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From the Chair

Time certainly seems to fly the older you get; here we are over halfway through the year with the longest day behind us. Whilst I don't feel that I have achieved very much I have managed to fill the days with lots of u3a activities and more.

I do hope that the same goes for you, whether you just come to the monthly meetings to enjoy the diverse speakers that we have, or belong to just one group or lots of groups. I do hope that whichever is the case, you are getting the most out of your membership of Saltash u3a.

We celebrated the crowning of our new King with a trip plus a coronation theme to our monthly meeting, albeit a few days late, but the nearest date that we could. Hopefully, you were able to make one or the other of these. Thank you to all that support both of those events.

Lots to look forward in the coming months with hopefully some new groups coming on board which will inspire you to give them a try. Just make sure that you read all of your emails. If you have any ideas for a group that you would like to join, please do let us know and we will do our best to see if we can get it off the ground.

We certainly have enjoyed some lovely weather in recent weeks, let's hope that this lasts for the rest of the summer, whatever you have planned, enjoy. Remember we still will meet in July but then have a break in August although many of the groups carry on regardless.

*Kind regards,
Amanda Smith, Chair*

Upcoming Events

Monthly meetings

When: Second Thursday of the month 2-4pm
Venue: Wesley church, Callington Road,
Saltash

13th July

Ian Parker - Literary Trust

Bucket Collection

14th September

Tony Marsh from Ashtorre

12th October

Saltash U3A Annual General Meeting

9th November

Paul Atkinson Being a physio to Plymouth

Argyle

14th December

Christmas Social

Recipe Corner

Cornish Water Cake

Ingredients

6oz Self-raising flour

Pinch of salt

1 egg

Jam (raspberry is nicest)

3oz margarine

3oz granulated sugar

1 teaspoon almond essence

8inch sandwich tin



Method

Rub margarine into flour, add sugar, beat egg and add, add essence, mix into dough, add a little more flour if too wet.

Divide the mixture into two, press half into greased sandwich tin, spread on jam (leaving a border around the edge).

Roll or shape the remainder of the mixture and place on top, press edges. Brush over top with water using a pastry brush and sprinkle with caster sugar.

Cook for around 30 minutes in an oven at 200 degrees.

Things to Ponder

1. Sweet meats are candy, but sweetbreads, which are not sweet, are meat.
2. Quicksand works slowly
3. Boxing rings are square
4. Tell a man that there are 400 billion stars, and he will believe you. Tell him a bench has wet paint, and he has to touch it.
5. Why is it that a writer writes, but fingers do not fing, grocers do not groce, humdingers do not hum, and hammers do not ham?
6. If you can make amends, can you just make one amend?
7. If you have a bunch of odds and ends and you get rid of all but just one, what do you call it?
8. Why do you recite at a play but you play at a recital?
9. How can a SLIM CHANCE and a FAT CHANCE be the same, while a WISE MAN and a WISE GUY are opposites?
10. Why do we ship by truck and send cargo by ship?

Coronation Meeting

There was a different format to commemorate King Charles's Coronation at May's meeting by asking some teams to make a crown out of gold coloured tissue paper.

Teams made 12 Crowns which were paraded in front of the audience and the speaker Sue Hooper MBE chose what she thought was the best crown worn by Joan Harvey.

The rest of the audience made as many words as possible out of selected royal words. Obviously, our members are very competitive.



The audience were also treated to cakes made by the committee.

Marilyn Read

Group News

(Links to the group's webpage are under the heading)

Amblers Walking Group

(<https://www.saltashu3a.org.uk/groups/walking/stragglers>)

Walks are now going to take place twice a month, on the first and third Wednesdays of the month. We are a group that likes to walk and socialise. We walk up to 4 miles on a flat route as much as possible. We usually start the day from the bus stop at the bottom of Fore Street in Saltash around 10am.

We recently had a meeting to discuss the future of our walks. There are currently 25 of us involved and that is far too many for a walk so we have decided to limit our number to 12 or just over for each walk. That is plenty when it comes to travelling on buses or going into restaurants for coffee and lunch.

