



In this Issue

[Upcoming Events](#)

[Recipe Corner](#)

[Things to ponder](#)

[Group News](#)

[Amblers Walking Group](#)

[Ancestral Time Travellers](#)

[Architecture Group](#)

[Art group](#)

[Bookworms Group](#)

[Creative Writing Group](#)

[Discover & Dine Group](#)

[Doorstep Discovery Group](#)

[Film Group](#)

[Flower Arranging Group](#)

[Garden Group](#)

[Geology Group](#)

[Guy's Coffee Morning](#)

[History Group](#)

[Music Matters Group](#)

[Photography Group](#)

[Roamers Walking Group](#)

[Roamers + Walking Group](#)

[Scrapbooking Group](#)

[Social Games Group](#)

[Spanish Group](#)

[Striders Walking Group](#)

[Strummers & Warblers](#)

[Table Tennis gp](#)

[Tai Chi & Qigong Group](#)

[Theatre Group](#)

[Ukulele Group](#)

[University Group](#)

[Wine Appreciation Group](#)

[Other Stuff](#)

[Speakers Programme](#)

[Committee & Contacts](#)

From the Chair

It has been a very busy six months since my last piece for All About with the start of the new membership year. The numbers of members renewing, together with new people joining, is ensuring that the membership maintains a healthy level, however there is always room for more. Perhaps mention us to someone you know, bring them along to a monthly meeting and let them see for themselves what we are about.

We have seen the launch of two new groups, namely Art & History, both attracting good numbers of members so we wish them well for the future. Doorstep Discovery has finally got off the ground and looking at the potential list of local places of interest it intends to try & visit there should be something for every taste.

Please remember if there is something that you are interested in and we currently don't have a group let us know, we may well be able to set something up. There is no limit to the number of groups we have so let's see what we can come up with in 2024.

It just leaves me to wish you all, on behalf of the newly formed committee, a very Merry Christmas and Happy New Year.

Kind regards,

Amanda Smith, Chair

Upcoming Events

Monthly meetings

Held on the second Thursday of the month 2-4pm at the Wesley Church, Callington Road, Saltash

January 11
Bruce Hunt
Saving HMS Tamar

Feb 8
Mark Tebbs
Managing a Toll Bridge

March 14
Derek Pilgrim
How Deep is the Ocean

April 11
Waitrose Challenges of running a top grocery store

Recipe Corner

Christmas Chocolate Cheesecake

Preparation time 45 minutes, Cooking Time 10 minutes plus 5 hours chilling



Ingredients

200g malted milk biscuit, crushed to crumbs
100g salted butter, melted
5 tbsp caster sugar
2 x 165g tubs full fat soft cheese (if you use soft or cream cheese from a deli counter the cheesecake might not set)
300ml pot double cream
300g white chocolate, melted
200g bar milk chocolate, melted
2 tbsp malt powder
37g bag white chocolate coated malt balls

Method

Line base and sides of a deep, 22-23cm loose-bottomed round tin with baking parchment. Mix the biscuits, melted butter and 2 tbsp of the sugar, then press into base. Chill while you make the filling. Divide cream cheese and cream evenly between 2 bowls. Add the white chocolate to one, and the milk chocolate, malt and remaining 3 tbsp sugar to the other. Beat each with an electric whisk until smooth.

Spread the milk chocolate mixture evenly in the tin. Wipe round the edge to give a smooth edge. Spoon the white chocolate mix over the top and gently smooth. Decorate with chocolate coated malt balls and chill for at least 5 hrs until firm.

Things to Ponder

Why is QUITE A FEW the same as QUITE A LOT?
How does a building BURN UP as it BURNS DOWN?
Why do you FILL OUT a form by FILLING IT IN?
When you put your alarm ON, it goes OFF.
When the stars are out they are VISIBLE, but when the lights are out they are INVISIBLE
Why is it called a HAMBURGER, when it's made out of BEEF?
Why does SOUR CREAM have an expiration date?
What would a chair look like, if your knees bent the other way?
Why is LEMON JUICE mostly artificial ingredients, but DISHWASHING LIQUID contains real lemons?
Why buy a product that it takes 2000 flushes to get rid of?

Group News

(Links to the group webpage are included in the heading)

Amblers Walking Group

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

We are a group that likes to walk and socialise and walk up to 4 miles on a flat route as much as possible. We meet on the first Wednesday of the month and usually get a bus from the bottom of Fore Street, Saltash to go into Plymouth, somewhere central. We then have a coffee followed by a walk and have lunch in a different place. If we can, we try to incorporate a place of interest or something different.

