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## From the Chair

As we are trialling the All About on line this year, I have been asked to keep it short and sweet so here goes.

I am happy to say that this year normal service has resumed (whatever normal is). It has been really good to welcome members back to the Wesley Church for our monthly meeting although Saltash Social Club served us well for a few months.

Re-visiting the year planner and moving the showcase to the start of our membership year seems to have proved beneficial with membership numbers steadily on the rise. A thank you to Group Leaders for supporting this move, we appreciate that we did not give you very much notice but you all came up trumps.

Thank you to those members who have joined the committee and to all members for either renewing their subscription or joining us as new members, hopefully there is something for everyone.

With all the restrictions of life now well behind us we can look forward to a vibrant and energetic programme of monthly meetings, new groups and making new friendships as Saltash u3a continues to grow and flourish.

On behalf of the committee, I wish you all a very Merry Christmas and Happy New Year.

*Kind regards,  
Amanda Smith, Chair*

## Upcoming Events

### Sample event

When:

Where:

Contact:



### Christmas Social

Date and Time: 8<sup>th</sup>  
December 2022 at 2pm

Venue: Wesley Church,  
Callington Road, Saltash

No Speaker



## Recipe Corner

### Quick Boiled Fruit Cake

397g (14oz) can condensed milk

150g (5oz) butter

225g (8oz) raisins

225g (8oz) sultanas

175g (6oz) currants

175g (6oz) roughly chopped red or natural glace cherries

225g (8oz) self-raising flour

2 level teaspoons ground mixed spice

1 level teaspoon ground cinnamon

2 large eggs



#### **Method**

Pre-heat oven to 150c fan/ 130c gas/2. Grease and line a18cm(7in) deep cake tin.

Into a sauce-pan pour the condensed milk, butter, fruit and cherries.

Place over a low heat and stir until butter has melted into the condensed milk,

Simmer gently for 5mins stirring at the same time. Remove from heat and set aside to cool for about 10mins.

Measure the flour and spices into a large bowl and make a well in the centre. Add the eggs and the cooled fruit mixture and quickly mix together until well blended.

Turn into the prepared cake tin.

Bake in the pre-heated for about 1½- 2hours or cake is well risen and cake skewer comes out clean. Leave to cool in tin for 10mins then turn out onto a cake rack.

***TIP:** This cake will keep very well if wrapped and stored in an air tight container. It improves if you can leave it for a day or two to mature. ENJOY!*



*IT WILL KEEP! You must be joking!*

## Group News

### Ukulele

We have had a very good year since we started meeting properly after lock down. Our numbers have doubled and we now have 13 enthusiastic members. Some have been with the group since it started three years ago and some are brand new so if you are thinking of joining us, we meet at Burraton Community Centre on Wednesday morning 10.15 till 12.15.

A highlight of this year has been playing at Asheborough House, on a few occasions, for the residents and seeing how they respond to music. We hope to play at more events next year as it gives us something to work towards.

Our main aim though is just to enjoy ourselves, learn new tunes and make new friends.

*Lesley Brunskill*



*Always smiling!*

### U3Amblers

Walks take place on the 1st Wednesday of the month. We walk and socialise and usually go by bus or sometimes train. We walk for up to 4 miles and try and make sure the routes are flat. When we arrive at our destination, we have a coffee first and then walk.

After that we have lunch then later get the bus back to Saltash.

There are about 23 people in our group but usually 11-12 take part. Members of the group lead the walk. They do it in pairs and do a recce beforehand.



*Brunel's Pasty Factory!!*

Our recent walk in November, was around the Murals in Callington and was very interesting.



*Callington Church Remembrance*

*Judy Bradley*

### Discover & Dine

This group has now been running for a year and has been well supported by the membership. The concept behind this group is we go off for the day to discover something of interest within a reasonable travelling distance of Saltash. On the way home we stop and all dine together, it is as simple as that. Occasionally we may have a lunch prior to a visit instead of eating afterwards.



*Hm, tempting!*

All members of Saltash u3a are automatically members of this group, so it is open to all. We use mini-buses allowing us to travel together, therefore numbers are restricted. If you are interested in a trip you need to register your interest as soon as details are released.