At the meeting we decided to try having two walks a month. They will be the same walk to accommodate those of you who couldn't get on the first walk. This may not happen as I often start with too many interested members and by the time we actually walk, the number has decreased to under 12, which is fine. The walk will be on a first come first served basis.

We have recently walked in Plympton St Maurice and Jenny cliff by bus and boat. In July, it will be to Paignton by bus. For more information, please contact judybradley66@gmail.com

Judy Bradley

Ancestral Time Travellers

(<https://www.saltashu3a.org.uk/groups/ancestral-time-travellers>)

The Ancestral Time Travellers have woken up to start a new year of research. We meet on a Tuesday afternoon for two hours of fun and laughter. We do actually do some work and help each other with those brick walls that sometimes hinder us in our research. I hope to come up with tips and hints of how to improve your research and the group love hearing about all the stories that make up your research and your individual journey.

We are happy to welcome new faces and assist those who are just venturing on their journey.

We meet in the Saltash Heritage research room in the museum at 17 Lower Fore Street, where we can use the internet connections and look at old documents and photographs and gain an understanding of where else we can find information along with our internet studies.

We meet on the first floor at 2pm. At present there is a lot of work going on in the museum so please bear with us as we are hopefully gaining extra space to move around the room.

If you are interested in joining us, please speak to myself Lizzy or phone me on 01752 847800 or email me at secretary@saltash-heritage.org.uk to find out further details and when the next meeting will be.

Lizzy Sharpe-Asprey

Architecture Group

(<https://www.saltashu3a.org.uk/groups/architecture-group>)

This new group meets in the Burraton Community Centre Lower Hall on the second Friday of the month at 2 pm and has a field trip on the third Friday of the month. We aim to learn about the different styles of architecture and how buildings have evolved over time, looking at how methods of construction and their structural strength interacts within the artistic forms and the aesthetics of the buildings, using a combination of learning at our meetings, and field trips to interesting buildings, in our attempt to appreciate the architecture around us.

At our meetings, we have a short talk about the next field trip, learn about parts of buildings and styles and sometimes have a video on a relevant topic too.

If you are interested in joining this group, please contact Mike Corber on tiddy6@gmail.com.

Mike Corber

Bookworms Group

(<https://www.saltashu3a.org.uk/groups/bookworms>)

Bookworms meet once a month. Our books are provided by Cornwall Council Library Service. We do give them a selection of books we would like to read but sometimes are surprised by what we get.

Mostly we read fiction but some biographies find their way into our hands.

The best bit about the randomness of our book choices is the lively conversations that our group indulge in for the first part of our meetings. Nobody is afraid of being the only one who liked or disliked a particular book. We all have so much book reading experience between us, the conversations often go off in unexpected directions. After half-time tea break, we are all energized to consider the next month's selection and the current state of the nation. We rarely achieve putting the world to rights but we certainly give it a good attempt.

Juliet Cornell

Creative Writing Group

(<https://www.saltashu3a.org.uk/groups/writing-group>)

The Writing Group meet on the second Friday at 10.30 am at Burraton Methodist Church Hall. We are a small group of enthusiastic members. We have written about various subjects including memories of 'Our first day at school', all of which evoked different memories.

We discussed Haiku poetry and tried to do this, which is very disciplined. We bring various objects and ask the group to write about them. At Christmas we wrote about how we celebrated Christmas in the past, bringing back memories of simple old fashioned times when money was tight, and life was less materialistic.

For our next meeting we have been asked to write about a holiday or 'Beginnings and Endings'. New members are welcome.

Marilyn Read

Discover & Dine Group

(<https://www.saltashu3a.org.uk/groups/discover-and-dine>)

This group has now been running for over 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.

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.

Amanda Smith

Discovery & Dine Group visit to Coldharbour Mill

Members of Saltash U3A enjoyed an excellent, educational visit to Coldharbour Mill at Uffculme near Cullompton in Devon.

