

The CHAIR's report.

Perhaps, as you read this, we will be in the midst of Spring, but, as I write it, I am looking out at rather deep snow, wondering how I am going to make it to the Antiques Open Meeting this afternoon...

I do wonder however what value Mark will put on a relic such as me?

The reason for this inability to drive or walk will become clear later.

There has been a lot going on in the U3A since the start of 2016, with Outings, theatre excursions, lunches and discussions and I know that other groups are also in full swing. It's also great news that we are going to have an Italian language group again and a new group of Flower Arranging for the first time!

Unfortunately, I personally have missed out on a lot of the fun goings-on, as I have been recovering from surgery on my knee, but I managed to struggle out for the January Burns' afternoon which I thoroughly enjoyed. I hope you managed to come along too.

On other things, the Christmas Lunch and entertainment was excellent, we also helped the Scottish U3A in Glasgow at the 'Over 50 Exhibition' and have changed our website. 'My goodness, it never stops.'

As I relinquish my role of Chairperson at the May AGM, this may be the last time you have to read my ramblings.

Thank you all for your support over the last two years.



Rosemary Train (Chairperson)

General Meeting Dates and Speakers Topics for the rest of the 2015/16 session.

20th April 2016	Charles McCann — 'Flying to Capetown by Helicopter'
18th May 2016	AGM which is followed by Louise Bustard — 'My Inspirational Gardens'

Out with the Old

In with the New

Lanark & District U3A

We've created a new website.

www.u3a-lanark.xyz

Access the above website for further information about Lanark & District U3A

For future use please bookmark the new address.

19th September 2015	19th Sept	19th Sept
21st October 2015	21st Oct	21st Oct
19th November 2015	19th Nov	19th Nov
19th December 2015	19th Dec	19th Dec
20th January 2016	20th Jan	20th Jan
17th February 2016	17th Feb	17th Feb
19th March 2016	19th Mar	19th Mar
20th April 2016	20th Apr	20th Apr
18th May 2016	18th May	18th May

Meetings are on the 3rd Wednesday of each month at 3pm in Lanark Memorial Hall.

New members welcome

Lanark & District U3A has launched a new website to increase the facilities available to members.

This is your site and the membership page will be where you can interact with other members on the website.

HOME ABOUT US ACTIVITY OUTINGS PROGRAMS U3A MEMBERS CONTACT US

Tuesday, February 9, 2016

LANARK & DISTRICT U3A

Welcome to our website:

Please click 'Enter to find out more'

The previous website needed modernising to allow it to continue to grow and be a useful vehicle for communication for both Lanark & District U3A and members in the future. It will be an evolving process over the coming months .

www.u3a-lanark.xyz

Use this website for information in the future and remember to bookmark the page for ease of access.

U3A Annual Outing

This year's outing, the cost of which is £25, is on **Wednesday, May 11th 2016**.

This is a full day out travelling firstly from Lanark to **Dalgarven Mill** near Kilwinning, then to **Largs** for the ferry to **Millport** where we have a couple of hours to spend enjoying ourselves exploring the area, before returning again to Largs for tea after which it's back on the bus for the return home.

Dalgarven is a museum of Costume and Rural life.

They have a café with superb home made food which seats 30 inside (more outside). This season they are mounting a new exhibition themed on Downton Abbey. There are rooms showing historical farmhouse rooms. You can also see the restored mill machinery. There is also an antiques shop on the site, and a short riverside walk.



Depending on numbers, we will be split in two or three groups: while one group is given a guided tour of the exhibitions, a second will enjoy scones or snacks, and a third will be at leisure to enjoy the other attractions. The mill has stairs. For those who can't manage them, there is an 11 minute video of the exhibits (on the ground floor)

We leave Dalgarven after 12 noon, and journey to Largs, where our buses go on the ferry to Millport (15 minutes). Millport has cafes, pubs, a Cathedral, and a bicycle hire shop which also has tandems and tricycles. There are nice beaches for a picnic, if the weather is kind.

We are in Millport for about 2 hours, before returning to Largs on the ferry, where we have a Fish Tea followed by ice cream, at **Nardini's** famous café. After tea we return to Carluke and Lanark.



The price of £25 includes all travel on bus and ferry, entry to Dalgarven, and your Fish Tea. It does not include what you eat or drink at Dalgarven, or Millport.

If you haven't already done so and want to go then please advise **Cary Jones** asap.

