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## From the Chair

*As I sit compiling this introduction two things strike me firstly I cannot believe that we are almost through the year and secondly I keep wondering when we are going to have some warm sunny weather.*

*Saying that it has certainly not stopped us here at Saltash u3a. All of the groups have been well attended as has the monthly meetings despite torrential downpours. Equally those groups that go out and about on trips /visits and walks have not been deterred, thoroughly enjoying themselves, whatever nature has thrown at them.*

*In the first half of the year we have certainly had some interesting community slots and main speakers. I single out the Bank Manager as being one of the most talked about that we have had in recent years. His simple advice given during his talk prompted many members to visit their banks the next day, hopefully keep their savings more secure.*

*I am pleased to report that membership of Saltash u3a has risen to just over 300 and in comparison to other u3a's around the country, we are doing very well. We have a lot to offer but can always make room for more interest groups so if you have an idea please share it with us and we will see what we can do. Always looking forward for new and exciting ideas.*

*Whilst looking to the future, I should just like to take this opportunity to thank you all for the support that you gave to myself and the committee with the recent passing of Gill Higgins, it has been very much appreciated.*

*Enjoy the summer when it comes.*

*Amanda and; committee*

NB. Just click on a heading in 'In this Issue' to jump to the item

## Upcoming Events

### Monthly meetings

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

June 13<sup>th</sup>

Phillip Photiou

Saltash and the Civil War

July 11th

John Dobson

A journalist's view of Israel and Gaza .

August 8th

No Meeting

September 12th

Roger Grace

An ordinary seaman's adventure witnessing the Atomic Bomb

October 10<sup>th</sup>

U3A Showcase

November 14<sup>th</sup>

Saltash U3A AGM

Steve Hale from The Samaritans

Bucket Collection

December 12<sup>th</sup>

Christmas Social

### Saltash Chronicles Embroidery Project at Saltash Guildhall

Created by Saltash volunteer artists and embroiderers between 2011 and 2016, the 27 panels of embroidery depict the history of Saltash from the Stone Age to the present day. Several of our members worked on these amazing panels. I will be arranging group viewings of the Chronicles over the coming months. If you would like to see this work of art, please sign up at the next meeting or give me a call on 07340 864846.

[Denise Watkins](#)



### Saltash Songs & Shanties Festival

**15th - 24th June** Saltash Songs & Shanties Festival takes place at various local venues, please check the programme for details. Please note that our Ukulele Group and Strummers & Warblers Group are both appearing at Ashtorre Rock on the Wednesday the 17<sup>th</sup> between 1.30pm and 3.30pm.

### Saltash Regatta and Waterside Festival

**13<sup>th</sup> & 14<sup>th</sup> July** A free 2 day festival, music on two stages, gig-racing, street market, and cardboard boat race.

### Saltash Christmas Festival

**7<sup>th</sup> December** On the first Saturday of December every year Saltash celebrated Christmas with a Street Market, Lantern Parade, Fun Santa Run and Fireworks

## Handy Recipe

### Banana and Walnut Loaf

4 bananas, mashed  
6 oz walnuts, chopped  
8 oz self-raising flour  
5 oz sugar  
2 oz fat, plus 1 tablespoon fat  
3 eggs  
1 tablespoon baking powder  
½ tablespoon salt  
¼ tablespoon bicarbonate of soda



### Method

In a medium-sized mixing bowl beat the sugar, 2 oz fat and eggs together until it is light. Add the mashed bananas to the mixture. Sieve the flour, baking powder and bi-carb together and add the banana mixture, beat well and then stir in the walnuts (you can use other types of chopped nuts, e.g. Pecan nuts, if you prefer). Grease a 9 inch loaf tin with 1 tablespoon of fat and pour in the mixture. Bake for 1 hour (or until the loaf is cooked) in a pre-heated oven at 180 degrees C (350 degrees F), or Gas 4. Additionally, you can add toasted walnuts as topping and ½ teaspoon of cinnamon to the mixture for a (slightly) fancier banana loaf.

