

January 2020

### FROM THE CHAIR

It is now 2020 but this Newsletter is covering October to the end of December 2019.

I hope you have had an enjoyable time over the Christmas period. Barbara and I, and I am sure many more of our U3A members, spared a thought, and even raised a glass to Maurice, Malcolm and Rosemary who didn't quite make it to 2020. All three are greatly missed.

As usual Lanark and District U3A took part in the Illuminated Lanimer Winter Parade on 22nd November. Thanks to all who helped in preparing the float and also to those who took part in the parade. The float was a wonderful example of 'teamwork' within the U3A.

Our Christmas Lunch at New Lanark Mill Hotel on 11th December was a great success. Many thanks to those who helped in the organising of this event especially Margaret, Lindsay, Marion, Loraine and George who 'balanced' the finances.

Nelson

### RIVIERA TRAVEL—AFFINITY SCHEME for U3As



**IF YOU ARE THINKING ABOUT GOING ON HOLIDAY WITH RIVIERA TRAVEL, AND HAVE NOT YET BOOKED, YOU COULD BOOST LANARK & DISTRICT U3A'S FUNDS BY 10% OF THE TOTAL BOOKING COST FOR YOUR PARTY EXCLUDING ANY UPGRADES AND INCIDENTALS.**



Riviera Travel's Affinity Programme works as follows – when you book a holiday by **PHONE** you quote **Lanark & District U3A** to them and they record that information.

When you get confirmation of the holiday there will be no mention of the Affinity Scheme's 10%.

After completion of the holiday you will receive an **email from Riviera Travel asking you to forward this email to our Treasurer, George McDougall** at [georgemcd59@gmail.com](mailto:georgemcd59@gmail.com)

George will then arrange with Riviera Travel to have the 10% transferred to Lanark District U3A's bank account.

The good news does not stop here!

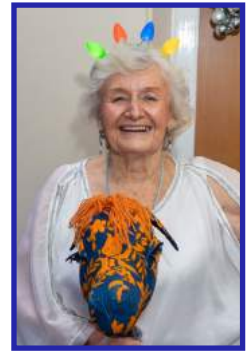
If you tell your friends and family about the Affinity Scheme, Riviera Travel will give 10% to Lanark & District U3A irrespective of who books the holiday, as long as they mention "Lanark & District U3A".

Telephone Number is **01283 888 598**

Website Address is <https://www.rivieratravel.co.uk/>

## Xmas Lunch 2019

On 11th December, I attended my first lunch with U3A members at the New Lanark Mill hotel. I had recently moved to Lanark from Argyle and as a result had just joined U3A and was not quite sure what to expect. I was delighted to find that the table I was sitting at was made up of a very friendly group of people, so there was no shortage of conversation. The meal itself was delicious, although I had to walk my dog further than normal to try to work off those extra calories later! All in all, I am looking forward to participating in a number of U3A activities in the future.



Patricia McArthur

"A really enjoyable U3A Christmas lunch in great company. Good venue choice with enjoyable food, service and entertainment. Thoroughly enjoyable day, with thanks to organisers!"

Sandra Chalmers



"Excellent meal and good company, with great entertainment."

### **An opportunity to share in a group with Biggar U3A**

#### **Creative Writing group.**

We have a request from one of our new members who is also a member of Biggar U3A.

She is a member of the Creative Writing group at Biggar and notices that we do not have such a group. Since Biggar would like a few additional members of their group she invites anyone interested to join.

They meet in Biggar Library in the Committee Meeting Room.

Anyone interested can either turn up at the library or e-mail me and I will pass on your information to

[jamiesonharryg@yahoo.co.uk](mailto:jamiesonharryg@yahoo.co.uk)

## How's your memory—try this short quiz.



1. What is the next number in this sequence - 1,3,4,7,11,??
  2. Who was the first Briton to travel into space?
  3. Who rushes in where angels fear to tread?
  4. What is the name of the Professor in My Fair Lady?
  5. When did rationing finally end in Great Britain?
6. What is the population of Lanark (to the nearest 1,000)?
  7. When did St. Andrew officially become the patron saint of Scotland?
  8. Robert Galbraith is the pseudonym of which author?
  9. How old is the singer Lulu?
  10. Which is the second nearest planet to the Sun?