Details of the trips, which we try to run each month, will be sent to all members via email asking you to sign up at the next monthly meeting

Here is just a taster of where we have visited to date: Kent's

Cavern, Bygones, Widecombe Fair, Minack Theatre, Porthcurno Telegraph Museum, Exeter Museum, Pencarrow House and Gardens and Killerton House. If interested make sure you read your emails.



*Enjoyed by all!*

*Amanda and Rachel*

## Creative Writing Group

Our regenerated group met on 11th November. We started by introducing ourselves and what kind of writing we had done in the past. This could have taken the form of diaries, short stories and journalistic comments.

Our first item was to write about **childhood memories**.

As people of a certain age there was a common thread of playing outside, walking, being creative and the lack of electronic instruments, which we agreed was a good time for us. Our childhood was influenced by siblings, post war time deprivation and absent parents, but we agreed we still all turned out well. Board games and libraries featured largely in our stories. Christmas time featured the phrase 'walking off our dinner' with older relatives sleeping it off in a chair.

We were encouraged to continue writing our stories at home for future generations.

Our next meeting is 16th December due to other commitments, when we will bring Christmas objects to write about. We agreed it was a positive start to the group.

*Marilyn Read*

## Things To Ponder

1. If a bottle of poison reaches its expiration date, is it more poisonous or is no longer poisonous?
2. At a theatre, which arm rest is yours?
3. Why is there a letter 'D' in fridge but not in refrigerator
4. Why are goods sent by ship called CARgo and those sent by truck called SHIPment?
5. Why is it called Rush Hour when traffic moves at its slowest then?
6. Which letter is silent in the word Scent, the S or the C?
7. You do not need a parachute to skydive but you do if you want to skydive twice
8. A clear conscience is the sign of a fuzzy memory
9. To be sure of hitting a target, shoot first and call whatever you hit, the target
10. How do you get off a non-stop flight?

## Strummers and Warblers

From September 2021 we have been meeting, twice a month on 1st and 3rd Thursdays, in the downstairs room of Saltash Social Club.

Our small S&W group of 7 members has struggled to keep going this year, 2022 due to past members not renewing their U3A membership, illness and other commitments. But our loyal core of 'regulars' have borne the brunt of higher Autumn term fees to ensure we keep going.

We have compiled a collection of over 80 popular songs in our Song folders, ranging from 1950s to current times. The guitar accompaniment to Warblers singing is provided by myself and loyal colleague, Tim Geany, who has stepped in to provide the strumming for when I was not available.



*Happy making music*

An observation I have made running the S&W groups since 2017, all our current members, irrespective of age, appear to have listened to a fair bit of Rock and Roll music in their youth. Some can even remember seeing their favourite artists and Bands at concerts.

When we play and sing the songs of our youth, it takes us back there in memory. I'm not saying we look younger after singing them, but there are slight behavioural changes, much jollity!

There are some generational differences in our group. For example, the songs of my youth come from 60s-70s. Other members' songs of their youth come from 70s & 80s, including The Monkees (Daydream Believer anyone?) & Abba's 'I have a dream'. The latter has presented a challenge as the two guitars of Tim and myself can't replicate a five piece band with backing orchestra and a harmonium playing in 8ths (double 4/4 time), but with practice we are getting there!

The songs we play are the ones members have chosen to include in our S&W Song Folder and we enjoy singing. Most songs fall into the Pop/soft Rock category. That said, we don't do many Folk songs although we do some early Bob Dylan and Simon & Garfunkel.

Singing to a guitar is different from singing to a piano, which sometimes throws members. A strummed guitar is also a percussive instrument where striking the strings creates a beat like a drum. A piano plays combinations of notes which picks out a tune & reminds singers of the melody.

Singing to a guitar requires having a sound picture of the tune in one's mind, which makes trying to sing an unfamiliar song difficult. This is why members are encouraged to listen to songs on You Tube with the words in their song folders between sessions as practise.

The process is similar to creative writing, where it is important to be a reader and pay attention to the narrative. With singing we need to regularly listen to music and pay attention to the phrasing of words in relation to musical rhythms.

Neuroscientists argue learning new skills or how to do things familiar differently can slow the mental ageing process, also the main obstacles to doing this are not skill or ability, but attitude. Our group presents an opportunity to do this. If you are interested in a free Taster, please contact me on 07841 651174.

