

## News

### FROM THE CHAIR



Despite the continuing Omicron variants, isn't it good that Springtime has finally arrived! The longer nights and bright sunshine are much needed to cheer us after another tricky winter.

It has been great to return to face to face meetings so we can interact with our u3a friends once more. Our syllabus, this session, has required to be very flexible due to covid- related speaker cancellations and we are grateful to those who have stepped in at short notice. Our own member, Jean Barr, recently gave a very enlightening and enjoyable talk on Robert Louis Stevenson and we look forward to hearing about Jim Wilson's adventures entitled, "From the Highlands to the Himalayas," in April. This will be followed, in May, with the AGM and a rescheduled talk by Ann Walker on Tales of the Courtroom. Our tentative syllabus is available on our website under the 'Activities' section.

Since September we have doubled our membership from 100 to 200 members, which has been most encouraging. All organisations need new blood to bring fresh enthusiasm and new ideas and one of our new members, Hilary Spoun, has started a Scottish country dancing group while her husband, Frederick, is tackling a new French Conversation group. Members can attend on a taster basis to try groups out so if you think you might be interested, please show these new leaders your support. All details on the website at [ldu3a.com](http://ldu3a.com) . Presently, Lanark & District are running around 23 interest groups, many of which now have new leaders. We are most grateful to Loraine for the time and effort required to getting our groups up and running following covid. It has been a considerable challenge. Work to enable one or two other groups to get restarted is ongoing. Meanwhile the badminton and yoga groups would benefit from a few more members so if you can go along, they would be delighted to see you.

I have been reminding members to have a look at our new website, [www.ldu3a.com](http://www.ldu3a.com) which has been much admired by other u3as.

Our webmaster, Tom Gallagher, is constantly updating the photographs and information so that it is an accurate representation of Lanark & District's members and activities.

Have you looked yet?

Our much awaited 10<sup>th</sup> anniversary celebration took place on Wednesday 16<sup>th</sup> February. Approximately 90 members enjoyed a lovely afternoon tea with guest speakers and some light entertainment. The highlight was the unveiling of our splendid, quilted banner created and stitched by our gifted vice-chair, Liz Weston. This will be on display at our monthly meetings and used at promotional events.

Our publicity secretary also produced an excellent exhibition showing Lanark & District's 10 year history and this was moved to the Tolbooth, for public display, following our celebration. Sincere thanks to all who helped make this event so successful.

It is some years since we have been able to hold our popular annual outing, so this year we have pulled out the stops in order to visit Mount Stuart on the Isle of Bute. Around 53 of us are looking forward to an interesting day out on Wednesday 25<sup>th</sup> May.

The Lanimer Group are currently very busy planning our 2022 entry for Thursday 9<sup>th</sup> June, which will see some of our members transform into 60s hippies! A sight not to be missed!

Finally, we are very grateful to four new volunteers who have offered their help for two important tasks. Margaret Wilson & June Calder are the two new ladies who sign us in every month and Margaret Smith & Jessica Douglas have taken on the serving of the teas. Ladies, your help is very much appreciated!

Meanwhile, fun and laughter are the order of the day!

Best regards to all, *Margaret*

### **Mount Stuart on the Isle of Bute where our Annual Outing is going this year.**

Mount Stuart's architectural journey is a story in itself.

The original house was built in 1719, but was severely damaged by fire in 1877.

Most of the contents survived, along with the wings of the building.

These were incorporated into the house you see today, which was built in the late 19th century.

The Georgian architecture of the wings presents a striking contrast to the otherwise Victorian design, providing a completely unique architectural blend.

Taking a moment to absorb the sheer beauty of the building is an unforgettable part of the Mount Stuart experience. And that's before you've stepped through the door.

Inside, design inspired by astrology, art and mythology dazzles. See a map of the stars on the ceiling of the Marble Hall.

Take the spiral staircase to what is believed to be the world's first domestic heated swimming pool.

This house is filled with innovations – from an early telephone system to our Victorian passenger lift.

There's so much to discover. Inside and out. Well worth a visit.