At the moment we are full and only allow 12 members at the most on each walk for safety reasons.

We have thought about having a second walk in the month but so far we have not needed to have one!! There is a waiting list so do ring me, or Jill, to be put on the list.

Our first 2 walks in the New Year are:

Wednesday January 3rd 2024. Bus in to Plymouth for another visit to The Box Museum

Wednesday February 7th 2024. Bus to Plymouth. Coffee in the Duke of Cornwall and a walk around the Hoe.

There will be more details about these walks nearer the time.

Group Leader: Judy Bradley 07801030264, email: judybradley66@gmail.com Assistant: Jill Male 07989928904, email: jillmale@hotmail.com

Judy Bradley

Ancestral Time Travellers

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

Oh my goodness what a busy showcase day. I had queues at my table with particular interest in the display I had of photographs that had been treated to AI (Artificial Imaging.) This amazing technology identifies facial features and places them on to another body image. I told the visitors it was someone in this room and could they identify who it was. In fact, all the images



were of myself and very few people could see that. The costumes I was wearing were period costumes and some of the photos were in sepia and others in black and white. You might wonder why that would be of interest to a genealogist. Well if you only had one photograph of your ancestor this could be manipulated into a number of different places and time spans and artificially improved.

I did in fact have a great interest in what the Time Travellers was about and what we did in our class and I had quite a number of new people sign up. I will be having a one off class for beginners to introduce them to the exciting journey they might wish to take. You might wonder what



qualifications you need to start this journey.

Well none, other than an inquisitive mind a logic sense of disbelief and the mind of a murder detective looking for clues.

The beginners group session will be on Tuesday 5th December at 2pm to 4.0pm in the Saltash Heritage research room, on the first floor of the museum in 17 Lower Fore Street. If you are interested give me a ring to see if I have an available seat. 01752 847800

Meanwhile the advanced group still meet in the museum on a Tuesday each month, date decided during the previous month. If you are interested in joining us, please speak to me or phone me on

01752 847800 or email me at secretary@saltash-heritage.org.uk .

Regards and Nadelik Lowen, to one and all.

Lizzy Sharpe-Asprey

Architecture Group

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

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 their artistic forms and the aesthetics of the buildings. We use a combination of learning at our meetings on the second Friday of each month and field trips to interesting buildings in our attempt to appreciate the architecture around us. We have had talks on diverse subjects like castle architecture, the Royal William Yard, Sir Edward Lutyens and several National Trust properties.

This year we have been to Cotehele, Lanhydrock, Saltram, Plympton Castle and Truro Cathedral (while the Gaia Globe was installed - right). In the future we plan to go to the Royal William Yard, Stonehouse Hospital (Millfields) and the Royal Citadel. If you are interested in joining this group, please contact Mike on tiddy6@gmail.com.



Mike Corber

Art Group

(no Link Available)

I am pleased to say that the new Art Group is now up and running. We meet the first and third Friday each month from 2pm-4pm at the Girl Guide Headquarters in Warfelton Crescent.

The group only started in October so we are still finding our feet but hopefully will have much more to report by the time of the next Newsletter. However, we did manage to produce a pleasing show of work at the October Showcase only six days after our inaugural meeting. Thankfully several group members had pieces produced prior to the group's formation.



Our members range from complete novices through to those with more experience. The aim is to learn from, to help and to encourage each other. To try something new or improve our current skills in a relaxed and friendly environment. Overall, the hope is that our classes are enjoyable and sociable as we learn.

Brenda Garner

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 and the conversations often go off in unexpected directions. After half-time tea break, we 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 were a small group however, due to people leaving; it is suspended at the moment until further members wish to join. If you are interested, please contact me via the U3A website contacts page.

Marilyn Read

Discover & Dine Group

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

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, although, occasionally we may have a lunch prior to a visit instead of eating afterwards. We use mini-buses allowing us to travel together, therefore numbers are restricted. 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.

Lots of new places have been added to the list that Discover & Dine have now visited and for those that have gone on these trips a wealth of knowledge has been absorbed. Having the opportunity to dine together always adds to the day, especially if one normally dines alone. Just to remind everyone that all members are automatically members of this group, if interested make sure you read your emails. Thank you to all those who have supported this group concept in the past, keep an eye out for trips in 2024. *Amanda Smith*

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. Finally, after many months, the Doorstep Discovery group enjoyed their first visit to something which is on our doorstep, but which has been overlooked by many of us. No. 3 Elliott Terrace, Plymouth the home of Lady Astor, was chosen for this first of many, we hope visit to come.

