A very Happy New Year to our U3A members - ‘Lang may yer lum reek in 2018.’ I hope you have all enjoyed the Festive Season and perhaps, like me, you are ready to return to a normal routine which means attending our Meetings, your chosen groups and joining a new group.

Peruse Lanark & District U3A website and the noticeboards when attending general meetings so that you are kept informed of latest news re groups. Our Group Leaders do sterling work in organising and keeping you up to date via email or phone calls.

I would like to pay tribute to South Lanarkshire Leisure and Culture and the staff of Lanark Memorial Hall who ensures that our meetings in their excellent hall are the envy of other U3As.

Our Festive Lunch in December was convivial in an appropriately decorated Hall and the Staff were attentive to our every whim.

Grateful thanks to our friends from Lanark & Carluke Choral Union for their seasonal entertainment. A major thank you to our Members who braved the cold to take part in the Winterfest Parade in November. They joined Alistair and Ian, Lanimer Musicians and Santa. A great example of our U3A’s involvement in the Community!

The Scottish U3A held their Autumn Assembly in Lanark. This was attended by approximately 70 delegates from all over Scotland and 4 of our own Committee members. It was informative providing guidance on business matters, discussion about access for members with disabilities and informal exchange about the running of U3As. New friendships and contacts were established making the event a positive and enjoyable experience.

The Committee members continue to work hard and meet regularly to manage business and consider innovation. Please think about joining us to ensure succession and continuity.

It is your U3A Fun, Friendship and Learning. A perfect combination!

Thank you all for your continued support and look forward to seeing you soon.

Loraine

General Meeting Dates and Speakers until summer

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<td>21st February 2018</td>
<td>Anne Armstrong</td>
<td>‘Clyde Valley Orchards Cooperative’</td>
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<td>21st March 2018</td>
<td>David Orr</td>
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<td>Ron Harris</td>
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Groups, as you know, have now started and we hope that you are enjoying participating in them

One group that ran over the summer was CROQUET. The report on their activities has been waiting to see the light of day for a while now. It is evident that they had and do have a great time and enjoy their sport and that other very common activity. What is the second activity?
CROQUET—SUNDAY 18 JUNE

What a beautiful summer day we had on Sunday 18 June when the U3A Croquet Group descended upon the beautiful home of Jean and Peter Sanders in Lanark.

Joe Hunter, member of U3A, had set up this wonderful opportunity for the croquet group to play within the wonderful gardens of Jean and Peter Sanders. Jean and Peter even had the grass mowed on the morning we arrived – most hospitable. Joe was even more prepared for this auspicious occasion because he brought along a picnic table and then produced a wonderful selection of alcoholic, and non-alcoholic, refreshments.

Now, that is a wonderful way to start a game of croquet.

We set up two croquet lawns and we all enjoyed playing in such a fabulous location. Even Jean and Peter played. We quickly learnt how competitive Peter is!

Joe proceeded to astonish us with another surprise because his lovely wife, Elizabeth, baked a superb afternoon tea consisting of cream cakes and scones.

Well, who can resist this because Elizabeth is a fabulous baker.

Jean Sanders kindly provided us with her good china. We were all enjoying eating in the sunshine.

Jean and Peter Sanders open up their garden to visitors – their garden is their labour of love and we all enjoyed walking around the ponds, gardens and sitting in the many garden retreats.

The Croquet Group’s 2017 summer outing was a great success.

Thank you to:

Joe Hunter for organising a fabulous day.

Elizabeth Hunter for her baking, and

Jean and Peter Sanders for providing the location.

Written by Anne Hood
Thanks to Kirk Lothian Photography for providing these pictures.
A PLEA FOR NEW BLOOD

Lanark & District U3A’s constitution states that our committee members must step down after 3 years. They can, and some do, get voted back onto the committee. The point is that all committees need a change of people.

NEW BLOOD will make our committee more vibrant.

Ideally the Committee would like to have at least three new members in place fairly soon.

( Note: The four officebearers are already in post.)

Being a committee member is not onerous!

All you are required to do is attend a monthly committee meeting, giving your additional support and ideas as to the continued success of Lanark & District U3A.

Please give it a thought and if you feel you could give us some help please get in touch with us.

Tel: 01555 771637 Email: nelsonwaters@btinternet.com

Nelson Waters.