Contact details for Cary are: Tel: 01555-871593 or Email: caryjones67@hotmail.com

NEW GROUPS—There are **3** new groups which have just started that may be of interest to you:

Floral Art and **Holiday Italian**, both led by Lesley Gair. Email: lesleycgair@gmail.com Tel: **01555 664403**

Short Breaks, led by Jeanette Rankin, Email: janetterankin26@googlemail.com Tel: **01555 661750**

and Sylvia Maxwell. Email: maxuk23@hotmail.co.uk

Please contact the group leader/s in the first instance for further information.

Just a little information.

*Did you know that there are **985** U3As throughout the United Kingdom, **46** of which are in Scotland.*

That the Third Age Trust (TAT) is the umbrella organisation.

The Scottish U3A organisation represents Scotland within TAT.

*More important than that is that there is a membership of over **363,750** around the UK.*

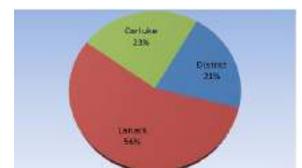
*Lanark & District membership constitutes **0.04%** of the total membership so wherever you go there'll be someone, like you, who enjoys being a member.*

Lanark & District U3A has a membership of around 150.



We come from all corners of the region and as you can see there is a good balance when looking at Lanark in comparison to the rest. This can also be seen when you compare Carlisle and the Districts.

*Another point of interest is that the gender ratio is nearly **75%** women to **25%** men, which is a national average.*



*It just goes to show looking at a little detail, **we are normal**, as our statistics map the UK's as a whole.*

Microsoft Software at discounted prices.

Pugh computer have an agreement on behalf of all U3A members to supply Microsoft Software at an educational discount.

If you are interested in purchasing any software contact the U3A organisation to get a quote at:

www.u3a.org.uk/members-area/offers-for-members

Ten members went to Number 10.



Was it this one?

Free — Legal Assistance

Available to ALL U3A members.

This service provided by the Third Age Trust is the option for ALL U3A members access to FREE Legal Assistance.

The legal advice covers both **Scottish** and **English** law.

ARC Legal Assistance in partnership with Irwin Mitchell Solicitors are facilitating this on behalf of the Third Age Trust.

You **MUST BE** a current U3A member to use this service.

The contact number is **0344 770 1040**

and you **MUST** quote '**U3A Helpline**'

(No, it was the table number)

Annual Royal Burgh of Lanark New Year Dinner,



The dinner on the 9th January in the Cartland Bridge Hotel was attended by several members after L&D U3A received an invitation to take table.

They had a very enjoyable evening and the speakers were Alistair Hutton with the 'Toast to the Royal Burgh of Lanark', Paul Archibald the 'Toast to the Lassies of Lanark', Rev Susan Durham gave the reply which was followed by the 'Man of Humor' by Jim Lavery.

The vote of thanks was given by ex-Lord Cornet Robert Kirkhope and Lord Cornet Gordon Gray said grace.



U3A Scotland had a stand at the SECC in Glasgow at the Over50's exhibition.

L&D as well as other U3A's in the area were asked if they could assist with manning the exhibition. L&D were there for 1 busy day and we had 5 people who enquired specifically about our group.

Did you know that there are no U3A's in Glasgow.

It was interesting to hear peoples views about the U3A and also the main question was 'What is the U3A?'

Interestingly, the banner was supplied by the National Organisation but, Scotland had another one where 'University of the Third Age' was far less prominent so as to avoid the question, 'Why is it a University?'

This was perceived, by interested people as being a barrier by thinking that professional qualifications were required to join and not retirement.



What else has happened over the last few months?

Theatre

An updated programme has been produced.

Looking ahead it includes performances in both August and September.

Do have a look and get back to Loraine if you are interested in attending.

Email—swan.loraine@yahoo.com

Modern Scottish Women Poets.

u3a Poetry Reading group visit

The Modern Scottish Women Artists exhibition, on in Edinburgh till June, displays works by little-known women artists from 1860 to 1960, and examines possible reasons for their neglect. The organisers wondered if women poets of the same period had suffered similarly; this talk, at the National Gallery, was attended by some of Lanark & District u3a poetry reading group.

As late as 1954, a book entitled "Eleven Scottish Poets: A Contemporary Selection" was published, containing the work of eleven men and no women. Similarly, Sandy Moffat's famous portrait "Poets' pub" painted in 1980, shows nine men, in the pub. How did this come about, and were there valid reasons for it?