This banana loaf will keep in an airtight container at room temperature for 3 to 4 days. You can also freeze the whole loaf if you want: Wait for it to cool, wrap it in plastic wrap and foil, then store in the freeze for up to 3 months.

## Comedy Corner

### 10 Things to Ponder

Why do we wait until a PIG is dead, to “CURE” it?  
Do Roman paramedics refer to IV’s as “4’s”?  
Why do we wash BATH TOWELS – aren’t we clean when we use them?  
Why do we put SUITS in a Garment Bag, and put Garments in a Suitcase?  
If a mute swears, does his mother wash his hands with soap?  
Why doesn’t GLUE stick to the inside of the bottle?  
Whose cruel idea was it for the word “Lisp” to have an “S” in it?  
Why do we see stars, when we get knocked unconscious?  
Wool can shrink when wet, so why don’t sheep shrink when it rains?  
Should vegetarians eat animal crackers?

### A Joke - by [Mick Wilson](#)

Group Leader: Did you get the email I sent about the cancellation of last week's meeting?  
U3A member: Err...  
Group Leader: I also made an announcement at the previous meeting.  
U3A member: Pardon?  
Group Leader: I also posted a message on our WhatsApp group site.  
U3A member: What's that?  
Group Leader: You're a member of our WhatsApp group. Did you not receive any messages by email, WhatsApp or hear the announcement at the last meeting?  
U3A member: Ah... I wondered why there was no one else here when I turned up last week.

## 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.

Group Leader: Judy Bradley 07801030264, email: [judybradley66@gmail.com](mailto:judybradley66@gmail.com) Assistant: Jill Male 07989928904, email: [jillmale@hotmail.com](mailto:jillmale@hotmail.com)

[Judy Bradley](#)

### Ancestral Time Travellers

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

The advanced group meets 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](mailto:secretary@saltash-heritage.org.uk).

[Lizzy Sharpe-Asprey](#)

### Architecture Group

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

The Architecture Group meets at 2pm in the lower hall at Burraton Community Centre in Grenfell Avenue on the second Friday of the month.

We aim to learn about the different styles of architecture 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 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 covered topics as wide as Modern Architecture Brutalism to the Pyramids and the life of Imhotep, the architect of the step pyramid in Egypt. Plus a look at the modern architecture of Dubai: the photo is of the Burj Khalifa, Dubai, the tallest building in the world at 2,722ft just over half a mile!).

Field trips for the summer months are being planned so are interested in joining this group, please contact Mike on [tiddy6@gmail.com](mailto:tiddy6@gmail.com).

[Mike Corber](#)



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## Art Group

(no Link Available)

Our Art Group was formed in September last year and we are now beginning to settle into quite a good little group of mixed ability members. We have already produced some pleasing pieces of work between us. We are learning from each other and the main aim is to enjoy ourselves while we learn and to hopefully improve our skills in a sociable and relaxed environment.

We do have a 'theme' to work from at each session although this is not set in stone for anyone wanting to do their own thing. A few examples so far are trees, coastal landscape, birds, a still life and a meadow. We are also planning to do a few trips out with an art connection.

Our first session away from the usual venue will be close to home. The hope is (weather permitting) to spend a few hours on my decking overlooking the river, bridges yachts etc. with the aim to inspire us to produce a pleasing piece of work. If not we shall just sit and enjoy the views anyway and have a chat about future projects etc.