Coldharbour is one of the oldest woollen textile mills in the world and the Grade 11* listed site is



described as "Probably one of the best-preserved textile mill complexes in the country" by English Heritage. It is currently run as a museum, which opened in 1982 following closure as a commercial operation in the previous year. It is staffed by volunteers one of whom who conducted our tour. Thomas Fox who came from a Cornish Quaker family with a long-standing background in the textile industry purchased the site which was originally a grist (corn) mill in 1797. He was attracted mainly by the water supply originating from the nearby River

Culm, which he felt would provide waterpower for spinning yarn and planned to extend the existing buildings to the three-floor factory, which exists today. Originally, this combed, carded and spun yarn, which was sent to Tonedale, Wellington for weaving.

Our visit began in the Combing Shed where the wool (originally from Devon Longwool sheep)



was combed, cleaned and straightened prior to spinning into yarn destined for the production of worsted cloth. The factory currently produces double knitting and Aran wools that are formed into skeins on a skein winder.

Originally, the yarn was not woven on site but old machines were salvaged to allow visitors to see the whole process. The weaving process is very meticulous and was done by hand in the south west until the mid-nineteenth century. The looms we saw had a 144-thread warp, which is divided in two



sections depending on the weaving pattern. For example, tartan, which is currently produced at the factory, comprises seventeen sections. We experienced a loom working which was an extremely noisy operation.

Fabric and yarns produced in the factory are offered for sale on site.

After the factory tour, we proceeded to see the original power sources used for production.

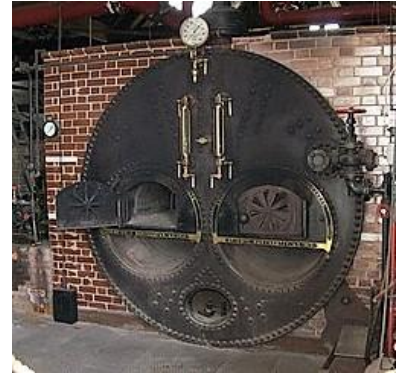
The 1821 breastshot waterwheel (recently restored) is the largest working example in the southwest and still provides

some power for the operations. In 1865, the Fox brothers adopted steam power and there is now a Heritage Machinery Collection on site.

We proceeded to the Boiler House and saw the 1910 Galloway Lancashire Boiler installed at the same time as a Pollit and Wigzell Engine (one of only two left in the country) which superseded an original beam engine of which there is also an example.

The guide also pointed out the weather vane on the factory roof which was apparently used by the Home guard for target practice! All-in all it was a lovely day with additional pleasures of a coffee break at Buckfast Abbey on the way and dinner at The Dartmoor Inn on the return journey.

Jane Hoad



Doorstep Discovery Group

(<https://www.saltashu3a.org.uk/groups/doorstep-discovery>)

Some months ago, I had an idea for a group that would perhaps once a month visit something of interest which was virtually on our doorstep. Somewhere or something that we could visit in a few hours using either public transport or car sharing. A number of you signed up expressing a potential interest in a group of this type however, it has taken a little longer to get off the ground but I am pleased to announce that someone has come forward to help in setting this up, so watch out for news of this new group in the next few months.

Amanda Smith

Film Club

(<https://www.saltashu3a.org.uk/groups/film>)

The Film Club has currently ten members. We normally meet in members' homes, so only five can attend plus the host. Any member of the Theatre Group can join the group.

We meet monthly and watch a film followed by a discussion and refreshments.

This year we have viewed "Mrs Harris goes to Paris" starring Lesley Manville.

In February, we visited the Art Cinema in Plymouth to see "The Fabelmans", this was the story of Steven Spielberg's early life. It showed how his love of film was evident from an early age.

In March we watched "Phantom Thread" starring Daniel Day-Lewis which we found to be very dark and a little strange. In April we viewed "The man who knew infinity" based on a true story starring Dev Patel. This was very good but a bit sad.

In May we will be watching "The Father" starring Anthony Hopkins. This portrayal won him an Oscar.