## *Lanark & District u3a 10th Anniversary Celebration*

*Members of Lanark & District u3a should have celebrated the group's 10th anniversary in 2021. However due to the pandemic, the afternoon tea celebration had to be postponed.*

*Group members were still determined to mark the event, so on Feb 16th 2022 an anniversary afternoon tea was held in Lanark Memorial Hall. Despite the stormy weather the committee was delighted to welcome 90+ members, and guests. After a welcome and introductions by Chairperson Margaret Dunlop, Provost Ian McAllan congratulated the members, with a complimentary speech, regarding our contribution and presence, in Lanark & District, over the last decade.*

*An anniversary cake was cut by chairpersons past and present.*



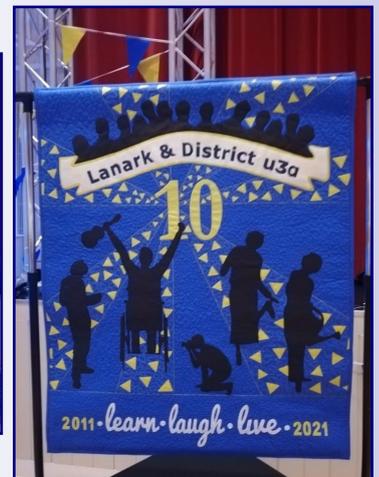
*Left to right,  
Lesley Gair,  
Rosemary Train,  
Margaret Dunlop,  
Nelson Waters,  
Lorraine Swan*



### *Anniversary Banner.*

*A Special Lanark & District u3a Banner, designed and stitched by Liz Weston, (right) was presented to celebrate the anniversary.*

*Dedicated by Lesley Gair, first chair, (left)*



*A concluding speech of congratulations was given by Stewart Houston, Past Chairman of Biggar u3a, who had given advice and support to the embryonic committee.*

*A delicious afternoon tea was enjoyed before we were entertained by Pupils from two local schools..*

*It was a very special day for members old and new; an opportunity to swap stories and memories of the last 10 years. Perhaps made more precious after, everything we have all had to endure in the preceding 18 months.*

*The afternoon concluded with a Vote of Thanks by past chair, Lorraine Swan.*

## GROUPS

Since August groups have been dipping their toes in the water and finding ways to get running again face to face. This has taken time and now they are active.

Further groups are being looked at and details will be advised when these are available.

Eg. Lanimer Float, Solo group etc.

On the following pages find out what's been happening in some of the groups since they started.

The list of all the active groups can be found on the last page of the Newsletter

### SCRABBLE

Since Covid19 restrictions have been eased the Scrabble Group have restarted our games.

We still follow the Government and U3A rules of doing a Lateral Flow Test before attending each meeting.

Meetings are hosted by members of the Group in their homes with light refreshments served between the two games.

Currently 4 - 8 members, depending on their personal commitments, meet on alternative Mondays and Thursdays, mainly in the Carluke area.

New members, of all standards, would be most welcome to join, and whilst being able to host is not obligatory, if they could, it would be a bonus to the group.

NELSON WATERS

01555 771637



### Film Club

We continue to meet in Greyfriars either on last Friday or Sunday of the month although these days can occasionally change due to availability of the church

We have watched Nomadland, 1917 and most recently Military Wives.

At our February Meeting we enjoyed Fish and Chips delivered by Valerio's making it a takeaway with a difference!

**We will next meet on Sunday 24th April at 7pm in Greyfriars when we will be watching an Andre Rieu Concert.**

Future films are Belfast and West Side Story. Look out for dates and come along to 'the pictures'

You will be very welcome. Loraine Swan



## PHOTOGRAPHY Group.

The U3A-Photography Group started back in July 2021  
Our first outing was to the Perchy Pond Wishaw.  
There was a good turn out and the weather was dry & sunny, all in all a good day out.



Our August outing was a trip to Douglas. First stop was St Brides Church.  
Then a short walk to Douglas Water and Douglas Castle .  
The weather stayed dry then it was off to the local cafe for a well-earned coffee stop.



Our October outing was at New Lanark where the Autumn colours were in full bloom.

We all enjoyed our photographic session especially with New Lanark looking so picturesque.

Then it was refreshment time at the cafe.



Our November outing took place at Summerlee Museum of Scottish Industrial Life.  
This is our 2nd visit to this location as it is not only ideal for photography, but also has an interesting historical past. The cafe is indoors & is ideal for refreshments which we all enjoy.

The December meeting was our Annual Christmas Lunch at The Crown, Lanark. There was a good turnout and the Festive food was delicious. We enjoyed conversation and planning for a new year.



## SOCIAL CYCLING GROUP



The month of March usually marks the start of a new season for our group. With the weather being quite kind to us so far we have managed to get off to a good start. A few new members have joined us this year, which is great to see. Our first ride was from Carluke on a windy but dry afternoon with nine people taking part. It was followed afterwards by a visit to the Bakehouse Caffe where we were made very welcome and shared some of our cycling experiences.