Our tour guide, one of the Lord Mayor's Mace Bearers, gave us a comprehensive & informative talk on the background of this forward thinking & formidable lady who was the first woman to take her seat in the House of Commons representing Plymouth. A tour of the house gave an insight into the life and social circles that Lady Astor moved in during those times through the many photograph's of family and the famous.

The tour ended with a cream tea taken in the Drawing Room overlooking Plymouth Sound on what was a stunning day weather wise.

It is intended that this group will go on a visit once a month to a local place of interest using public transport or car share. Our next trip will be in January so if not already a member of this group and you think that you may be interested then please see Trevor or Amanda at one of the monthly meetings.

Amanda Smith/Trevor Earl



Film Club

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

The Film Club meets every month usually in a members house. Anyone belonging to, the Theatre Group can join. We watch a film followed by a discussion and refreshments. Numbers are restricted to six including the host.

Occasionally we go to the Art Cinema in Plymouth to view a film.

In June we watched "Bank of Dave" starring Hugh Bonneville, Rory Kinnear, Paul Kaye and Joel Fry. The film was based on fact and the group enjoyed it giving it a score of 9.

"Fisherman's Friends One and All" was viewed in July and again was given a score of 9.

We watched "The Dressmaker" in August, a film which had won several awards. It was a comedy with an unusual twist at the end.

"Oranges and Sunshine" was our September film based on the book Empty Cradles. This was a sad film based on fact, about how thousands of children were sent to Australia on their own to live in orphanages. Often they were told wrongly that their mother's were dead. We gave it a score of 9.

In October we watched "The Lost King" which was a true story based on the book The King's Grave. It was about one woman's search for the grave of Richard the third of England.

Lastly in November we watched "The Grand Budapest Hotel". This was an amusing comedy and crime film, we gave it a score of 7.

Anne Bolt

Flower Arranging Group

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

The Group started again in January 2023.

We 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 of try and do a shape such L-shape.

Do come along and join us, we have room for a couple more people. We do it because we love flowers and it is very relaxing.

These are arrangements in a pumpkin for Halloween.

Sylvia Caldwell



Garden Group

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

The second half of this year was again filled with varied and interesting visits to some local and not so local gardens. One that stands out is the Garden Safari, which is a slightly different concept in that a number of garden group members kindly 'opened' their own gardens for the group to visit. A total of 5 gardens were on offer and members were treated to a very diverse set of gardens of all shapes and sizes. The year was rounded off with 26 members going to visit to the garland at Cotehele, followed by Christmas Lunch at The Who'd of Thought It.



Following a successful plant swap and planning meeting, the group has enjoyed a full year and I am hopeful that the itinerary for next year will be equally exciting and as well supported.

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 continues to flourish, meeting the 4th Friday afternoon at 2pm. In the winter we are in the



Burraton Community Centre and in the more clement months we have outdoors trips to look at the fantastic geology of Cornwall and Devon.

In January, we will have a presentation on minerals with samples of rocks to look at and guess what they are. One of our members has just purchased a newly published book about the geology of Dartmoor loaded with great information and ideas for walks in the summer. In February 2024 our meeting will focused on this subject and we will go from there. I am hoping that we will have a visit to Hemerdon Mine next year as well which fits in nicely with the Dartmoor theme.

All are welcome to join the group and no prior knowledge of geology is necessary just an interest in understanding what lies under the ground and why are countryside looks like does.

If Dartmoor is your thing(!) why not come along to find out more

Jennifer Gegg

Guy's Coffee Mornings

(no link)

A discussion point at the July 'new members get together was, why do fewer men than women become members of the Saltash u3a and take part in the various groups.

Only 25% of the membership of our nearly 300 members are men. This is also the situation across the U3A nationally.

The Guy's Coffee Group has been set up as a forum for our new and longer-term male members. These 90 minute get togethers are planned to take place every 4 to 6 weeks.

The groups provide an ideal opportunity to:

- Make new friendships
- Generally chat to fellow members
- Discuss various and varied topics put forward by the attendee
- Talk about the various U3A group activities that our male members are taking part in

Rob Jenkins

History Group

<https://www.saltashu3a.org.uk/groups/history-group>

Following considerable interest from members it was decided to re-start a Saltash U3A History Group. 33 members signed up to show their interest in joining the group, either at a monthly meeting or at the October Showcase.