U3A Christmas Lunch

This was my first U3A Christmas lunch, the weather was icy & slushy underfoot but not unexpected for Lanark in December. I was early and as I waited in the foyer with others I noticed some ladies changing from their “sensible boots” for the conditions outside into their “killer heels.” I was impressed but alas had not done the same.

The slips of paper with your name and what you had ordered was an ingenious idea! Having experienced pre ordering in the past at Christmas nights out where people cannot remember what they ordered or simply change their mind for whatever reason meant it ran smoothly, it was very effective.

The Memorial Hall looked impressive with Christmas decorations and beautifully set tables. Tables were set for 10 and the hall was pretty full. Service was good and not rushed. The meal was excellent and looking around the hall everyone seemed to be enjoying the occasion and joining in the festivities.

We even managed to have some laughs as well as groans from our cracker jokes. Perhaps aided by some liquid refreshments...

As we enjoyed tea, coffee, tablet & macaroon we were entertained by the Lanark & Carluke Choral Union. An enterprising gentleman had brought along his sleigh bells and added to the sing-along by jingling his bells at appropriate times in the carols. Well done sir!

Last but not least, a big thank you, to all involved in the organising of the event.

Two members comments:

The venue, food, service and last but by no means least the community singing all contributed to a very enjoyable Festive Lunch shared with very sociable U3A members. Kay McInally

Thank you to the organisers for all the effort and time they put in to make sure we all enjoyed the occasion.

Venue was good. Food was excellent brought to the table hot. SLC Caterers did a fantastic job, were well organised and knew what they were doing. Atmosphere and decoration was spot on and I really had a very pleasant afternoon. Helen Davidson

Irene McDougall

Biscuits. One of life’s little joys.

In December a few members had a guided tour of Border Biscuits. The tour started at goods in where all the raw ingredients were received, then quality checked, before ingredients were mixed specifically to the requirements of the different recipes. The large chocolate silos were quite impressive.

From there to the production lines, Ovens, Coolers, Toppers, Wrapping machines all whirring away. The biscuits rolled on and on, being quality checked at every stage. Creativity and care in every crumb.

As you can see we were suitably dressed for the occasion and even received biscuits to take away.

Border Biscuits are very active in the community and rarely do tours. We thoroughly enjoyed the visit and thanked all the Border Biscuit staff for their participation and in manufacturing such a product that we can all enjoy with a cup of tea.

Lanark & District U3A
The All Scotland Assembly comes to Lanark

The Memorial Hall had a busier month than usual in November as we had our General Meeting there just the day before the All Scottish Assembly came town. The All Scottish Assembly looks for different venues around the country and Lanark was chosen to be the location where the Scottish U3A Organisation would assemble in November.

‘Record Attendance for Lanark All Scotland Assembly’

The All Scotland Assembly held in Lanark Memorial Hall on 16 November 2017 was attended by 59 delegates, representing 26 member U3As. Pat Garland, Chair, U3A in Scotland and Lorraine Swan, Chair, Lanark and District U3A, welcomed everyone.

Ed Link, Third Age Trustee for Scotland gave an update on Trust matters.

There were three main speakers in the morning session. Liz Drury, the new Communications Officer for the Third Age Trust, inspired us with her enthusiastic presentation on how to publicise U3As and their activities. Ian Brown, Press Officer, RNIB Scotland, spoke about including people with sight loss in U3A activities. John Ellison, Third Age Trust Treasurer, gave an informative presentation on financial issues, very relevant for U3A treasurers and other committee members.

During lunch break the hall was buzzing with many conversations between members.

For the afternoon session, an Open Forum was introduced instead of the usual workshops. This was a very lively session, chaired by Pat Garland, with questions to all the speakers and a lot of much discussion and information sharing.

The report was received from the Scottish U3A Organisation.

Walking Group

We walk somewhere local on the first Wednesday of every month of the year, whatever the weather.

We try to have two walks, a short, level one of 2-3 miles, and a longer alternative.

Contact Anne Armstrong to receive monthly emails about walks – a4rmstrong@yahoo.co.uk

We have walked recently at: Mauldslie, Clyde walkway, Baronshaugh Motherwell, Strathclyde Park, Greenhead Moss (Wishaw), round the back roads at Carluke, and Lanark Loch.