1	6
2	7
3	8
4	9
5	10

### Lunch Group

Our 1st lunch for the new session (September) was at The Barony, Biggar - 24 members attended.

October lunch found us at La Piazza, Carluke - 27 members attended.

Our final lunch of the year was at Carluke Golf Club - 30 members attended.

By all reports these lunches went very well and hope the venues chosen for 2020 will have the same positive feedback.



Both Marion and I had intended to step down as leaders of the Lunch Group in May 2019 but were persuaded to continue for this session. We have recently had another chat and agreed we both wish to step down after our last lunch in May 2020.

Should any member be interested in leading this group please contact Nelson Waters who will note your interest.

Thanks to members who continue to support our little group.

Marion & Lindsay (Lunch Group Co-Leaders)

### Bridge group

U3A Beginners bridge group began September 2019. We currently have one vacancy to join the group but you will need to have played some bridge. The aim of the group is to enjoy learning and playing bridge in a friendly social atmosphere. All our members tell us that they thoroughly enjoy their time within this group. We meet on a Tuesday morning at 10am until 12-30 at The Memorial Hall, Lanark with a short break for tea or coffee. There is a table fee of £2 (does not include the tea or coffee), which is used to pay for room hire and purchase of equipment. From September 2020 we hope to start a U3A bridge club at the same time and place open to all members of U3A who can play bridge at a novice standard. There will be help and friendly advice if needed. The emphasis will be on playing bridge in a social and friendly atmosphere once a week. We will be offering another beginners class for September 2020 and anyone interested please let us know. We would hope to get a group of 8 players. If you are interested in joining in either the new bridge club in September or the Beginners Bridge please contact us at [yvettejohnson311@gmail.com](mailto:yvettejohnson311@gmail.com) by 22nd January or sign up at monthly meeting in February.



*Steve Davies and Yvette Johnson*

## Gardening Group

Since Christine Robbins has taken over as group leader, our monthly meetings have become very 'member driven'. We have gardeners with interests in many different aspects of gardening and with varying levels of expertise. We learn a lot from each other.

We often get a chance to visit gardens in the area, as well as the gardens of members who like to show what they have achieved, whether in a large or tiny garden.

We also enjoy having speakers on various topics from either the group or elsewhere.

In December we came together for Christmas lunch at Rosebank Garden Centre, which was most enjoyable. Our first meeting this year was to find out what we would like to include in this year's itinerary. At the end of the meeting one of our members, Hazel, read out this poem which she had found on the back of a Lanark Community Development Trust leaflet.

### Hearts Like Wildflowers by Nikita Gill

I hope you are blessed with a heart like a wildflower.

Strong enough to rise again  
after being trampled upon,  
tough enough to weather  
the worst of summer storms,  
and able to grow and flourish  
even in the most broken places.

As gardeners I feel we need hearts like wildflowers.

Rona Rowe

Getting ready for another year.



## Table Tennis

The table tennis group is growing and we have been playing at Lifestyles every Friday from 2.30pm to 5pm. Yes there are more men than ladies at present.

We have great fun and much laughter.

Most Fridays we have had between 6 and 9 players, and on the odd occasion, only 3 or 4.

Come join us. Do not be afraid. I never played before joining the U3A.

Beryl Armstrong



## Yoga

Meets every Monday in the Jerviswood room at the Memorial Hall between 1 and 2.30pm

Lorraine Swan

## Humour group

We continue to enjoy a diverse range of humour, Stand up comedians and at our Christmas lunch, The Christmas Choir provided laughs and smiles.

Always room for new members. Last Tuesday of the month 10:15am in the Clydesdale Inn. (Upstairs)

Lorraine



## LANARK & DISTRICT U3A ARTS APPRECIATION GROUP REPORT

Five members plus myself headed off to Edinburgh by train on the 4<sup>th</sup> December to visit The Queen's Gallery at the Palace of Holyroodhouse to view the exhibition "Leonardo da Vinci: A Life in Drawing".