*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*

## Discover & Dine Group

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



This group is open to all members of our U3A, and we try to vary our trips to cater to different interests. In March, we visited All Hallows Museum in Honiton, where we were introduced to the Honiton lace industry and the Honiton Hippo. There was also an exhibition of local geological finds and old toys. The lace exhibition was very extensive and there was also a demonstration and some of us had a go with varying degrees of success! The lace exhibition was of particular interest to several group members as they had relatives who worked there. We then went on to The

House of Marbles in Bovey Tracy. This included an unscheduled tour of Dawlish and Teignmouth as we were told by our bus driver that he had a problem with the bus and he didn't think he would be able to make it up Holden Hill. We eventually arrived and had a lovely lunch in their restaurant before touring the various exhibitions. These



included a demonstration of glass blowing, a history of the old pottery works and the famous marble runs and toy display.

In April we visited A La Ronde a National Trust building near Exmouth. This is an incredible 16-sided building designed more than 200 years ago by 2 sisters who had a fascination with crafting. The



building was designed so that the sisters could move around from room to room to

follow the sun so that they had the best light for their work. Unfortunately, you can no longer go up into the gallery to see the extensive shell frieze, but you can see parts of it from the central vestibule and up



a narrow stairway. In another room, there is an amazing frieze made entirely from feathers. These also extend around the doorways. All the rooms are full of really interesting artifacts; if you have not been, a visit is highly recommended. We then went



for lunch at The Staddlers Arms where we enjoyed a very hospitality. Then we moved on to Killerton House, which had an exhibition of children's clothing upstairs, bringing back memories for many of us.

In May, we visited the Owl Sanctuary, where we stayed for the morning to take in all their displays and talks. Following lunch at the Sanctuary, we went on to Trelawney Garden Centre. The June trip will include Buckfast Abbey, where we will have lunch in their restaurant before going on to The

Butterfly Farm and Otter Sanctuary. Amanda and I welcome any suggestions you may have for places to visit and look forward to your company.

We promote our trips at the monthly meetings, where we take names of people interested in each trip. Please come and visit our table and see what we have to offer.

*Dee Debeaufort*

## Doorstep Discovery Group

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

Our last visit was to Radford Lake. We travelled by public transport to Radford Lake, looking at the history of the boat house where Drake and Walter Raleigh entered at high tide. On the buildings, all the granite door surrounds and pillars were from the original house built in the 1200s. Then we walked through the park



and on to Hooe to have something to eat and drink, and finally to mount Batten pier to catch the return bus, I think a good time had by all.

Our next visit hopefully, will be to Elliotts store and to Mary Newman's house followed by a walk down to the waterside in July.

*Amanda Smith/Trevor Earl*

## Film Club

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

The Film Club is open to anyone who is a member of the Theatre Group. We meet every month in our own homes to show a film of the host's choice. A discussion follows, plus refreshments.

Occasionally we go to the Arts Cinema in Plymouth to see a film.

In January this year, we saw "When the Crawdads Sing" (2022). This was a story about a girl living on her own in the marshes of North Carolina. She faces prejudice from the local community and when a local man is found dead she is arrested. The group enjoyed the film especially the twist at the end.

February's film was "Maestro" (2023) starring Carey Mulligan, Bradley Cooper and Leonard Bernstein. It was an American biographical romantic drama film that centres on the relationship between American Leonard Bernstein and his wife. Bradley Cooper also directed the film. The acting was excellent and the group gave it a score of 8.

The film in March was "Big Fish" (2003) starring Ewan McGregor, Albert Finney and Jessica Lange. This film had a mixed reaction from the group. It was a magical adventure; some described the film as fascinating, clever to unusual and weird. The score given was 6.

In April we watched "Hard Times" (2009) starring John Lynch, Linda Hamilton and Lochlainn O'Mearain. This was a comedy set in Ireland featuring a village when most of the residents are a bit depressed. This all changes when four local men steal a van containing Viagra. They panic when they think they about to be arrested and hide it a holy well where it leaks into the local water supply. Following this, the village thrives and everyone is much happier. The group thought the film was light hearted and easy viewing; the score we gave it was 8.

The film in May was the classic "Far from the Madding Crowd" (1967) starring Julie Christie, Terence Stamp and Alan Bates. This story of a young woman who is vain. She falls in love with a soldier who treats her badly. In typical Hardy stories several disasters happen, but it has a happy ending which is unusual. The group gave it a score of 8.