The lecturer, Susan Mansfield, examined the poetry of Violet Jacob, Nan Shepherd, Nannie Wells, Helen Cruikshank, Marion Angus, and Jean Guthrie-Smith.

While women artists were held back by lack of opportunity to train, or obliged to choose between career and family, (Phoebe Traquair's husband forbade her to paint)

there were paid opportunities for some women artists in the first world war (though Dorothy Johnston had to resign from her teaching job at Edinburgh college of Art, because she got married).

What about the poets? Many women whose poetry was published were upper-class. There was pressure from society to write on traditional women's subjects, and not to appear aggressive or 'unladylike.' Poets had to convince male editors, publishers, and critics. This discouraged innovation. Hugh Macdiarmid's reason for there being no females among the acknowledged Scottish Poets of the 50s, was that women lacked ambition and innovative thought, which has an element of truth. Until the 1970s women's poetry tended to be domestic and descriptive, traditional in subject and also form. Perhaps too, male writers benefited from the mutual support and discussions of pub culture, while their female counterparts were often writing in isolation. It wasn't till the 1970s that women's poetry began to truly take off.

The lecture finished with a reading of a poem by Elma Mitchell, from Airdrie, born 1919: "This Poem"

**This poem is dangerous: it should not be left
Within the reach of children, or even of adults
Who might swallow it whole, with possibly
Undesirable side-effects. If you come across
An unattended, unidentified poem
In a public place, do not attempt to tackle it
Yourself. Send it (preferably, in a sealed container)
To the nearest centre of learning, where it will be rendered
Harmless, by experts. Even the simplest poem
May destroy your immunity to human emotions.
All poems must carry a Government warning. Words
Can seriously affect your heart.**

Social Cycling Group

Our bicycles have mostly been stored away over the past few months. But we start our new season again with a couple of rides in March.

We do very gentle cycling, distances mostly of 10 - 15 miles, with plenty of rest stops, including a Café-stop during or at end of ride.

We meet on either a Monday or Tuesday at 2 pm

Last Ride: Monday 14 March 2016.

We met at Lanark Loch at 2 pm and went by Hyndford Bridge to Carmichael village, returning by Sandilands and Hyndford Bridge. Distance: about 11 miles.

2nd Ride for March: Tuesday 29 March 2016.

Meet at Carstairs, 2 pm

If interested in giving it a try or just finding out more about our cycling group, do get in touch:

Group leader: *John Foster*

jfoster40@btinternet.com



Outings group.

Who remembers the headgear worn at the Border Biscuit visit, well this time it was for a somewhat different reason.

We all had to have our head covered when we visited the **Sikh Gurdwara in Glasgow.**



Glasgow Gurdwara serves the Sikh community and is the first purpose built Gurdwara in Scotland. The Gurdwara acts as a cultural, educational and religious hub for Sikhs and the wider community. The Gurdwara serves the whole community by promoting free education services, a free kitchen, faith and cultural services and political engagement activities.

We had an interesting visit where we learned about the Sikh religion and the fact that it is all encompassing as a way of life, coexisting with and helping people peacefully.

We were shown around the temple and had an explanation of the religion and what the Gurdwara was, then had lunch there which was most enjoyable.

CHRISTMAS LUNCH

On the 16th December, 95 members attended our annual Christmas Lunch at the New Lanark Mill Hotel.

After the exceptionally good lunch the entertainment came from a group of musicians from Lanark Grammar School. They gave a lovely concert which included singing.



Still on the subject of entertainment our Committee sang, to the tune of Jingle Bells and words by Margaret Dunlop, the story of the history of L&D U3A.

When an encore was called for of course the Committee did not have anything prepared.

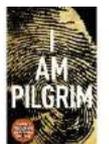
They got out of a potentially awkward situation by singing the song again with everyone heartily joining in.

Book Group (RT)

In January, we discussed 'The Road' by Cormack McCarthy. The general consensus was that this was a really well-written book, recommended by one of the group who absolutely loved it, but it is definitely not a book to read if you are feeling at all fragile or have a 10 to 15 minute attention span after surgery or hospital treatment!