This year we have decided to arrange a ride for every Tuesday (instead of two a month); this gives members more options and, with numbers increased, should ensure a sizeable group turning up each week.

There will also be the need to cancel some rides when the weather conditions look too unsuitable. The burden of leading is also better shared out with Gavin Paton as depute leader and James and Brian , (or maybe a few others later on) being ready to lead some rides.

More of our members are now turning up on their electric bikes: this is very welcome as the e-bike makes cycling a lot easier and attractive to more people - it is surely set to become more and more popular.

We are starting off with shorter rides, of under 10 miles. Last time we met at Lanark Loch for an off-road loop which included the uphill struggle from Bonnington Power Station and restored our energy at the Inn on the Loch. Next time we look forward to a smoother ride from Chatelherault Park to Strathclyde Park.

Everyone seems to get lots of enjoyment from taking part in our modest cycling excursions: they offer a fair amount of exercise without demanding too much exertion and the social aspect is an integral part of the group. So, more members would be very welcome. If so inclined **do join us**.

John Foster

Our new group **Scottish Country Dancing** got off to a great start with 12 folks signing up at the first class

Hilary, our teacher, is excellent, being a very gentle teacher with a little humour and firmness thrown in.

The class will run weekly at Lanark Memorial Hall from 10.15 until 11.45am

Contact Hilary on [hilaryspoun@aol.com](mailto:hilaryspoun@aol.com) for more information.

ps Everyone is returning!  
Come along and give it a try



## Pickleball group.

Leading the way—Pickleball an up and coming sport—active in Carluke.

The new pickleball group has been a great success and we now book all 3 courts at Carluke Leisure Centre every Friday from 2:00 until 4:00.

Pickleball is a strangely addictive and very enjoyable sport. It is very easy to pick up and to play at a level that ensures great fun and there is a great atmosphere during our sessions.



Sadly the Leisure Centre closed their cafe at the onset of COVID and have decided not to open it again, so we don't get a relaxing group get together after play.

The Carluke Leisure Centre staff were (and are) really supportive and provided all the equipment, albeit rather basic, that we needed, but thanks to generous grants through VASlan and Carluke Community Council, members' contributions and L&D u3a support, we are now very well equipped and own three of the best portable pickleball nets that money can buy and also some decent paddles (bats) for the use of those who don't have their own, not forgetting a good supply of the rather odd and colourful pickleball balls.



Although many members can now play at a good level, for the time being we major on enjoyment rather than competition although, of course, everyone tries to win every match. But happily we all realise that it's just a game!

We still have room for a few more players so, if you would like to give it a try, get in touch or just come along.

Brian White



There's competition from across the pond.

I'm King of pickleball— The game that keeps him youthful says Ross King.

Showbiz legend Ross King has shared his secret to looking young—playing a sport called pickleball.

ITV's "Lorraine-Show" LA correspondent, 60, said: "It sounds ridiculous because the name is so silly but it is sensational, a cross between badminton, tennis and table tennis; small paddle bats on a badminton court.

Like tennis, points are won when an opponent fails to return the ball and when it is hit out of play and the first to 11 points wins the game. There are about 6000 players in the UK.

Pickleball's celebrity fans include George Clooney, the Kardashians and Leonardo DiCaprio

"I go to a place in Studio City in LA to play. It's one of the fastest-growing sports in America."

Ross, who is from Motherwell and began his career at Radio Clyde and the BBC, became the LA correspondent for GMTV in 1993 as well as its replacements "Daybreak" and "Lorraine". Ross got into the sport after staying at a house near Montecito which had a court, while reporting on Harry and Meghan Markle's move to the area.

He was also coached by a trainer to US world NOL tennis star Andy Roddick while on holiday in Hawaii.

## Ukulele Group

From our first meeting 4 years ago with 10 members we now have 22 registered members with another two still under training. During the pandemic we held the group together with the help of Zoom both practising with the established group and also teaching new members.

When the restrictions eased and we could meet outside that's what we did ( weather permitting ) .

On several occasions we played in a large sheep shed. When we started, a second group was formed due to popularity, about a year after the original group. We have now combined the two groups and are playing as one group The L&D Ukulele Band. We have played at a couple of U3A events in the past and at the Craft Fair in 2019. We were invited to the Craft Fair last year but because it was only 2 weeks before Xmas day and the covid figures were on the rise again, we decided not to take any risks that may affect people and miss Xmas again we cancelled the performance.