Thanks to John F and John D who have led the alternative walks.

Photos by Francine show the ‘longer walkers’ at Falls of Clyde, and the intrepid group who braved Strathclyde Loch in the rain. As Billy Connolly said, there’s no such thing as bad weather, only the wrong clothes.

Anne.
Circle Dancing

This session, the Circle Dancing Group has been going from strength to strength with around eighteen members attending on a regular basis, although there are actually around twenty-six registered members.

We meet on the second and fourth Fridays of the month in the beautifully decorated Jerviswood Room on the third floor of the Memorial Hall. Sessions are from 10.30 am – 12pm, with a short break half way through for a well-earned drink! Since September, we have learned a number of new dances as well as continuing to enjoy the previously learned dances, which have become firm favourites. Everyone comments on the wonderful music, which accompanies the dances and it is true to say that the music is every bit as enjoyable as the dancing. Music is selected from around the world eg. Israel, Greece, the Middle East; France, Mexico and Scotland. We even dance the Shadows’ routine to Cliff Richard’s ‘Butterfly’ song and are bang up to date with the hit song ‘Despícito’ by Luis Fonzi.

Jo Freeman, our teacher, is absolutely passionate about Circle Dancing and never ceases to surprise us by her many colourful, themed outfits and dance initiatives.

In July, some of us joined Jo & her Glasgow dancing friends to take part in the World Circle Dancing Day. For this event, 150 dance groups, from all over the world, danced a Mexican dance, which we had previously practised. Each group was filmed in situ executing the dance and all these films were sent to ‘Circle Dancers Around the World, based in Brazil. There, a clip from each of the 150 groups was used to make one film of the whole dance. You can view the dance by Googling: **World Circle Day compilation/ Let it be dance.**

Don’t blink or you will miss those of us who are in it but it was great fun for those who participated!

In October, we had a real fun session on the Halloween theme, as you can see in this photograph. Someone actually came into the hall by mistake and thought she had landed in a children’s Halloween party!

In November a couple of Jo’s dancing friends and myself, attended Underbank Primary, where Jo taught a few dances to the Primary 6 and 7 classes. The children absolutely loved the experience and danced really well so it is hoped there may be more opportunities for introducing Circle Dancing to schools.

Just prior to Christmas, we had a lovely time when we enjoyed some Christmas eats together courtesy of the Cargill Club’s wonderful mince pies. And so, if you think you would like to try out Circle Dancing and meet our merry band of dancers, please come along and join us. We don’t take things too seriously and we don’t make any mistakes, just variations, of which there can be plenty, accompanied by uncontrolled laughter!

“Keep Dancing”

Margaret Dunlop (Co-ordinator)

Humour Group Report

We meet on the last Tuesday of the month upstairs in the Clydesdale Inn at 10.15am

One of the group selects a humorous DVD of their choice and we sit back, relax and laugh which, they say, is good for your health!

Recently we have enjoyed John Bishop and Peter Kay to name but a few.

You are welcome to come along and join us, share your funny stories, watch a DVD which should you make you smile and leave with your spirits raised (that’s the plan!)

Loraine
Photography Group

The first Group Meeting was 19th October 2017 in The Clydesdale Inn Lanark to outline the parameters of the Group. This was completed and a discussion took place regarding the first photography outing, this was at New Lanark with a pre-arranged visit to the rooftop garden.

At each Group session, I have requested that the attendees forward me their best photograph of the day. I then decide which one is the best of that particular day and the winner is announced at the next meeting. This is just a bit of fun and encourages members to participate in-between outings.

Future outings include Calderglen Park, The Falkirk Wheel, The Kelpies and more venues are to be discussed with the Group.

Contact me, Derek Chalmers if you are interested in joining us at any time. derekchalmers@hotmail.co.uk

Derek Chalmers

Outing to Purves Puppets.

Four members of the Outings group had a fun day at the Purves Puppet Theatre in Biggar where we saw a performance of The Firebird, which we all enjoyed.

After a light lunch at the theatre café we had a tour of the museum. It is a fascinating place to visit as it is still run by the family who built the theatre.

They have also made most of the puppets and they are fully involved in all of the shows. Definitely a place to take the grandchildren at Christmas time!

LUNCH GROUP

The lunch group is as strong as ever!