In February, we read and discussed 'The Road to Little Dribbling' by Bill Bryson, The book started really well, with sections reducing one to tears of laughter, but, after a while, the author grew rather sarcastic and seemed to have become a bit of a 'grumpy old man'. This would be a book that is ideal to dip into as each chapter covers a specific area of Britain, but I found it too much at one reading

Our next book is 'I am Pilgrim' by Terry Hayes and as it is a 900 pager, we are going to give ourselves till April to cover it, and in March, we will watch a film of a book-'Smilla's Sense of Snow'.



Rosemary

GARDENING

Since December the Gardening Group has been meeting to discuss a variety of gardening topics. The December meeting was of course our Christmas Lunch which was held in the Clydesdale Inn. Naturally, as we were all in the Christmas Spirit, not a lot of gardening discussions were taking place. In January we had a quiz which was set by Ian McRae. After a tie the winner was Meg McDonald. Guest speakers have been lined up to come to the next two meetings. The membership of the Group is now 25 so as and when more U3A members join our group we will have to consider creating a second group.

Nelson

A BURNS EXTRAVAGANZA - Our January General Meeting.

By *Anne Hood*

Lanark & District U3A erupted into 2016 with a lively January meeting entitled 'A Burns Extravaganza'. This was quite different from our usual monthly meetings ie:

Instead of having one speaker, we had six.

It involved audience participation. (Singing)

Our Vice-Chairperson wore tartan tights.

We drank copious amounts of that 'other' favourite Scottish drink.

We all enjoyed cheese and oatcakes in addition to our tea and biscuits.

Yes – Burns season was upon us and Loraine Swan led into the Hall a team of talented people who would demonstrate their talents to commemorate the Bard and other lesser known patriots.

Margaret Dunlop, together with Alistair Mackie, composed a funny poem to toast the Cheese and Oatcakes.

(We could not heat up food in the Memorial Hall so the haggis was duly replaced with cheese and oatcakes).

Bill McIntyre – retired Sergeant from Lanark Police – gave us The Immortal Memory. Bill explained not only the history of Scotland but gave us a beautiful insight into the emotions, talent and romance of Burns in such an easy way to understand that it was lovely to hear.

The Immortal Memory was followed by a wonderful surprise – Don MacKenzie sang a couple of songs revealing a beautiful voice. Don is a member of the Choral Union and deservedly so.

Stewart Houston – retired Procurator Fiscal and member of Biggar U3A – recited Holy Willie's Prayer in full attire. What a show – what a recital – and, thoroughly enjoyable.

Sheila Easton had found a book of Govan poems and we all laughed as she read out the poem dedicated to Iron Brew.

David Dickman then gave a full rendition of Tam O'Shanter. It was an Oscar performance giving an excellent delivery of the poem but the actions that went with it was amazing to watch. We were all exhausted watching David ride his horse, Meg; playing the bagpipes; running around like a warlock and then playing the part of the chase where Meg lost her tail. Using the audience to help deliver the poem (will Ken Forrest recover?) was magnificent. All of this was done as he recited the poem!

I had the pleasure of giving the vote of thanks and I did mention that our U3A is always willing to try new methods and push boundaries – sometimes we have a miss and sometimes we have a hit but, truthfully, our January meeting was a BIG HIT. Speaking to some members, whilst enjoying our tea, cheese and oatcakes, I did hear members saying how much they enjoyed The Burns Extravaganza.

If any member has any further ideas for future monthly meetings then please let one of the Committee members know. We are always looking for fresh ideas.



Stuart Houston
Holy Willie's Prayer



Tam O'Shanter
Dave in full flow



LUNCH GROUP



Since the publication of the last Newsletter the Lunch Group have been to three very different venues.

In November of last year the group visited The Grapevine Restaurant in Bothwell and I'm sorry to say that we were somewhat disappointed. I had heard good recommendations for this restaurant but on this occasion it did not come up to scratch. I suppose we all have off days but unfortunately it had to be on the day of our visit.

December was the Christmas Lunch for all of our Lanark & District U3A members so no further comment required there as I am sure there will be an item in the Newsletter telling you all about it.

We now move on to January 2016 for the Lunch Group's next outing to the Jholpai Indian Restaurant in Lanark. We had a record number of 41 members in attendance at this venue. I think everyone enjoyed the welcome change of cuisine after all the Christmas & New Year overindulgence of turkey and steak pie, etc. Starters of poppadums, chutneys and mixed pakora were served to the tables and then everyone thoroughly enjoyed the help yourself buffet experience where we were able to try out different curries of varying strengths. The staff were so kind and helpful and nothing was too much trouble for them and they coped admirably with the large numbers.