We are now back to our regular fortnightly practice under our musical director and tutor, Ian Murray.



We have been asked to play at the Jubilee celebrations at Castlebank Park on the 10<sup>th</sup> June.

Bill Toy

### Comments from members of the L&D u3a ukulele band

*My husband Kenny and I joined the U3A 2 weeks before lockdown! Our intention was to learn to play the ukulele. A year later, I had an email from Bill Toy asking if we were interested in learning via Zoom in a small group of 4 beginners.*

*It was terrific, and we were immediately hooked on Uke! Since then, we progressed from sitting in Bill's garden, to his house, to joining the main group in a barn and finally in the Memo. I never thought at 62 I'd ever have learned to play an instrument, and I am loving every minute! And made lots of new, like-minded friends. Thanks Bill, and thanks U3A.*

*Emily Rorke*

*I am thoroughly enjoying our ukulele group I feel that I am learning quite a lot from this group. I find it very interesting and very constructive. I am delighted that I was given the chance to take up music and learn it too....*

*Rosalynn Moynagh*

*I participate with others in a large friendly group learning interesting new pieces, chords and rhythms together. Its light-hearted and good fun and can be very satisfying and at times relaxing.*

*Siobhán Gainford*

*Chase away the blues! Pick up a ukulele .... Liz Weston*

## POETRY

We meet on the second Tuesday of the month and have a different theme each month. So far this session we have had New beginnings, Peace, Humorous poems, Resolutions, Friendship and last month we had Spring. We each choose two poems and sometimes a third, in case of duplication. The poets range from Kipling, Wordsworth and other well known poets to Australian bush poet Banjo Paterson and a few newer modern poets including friends. We take turns to read our poems and discuss them with lots of reminiscing. At the end of each meeting we decide on the next month's theme. This can depend on the time of year or can lead on from the previous month e.g. the peace poems were all fairly sad so we picked humour for the next month. The group gives us a chance to hear poems we wouldn't normally be drawn to and while looking for poems, discovering some we were unaware of.

Next month, April, the theme is **Welsh poets**. All welcome.

*Agnes Gallacher*

## Lanark and District u3a Walking Group.

The Walking Group recommenced on the 3<sup>rd</sup> of November 2021 with Tom Gallagher taking over as group leader from Anne Armstrong who had successfully led it for many years before Covid intervened in all our lives.

A dozen intrepid strollers pitched up for a cross town walk from the steps of the Clydesdale Inn via the back lanes to Lanark Loch and a return down the Beeches and across fields leading back into the town centre. Two and a half, or three miles on a bright winter's day was a nice break in and walking along the edge of the valley leading down to New Lanark highlighted how lucky we are to have such beauty a mere ten minutes' walk from the High Street.

Walk two on the first of December, saw a heavy rain morning give way to dry conditions just as we set out from New Lanark Visitor Centre up the Falls. The river was in spate and the powerful torrent was something to behold.

Walk three, as the year turned, took the large group from Lanark Loch, through the woods to emerge at CCI Langloch Farm however the planned coffee and Christmas cake was denied us as the café was closed due to gas problems. A pleasant saunter along the racetrack in bright sunshine culminated in the delayed goodies within the Inn on the Loch.

Walk four was from New Lanark to Cartland Bridge. Mostly downhill but a bit of a calf burner from the river up into Castlebank Park. The idea was to get the bus back from Cartland Bridge but everyone wanted to walk up the hill and into town and the Broomgate Café replenished the burnt calories in fine style.

Walk five was from Lanark to Crossford along the Clyde Walkway. Blessed again by dry weather with good going underfoot with only a slight muddiness halfway between Stonebyres and the Family Park. It was notable that both the power station and the park have been looking after their stretches with re-surfacing and steps repaired and the park owner said that he planned to re-instate the footbridge upriver from Crossford. Lunch in the large Family Park café before strolling into the village for bus/car options back to Lanark – five miles walked.

It was notable that no rain fell on any of the walks which was great fortune across the winter period. The walks are accompanied, rather than led, and are specifically on a drop-in basis (no booking required) with people able to decide if the walk suits them or not or the weather is to their liking. Future walks will continue on the first Wednesday of the month at 11.00 and will be between 3 and 6 miles in length. Routes coming up will include further sections of the Clyde Walkway, a different Lanark Loch to CCI, Peebles to Innerleithen on the old train track, a loop from Thankerton, one from Abington and a wander between Leadhills and Wanlockhead. There is no shortage of options in glorious Clydesdale. You need to be able to cover the distance at a moderate pace and have supportive footwear with good grip and outdoor gear to suit the conditions.