*Mick Wilson*

## Theatre Group

The theatre group has seen a number of different productions including musicals, plays and ballets. One such ballet seen recently was Matthew Bourne's gothic "Sleeping Beauty" and his love of fairy tales and Tchaikovsky. Here is Jean's review.

"Having produced his versions of Swan Lake (male swans) and The Nutcracker he wanted to complete the Tchaikovsky Trilogy. This proved a more daunting task but in 2012 after a gap of 17 years he completed the Trilogy.

So we start as all fairy tales do with once upon a time and in fact it did end happily, even though it is a tale of good and evil.

1890 baby Aurora arrives (the puppeteers were incredible) given to the King and Queen by the evil fairy Carabossa (Maleficent in the Disney classic).

He also introduced a new character, her faithful son Caradoc, who was not a pleasant creature.

Sleeping Beauty was portrayed as a gypsy wild child who falls in love with the gamekeeper Leo.

Aurora danced most of her parts in bare feet and delicate floaty white dress. As she was asleep it was as if she was a feather in Leo's arms as she was thrown here and there but still maintaining this wonderful fluidity.

There was beautiful dancing throughout so give it a try even though it has a gothic feel."

We will be seeing a variety of productions, including an opera, over the next few months so please come and see us at the monthly meetings.

*Jean and Pennie*

## Tai Chi and Qig Ong

After the Covid Pandemic, from September 2021 our TCQ group membership grew to around 20 members. In Jan 2022, with New Year resolutions made, our membership mushroomed and by Easter 2022 had reached the 35 member mark. September 2022 saw another increase in membership. By October 2022 and the annual Saltash U3A Showcase event at the Wesley Centre, our group membership had reached around 45 members.

At this point Les and I decided we could not accept any more new members and needed to create a Waiting list. To our surprise, at the Showcase 11 people registered their interest in joining our TCQ group.

During the Autumn term 2022 some members dropped out. As a result, we decided to invite people on the Waiting list for free, pre-Xmas Tasters, and so far, 8 people have responded. It seems the attraction of practising Tai Chi and Qigong has drawn in about 20+ new members to Saltash U3A in 2022.

The benefit of a large group is low term fees. For 2022 Summer & Autumn term fees for 13-14 meetings per term cost members £8 full time or £4 part time, i.e. 7 sessions which allowed members belonging to other U3A groups to avoid clashes on Mondays. This worked out at 60p per session, which Les and I think is extremely good value, considering other local groups offering 'Exercise' classes appear to charge around £5 for a single session.

We practise Tai Chi Chuan, Yang style and Qigong, an ancient form of exercise several thousand years old from which Tai Chi developed. Both concentrate on the effect of stress on the body and mind. Exercises are slow and gentle, easily learnt, with large graceful movements where coordination and confidence in balance are improved.



*Peaceful exercise on the Waterfront*

The Harvard Medical school states that Tai Chi as a gentle form of exercise can help maintain strength, flexibility and balance. Their summary is that this could be the perfect activity for the rest of your life.

The Chinese New Year begins on 22nd January 2023 and it is the year of the 'Water Rabbit', signifying peace, longevity, prosperity and hope. Les and I hope there is some truth in this and wish all our U3A friends a very enjoyable Xmas. We look forward to a healthy & happy New Year in 2023.

*Les Law (Instructor) and Mick Wilson (Admin)*

## Photography Group

At our meetings, we aim to improve our picture taking within a social environment, by helping each other.

Generally, our members use their own equipment, anything from the camera on their phone to a professional standard camera. However, the group also owns three different types camera, and we have reflectors and a tripod that are all available for use by any of its members. In addition, we have instruction books, DVD courses and photo editing soft ware available for members.

At our monthly meetings, we usually start by viewing member's images on the theme of the month then, if there's time we cover some photographic topic with a video. If the weather is fine in the afternoon, then a mini field trip is possible for those who want to put theory into practice. Coffee, tea and biscuits are provided at each meeting, and we have an annual lunch in March at St Elizabeth's House where we have an excellent meal in elegant surroundings.