Meetings have now commenced and take place on the first Thursday of the month at the SHADO Centre from 14:00 to 16:00 and the group will follow the U3A vision:

Members meeting with other people to share experiences and knowledge whilst enjoying each other's company and learning together, and having reached the third age you are all Suitably Qualified and Experienced Historians.

In forthcoming meetings, the group will be agreeing which historic time-periods, major historical events or significant historical figures we will be covering in early 2024 group meetings.

There will also be opportunities for group members to present on subjects significant to themselves e.g. places of historical significance they have lived in or visited, a family member, or an event.

Advice and assistance can be provided if required on producing and presenting a presentation.

Rob Jenkins

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. 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. Membership cost £1 a month (collected every 4 months), and covers the hall rental fee, tea, coffee and biscuits. Also, we have an annual meal in February or March. Members' photos are displayed on the Saltash U3A website gallery and each year, for a whole month, we have an exhibition of our work in Saltash Library to coincide with the U3A Showcase. If you missed our exhibition last month, then you can see the photos on the our U3A website Gallery. We have been on field trips to a castle, a stately home, the beach, a Cathedral, the Barbican, and down the River Lynher by boat for wildlife photos. 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 where we meet at the Leisure Centre at 9.15. There is no requirement to drive as we often have plenty of drivers. All 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. We are a very friendly, welcoming group who walk on Dartmoor, the Southwest Coastpath, South Hams and rural villages.

Mel Dixon

Roamers Plus Walking Group

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

The group 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 they will not be a race. Sometimes the walk will have themes i.e., historical, geological, archaeological, or just splendid views. 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. We 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.

"There's no such thing as bad weather, just the wrong type of clothing!" goes the adage, be prepared for all eventualities and you'll walk in comfort as well as safety.

Britain is famous for its changeable weather. You need to be prepared for bad weather even in the summer months so here's some suggestions on what to wear, or have in your rucksack.

Essentials - Waterproof walking boots providing ankle support and good grip. Waterproof jacket and over-trousers, gloves and a warm hat or sun hat and sunscreen in summer.

Note, denim jeans and waterproof capes are not suitable.

A waterproof rucksack liner and a Space blanket (Emergency Survival Foil Blanket), a water bottle of at least 1 litre capacity, and maybe a flask with hot drinks and a small torch (especially in winter).

Recommended - Several layers of clothing, which can be added or removed, plus specialist walking socks to avoid blisters. (2 pairs for me), Gaiters, a small First Aid Kit including plasters and any personal medication, insect repellent, Walking poles, particularly useful for descents, a sit mat (insulated pad to sit on when you stop for a break, and a rigid lunch box.

As a guide this year, I'm trying to minimise the travelling distance to a radius of about 30ish. miles of Saltash. There must be many tracks / footpaths to be explored and enjoyed in these areas, and I can help with a recce, if required, please ring me on 7972148938, 01752 846407

Our future walks are:

Jan 23rd Mel Walkhampton Area

Feb 27th. Jane Bodmin Moor

Mar 26th. Julie daffodil Walk

Apr 23rd Elaine Looe by

Train

May 28th Des (school hols) Bellever Area

Jun 25th. Gerith Hope Cove

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.

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>)

We meet every other week, holding the sessions in my house, which negates the need for hiring a room and six is a good number, enabling help for everyone so I hope it's not just the tea and biscuits that keep them coming back for more!!

The Group has now been running for nearly a year. Although we did lose 2 members they have been replaced by another two. Progress is slow but everyone has stayed and persevered and, despite what they think, they are all improving.

I believe the key to maintaining interest is variety. We use a variety of aids – books, cards and CD's. The most popular and useful are the use of sentences in English or Spanish to translate. It causes a lot of discussion from which we all benefit.

The hardest element is grammar but this is essential in order to speak Spanish correctly. Much is rote learning but everyone is getting better. The incentive is a trip to Spain when we can speak a little more fluently.

Jeanne Milton

Striders Walking Group

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

The Striders walking group in Saltash U3a is aimed at walkers who enjoy the slightly longer walks, sometimes on challenging terrain. We usually walk around 8 to 10 miles on the third Tuesday of each month and meet at the Saltash Leisure Centre at 9.30 to car share to the start of walks (contributing £5 each).



We walk in the countryside, on moorland and the coast path and always have fun, rain or shine often stopping for tea and cake at the end of our walks. Above and left are a couple of photos from our last walk through the Seaton valley. Come and join us if you enjoy walking adventures in our lovely countryside.