Our Art Cinema visit was on 17<sup>th</sup> January. We watch "One Life" starring Anthony Hopkins, Johnny Flynn, Helena Bonham-Carter and James Hawes. This was a true story about Nicholas Winton, a young London broker. He went to Prague (the capitol of Czechoslovakia at the time) after hearing about hundreds of refugees who had fled from the Nazis in the 1930s, and were living in appalling conditions. He organised with the help of volunteers in Prague and his mother in London, to obtain visas for 669 children and enabled them to travel by train to Britain. They then went to live with foster parents. The group thought it was a very good story about an exceptional human being. It was very emotional in parts especially when the last train didn't manage to leave Prague due to the outbreak of World War Two. The film was given a score of 9.

*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 3<sup>rd</sup> 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.

*Sylvia Caldwell*



## Garden Group

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

This year it took the Garden Group some time to get off the ground so to speak. Losing the Hoppa Bus as our main form of transport caused to be more problematical than was initially envisaged. Glad to report that this issue has finally been resolved with us now using Saltash Red Bus Company. This coupled with a potential speaker for a February talk having to cancel meant that we have only done a couple of visits. The rest of the year's programme is looking good and hopefully some new gardens to visit. With the group having been going for so long now it is not easy to find gardens that we have not visited in the past however all gardens take on a different look dependant on the season and therefore are always changing and evolving. Hope to see you on one or other of the forthcoming visits and also look out for details of the (dare I say it) Christmas Lunch, Amanda

### Colton Fishacre



A dozen members of the Garden Group had a visit to the house and gardens at Colton Fishacre, near Brixham. Travelling by minibus, we arrived there just in time for lunch and in thankfully drying weather. Walking around the gardens, through large trees and masses of colourful plantings, you could take the paths down through the steep-sided valley to the tidal Pudcombe cove with its two viewpoints, but the best viewpoint involved another steep climb up to the northern side of the valley to look towards the south. Following this path at the upper level leads to the house, which was built in the 1920s for the D'Oyly Carte family (of Opera fame) in an Arts and Crafts exterior style, with the interior fitted out in quality Art Deco furniture and fittings

If you are interested in joining this group, please see me at a monthly meeting or email me at [garden@saltashu3a.org.uk](mailto:garden@saltashu3a.org.uk) or [chair@saltashu3a.org.uk](mailto:chair@saltashu3a.org.uk)

*Amanda Smith*



## Geology Group

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

We meet the 4th Friday afternoon of the month at 2pm (some flexibility to time).. In the inclement weather we meet at the Burrington Community Centre while the rest of the year we go out to view the very interesting geology around us. We meet at the leisure centre and car share. We have been concentrating on Dartmoor this year and our next meeting we are going to Morwhellan Quay to look at the rocks but also to learn about the mining industry which is so much of our past .

If you are interested in looking at your surroundings please come along. No prior knowledge is necessary.

*Jennifer Gegg*

## Guy's Coffee Mornings

(no link)

The members of the Guys Coffee Group have continued to meet up every 4 to 6 weeks throughout 2024. We are a very informal group that generally chat and discuss many and varied subjects.

We usually meet up at the SHADO Centre and the get togethers last approximately 90 minutes. A contribution of £2.50 from each attendee covers the cost of hall hire and refreshments.

This group provides our male members with an opportunity to meet up:

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

*Rob Jenkins*

## History Group

<https://www.Saltash u3a.org.uk/groups/history-group>

The reformed History Group has gone from strength to strength in 2024. There are 35 members, but always room for more.

Our monthly meetings take place on the first Thursday of the month at the SHADO Centre from 14:00 to 16:00. We ask for a £2.50 contribution from attendees to cover the cost of hall hire and refreshments.

Members are provided with the opportunity to present to the group on an historical subject of their choosing, which is then followed by a group discussion.