Anne Bolt

Flower Arranging Group

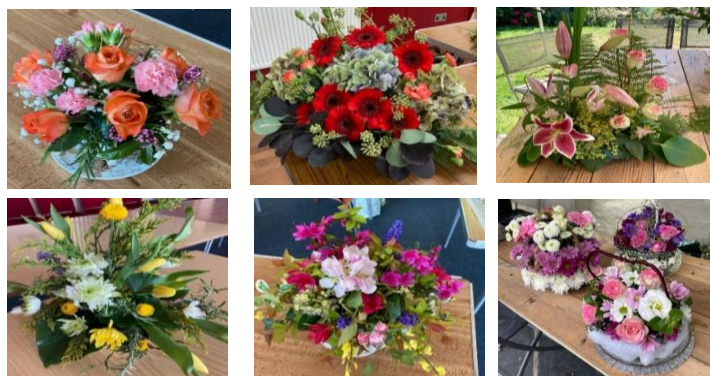
(<https://www.saltashu3a.org.uk/groups/flower-arranging>)

Last September the group was disbanded as our numbers had fallen and we were not happy with our venue.

At the October Showcase we had a new intake and started again in January. We now meet at the Shado Centre on the 3rd Thursday of the month 2pm - 4pm.

We are a self-help group, none of us are experts. We all do an arrangement in a perhaps a teacup, teapot or various other containers or try to do a shape, we even tried to make a 'Crown'. Do come along and join us. We do it because we love flowers and it is very relaxing.

Sylvia Caldwell



Garden Group

(<https://www.saltashu3a.org.uk/groups/garden>)

On behalf of all members of the Garden Group I should like to take this opportunity to thank Sylvia Caldwell for all her hard work as leader of the group over the last 10 years. I know that you have all appreciated all her hard work and really enjoyed all the garden visits that she has arranged.

Thank you for welcoming me as your new Group Leader, I will do my best to fill her 'Wellies' and hopefully the group will continue to thrive. If you are interested in joining this group, please see me at a monthly meeting or email me at

garden@saltashu3a.org.uk or chair@saltashu3a.org.uk

Amanda Smith



Geology Group

(<https://www.saltashu3a.org.uk/groups/geology>)

The Geology group normally meets on the fourth Friday of the month. During the colder months we have talks and discussions. Earlier this year we had an interesting talk from a geologist from Exeter University, based at the Penryn campus.

In May we will be visiting North Hallsands for a field trip, led by a member of a Devon U3A geology group, who previously came to Saltash to give a talk in the winter. And on July 28th Jonathon King has offered to lead a walk on around the quarry at the Forder end of Churchtown Farm and along the foreshore.

The photographs are firstly of folding in the cliff near Wearde Quay and secondly the jumbled head deposits (caused by the freeze-thaw conditions during the ice age) on the beach at Churchtown Farm Saltash.

Anne Bolt



Burrator Field Trip

In April we had a field trip to Burrator which is a place known by most local people for its reservoir, and picturesque scenery - yet it had a very different character for hundreds of years, before the reservoir was built.

People living on Dartmoor have known that tin ore can be found there for hundreds, if not thousands of years. In fact, it is possible that those very early people, who lived in round



houses, some two and a half thousand years ago, located themselves there primarily to work tin from ore, which they were finding in the streams and river valleys. When tin deposits on the surface were exhausted, later generations of these "Tinnerns" deepened the valleys, in search of mineral veins. Some watercourses were excavated so radically that they now appear like mini gorges. Finally, probably from about 1500 or so, some shafts and adits were constructed, to extract tin from greater depths. These various tin workings are to be found throughout the moor. Most of the current day landscape on the moor shows evidence of these activities. You just have to know what you are looking for!

We parked at Norsworthy Bridge car parking area, and immediately found Bal Mine, beside it. Here there is evidence of stream works dating back to 1500, or earlier. Most apparent, though, are the remains of a stamping or crushing mill (which crushed the tin bearing rock to sand, powered by a water wheel). The embankment for the leat carrying the water to the wheel, the wheel pit, and parts of the mill's walls were all there.

The next stop was Norsworthy Tin Mill. Dating back to 15-17th Century, this structure, we read from the trail guide, had a wheel of 3 metres in diameter. This wheel drove stamps (or hammers) which pounded the rocks on "mortar stones" placed on the mill floor. The pounding of the hammers on these mortar stones formed depressions or hollows in them. There are several examples of these hollowed stones inside the remains of the mill, and beside the adjacent stream (which must have powered the wheel).

