

Inverness and Black Isle u3a Newsletter

May 2025

Welcome



*to our May
Newsletter*

A word from our Convener

Scottish u3a Jamboree

u3as in Scotland are planning an event to be held on Friday 29 August for members across Scotland to get together, get involved in a range of activities and to socialise, eat and drink with old and new friends.

The event is planned as a full day of indoor and outdoor activities at *Edinburgh Napier University's Craiglockhart Campus*. If you are a u3a member in Scotland and would be interested in attending or volunteering to lead a session, please email George Cleland and Liz Ervine, Council Representatives for Scotland, at u3ajamboree@gmail.com.

We will have two general meetings in May

May 19th Dundonnell Mountain Rescue

Fortrose Free Church at 2pm Keith Byers from Dundonnell Mountain Rescue will talk about the organisation and its work.

The talk will be preceded by our AGM; an agenda and details will be circulated nearer the time

May 27th Launch meeting for our new Writing Group

2pm in Inverness Town House (note new venue)

Join author Vee Walker for

Writing life as it unfolds: from childhood favourites to award-winning fiction.

It will include an extract from a new locally-set novella which we will be the first to hear. You may wish to bring a notebook and a pencil – Vee promises a short optional 100-word writing challenge at the end!

Allan Walmsley who is Chair of the Board of Trustees of the Third Age Trust will be joining us for this meeting. After Vee's talk he will talk briefly about his role within the u3a and answer questions.

We are inviting members from several other Scottish u3a branches to this meeting. So do please come along so that we can show everyone just what a lively and thriving group we are. Advance booking required please e mail me ibiconvener@gmail.com to reserve your place.



Something for our keen photographers

Black Isle Calendar Photo graphic Competition

Culbokie Community Trust are inviting entries for the 2026 Black Isle Calendar Photo Competition. Entrants are asked to submit up to three photos the Black Isle in landscape format. The images can be sent by email to CCTphotocompetition@gmail.com with a title for each photograph, its location and a suggestion of the most suitable month for the calendar.

From those submitted, 12 will be chosen to create the 2026 Black Isle Calendar. The closing date is June 30th, 2025, and the winners will be advised by email at the end of July. I can send the poster plus short list of guidelines if requested by email if required.

Contact Details:-

Angela Morris
angiecaerglas@btopenworld.com).
Phone: 07773767911

IT Group

The next meeting of the group will be on Thursday May 8th at 10.30 am. Please contact me for venue and more details ibiconvener@gmail.com

Mai Jong

We now have two established groups going in Fortrose and in Inverness.

u3a Mindfulness for living

Are you interested in joining the next group of people on a U3a Mindfulness course? Mindfulness is at the heart of the ancient practice of meditation. It could be seen as a life skill which can help us feel better about ourselves and the world around us. Its about paying attention in a special way. We pay attention to what is happening in the present moment just accepting what's there without judgement.

Groups will be kept small and can be weekly or fortnightly. They can be face to face or online on Zoom depending on the wishes of the group.

If you would like a chat on the phone or by email about this course first, please email Kate at kml.boyd@hotmail.com or telephone 01463 238972 : mobile 07554 375363

Quiz Evening

The committee are planning to hold such an event if members indicate sufficient interest. The suggestion is to hold it on the evening of June 7th at a suitable venue. We would aim to provide a light supper of sandwiches, quiche, fruit and cake together with tea and/or coffee. Hopefully most of our groups would be able to field at least one team of 6, to compete together with other teams of members, feel free to express interest either as an individual or on behalf of your group. There would be prizes for the winning team and a wooden spoon prize! Again let me know if you would be interested ibiconvener@gmail.com



Pickleball

We have now settled for our regular slot of third Friday of the month and will be basing our group at Black Isle Leisure Centre. We have also introduced a £1 fee to cover the cost of replacement balls. As places on court are limited, we are operating a 'booking' system each month – this usually opens a week or so before the session.

Members of the group are interested in a second session each month and we are actively exploring alternative venues. If you know of a venue with more than one badminton court that we may be able to use, please let us know via the u3a website Pickleball email link.

We are always happy to welcome new members and set aside some court time to introduce you to the sport. The Leisure Centre provides the court and nets. I can provide paddles (bats) and balls. All players need are shoes suitable for use in an indoor sports hall, clothing that allows freedom of movement, and a water bottle to keep hydrated. We hope to see some new members coming along on 16th May



Travel group

We don't need another therapy, we just need to travel!

What is our Travel Group all about? We are a bunch of travel enthusiasts with a diverse and broad range of experience in this never-ending topic. We share knowledge from past and current travels and the line "I wish I had known that before" is heard! We may all be from varied backgrounds, but what we have in common are itchy feet and the desire to pass on to each other the travel nuggets that may not have crossed our minds. We also plan group away days to extend our experiences further. Happy times!

The group is now progressing well with travel proposals, travel news and knowledge sharing at monthly meetings. This is an interest group formed earlier this year and more new members remain welcome to join in. Arrangements for visits and events are now being progressed for the following – Ullapool and Corrieshalloch Gorge (May 27th – details TBC next meeting) The Tall Ships Race, Aberdeen (July 21st - details TBC next meeting) Enchanted Forest, Pitlochry (October – date subject to action at final ticket release)



UKBMS Butterfly Survey Training

By Highland Highlife Countryside Rangers.

You are invited to join the Ranger at Tarradale Gardens, Muir of Ord, IV6 7RR to walk the Muir of Ord Survey route. You will learn to identify common butterflies on Wednesday, May 14 · 2 - 3:30pm GMT+1

The United Kingdom Butterfly Monitoring Scheme (UKBMS) is one of the longest running insect monitoring schemes in the world. The scheme began in 1976 and now records data on over 3,000 sites per year; incorporating traditional butterfly transects, Wider Countryside Butterfly Survey (WCBS), and targeted surveys. The resulting UKBMS dataset is one of the most important resources for understanding changes in insect populations.

The UKBMS is based on a well-established and enjoyable recording method and has produced important insights into almost all aspects of butterfly ecology.

Join the Countryside Ranger to help with an established survey at Lily Loch in Muir of Ord. Ideally the route needs to be surveyed once a week during the Summer so the more people we have trained up and helping the easier it will be to gather more data.

It's a good opportunity to enjoy a walk whilst contributing to science and you will only be asked to go out in the sunshine as butterflies do not like wet weather.

The event is Free in the hope you will enjoy completing a few surveys during the year.

For more information contact Marcia O'Hara at marcia.o'hara@highlandhighlife.com.



Books Books Books

The u3a book swap stall will be making an appearance at the General Meeting on Monday 28th April. Don't forget to bring along any books that you wish to donate, and have a browse of any that you might wish to take away. Free to all.

and finally.....

Thanks again for all your submissions. I would still love to have a lot more of your group photos as long as the members are in agreement.

I'm still learning and offer my usual apologies for any mistakes or submissions.

Please can I have pieces for the next newsletter by 24th May.