We are a great bunch of intrepid explorers.

We have a varied programme of walks lined up for 2024 so come along and give it a go. Feel free to contact me to discuss further at julietombs4@gmail.com or 07476 124883

Julie Tombs

Strummers and Warblers

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

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

We began the Autumn term 2023 with our stalwart group of 3 and 5 Warblers singing. Recently, since the October Saltash U3A Showcase, we have attracted 3 new members to Strummers, all of whom play electric and acoustic guitars. This welcome influx of new members has added several new dimensions to our 'sound' and our repertoire in terms of how they play and the songs played. It also means that Strummers, at 6 members playing guitars, now outnumber the 5 lady Warbler voices and we now have the challenge of recruiting a few more voices to redress the imbalance! Any male voices would be very welcome and several female members have expressed interest in having free Taster sessions.

The songs we like to sing range from the 1950s to the present and our Song folder contains 80+ songs but is always expanding. Many of the songs Warblers choose to sing tend towards Ballads. So before they arrive, Strummers have a noisy thrash around with some Rock & Blues numbers, then quieten down when Warblers arrive!

We have been meeting regularly fortnightly (2-4pm, 1st & 3rd Thursday of each month, sometimes for the 5th Thursday when 5 in a month) in the downstairs room (Bufs) of Saltash Social Club

For us one possible and very exciting event on the horizon for next June 2024 is the Saltash Songs & Shanties Festival. Our Strummers & Warblers group is considering applying to participate and offer a 'Singalong with U3A' on a Thursday afternoon in Saltash Social Club. So when the New Year begins we will need to sort out our Set list of songs and get practising.

Until then, wishing everyone a Merry Xmas & happy New year.

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, but please note meetings are not held on Bank Holidays.

We welcome anyone to join, whatever their skill level and encourage the rotation of players if the 4 tables are occupied. We also break for tea, relaxation, and the chance to chat during the meeting.

Hope to see new faces soon.

Gill Higgins

Tai Chi & Qigong Group

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

Les Law (Instructor) and myself are overwhelmed at the continued growth and popularity of our TCQ group in 2023. Since last Summer Term, beginning April 2023, our maximum limit of 45 – 50 members has remained constant. These figures are determined by Health & Safety factors regarding the space available to practise in Saltash Social Club should all our members attend the sessions. At one point there was a waiting list of 14 but at present, due to various factors, there is no waiting list. We run two sessions on every Monday afternoon (Bank Holidays excepted). Group A (1pm-2pm) for Beginners & less experienced members, and Group B (2pm – 3pm) Advanced, more experienced members. Last Summer term 2023 we were able to run two extra sessions on Tuesday afternoons as 'Workshops' to help members concentrate on the finer details of movements. The first workshop concentrated on several Tai Chi Forms (sequences of moves) and the second introduced many members in Group A to the Tai Chi Fan Form, which is already practised by Group B members. One Fan Form practised was that done by over 1000 people at the opening of the Beijing Olympics (2008), a massive achievement and impressive spectacle of coordination.

As most movements in Tai Chi & Qigong are open-handed, the use of 'weapons' like fans, staffs and swords (wooden) add another dimension to our practice. The gripping of an object can help members improve strength in their hands, arms, shoulders, back, balance and coordination. Why is a Fan regarded as a 'weapon'? During successive Chinese Dynastys before the 20th Century, although Chinese women from the 1st Century achieved military fame, women at Court were not allowed to wear weapons. Fans were often made of hard wood metal, or both, with sharpened edges capable of inflicting serious wounds (throats of unwanted attention!) or used as batons which could stun or inflict an eye wound.

Qigong, the oldest activity, dates back to over 4000 years to 2600 BC, where pottery depicting it has been found. It existed long before Tai Chi Chuan and was the basis for it. The development of Tai Chi Chuan, from Qigong, as a martial art was influenced by the arrival of Buddha to China from India, dated around 500BC. The motivation for this development was to help Monks improve their physical

fitness and ability to defend themselves from attacks. Qigong movements, derived from observing animal behaviour, became refined into the system of self-defence Tai Chi Chuan, which later became the basis for the Martial Art we today know as 'Kung Fu'.