From here we walked deeper into the forestry plantation, along a rough track, inspecting yet another tin mill, known as Riddipit, before arriving at an open field, displaying the best layout of stamping mills in the whole Burrator area. This site is known as Keaglesborough Mine. The mills date to about 1800, but there are records of land here being the subject of a dispute between the Tinnerns and the Abbot of Buckland Abbey, in about 1500. The wheel pits and leats are easily recognised. Here also are dressing floors, where the crushed tin ore was washed and concentrated in rectangular pits known as buddles. There are also some fenced in mine shafts in this field.

What hard men those Tinnerns were, to have worked in this place summer and winter! We followed Tinnerns Trail Walk 2, compiled by The South West Lakes Trust (www.swlakestrust.org).

Ray Williams

Music Matters Group

(<https://www.saltashu3a.org.uk/groups/music>)

Music matters is a new group meeting at my house once a month on a Monday afternoon. The dates are published on the groups site and fits in with Monday table tennis so that they don't clash. I have a very large collection of CDs which I have catalogued, mostly classical, but there are plenty of others.

We have only had two meetings so far. At the first we listened to short pieces of music from the 16th to 21st century, enjoying and comparing its change and development. The second meeting was

a total contrast, completely taken up by Gilbert and Sullivan Overtures. The G & S experts competed fiercely to come up with the title of the opera first!!

In planning is a meet listening to 20th century English pastoral music where I hope I might introduce some unknown or little-known composers amidst the great Vaughan Williams.

The group number is limited as it's in my home but new members are always welcome.

Karen Ible

Photography Group

(<https://www.saltashu3a.org.uk/groups/photography>)

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.

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.

Recently we went to Cotehele and Lanhydrock (to photograph the bluebells, as well as visiting the house) and to Seaton beach for seascapes.

If you are interested in joining



our group, please email Mike Corber at tiddy6@gmail.com or just come along to any meeting.

Mike Corber

Roamers Walking Group

(<https://www.saltashu3a.org.uk/groups/walking/roamers>)

We walk on the second and (where it occurs) fifth Tuesday of each month.

We meet at the Leisure Centre at 9.15 and there is no requirement to drive as we often have plenty of drivers. Our walks are suggested and led by the group members and are approximately 5 miles.

We take a packed lunch and drinks and where possible have coffee and cake together at the end of the walk. You can therefore gather that we are a very friendly, welcoming group.

We walk on Dartmoor, the Southwest Coastpath, South Hams and rural villages. Our walks include Yelverton, Liskeard, Meavy, Kit Hill, Seaton

Our next walk is Looe by train on May 30th and then Maker church on June 13th

Mel Dixon



Roamers Plus Walking Group

(<https://www.saltashu3a.org.uk/groups/walking/roamers-plus>)

The group is coordinated by Keith Rawlings and aims to walk 6-8 miles on the 4th Tuesday each month.

All our walks are enjoyable, some may be more challenging than others, but because of our gathering years they will not be a race, taking in the fauna and flora of our walking environment. Sometimes the walk will have themes i.e., historical, geological, archaeological, or just splendid views. Drawing on some expertise of members they may point out the odd, interesting things i.e., bird & flower names, or facts of that place etc. etc.

We will be walking on tracks; quiet country lanes, Southwest Coast Path and open moorland, there will be stiles, muddy parts and hilly ups and downs. Will have coffee and packed lunch stops with the occasional pub lunch. Unfortunately, due to the rural locations of some walks we don't allow dogs on any walks.

Our walk may be changed for safety reasons, the leader always considers the safety of the group as a whole and may need to alter or curtail the walk if the conditions dictate.

Keith Rawlings

Scrapbooking Group

(<https://www.saltashu3a.org.uk/groups/scrap-bookers>)

We are a group of ladies who enjoy crafting, making cards and scrapbook layouts. We meet on the fourth Thursday of each month at the Shado centre.

Our meetings are very sociable and we have all become very good friends. On occasions, we have a lunch together and one day last summer we went out to eat at Sam's on the beach at Polkerris.

