us encouragement for the future.

We continue to have a tutorial class once a month and a group practice once a month.

Our last tutorial class was held at Catherine's house at her lovely farm and we had a lovely time watching the newly born lambs and a bottle feeding exhibition from our hostess, it was a beautiful day weather wise and we had beautiful views of Lanark in the distance

We continue to learn new chords and songs and we are seeing a steady improvement every month.

Sugar craft:

There has not been any interest lately, the last meeting was before Christmas, this is disappointing but sitting down making sugar flowers is not active enough, hopefully it will pick up again as the seasons change.

If you are interested contact doreen.v.dixon@gmail.com

Badminton Group



The Badminton Group at Christmas

The Badminton Group continues to meet every Thursday morning from 10 - 12 in the YMCA.

There are now 14 enthusiastic and friendly members in the group with the more experienced players helping the less able.

We had a get together at Christmas with mulled wine and mince pies followed by an impromptu singalong of Christmas Carols accompanied by the ukulele!

Fiona MacGregor

Humour group

The Humour group meet on the last Tuesday of the month at the Clydesdale Inn at 10.15am. The group members take turns bringing in humorous dvds and nibbles. If you think this would be of interest to you, do come and join us

Unfortunately, our January meeting was cancelled due to stormy weather. Our February meeting began with a "Tom and Jerry" cartoon followed by a "Rab C Nesbitt" and finally a collection of sketches from the hugely successful "Scotch and Wry."

The Humour Group

Walking group

18 of us welcomed in the New Year in January, with our traditional choice of a walk round Lanark Loch, or over to Robiesland and back by the Beeches, with refreshments at the Inn on the Loch.

February's choice of walks was at New Lanark, with the full 7 mile circuit, or a walk up to Bonnington. Ice underfoot made this one trickier than usual. Lunch was at the Mill Cafe.

March saw unremitting heavy rain, as we walked one way from Crossford to Lanark. The path was under water in places, but Stonebyres falls were spectacular. The Wallace Tearoom was a welcome haven.

We walk locally, whatever the weather, on the first Wednesday of the month. We talk as we walk. Contact a4rmstrong@yahoo.co.uk to receive monthly emails – no obligation!

Anne Armstrong

Launch of **U3A Film Club** — Greyfriars Church monthly.



We hope to run this monthly. You can bring your own wine/beer/soft drinks.
There is a donation of £2.
Come along and enjoy a night at the Movies.



Lorraine

TABLE TENNIS

We are now back to 2 tables, which we repaired and given to the U3A by Lifestyles, which is also stored there.

Kevin Johnson has agreed to be our group leader and I am deputy admin for the group.

The past two weeks we have had between 4 to 8 players and would like to encourage ladies and men to join us. As I have been the only lady for about 2 to 3 years, it would be lovely to see more ladies join.



COME ALONG AND ENJOY YOURSELF AND HAVE FUN.

Beryl Armstrong

SCRABBLE (CARLUKE)



'A Picture Is worth a Thousand Words'

Theatre Group

We have enjoyed a few excellent productions recently



Cinderella Panto at the SECC. The Krankies ruled supreme!

The Lion, the Witch and the Wardrobe by Shine.

Outstanding, Innovative, Emotional, Shine at its best.

Beyond the Barricade. Wonderful Show, Singing outstanding.

Pre theatre meals at The Woodpecker were enjoyed by all. Delicious!

U3A Pub Lunch and Discussion Group : Report on Activities, Dec 2018 - Mar 2019

Our Christmas Lunch on Friday 7th December was enjoyed by around 18 members. A splendid lunch prepared by The Crown was followed by some animated discussion, jokes and good conversation. We had a few topics to guide us through the conviviality, including, "my most embarrassing moment" and "a strange coincidence".

2019 began with a light hearted discussion on "Which era you would prefer to have been born into and why?" It turns out that some members reckoned that a future era would be preferable to what humanity has suffered in the past! February's meeting saw us return to a serious topic, "Plastic : what are we going to do about it?" The debate strayed into litter, a subject we have covered before but which is really inseparable from this bigger threat to the planet. March's debate allowed us to vent our fury, or not, at the funding cutbacks to local councils which are causing us to lose libraries, free music tuition and toilets, to witness deteriorating social services and bin collections and to gain more potholes.