Following the refreshment break the group discuss the subject that has been selected for 2024 - 'The History of Cornwall / South East Cornwall'. Members are encouraged to print off articles / information sheets on applicable historical figures, places or events. These are then discussed prior to being included in the group Project Portfolio.

Having reached the 3rd age you are all historians and this group provides the opportunity for you to share your knowledge with others.

Rob Jenkins

*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>)



The Photography Group meets at 9.30am on the first Friday of every month in the SHADO building next to the Leisure centre car park.

Every month we have a theme for our photos and member's images on the theme are then projected on the screen for everyone to admire. We have field trips and occasional workshops. The photos show our field trip to Lanhydrock for the bluebells and to see the renovation work being carried out on the Long Gallery, and a portrait workshop at our May meeting.

The professional lighting system shown in it has just been purchased by the group and will join the 3 cameras, reflectors, tripod and reference books - available for all members to borrow.

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 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 4<sup>th</sup> 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.

*Keith Rawlings*

## 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](mailto:potterroyandsue@gmail.com)

*Pat Fitzsimmons*

## Spanish Group

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

The Spanish group continues with its 6 who are all progressing extremely well. We now also go to Hispania on alternate Thursday for spoken Spanish with Mavi. She is very patient with us and we benefit from hearing Spanish as it should be spoken. These visits are voluntary for our group.

Mavi conducts these sessions on a Monday and Thursday at 10.30. - 11.30. and there is no charge. I cannot take any more members to my group at the moment so it may prove a way to start learning Spanish.

*Jeanne Milton*

## Striders Walking Group

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

Striders meets on the third Tuesday of each month and we normally car share from the Leisure Centre meeting at 9.30 am. We bring food, drink and walk in most weathers, rain or shine. Generally the distance is about 8 to 10 miles and usually on more challenging terrain than Roamers or Roamers plus. We are a small but select group and welcome new



members.

Walks this year so far have been local in Saltash, South Brent, Gribbin Head coastal circular and Yelverton and Cadover. Members take in turns to lead and I am always available to help recce. The pictures below were taken on a couple of our most recent walks. If you wish to join or ask questions about our walks please contact me on

07476 124883 or [julietombs4@gmail.com](mailto:julietombs4@gmail.com).

*Julie Tombs*



## Strummers and Warblers

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

At the start of January 2024 the membership of our group was 12 members; 7 Strummers, 5 Warblers. One Strummer left our group just before Easter and 2 new members joined, one for the Warblers and a Harmonica player making our numbers now a healthy 13 members.

The music played by Strummers for Warblers to sing too used electric guitars & amplifiers. With an increased number of guitarists this became too loud for Warblers to hear themselves sing. We tried using microphones to help Warblers be heard more clearly, but the use of microphones to sing proved an acquired technique. The solution agreed was for Strummers to leave their amplifiers at home and use acoustic guitars, which was a definite improvement.

A very exciting future event on Wednesday afternoon 19th June, Ashtorre Rock, is that our S&W group have been invited to perform in a free Community Music event, as part of the Saltash Songs & Shanties Festival (15th-23rd June). The U3A Ukelele group & Dementia Voice Choir will also be performing.

If you are around then and the All About magazine is published before then, you are very welcome to pop in & listen.

*Mick Wilson*

## Table Tennis Group

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

I have taken up the post as leader of the table tennis group, since the recent passing of Gill Higgins.

At present our group has 25 members and we play at the Wesley Church, Callington Road, every other Monday afternoon. We are a very friendly and enthusiastic group who play, not only for fun, but also for the health benefits that come with playing table tennis. There is a wide skill range within the group and help is always at hand for anyone new to the sport. Our next meeting is on 10th June at 2pm, entry via the rear door of the church building. There is an opportunity to try the sport for free at a taster session, so come along if you would like to give it a go, but please wear soft bottom shoes.

