

FROM THE CHAIR

It seems a long time since I last introduced our Newsletter. We of course have only had two General Meetings since the AGM in May.

Many of our Interest Groups have been 'on holiday' over the same period and are now getting back into the swing of things again. Others have however carried on all year round.

I am looking forward to the next 8 months in anticipation of seeing our U3A and particularly our Groups going from strength to strength.

Anne Armstrong, Lindsay Morrow and Ken Liddell came off the committee at the AGM and I'd like to say thanks to them ,on behalf of everyone, for all their hard work and support and wish them a happy retirement.

Welcome to Jill Murie and Harry Jamieson who joined this year.

The full committee is :	Nelson Waters (Chairperson)	Margaret Dunlop (Vice Chair)
	Jill Murie (Secretary)	George McDougall (Treasurer)
	Harry Jamieson (Membership)	Roslyn Moynagh
	Robin Lee	Jim Allan

Nelson

Lanark & District and the Neighbouring U3As

We have around over 30 different groups, thanks to our leaders, which are well attended and cover a wide variety of interests so there is always something to do but did you know that our U3A is part of a network with our three neighbouring U3As. Biggar, Hamilton and East Kilbride.

A benefit from this is that it is possible to join another U3A, for a reduced membership fee, allowing you to participate in groups which they run that we do not.

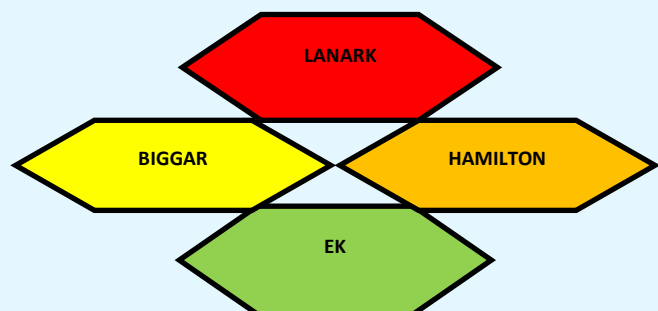
Whilst a lot of the groups are similar to ours

they offer something different as well.

Board Games, Cinema, Discovery,

Oran Mor, Indoor Bowling, Canasta, Mah Jong,

Quizzing, Science and Wine Appreciation are a few.



This benefit is open to all members of the local U3A network.

What did some members get up to in June?

Once again members got involved with Lanimers, an event not to be missed, in Lanark's yearly calendar. This year a little time, not a lot, was spent by members in creating flowers for the float which was in the parade through the streets of Lanark. The theme that we chose gets more adventurous year on year. Here's what happened, two different reports, this year.

U3A Succumbs to Lanimers with Flowers!

"You are joking," we responded despondently when Lesley insisted we embark on making hundreds of flowers for this year's U3A Lanimer entry. "We are not a competitive lorry," we protested in vain, "we don't need flowers." This was Lanark & District's third entry in the Lanimers & Lesley insisted that we needed to step up our efforts, competitive or not!

We decided that this year's theme would be 'Oliver' & selected the most popular songs to sing to the expectant crowd. Irene & Lesley ably planned & sourced the materials for the decoration of the float, with Irene putting her artistic talents to producing Oliver's main characters for part of the decoration.

It wasn't long before we were all beavering away in our little workgroup in the back of the Clydesdale Inn, surrounded by hundreds of flowers of many colours. Just what we would do without this obliging venue, which accommodates so many of our activities, I really don't know!



With regards to the flower making, I prided myself in having reached my third age without ever having to make a paper flower but now I realise what a miss it has been! I have to confess it is a very therapeutic & almost addictive activity; folding, stapling & fluffing out flowers. The sense of satisfaction in seeing a little pile of flowers made by your own fair hand, is actually quite amazing!

George & Irene's garage is purpose built for Lanimer activity so once sufficient flowers were made we descended on the garage with our mountains of flowers & transferred them on to the plastic backing which was to act as our lorry panels. The enormity of the task seemed daunting but with our enthusiastic team, we couldn't believe how fast it all took shape & much to our amazement the panels were completed in three Monday sessions. We stood back & admired our handiwork, well pleased with our achievement; maybe it was worth making flowers after all! There's no doubt, though, that George's coffee-making played a significant part in the proceedings!