Attendances at the three 2019 meetings to date, have been 11, 17 and 20.

In April (5th) we are asking ourselves, "Where have all the great world leaders gone?"

If you fancy joining us, please do (contact below). We can even throw in a hearty lunch for a mere £4.00!

Ken Liddell, Group Leader

kgliddell@gmail.com



Ukulele 2 now **Uke2**

Following the success of the Uke-rhythmics group a second Ukulele group, called Uke2, has been formed.

We had our fourth tuition session today and already we have worked our way through fifteen songs, with varying degrees of expertise!

As intended with Uke2, the sessions are fun.

There are ten of us in the group, some of whom are complete beginners and others who already have some experience so it is a good mix.

The group is full but a waiting list can always be started if more people are interested in learning how to play this instrument.

Francine



Photography Group

The Photography Group met in December for our Christmas lunch which was at the Plum Orchard Chinese Restaurant in Lanark. This gave us a chance to discuss the first full year of the new U3A-photography group. Also to reminisce about all the places we had visited over the past twelve months and to discuss new venues for the forthcoming year.



January saw our group back at the Jerviswood Hall for our second studio shoot. This time it had taken quite some organisation as two models had been arranged for the studio shoot. Unfortunately, we were let down by both of them on the day. However, this didn't spoil the day as Jane had brought along some props and we had a fun photo shoot.

February visit was to Bothwell Castle which is a partial ruin and is currently under repair. This meant that some parts were restricted. However, the weather was good, photos taken, we decided to move on to Chatelherault Country Park. Jane intimated that there were photos on display from a photographic competition. After viewing them, we relaxed with our coffee!!



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

Lanimer Group

Work has now been enthusiastically started on this year's lorry. The theme is "Oliver" and the title is 'Oom Pah Pah'. We are thinking about using poly flowers this time so that will be a lot of work. At least the costumes should be quite easy if not for the main characters at least for the crowd as they just need to look Victorian. All the seats have been taken on the lorry but anyone who wants to join us walking beside the entry would be very welcome. If interested please contact lesleycgair@gmail.com



New Groups

Yoga

Mondays are chill out days if you come along to Memorial Hall at 1.30pm. Ann, our leader, promotes calm, perfect positioning and perfect posture. **Yoga is well established and appreciated by its members**

Line Dancing

Our class is growing every week with approx. 30 members (still room for a few more)

We love the music and the routines and all have an uplifting 60 minutes
Janice ,our teacher, is patient and encouraging She puts new dances on 'What's App' for our homework which some do and some don't !



Tai Chi

Avril leads by perfect example and creates a calming environment for everyone to practise their moves and positions. Mary and Elspeth also assist and their expertise is much appreciated. A great way to kick-start a Thursday morning!

Well established. Only in mornings has spaces for 2 more members

Mindfulness

This group now meets at Kildare Farm on a monthly basis where Jill calmly coaches us in Health and Mental Wellbeing strategies and helps us to develop Practical Mind-set scenarios. It is a very peaceful and thought provoking session. Next meeting is Friday 29th March at 1.30pm

Small numbers which suit the theme of the group which now meets at Kildare Farm.

If you are interested contact Loraine. (lanimers.ls@gmail.com)

JOBSPOT. LEMON PICKERS NEEDED IN FLORIDA

"Lemon Pickers Needed"

Ms. Sally Mulligan of Coral Springs, Florida, read it, and decided to apply for one of the jobs that most Americans are not willing to do.

She submitted her application for a job in a Florida lemon grove, but seemed far too qualified for the job.

She has a liberal arts degree from the University of Michigan, and a master's degree from Michigan State University. For a number of years, she had worked as a social worker, and also as a school teacher.

The foreman studied her application, frowned and said, "I see that you are well educated, and have an impressive resume. However, I have to ask you, have you had any actual experience in picking lemons?"

"Well, as a matter of fact, I have," she said..."I've been divorced three times, owned two Chryslers and voted for Trump."

She started work yesterday.

General Meeting Dates and Speaker Programme for 2019

17th April

History of Musical Instruments

Professor Murray Campbell

15th May

Quirky Clydesdale

Ken Liddell

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.

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

Website: www.u3a-lanark.xyz