Last but by no means least our February lunch took place in the restaurant of Lanark Golf Club. As usual, Paul the chef, laid on a splendid two course meal and with our coffee he always goes the extra mile with some little patisserie delights to round off a lovely lunch. This is the third time that we have paid a visit to the Golf Club for lunch so that alone speaks for itself.

In March we are going to The Barony Restaurant in Biggar so watch this space.

"One of the delights of life is eating with friends, second to that is talking about eating. And, for an unsurpassed double whammy, there is talking about eating with friends."

Gillian Forest

PUB LUNCH & DISCUSSION GROUP

December topic

How safe is our community?

The many points discussed included:- keeping our schools safe, neighbourhood watch, how does crime effect your community, should we be aware of criminals in our community who have been imprisoned for sex offences involving children, do you suffer from anti-social behaviour within your own community and do teenage gangs or drug addicts present a problem within your particular district?

January topic

Which Scots person through innovation, achievement or invention has made the biggest impact in the modern world?

There were many contenders in various categories.

The list included such individuals as James Clerk Maxwell, Alexander Fleming, John Logie Baird, Andy Murray, Kirkpatrick Macmillan, John Boyd Dunlop and James Young Simpson.

A vote was taken by the members and the result was James Clerk Maxwell, a leader in mathematical physics, was chosen to have made the biggest impact in the modern world.

February topic

What can we do individually to mitigate the effect of climate change?

The focus seemed to be on recycling, but also to have less reliability on fossil fuels, improved energy saving both in homes and transport, to reduce the overuse of air traffic bringing goods, particularly food, from all over the world, to create alternative sustainable energy sources and to reduce the use of all vehicles in major towns and cities. The real change needed is for the leading international community to cut down on all emissions from industry and to stand by any agreements.

Ken Forrest

'NO MUD AT ALL'

- that's what the walk leader kept telling us, as we slid around and sank up to our ankles. We had just left Chatelherault on the 'short walk', crossed the Dukes Bridge, and climbed up past the ruined Cadzow Castle. It was built in the 16th century, replacing an earlier Cadzow Castle visited by David 1st and Robert the Bruce. Mary Queen of Scots stayed here too. It wasn't long before the path became a tarmac track.

We paused to contemplate the Duke's monument with its marble pillars (see photo), and admired the old houses of medieval Barncluith. We glimpsed the Yew hedge at Barncluith House, but didn't view the famous Hanging Gardens of this privately owned house.



There were swans in the big pond at Smithycroft, but signs of recent inundation by the Avon were quickly dismissed by our leader's now familiar cry of 'NO MUD AT ALL!'

Returning up the Avon walkway, we gawped at the new 'Grand Designs' house being built on the river bank. Crossing the Avon by the old bridge, we saw the famous white cattle in front of Chatelherault.

We can recommend the café at Chatelherault, with its home made soup, pleasant ambience, and great variety of snacks and meals.

Looking forward to the next walk.

Art Appreciation Group

The Art Appreciation Group have studied the life and work of :

Phoebe Anna Traquair (1852-1936)

who was a member of the arts and crafts movement. She painted, illustrated books and manuscripts, embroidered and made wonderful enamel work. She was best known for her murals and the group went on a visit to the Mansfield Traquair Centre in Edinburgh, which is sometimes called **Edinburgh's Sistine Chapel**.

This former church is now used for weddings and other events.

We had a guided tour of the murals which took Phoebe Traquair 8 years to do **on her own**. Other work by her is in the National Gallery and the Museum of Scotland.

Our meeting on Monday 21st March 2016 at 10.30am was in Lanark Library when Cathy Cursiter talked about the work of Sir Stanley Cursiter (1887-1976).



Meg McDonald

And Finally

Something different to close on, can you solve this little puzzle.

There are four bungalows in our cul-de-sac.

They are made from these materials: straw, wood, brick and glass.

Mrs Forrest's bungalow is somewhere to the left of the wooden one and the third one along is brick.

Sheila Easton owns a straw bungalow and Nelson does not live at either end, but lives somewhere to the right of the glass bungalow.

Rosemary lives in the fourth bungalow, whilst the first bungalow is not made from straw.

Who lives where, and what is their bungalow made from?



Answer in next edition.



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 Sheila Easton at sheilaeaston40@gmail.com

Thanks to everyone who contributed.