We try to have a field trip most months and one main trip during the year. In recent years we have had a boat trip to Dartmouth from Totnes, then by steam train to Paignton and back to Totnes by bus, and we have been to Slimbridge and Paignton Zoo. Other field trips have been to Lanhydrock for the bluebells, and autumn colour, to Dartmoor and Bodmin Moor for landscapes, to Seaton and Portwrinkle for seascapes, and to Port Eliot for the horse trials. We have also had evening trips for traffic trails around Saltash and Plymouth. We visit the WCPF photo exhibition most years and attend the Exodus wildlife photography lectures when at Exeter. Our last major field trip before lockdown was for 4 days in London (with partners) and we are planning a similar visit to Bristol and Bath this spring of next year.



**Members photographing traffic at Charles Church, the Christmas illuminations at Saltram and discussing their photos in the SHADO Centre**



**Mini-shoots at Coombe Woods and at Forder Creek after our usual monthly meeting.**

Members' photos are displayed on the Saltash U3A website gallery and usually each year, for a whole month, we have an exhibition of our work in Saltash Library to coincide with the U3A Showcase. For the exhibition, we produce prints that are mounted and displayed to the public, plus more than a hundred of our prints can be viewed at the U3A Showcase in the Wesley Church in each year.





**A corner of the exhibition in Saltash Library and our photos at the Showcase**



**Field Trips to Slimbridge in Gloucestershire and the Cheesewring on Bodmin Moor.**

We were planning to visit Exeter for the Carnival, Christmas Market and Fair but sadly the weather was atrocious on Carnival Day.

Our group meets in the SHADO building (next to the Leisure Centre car park) on the first Friday of the month, from 9.30 am to 12.30. If you are interested in joining our group, please email **Mike Corber** at [tiddy6@gmail.com](mailto:tiddy6@gmail.com) or just come along to the meeting.

*Mike Corber*

## Geology Group

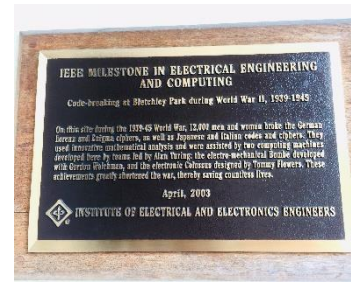
The Saltash U3a Geology Group has 15 members. We meet the 4th Friday afternoon of the month at 2 pm. In the summer we have our meetings outdoors when we visit places of geological interest. During the winter we meet at 2pm in the Burraton Community Centre. Our next meeting is January 27th when one of our members is going to give a talk about the Devon Consuls. In February the subject is the geology of British Columbia and Alaska. You are very welcome to come along for a taster session or to join the Group.

*Jennifer Gegg*

## Cultural Explorers



Eight of us travelled up to Bletchley Park, home of the code-breakers, for a short cultural break in an 8-seater chauffeur-driven people-carrier, leaving early morning with pick-ups on Church Road and at the bottom of Fore Street which suited those who were going. This mode of transport was cheaper than the train and none of us had to drive!



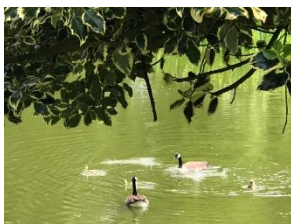
*Behind closed doors*

We were to stay in Leighton Buzzard where we had reasonably priced accommodation (£50-60) in a pub B&B. We arrived before midday (too early to check in straight away) but they opened up their courtyard so we could eat our lunch there before checking in. The accommodation was in a converted stable block that surrounded the courtyard. We actually took all their rooms and managed to get everyone in singles, doubles or triple room.

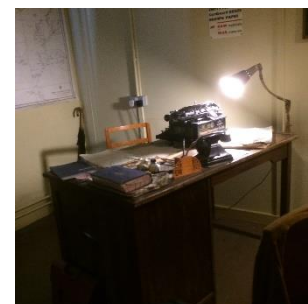
We had ordered a taxi to take us to a National Trust property nearby, Ascott House, in the afternoon. Six of us were National Trust members and explored the house. The other two just explored the grounds. The only criticism from those viewing the house was lack of seating in the grounds, I think perhaps because so many people came out of the house to explore the grounds at the same time.