Our flowers must have made quite an impact considering a picture of our U3A float made the front page of the Gazette. Goodness me recognition at last!

So, now the precedent has been set, just be careful you're not recruited for next year's flower flurry!

Lanimers.

This was our fourth year taking part in the procession, each year getting more and more confident in what we produce.

The first year, a group of us walked with the procession carrying placards naming each of the U3A groups, second and third years brought us all down in a decorated lorry, simply covered with candy-striped material. This year, however, we were very much more ambitious, sitting around tables making plastic flowers ("We'll need thousands", I heard and "That's a woman's work") while drinking lots of coffee and having a jolly good blether.

Our theme was "Oliver" and despite a little trepidation at the start, all went well and soon we were sticking the flowers onto plastic sheeting which, due to the kindness of Irene and George McDougall, decorated the walls of their garage awaiting the time to be attached to the lorry the night before "the Big Day"! Excitement rising and all costumes organized, everything from Fagin to the Artful Dodger, Flower Seller to Milk Maid, we were all on the lorry by 9am. Alastair, our musician, was already sitting at the back, music was produced and off we went singing down the High Street to cheering crowds and lots of encouragement.

What will next year bring? Any ideas? Just wait and see!



Croquet

An end has now come to this year's croquet season, with the weather becoming too unpredictable. We have, however, had a good year despite losing the ground at Cartland Bridge Hotel. Castlebank Park has become our new home, playing in front of Castlebank House, where we have a good area in which to set up our court. Sadly, we lost one of our long playing members at the start of the season. Jim has been a member of the U3A for many years and a keen member of the croquet group. He will be very much missed.

Lesley

Humour Group

This group meets on the last Tuesday of the month at 10.15am in the Clydesdale

August: Lots of Laughter as we watched 'Father Ted'

September: 'Carry on Off with your Head' was very funny

October: Rosemary T's choice should have us giggling no doubt !

New members welcome

Lorraine

Badminton Group



Our Badminton group continued to meet on Thursday mornings over the summer months thanks to the enthusiasm of its members. Martin, very kindly, provided extra tuition which has helped the less experienced players. Recently two of the members had 'special' birthdays and a celebratory lunch was held in the Clydesdale Inn which was very enjoyable.

We will continue to meet every Thursday morning from 10 to 12 in the YMCA.

Fiona McGregor



LINE DANCING

Line Dancing

is a very popular meeting every Tuesday in Memorial Hall from 4 until 5pm
A few spaces available



Yoga

meets every Monday in the
Jerviswood room at the
Memorial Hall between
1 and 2.30pm
Approx 2 spaces available

Poetry Reading Group

At our first meeting after the summer break we investigated the poetry of Simon Armitage, the new Poet Laureate including one poem of 51 words called 'Finishing It', commissioned by the Institute for Cancer Research. Below the poem is seen being inscribed on a pill-sized model.



Every month the poetry reading group choose a theme, and we each bring different poems to read aloud. There's something lovely about having poetry read aloud to you. Part of the enjoyment is coming across unfamiliar poetry, in the search for something you want to share. Part of it is re-discovering and sharing poems you may have forgotten. There aren't many of us, but we make up in passion what we lack in numbers.

Film Group

Our Cinema in the town is proving to be successful
Our August Film Group thoroughly enjoyed " The Green Book "
We started the evening with a fabulous Tapas buffet prepared by Jill Murie
Grateful thanks to Jill for her time and culinary flair

In September we showed " Stan and Ollie " a film depicting the final years of this funny duo.



October Film Group will meet on Sunday 27th from 6.45pm

A Pie, A Wine and A Film

Sample some delicious pies supplied by "Bake 'n Butty"

Bring your own refreshments

Relax Enjoy Sing along to ' ROCKETMAN '

In November we will be hosting a **Film Premiere** for Winterfest on Sunday 24th November from 6.45pm and will be showing. ???

Watch out for notice of Film Choice.

Lorraine

Walking group.

July saw us return to Greenhead Moss in Wishaw, for a short walk – dogs were welcome on this walk and the weather was kind. Lunch was at the Garrion Bridges antiques centre.