Sue Cowan



Social Games Group

(<https://www.saltashu3a.org.uk/groups/scrabble>)

Informal, just for fun and no experience needed. Join the group and make new friends!

We have been meeting every fortnight on a Thursday afternoon at a member's house, although this could be varied to meet the needs of the group and if numbers increase then a hall or a meeting room would need to be booked.

Previously we have played Mah-jong, Uno, Mexican Train Dominoes and Backgammon, but the games played are determined by group members.

If interested please contact Roy potter at potterroyandsue@gmail.com

Pat Fitzsimmons

Spanish Group

(<https://www.saltashu3a.org.uk/groups/spanish>)

The Spanish group is a new venture started, rather selfishly, by myself because I had forgotten a lot of the Spanish I learnt through the u3a. It was advertised as a course for REAL beginners. Seven people signed the list but unfortunately, one had to withdraw. Learning a language in your third age is no easy task especially when they were told that it was not just conversational Spanish but that they would have to conquer grammar as well.

The group started in January and I think all six future linguists are enjoying the meetings every other week. Although finding it very frustrating they are progressing well. I try to vary the content of the sessions from some conversation involving Q and A, reading and trying to understand a Mystery in Madrid, translation, excerpts from Michel Thomas and Spanish games.

Holding the sessions in my house negates the need for hiring a room and six is a good number in enabling help for everyone. I hope it's not just the tea and biscuits that keep them coming back for more!!

Jeanne Milton

Striders Walking Group

(<https://www.saltashu3a.org.uk/groups/walking/striders>)

Striders continue to walk on the third Tuesday of every month. We are a smaller group usually around 10 walkers. We walk 7-10 miles at a faster pace and generally harder walks. Walks may be coastal or countryside with a picnic lunch. The walks are led by different members of the Group. We always welcome new members.

Anne Nicholas

Striders walk on Dartmoor on Tuesday 16 May 2023

The sun is shining and 9 intrepid striders from Saltash U3a can be found marching across Dartmoor starting from Merrivale car park led by Roger Fursier. We follow the Grimstone and Sortridge Leat past the bulls' eye stone eventually crossing the leat and making our way up to Pew Tor where we stop for coffee alongside about 20 youngsters on a school visit.



The many highlights of this 11.5 mile walk include the wonderful church at Sampford Spiney, the great lunch stop at Huckworthy Bridge, the foals and spring lambs, the beautiful hedgerows with the bluebells and other wildflowers and we even heard a few cuckoos along the way. Great fun day with lots of laughs and adventures.

Julie Tombs

Strummers and Warblers

(<https://www.saltashu3a.org.uk/groups/strummers-guitar>) and

(<https://www.saltashu3a.org.uk/groups/strummers-guitar/warblers-karaoke>)

Our small group of 8 members continues to survive with the addition of a new, female member who can play both electric and acoustic guitars. This means the 5 Warblers now have 3 Strummers to accompany them when they sing.

We have our own Song folder which consists of over 80 songs, suggested by members over time. Members choose the songs from the song folder they would like to sing each time we meet.



We meet fortnightly on the 1st and 3rd Thursday afternoon of each month, between 2pm to 4pm. Strummers meet from 2 – 3pm for practise and Warblers 3pm – 4pm for our sing-song. Our venue is the small, downstairs meeting room in Saltash Social Club, aka 'Buffs' room.

We find playing guitars and singing songs for us evokes feelings and memories, where feeling and remembering is being alive and living.

Enquiries for Tasters: Mobile: 07841 651174 Email: mick.wilson339@gmail.com

Mick Wilson

Table Tennis Group

(<https://www.saltashu3a.org.uk/groups/table-tennis-u3a>)

The table tennis group meet for 2 hours on alternate Monday afternoons from 2pm. In the lower sports hall in the Wesley Church.

Please note meetings are not held on Bank Holidays.

We welcome anyone to join, whatever their skill level and encourage rotation of players if the 4 tables are occupied.

We break for tea and relaxation and the chance to chat. This is an opportunity to live, learn and certainly laugh. Hope to see new faces soon.