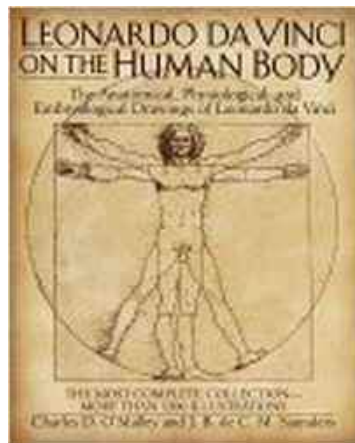
Marking the 500<sup>th</sup> anniversary of the death of Leonardo da Vinci, the exhibition brought together 80 of the Renaissance master's greatest drawings in the Royal Collection, forming the largest group of Leonardo's works ever shown in Scotland.

Despite it being a miserable day, we all agreed that the trip had been very worthwhile, as it gave us the opportunity to see his craftsmanship be it in his anatomical drawings, map making, flower drawings etc., there was something for us all to enjoy. Having enjoyed the art work, we adjourned to the adjacent tea room to "discuss" what we had seen, in a most lighthearted way, whilst "putting the world to right" and discussing ideas for future trips.

The next trip will be on Wednesday 4<sup>th</sup> March when we will be visiting the Hunterian Art Gallery and Museum in Glasgow, again taking the train. Full details to follow.

A further trip to the Queens Gallery is planned in late spring/early summer to view Encounters: 4 Centuries of South Asian Paintings and Manuscripts (for those who visited in December this will be free as when you buy a ticket you can use it as many times as you like for the next 12 months).

Barbara Waters



### Badminton Group

The Badminton group continues to meet every Thursday morning in the YMCA. It's good exercise and we usually go for a coffee together afterwards.

Many thanks to Martin for his coaching skills which have been very helpful. We now have 14 members in our group so unfortunately are unable to take any newcomers at the present moment.

Fiona McGregor



**Line Dancing** is on every Tuesday at 4pm in Lanark Memorial Hall.

Contact Loraine on 07964941374 or [lanimers.ls@gmail.com](mailto:lanimers.ls@gmail.com) for further information.

## Circle Dancing

After the Christmas & New Year break our dancers were getting itchy feet, however, we resumed in toe tapping delight on Friday, 24th January. During the latter months of 2019 our group enjoyed a variety of different music and themes. Some dressed up for Hallowe'en and in December we donned our sparkly jumpers, tinsel and flashing lights to put us in the festive mood. Our teacher Jo, is very good at choreographing dances to fit in with music that depicts our particular theme of the day.

Each fortnight a different centre piece for our circle is made up by a volunteer from the group which we all look forward to seeing.

The last three months featured hedgehogs hiding amidst autumn leaves, (not real ones I might add) Lupus Awareness. Poppies for Remembrance, Winter Scenes, Christmas and Robert Burns for January. They are all special to our Circle and just add that little something. There are many other Circle Dancing activities that take place outwith our fortnightly meetings such as maypole dancing at Loch Lomond, dancing at Moffat and Edinburgh Castle to name but a few.

We are a very friendly group so if you want to dance at a leisurely pace, please come and join us at any time. Lots of laughs and camaraderie.



Gillian Forrest

## Pub Lunch and Discussion Group

In October, the Pub Lunch and Discussion Group tackled possibly its most serious topic ever,



“Assisted Dying”, which provoked much debate given its aptness in relation to the age profile of our members. The discussion was led, as in September, by one of the team of four now involved in running the group. Eighteen people attended.

In November, for the first time, we tried a split discussion devoting 30 minutes each to, appropriately enough, the merits or demerits of fireworks, and then, one of our “lighter” discussions on funny names! The meeting attracted 16 members.

For our December meeting, attended by 15 members, The Crown served up a fine festive lunch, followed up with a variation on “Would I Lie To You?” plus the inevitable tall tales and jokes.

Ken Liddell, Group Leader

## Tai Chi

The Tai Chi group meets once a week at 10am in the Jerviswood room at the Memo.

The new session starts on Thursday 9th January.

The group has gone from strength to strength under instruction of Avril Mitchell, with help from her friends Elspeth and Mary.

We had our Christmas get-together brunch at the Stables, which was most enjoyable.

Avril was very surprised to be read a poem which sums up our attitude to the class.

I attach the poem which was written and read out by the talented Rosemary Train.