Following the summer break, in September we went to our favourite place, Dalziel Park in Motherwell where once again the food was fab! October saw us visiting Lanark Golf Club, where we had 43 people join us, again this is a favourite venue. In November we went to Da Claudio in Motherwell, where again everyone was delighted with the food. No lunch group took place in December as this is when the Lanark & District U3A hold their annual Christmas lunch.

Sylvia and I try to get places suitable for everyone by going to the Carluke area one month and the Lanark area the next. I would like to thank everyone who supports us with our group and would welcome anyone else who would like to join us. Happy New Year to everyone.

Janette Rankin
GARDENING GROUP

The Group has met throughout the year.

In the summer months we visited interesting nurseries and local gardens open to the public such as Roger and Christine Evans' garden at Quothquan. Members also visited each others' gardens – giving and picking up tips on all aspects of gardening. Plants have been given away, sources for good plants – including supermarkets – shared. Some members are novices, others much more experienced but all share a love of plants and a willingness to pass on their enthusiasm and knowledge. Everyone is welcome.

Our regular meeting place is The Clydesdale Inn on the second Tuesday of the month from 10 – 11.30am. Here we discuss a predetermined topic each month led by a different member or a visiting speaker.

September's topic was 'Taking Cuttings' and our eyes were opened by the innovative ways Cary suggested!

October, we visited Castlebank Park as The Clydesdale Inn was unavailable and enjoyed a talk on the Project there and were full of admiration for all the changes that have taken place in the last few years.

November's topic was 'Health & Safety in the Garden'. What sounded like a boring but necessary session ended up with a huge list of Do's and Don'ts and much jollity. Thank goodness ... as I led that discussion!

We rounded off the year with a Christmas Lunch at Rosebank Garden Centre – this gave us the opportunity to thank Nelson our outgoing leader for all the work he has done since starting and developing the Group over the last four years.

We look forward to the new gardening year with optimism, friendship and plenty of ideas.

CHRISTINE ROBBINS

Theatre Group

We continue to attend a variety of Theatre Events

From Shine's Annie to their revue in Greyfriars where these talented youngsters continue to impress, "Broadway Standards!"

We laughed at the antics of the Players in 'Dirty Dusting' and tried hard to remember the jokes.

Lulu, almost 70 years young, was the classic all round entertainer singing and dancing as if she was a teenager bringing back lots of memories and evoking just a little envy at her fitness.

Buck's Fizz, another blast from the past, performed brilliantly. Suffice to say, we were all up dancing especially to their Eurovision Winner.

Some members also attended The Nutcracker beautifully performed by Russian Ballet Company whose dancers enthralled with their prowess and agility.

Our local Panto's Cinderella ensured that we had the Panto spirit just in time for Christmas and all those who attended 'Beyond the Barricade' were royally entertained.

We managed some pre theatre meals at Jeera, Chef Jeff's and Prego in Lanark and other restaurants in Hamilton allowing time to socialise and relax.

Please peruse 2018's Theatre Programme on the website or via your email. Come along and enjoy Theatreland in good company!

Loraine

Poetry reading group – Anne Armstrong

The group was slow to get going this year, but with an increase in membership numbers we managed meetings in November and December, reading poems on the themes of ‘music’ and ‘war’.

The jingoistic poem below brought a famous reply from Wilfred Owen.

He addressed his WW1 poem ‘Dulce et Decorum Est’, to Jessie Pope.

Jessie Pope – The Call

Who’s for the trench—
Are you, my laddie?
Who’ll follow French—
Will you, my laddie?
Who’s fretting to begin,
Who’s going out to win?
And who wants to save his skin—
Do you, my laddie?

Who’s for the khaki suit—
Are you, my laddie?
Who longs to charge and shoot—
Do you, my laddie?
Who’s keen on getting fit,
Who means to show his grit,
And who’d rather wait a bit—
Would you, my laddie?
Who’ll earn the Empire’s thanks—
Will you, my laddie?
Who’ll swell the victor’s ranks—
Will you, my laddie?
When that procession comes,
Banners and rolling drums—
Who’ll stand and bite his thumbs—
Will you, my laddie?

Anne

CHRISTINE ROBBINS
Lanark & District U3A
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 — Nelson Waters, Irene McDougall, Jan McNulty and Jim Allan.