Qigong is closely allied with Traditional Chinese Medicine. Medical Qigong developed as a means of relieving various maladies where Qigong Masters would advise on the practise of certain movements to improve a person's health as they clearly understood how the movement and posture of one part of the human body could affect other parts. By comparison, Bio-scientists in 2022 have only just been able to show, using Western Scientific method, that when a person exercises their axial muscles (the Core, in the back) it can activate areas of the brain which stimulate the Amygdala. This is part of our nervous system, which processes emotions, especially negative ones. In short, exercise can help people feel good and not depressed.

Qigong exercises are designed to affect and strengthen specific areas of the body. One exercise may focus on the lower joints, the ankles, knees and hips while another focuses on shoulders, elbows and wrists. All Qigong exercises are done very slowly, coordinating movement with breathing, allowing the limbs to adjust comfortably from one position to another, whilst also cultivating a relaxed, calm, peaceful state of mind. Tai Chi Chuan has become both a form of healing and martial art combining martial art movements with Qi (energy) circulation, breathing and stretching techniques.

Any enquiries, please contact Mick Wilson;

Mobile: 07841 651174 Email: mick.wilson339@gmail.com

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>)

Pennie Hagan

Ukulele Group

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

The ukulele group has had a very successful year. Our aim is to simply enjoy playing together, learning new tunes, having a laugh and welcoming new members. However, this year we have played a couple of times in public, most recently at Ashtore Rock for a sing along session which was a great success. Following on from that evening, we have been invited to play for two more groups of people and also at a Christmas Carol session, again at Ashtore. The X factor beckons..... in our dreams!

We are always open to new members including anyone who wants to join us simply to sing. Come along to the Burraton Community Centre on Wednesday mornings at 10.15 (the downstairs room) and give it a try. The group has 14 keen members, all at different stages and all learning from each other.

Lesley Brunskill

University Group

(no link)

We have had information about lectures and research projects come our way over the last few months. Now that the students are back after the summer vacation we may hopefully get some more events to take part in.

I arranged a tour of the CYBER-Marine Lab which a few of us went to. It was extremely interesting and Professor Jones showed us how the team tried to stop terrorist attacks in the maritime world.



We then went into the bridge simulator and several of us had a go at steering a large ship around the Plymouth Sound in various kinds of weather conditions. The unit also ran a cyber game and a Saltash u3a team was invited. It was



great fun and we had the help of some postgrads who knew how to do the tricky computer stuff. We hope we get invited to the next game!

Plymouth University has developed a partnership over the years with Plymouth and Saltash u3a. 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 great social occasions, last for several hours and we play games during the meal. 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

KEEP YOUR BRAIN SHARP

Dr Howard Tucker is 101 years old and still working as a GP. This is his list of tips to keep your brain sharp.

- 1) Keep working, as there are links between retirement and cognitive decline (by this he does not mean paid/PAYE work. Volunteering part time is work as it uses the brain to think and problem-solve).
- 2) Stay up-to-date with new developments and technology, as this can also keep your brain busy.
- 3) Take up a new hobby, learn a new skill or do some volunteering.
- 4) Maintain a Social life and make the effort to meet other people in your community for tea/coffee, lunch dates or restaurant meals.
- 5) Maintain strong relationships as this can help your memory and cognitive functions.

Having read Dr Tucker's tips, I could not help thinking this is exactly what our U3A offers members, especially if they get regularly involved and volunteer to help run groups, or even be on the Committee; many hands make light work!

Mick Wilson

Just one more thing...

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 2023

January Bruce Hunt - Saving HMS Tamar	July TBA
February Mark Tebbs - Managing a Toll Bridge	August TBA
March Derek Pilgrim - How Deep is the Ocean	September TBA
April - Waitrose Challenges of running a top grocery store	October - U3A Showcase
May TBA	November - Annual General Meeting
June TBA	December - Christmas Social

Committee and Contacts

Chair	Amanda Smith
Vice Chair	Gill Higgins
Secretary	Barry Olver
Treasurer	Peter Payne-Hanlon
Membership Secretary	Rose Olver
Groups Coordinator	Barry Olver/Amanda Smith/Jason Lamb
Publicity Officer	Mo Kent
Speakers Secretary	Marilyn Read

Webmaster	Jason Lamb
Minute Secretary	Sue Pym
Committee Member	Dee De Beaufort / Rob Jenkins

Get in touch

Contact the 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

Post Script

I would like to end future newsletters with a photo that has been taken by one of our members of some part of our U3A year. I'll start it off with a photo of our own Chair, Amanda Smith, explaining to some of the Garden Group members how she helped to construct the magnificent garland at Cotehele.

Mike Corber, Editor