Gill Higgins



Tai Chi & Qigong Group

(<https://www.saltashu3a.org.uk/groups/taichi>)

We survived the Covid restrictions in 2020 by meeting outside on Jubilee Green by the waterside. This brought looks and smiles from passers-by and attention from some inquisitive, playful dogs. Eventually poor weather forced us inside and having to resort to Zoom meetings to keep us inspired and practising.

In June 2021, just after the easing of Covid Pandemic restrictions, our group consisted of 15 stalwart members. Since then, our TCQ group has grown to 50 members, our maximum number given the available space to practise safely in our venue, Saltash Social Club.

We currently run two sessions between 1pm – 3pm every Monday afternoon, except when it is a Bank holiday. The first session, 1-2pm, Group A, is for beginners and less experienced members.



Group B, 2 -3pm, is for more experienced members.

These are not hard and fast divisions because there are members in Group A who have been practising for some time, but like to stick with their friends. The same can be said of Group B which does have a few less experienced members. The range of activities we cover are Tai Chi Chuan and Qigong (pronounced Chigong). Qigong exercises are designed to affect and strengthen specific areas of the body. Our aim is to practice Tai Chi Chuan and Qigong for health. Any questions or

enquiries for free Tasters, please contact: Mick Wilson, Mobile: 07841 651174, Email:

mick.wilson339@gmail.com Xièxiè 谢谢 Thank you

Co-Leaders: Les Law (Instructor), Mick Wilson (Admin)

Theatre Group

(<https://www.saltashu3a.org.uk/groups/theatre>)

In March the Theatre group had a guided tour of Stonehouse Barracks in Durnford Street by a marine. The Georgian Barracks was built between 1781 and 1783 on land bought from Mount Edgcumbe. It is home of 3



commando Brigade and referred to by the Royal Marines as their " spiritual" home..

Sadly, in September 2016 the Ministry of Defence announced that the Barracks were to be sold off as it was too old and expensive to maintain. However, the closure date has now been extended to at least 2029.

We were particularly interested in the delightful regency Globe theatre, which was a former racquets court in 1788 and permanently converted into a theatre in 1831. It is a tall single-storey grade 11 listed building, seats 250 and features a raised stage and a large timber panelled orchestra pit. It has its original thunder run ---- a stage effect where wooden cannonballs run through!

The Globe remains a theatre of particular significance as a rare example of its kind and period. It closed in January 2017 when the stage area was declared unsafe. With prolonged vacancy, there is a risk of damage and deterioration that places the building under great threat.

Before its closure the theatre had been used by the Royal Marines, local amateur groups and as a cinema.

Our tour continued in the dining room of the officer's mess where we were shown Napoleon's chair, which he sat on for breakfast while exiled on the island of Elba.

We contributed to the Royal Marines charity, which helps wounded and injured Marines and their families to improve their quality of life.

After the tour, we had tea in the officer's mess. Everyone seemed to enjoy the tour and learnt a lot about the Barracks.

Pennie Hagan

Ukulele Group

(<https://www.saltashu3a.org.uk/groups/ukulele>)

We have had a very successful twelve months in our ukulele group. We managed to stay together as a small group of six throughout Covid, meeting on zoom or in the park when we were allowed. We now have 14 keen members, all at different stages and all learning from each other. We have two big dates in our diary. We have been asked to play at the Hatt fete in July and at Tincome Woods Tea Party in August. We will let you know how we get on. (Fingers crossed). We will be signing autographs at the September meeting!

Lesley Brunskill

University Group

Plymouth University has developed a partnership over the years with Plymouth and Saltash u3a. After the covid pandemic and a revamping of personnel within the University the relationship came to a stand still. Members from Plymouth restarted the ties and it was progressing well. However there now seems to be a hiatus. I am not sure whether this is due to changes in the University



and/or strike action by the lecturers. I am in the process of chasing this up and will let our University group know. If you are interested in joining the group, please email at secretary@saltashu3a.org.uk.
Jennifer Gegg

Wine Appreciation Group

(<https://www.saltashu3a.org.uk/groups/wine-appreciation>)

Our wine appreciation group continues to meet every month. We have 2 lunches during the year, one in the summer and one at Christmas. They are very social events and last for several hours. We play games during the meal and they are great social occasions. The Group is full at present but if anyone would like to start another, we can help you get going. The size of the group depends on the size of your table! Please contact me if you are interested in doing this.