That evening, we had a lovely meal three minutes' walk away from our B&B in a pub restaurant with a fantastic menu. We had the conservatory to ourselves on a large table. This was definitely the highlight of the trip, even if it shouldn't have been!

The following morning, our taxi picked us up after breakfast and took us to Bletchley Park, about 8 miles away. I made the mistake of trying to be helpful to the staff member on the entry by paying for all of us, causing problems for everyone who then had to pay me back in cash! Won't do that again.



The grounds at Bletchley were spectacular. Lots of seating, picnic areas around a small lake. The weather was once again beautiful (unlike in Saltash at the time). Being a Virgo, my critical side says the displays and signage in the Park could have been better, but you certainly got the impression of how difficult it had been to break the codes, and what an amazing job those working there had done.



*Working day and night*

Our trip home at the end of the day was uneventful (other than a little rain). Accommodation and food had been good. Transport made the whole trip pretty painless. Overall, a good explore.

*Denise Watkins*

## Other Stuff

### *A Mountain Rescue*



*Natural beauty*

Last week whilst in Grasmere in The Lake District, I called into the Ambleside Mountain Rescue HQ to leave a bag of chocolate bars and goodies. I was lucky enough to meet one of the volunteers there who remembers rescuing me a couple of years ago.

My husband Les and I were on holiday in Grasmere in January and walked up to Lang How Fell. (we call Fells, Tors on Dartmoor). It was very cold and windy when I tripped and fell forward onto my face. I felt the impact on my nose but had in fact sustained a large, deep cut to my forehead.

Les and I are experienced walkers and he knew what to do.

We checked our phone App that we had the same Grid Reference. Unable to obtain a signal and 999 he dialled 112 and alerted the emergency services that we needed help. He had to run up to the top of the Tor to get through.

He wrapped me in his spare coat, then placed me in an emergency survival bag we both carry. We also carry Hot Hands or Hand Warmers. These are size of a tea bag and when shaken give hours of heat. He placed these inside my coat and we waited. All this time our black Labrador was trying to lick me.



*Best ever rescue dog*

It had taken us two hours to get to the top but 40 minutes later a Rescuer appeared running and carrying a large medical bag.



*In safe hands*

He was soon joined by 8 others who strapped me to a stretcher and carried me off the mountain as it was too windy for a helicopter

A trip to the hospital and some stiches and all was well. Although I looked like I had taken on Tyson Fury and lost, I was well enough to complete a walk later in the week that Les and I wanted to do before our dog was too old.

Les started a monthly direct debit to these amazing people, all volunteers and many of them working. They are entirely funded by donations and I can say from experience, all of them are angels.

### *Mel Dixon*

## Just one more thing...

Calling all u3a Members and Group Leaders! This had been the trial edition of the new style All About magazine.

So, now you have seen the sort of thing we need, if you want to contribute to the next edition of the All About please send your submissions to the Committee via the Contact Us button on the website or write to us via the post box – see the **Get in touch** section at the end of this document.

We look forward to receiving your group reports, stories, poetry, recepies...and all the other things we've forgotten to mention!

## Speakers Programme 2022/23

September	March John Dobson asks "Why is Vladimir Putin so popular"
October	April <i>Awaiting confirmation at the time of issue</i>
November	May <i>Awaiting confirmation at the time of issue</i>
December	June <i>Awaiting confirmation at the time of issue</i>
January 'Devonshire Land Girls' with Becks Pearson	July 'The Literary Trust Box' with Ian Parker
February 'Oceanography' film slides by Derek Pilgrim	August – no meeting

## Committee and Contacts

Chair:	Amanda Smith
Vice Chair	Gill Higgins
Secretary	Jennifer Gegg
Treasurer	Barry Olver
Membership Secretary	Rose Olver
Groups Coordinator	Lesley Brunskill
Publicity Officer	Amanda Smith / Gill Higgins
Speakers Secretary	Marilyn Read
Webmaster	Jason Lamb

## Get in touch

Contact Committee Members and Group Leaders by clicking on the **Contact Us** button on any website page. Website: [Saltash U3A](http://Saltash U3A)

Or write to: **Saltash u3a, c/o Community Enterprises, 4 Fore Street, Saltash, PL12 6JL**