Walks are detailed the weekend before in an email to all L&Du3a members.



## PLAD Update March 2022

The Pub Lunch and Discussion (PLAD) group has bounced back quickly after the most recent easing of Covid-19 restrictions. The group of usually 12 members convene on the first Friday of the month upstairs in The Crown Tavern, Hope Street, Lanark.

A light buffet of soup, sandwiches, tea, and coffee is available at a cost of £4.00 from 12.30. Drinks can be purchased at the bar. Discussion usually begins at around 13.00 and ends at 14.00. There may be one topic or two, one serious and one light-hearted for discussion. Members are encouraged to bring their own ideas.

The leadership of the group has defaulted to Jill Murie with deputies Ed Archer and Aileen McCulloch. Grateful thanks go to PLAD veterans Ken Liddell, Brian McNally and Tom Gallagher for their humour and inspirational guidance.

A new development is a review of the papers facilitated by Aileen McCulloch, former journalist, and editor of the Carlisle and Lanark Gazette. Members are invited to bring along an article that has affected them whether serious, sporty, or simply silly.

Members acknowledge that disagreements are inevitable, and that discussion may involve a degree of confrontation and challenge within a safe and confidential environment, but not conflict. Everyone's views are respected. While religious and political issues have the potential to cause offence, they are so inextricably linked to worldwide affairs, they are sometimes impossible to avoid.

Please note that names of members attending should be given to Jill by **12.30 on Thursday prior to the meeting**, in order that the Crown can be advised of numbers for catering purposes

Please note that, once you have committed to attending, you will still be liable for the £4.00 charge, even if not subsequently attending.

**We always have fun and go away feeling that we have learned something.**

## YOGA

**"Fabulous for a healthy mind and body."**

Derived from the Sanskrit word **"yuji"** meaning yoke or union, yoga is an ancient practice that brings together mind and body.

It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

### Comments from Members

I love the yoga, it is fun and always makes me feel so much better.

The teacher Michaela is wonderful. She has such a calming voice it makes me feel so relaxed.

Elizabeth Bryson



I've found that my joint flexibility is much improved, in such a short length of time.

Michaela is such an encouraging tutor.

Bill Weston

"Great for mind and body, there is no such thing as beginners, just different depths of immersion"

Jim Moynagh

## GROUP schedule

Most groups run during the daytime.

Group	Frequency	
Badminton	Weekly	Thursday
Book Club 1 - CRIME	Monthly	3rd Tuesday
Book Buffs	Monthly	3rd Monday
Coffee & Chat	Monthly	2nd Tuesday
Country Dancing	TBA	Thursday AM
Croquet	Weekly	Summer Months only
Film Club	Monthly	Last Friday or Sunday in month
French Conversation	Fortnightly	Thursday PM
Gardening	Monthly	2 <sup>nd</sup> Tuesday
Humour	Monthly	Last Tuesday
Line Dancing	Weekly	Wednesday
Lunch	Monthly	Last Wednesday
Outings	Monthly	2 <sup>nd</sup> Wednesday
Photography	Monthly	2nd Monday
Pickleball	Weekly	Fridays
Poetry Reading	Monthly	2 <sup>nd</sup> Thursday
Pub Lunch & Discussion	Monthly	1 <sup>st</sup> Friday
Scrabble (Carlisle)	Weekly	Alternate Mon/Thurs
Social Cycling	Fortnightly	Twice a month. March to October. 1st and 3rd Tuesday
Table Tennis	Weekly	Friday
Theatre	Monthly	Days and Times vary
Ukelele	Fortnightly	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday
Walking	Monthly	1st Wednesday
Yoga	Weekly	Every Monday
Further details on our website - <a href="http://www.ldu3a.com">www.ldu3a.com</a>		

### Diary Dates

General Meeting	20th April	Jim Wilson, adventurer and author. <b>'From the Highlands to the Himalayas'</b>
AGM	18th May	AGM followed by Anne Walker. <b>'Justice of the Peace: Tales from the Court'</b>

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 [mrs McDougall@hotmail.co.uk](mailto:mrs McDougall@hotmail.co.uk)

**Thanks to everyone who contributed.**

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

Website: [www.ldu3a.com](http://www.ldu3a.com)