*John McMullin*

## Tai Chi & Qigong Group

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

The Spring Term 2024 for our group saw a slight reduction in numbers due to members' personal and health circumstances. Despite this we had new members join, therefore our group membership remains very buoyant at well over 40 members.

As well as the practice of various Qigongs, Les Law, our Instructor expanded the Tai Chi Forms we practise to include the 48 Form and 103 long Form. This may sound like a complicated series of moves to remember, but there is much repetition of basic movements.

These basic movements have highly imaginative, descriptive names some of which to our western minds bear no relation to the actual movements. For example, 'Stroking the Horses' mane, Playing with clouds, Stroking the Peacock's tail, Grasping needles from the sea, Playing the Lute, White Crane, Repulsing the Monkey' and more!

However, a point to remember is that many movements in Tai Chi and Qigong have been derived from observing the movements of animals. When practising various movements, it can be helpful to imagine one is moving like that animal. For example, when practising the movement 'Flying like a Bird' imagining our arms are wings can lend a style and grace to the movement, rather than just

waving our arms up and down. The movement synchronised with our breathing can give a person a feeling of 'uplift'. Les Law - Co-leader/Instructor & Mick Wilson - Co-leader/Admin  
[Mick Wilson](#)

## Theatre Group

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

### The Drifters Girl

On the 17th February the Theatre Group attended The Theatre Royal Plymouth to see the Musical...The Drifters Girl.

The Musical was largely based on the fearless black unmarried female Faye Treadwell. She later became the wife of George Treadwell, one of the Drifters. George sensing her shrewd business acumen appointed her as a co-business manager. She never gave up, throughout the trials and tribulations that she encountered, on the group that she loved.

We were entertained by a talented on stage cast who could not only sing to perfection but had plenty of hip action to match. Faye Treadwell (Carly Dyer) who gave a flawless rendition of 'Stand by Me' was particularly memorable.

Needless to say in true Theatre Royal style "The Drifters' and 'The Drifters Girl' cast had the audience standing and bee bopping to a Medley of The Drifters songs...Save the last Dance for me, Under the Boardwalk, Kissin in the Back Row of the Movies, Come on over to my place to mention just a few. This award winning Musical was a joy to watch and lifted many an audience's spirits I'm sure. [Liz Hill](#)

### Life of Pi

What an amazing production! I went along because I enjoyed the film and knew there were puppeteers involved, as in War Horse. I wasn't expecting to be taken into such a magical world of make-believe. The story was at times gruesome, with such lifelike mannerisms from the animals including a zebra, a hyena, and an orangutan alongside a female Pi (unlike the male Pi in the film) with such incredible athletic ability. For the first three minutes, when Pi is under a bed in a barren hospital room, I wondered what I was doing there – until Pi put her hand out from under the bed. From that moment we were beguiled by her telling the story of her survival from a shipwreck on a small boat, eventually only accompanied by the last of her family's zoo animals, a Bengal tiger. Did she just imagine it? You'll have to make up your own mind if you get the chance to see it. This was the best play I have ever seen at the Theatre Royal. Quite remarkable. [Denise Watkins](#)

Please come and talk to us about up and coming shows at our monthly meetings.

[Pennie Hagan](#), [Jean Buckingham](#) and [Denise Watkins](#).

## Ukulele Group

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

The ukulele group have been busy in the last few months. We meet every Wednesday 10.15 at Burraton Community Centre, the downstairs room. Our aim is to improve our playing by trying different types of tunes in a friendly inclusive group.

So far this year we have played for the Forum group and the Bohatus group. We are due to play at the Saltash Songs and Shanties Festival for the first time and at a Womens Institute. We also have a special booking at Ashtore Rock to raise money for St Luke's Hospice in memory of our good friend and ukulele member, Gill Higgins. We have been asked to play alongside the Burraton Boys, which is a first for us. It's good to challenge ourselves.