In August we had a Mystery Walk – we met at Silverbirch and drove in a few cars to nearby Stonebyres smallholdings, where we walked round on the estate roads. The Big House (now demolished) supposedly had 365 rooms, and was lavishly refurbished for the son of Mr Graham the port importer. Unfortunately the boy was killed in WW1 and the house was never lived in. We returned to Silver Birch for lunch.



In September we walked from Garrion to Cambusnethan Priory, another Big House. We returned along the banks of the Clyde, crossing over a footbridge scarily close to the rushing water beneath us, and inspecting some interesting new houses at Garrion.

The rain was constant, and by the end we were looking quite drookit.

Thanks to Beryl for the photos.



The Walking Group walks on the first Wednesday on every month, meeting somewhere local at 10am. Our walks are between 3 and 5 miles.

Contact Anne Armstrong to receive emails about the walks: a4rmstrong@yahoo.co.uk

Anne Armstrong

Photography Group



The Photography Group met in June at Stobo Japanese Gardens which are in the grounds of the magnificent Stobo Castle. This is a stunning walk and a picturesque place to visit. We started at the top loch with its own small boat house then moved to the lower Japanese gardens. Here an impressive 20ft waterfall streams its way through the rest of the trees and gardens with stepping stones and oriental bridges along the way. Then it was off to the nearby Dawyck Botanic Gardens for tea & coffee.

July saw our group visit Dumfries House country house in Ayrshire, set in a stunning 18th century estate with beautiful and extensive gardens. There is so much to see and do here that a return visit would be well justified. The weather on the day was pleasant which added to the day. Some members of the group went on the tour of the house which was interesting and I was told that it was well worth the visit. Coffee break was at a very busy on site cafe where most of us enjoyed lunch and discussed our photography at the same time!! The home made empire biscuits were an absolute delight !!

In August the Group visited The Botanical Gardens in the west end of Glasgow. This is a great place for all kinds of plant & flower photography. There is also a pathway leading down to the River Kelvin. This area has just been refurbished and worth a visit as it is picturesque. The weather on the day was sunny so we decided to sit outside at the cafe in the grounds, discussing the photographs we had already taken.

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

REPORT ON GARDENING GROUP FROM MAY 2019 ONWARDS

The Group has spent most of its monthly sessions out-and-about and had a wide range of horticultural experiences. I don't recall any rain either but plenty of sunshine!

A highlight was our visit to Dawyck Gardens near Peebles where the Bring-and-Buy Plant Stall was particularly appealing - bargain prices for quality plants.

We participated in the Gardeners' Question Time at Lanark Flowerfest 2019 in July where George Anderson, the well-known garden expert on the BBC's 'Beechgrove Garden' programme was the very knowledgeable chairman.

Again our visit to a member's garden was to Cary's - a different time of year this time and we marvelled at the range of plants and colours, soft and hard landscaping and the huge amount of effort and skill that Cary must have put in. We all brought food to share and had a feast. A very enjoyable afternoon and many thanks to Cary.

Our autumn programme started in September with a return visit to Beeches Cottage Nursery & Garden near Lesmahagow. This time fruit & vegetable growing was our theme as the owner - a keen organic no-digging grower - took us into his productive veggie patch and gave us tips and practical advice on good gardening in our local area - gleaned from many years of experience. Questions & answers continued as we enjoyed home-baking with our tea/coffee.

As I write this our next session is at Castlebank Horticultural Centre in Lanark on 8th October at 10am when we will hear about the recent developments and meet with Stuart Ritchie their new and very enthusiastic gardener.

November's session is at our regular meeting place - the back room at The Clydesdale Inn - when we will catch up with each other's gardening news.

The year ends with our Christmas Lunch, a time for chatting and eating - always enjoyable!

Our Group is very informal. We welcome new members at any time - novices or experienced. We learn from each other. If transport is an issue we can probably arrange a lift.

We meet on the second Tuesday of the month at 10am unless otherwise advised. It's not essential to come every month - each meeting stands on its own.

Please contact Christine Robbins at carobbins@talktalk.net or tel. 01555 665603 if you wish to come along or for further information.

Christine Robbins

Accused Of Confusion Riddle



I make you frown and scratch your head, to find my solution will leave you mumbling.

Many love me, many hate me and my nature's humbling.

Fabled creatures sometimes use me, of confusion some accuse me.

What am I?



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

Thanks to everyone who contributed.

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

Website: www.u3a-lanark.xyz