Jennifer Gegg



Other Stuff

St. Piran's Day Poem

A poem from Denise Watkins, written by her friend Kathryn Louise Garrod, and commended at the Cornish Gorsedd.

The Cornish saint is coming and we will walk the way
of pilgrims down the centuries on this St. Piran's Day.
His chapel lies beneath the sands,
like the tinnerns now, long gone,
and high above a skylark sings
his requiem in song.
And where lichen cleaves to granite,
we will pray around its stone
in the rippling dunes and marram grass
that makes the cross their own.

There is a traditional walk each year through the dunes at Perranporth on St. Piran's Day, finishing at the half-buried chapel. A lovely afternoon out, if the weather is good.

The Royal Connections Trip to Dartmouth (May 9th)

The weather wasn't too bad to begin with and we arrived on time at the picturesque Paignton railway station ready for the steam trip to the ferry to Dartmouth.

The train trip was magical, beautiful views of the countryside and we looked at little houses and bungalows, which appeared to be crowded together alongside the railway track.

We arrived in the dry at the station and members took pictures of the steam trains all polished and shiny, then we



crossed the river by ferry, the trip was calm over to Dartmouth and pretty looking at all the yachts



moored in the river.

We had some free time before we boarding the boat for a cruise up the River Dart and back; some people sat on the quay marvelling at the houses on the hills opposite, overlooking the river.

On time we went on the boat. There was a large comfortable area where tea and coffee was served but people were scattered around the boat. The view was fantastic but it started to rain and the stalwarts outside put their hoods up. The captain

gave a funny commentary about the river and its inhabitants and some interesting expensive points about training boats for the Dartmouth College, which trains Royal Navy Officers. She pointed out Agatha Christie's house and a house built by a man, which appeared to be an old castle, but was new.

One man in full Union Jack shirt was waving at us from his balcony. The King's Coronation was on 6 May and I think he was still celebrating.

Some wondered how many millions of pounds was sat on the river in the form of yachts, motor boats and large gin palaces.



We saw some large grey seals slumped on a board in the river. It was an interesting and informative trip.



Then we had two hours free time. Some explored the town, shops and the bars. I walked through the park and saw a shelter where other travellers were sitting. Then it began to thunder explosively.

Eventually the rain eased off and we went to the quay to go on the ferry to find our way to the station to go back in the train, where we swapped stories. Eventually we got back to where

the coaches were and sat back in warmth and comfort ready for our trip home. As we came across the Tamar Bridge the sun shone brightly welcoming us back. Thank you to everyone who organised this memorable day for us, and this trip was part-sponsored by Cornwall Glass

Marilyn Read



Just one more thing...

MEN WANTED!!

The committee are concerned that Saltash u3a are not doing enough for our male members. 25% of our members are male and yet only a handful attend the monthly meetings. They are under represented at MOST of the interest groups too. We would like to know if there is any way we can rectify this. So I am appealing to the men..... Do you have any interests that you would like to share with other members? Are there any changes that we can make that would make U3A more interesting to you?

We would welcome any constructive ideas; put your thinking caps on. Please e mail.

groups@saltashu3a.org.uk

Calling all u3a Members and especially Group Leaders, if you want to contribute to the next edition of the All About please send your submissions to the editor@saltashu3a.org.uk or the Committee via the Contact Us button on the website or write to us via the post box – see the [Get in touch](#) section below.

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

July - 'The Literary Trust Box' with Ian Parker	January
August - No meeting	February
September - Tony Marsh from Ashtorre	March
October - U3A Showcase	April
November - Paul Atkinson Being a physio to Plymouth Argyle	May
December - Christmas Social	June

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](#). Or write to: [Saltash u3a](#), c/o Community Enterprises, 4 Fore Street, Saltash, PL12 6JL