Why not come along and see what you are missing? e mail [ukulele@saltashu3a.org.uk](mailto:ukulele@saltashu3a.org.uk) or come along.

[Lesley Brunskill](#)

## 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

### Gill Higgins

Please excuse me high jacking your monthly newsletter, but as a non-member and still working I cannot meet all the members of Saltash u3a personally to thank you for supporting her through the past 18 months of dialysis and your kind thoughts, notes and cards following Gill's recent death, to thank those who were able to travel to Bodmin for her service and for the donations received in her memory to her chosen charity – St. Luke's Hospice, where she spent her final days in comfort and tranquillity.

Before her death, in the "wee small hours of the night", Gill asked me to raise some funds for St Lukes, and the Ukulele Group are putting on a concert with the Burraton Boys at Ashtorre Rock in her memory. A restricted number of tickets are available from the Book Shelf if anyone would like to join us. I am also planning one in Torpoint.

Gill enjoyed her involvement with the u3a, the local and family history groups, table tennis, wine appreciation, and no doubt others that I have missed out on, and the general fun of the monthly meeting. Thank you all for making her part of your lives.

*John Higgins*



### Last Chance Blues Band (LCBB)

The Band is a new group, formed recently in April 2024. It is a 'closed' group ie restricted membership with no casual drop-in. This is in line with precedents for other U3A Music groups eg Orchestras, Jazz & Rock bands, to protect group stability & performance standards.

We are a group of musicians with varied experience and our members include 1 Lead guitarist, 2 Rhythm guitarists, a Bass guitarist and Drummer. Vocals are shared between 3 members.

Our purpose as musicians & U3A volunteers, is to provide free, live Rhythm & Blues music for U3A Members, Community Groups & local events in Saltash eg Fairs & Festivals, on request.

Our musical interest is R&B music from the late 19th Century to the present. Blues music has its origins in the songs of mainly Black musicians living in the USA. The sentiments expressed in Blues music from the USA resonated with many musicians elsewhere, especially Europe. Combined with the development of the solid-body, electric guitar from the 1950s, cover versions of Blues songs in the 1960s - before artists started writing their own material - launched the careers of Elvis Presley, John Mayall's Blues breakers, Eric Clapton, Rolling Stones, Fleetwood Mac, Animals & Beatles, to name but a few!

We are currently regularly rehearsing to develop a Set List of songs (30) to perform in a 90 min period with a break mid-way. This will take us a few months, but once completed we hope to offer to do a gig for members, which would have to be somewhere like Saltash Social Club. So all you Baby Boomers who like a bit of Rock & Blues, watch this space!

*Mick Wilson – Group Convener*



## Saltash to Royal William Yard Ferry

For your information: The ferry service between Saltash and the Royal William Yard has resumed and will operate until the 30th September 2024. It could be convenient for a day trip to Plymouth and return by bus or a round trip to the RWY. The single fare is £5 and the Times of Operation are below.

DEPART: ROYAL WILLIAM YARD FOR SALTASH					
09:45	11:15	12:45	14:15	15:45	17:15

  

DEPART: SALTASH FOR ROYAL WILLIAM YARD					
10:30	12:00	13:30	15:00	16:30	18:00

## Vacancy

Theatre Group is looking for help with administration and membership. If you have a laptop and printer and can spare an hour a month, please call Jean (845654) or Pennie (848153), or have a word with them on the Theatre Group table at our next meeting.

## *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 Mike Corber at [tiddy6@gmail.com](mailto:tiddy6@gmail.com), or [editor@saltashu3a.org.uk](mailto: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!

## 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 like to end the newsletter with a photo that has been taken by one of our members as part of our U3A year.

This is a Panel is made from seashells that the Discover and Dine group saw at the octagonal National Trust house, A La Ronde, they visited near Exmouth.

*Photo by Dee Debeaufort*



## Saltash U3A Committee Members

Chair	Amanda Smith
Vice Chair	Vacant
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