Thank you, Rosemary!

Rona Rowe (group leader)

### POETRY READING GROUP

#### IS THIS YOU?

Do you ever secretly read poems out loud (only in the privacy of your own home, obviously, and when everybody else has gone out)? Or recite a poem when you're alone in the car?

Do you haunt charity shops, and are disappointed when there's no Poetry section?

Do you stand in Waterstone's and read poetry books you know you can't afford?

Do you have a whole shelf of poetry books at home that you can't throw out?

Have you ever paid actual money to hear folk reading their own poems?

Never fear – help is at hand! We are a group of like-minded people who will support you in your addiction.

Join the Poetry Reading group – we meet in Lanark library.

Email [a4rmstrong@yahoo.co.uk](mailto:a4rmstrong@yahoo.co.uk) for more details.

## TAI CHI

Avril commences, keeping it slow

All eyes on her—off we go!

Exercises we all know now,

Followed by a respectful bow

“Soft shoe shuffle” the order of the day,

Pointing our feet in the exact right way.

We pivot, we parry, ‘present the bouquet’.

We brush off, we scoop, we pat the High Horse

-Only one of many expressions, of course!

Birds and monkeys, all around

As our 'graceful' feet cover the ground.

We punch to the left, punch to the right

In self-defence—a glorious sight!

(Well it is if we manage to get it right)

Hands wave like clouds, rhythmic and soft

As we carry the poor bashed tiger aloft.

We appear to have mastered ‘the single whip’,

And 'unscrew the lightbulb' with confident grip,

The problem arises when our feet have to flip

It's a wonder that none of us actually trip!

Keep Avril in sight, or Elspeth or Mary-

Do not for a moment let your attention vary.

Bodies move, but heads at once, swerve to follow

Our Chosen One...

Those muscle memories, I have to say

Have risen up and flown far away.

Finally, ladies, we want to say,

We've had fun and laughter along the way,

And despite our inadequacies,

Long may you stay!!

Teaching our class, keeping arthritis at bay .



**From the Uke-rhythmics group.** Happy New Year everyone!

Our group is still enjoying learning new chords and rhythms with the same members as we started nearly 3 years ago playing this wonderful instrument.

We were invited to perform at the Memorial Hall Christmas Fayre and 4 members of the ukelele group 2 joined us. We had fun and after our performance our group was provided with festive food and refreshments.

We all decided to have a break over the festive season and we will be commencing our class on Wednesday 8th of January. From then on our group will be meeting at the Memorial Hall twice a month for tuition classes and group practices.

Emma Dawson





## Walking group report

In October we visited Baronshaugh (Motherwell). We were a bit early to see much at this RSPB reserve, but this is a pleasant walk at all times of the year. We travelled to the Garrion Bridges for lunch.

November's walk was an old favourite, New Lanark to Bonnington weir and back, with the Clyde in spate beneath us, and refreshments afterwards at the Mill cafeteria.

Jill took the photo (note how everybody is in focus – the lessons are paying off)



In December, there was a choice of walks at Chatelherault, but everybody chose the medium length one, from the Visitor centre across the Duke's Bridge to the Duke's Monument and down through the medieval village of Barncluith (see photo below) to Hamilton, returning by the Avon walkway to the Visitor centre.



### HANGING GARDENS OF BARNCLUITH

These gardens were created in the 17<sup>th</sup> century, at Barncluith House, on 5 terraces on the edge of the Avon gorge. William Adam may have improved them in the 18<sup>th</sup> century.

This is a painting from 1908, by Mary G Wilson.

We walk every month on the first Wednesday. If you would like to join us, email [a4rmstrong@yahoo.co.uk](mailto:a4rmstrong@yahoo.co.uk).

Anne Armstrong

### Quiz Answers

6	9,000	7	1320 ad.	8	J K Rowling	9	71	10	Venus
1	18	2	Helen Sharmar	3	Fools	4	Henry Higgins	5	July 1954

Did you get them all right?

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 [mrsmcDougall@hotmail.co.uk](mailto:mrsmcDougall@hotmail.co.uk)

**Thanks to everyone who contributed.**

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

Website: [www.u3a-lanark.xyz](http://www.u3a-lanark.xyz)