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From the Chair

Welcome to our summer edition of All About, your twice-yearly electronic magazine giving you an insight into what is going on in your u3a.

I am always amazed as to how quickly the year passes and within a blink of an eye here we are again half way through 2026. How does that happen?

We have had a very positive start to this our 20th year with some new groups coming on board and the resurgence of a “sleeping” group which is good to see. There is always room for more interest groups so if you feel that you could offer something please chat with our Groups Co-ordinator as there is a lot of support, we can give to help set up a group, you would not be on your own.

Sadly, this will be my last forward to the All About but it has been a privilege to set the tone for the articles submitted by group leaders and members over the years. Also moving from a hard copy to electronic version, which would not have been possible without the skill of those who wish to remain in the background, has ensured that this magazine is available to all members. Long may the tradition continue.

Amanda & committee

Upcoming Events

Monthly meetings

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

July 9 th .	The Saltash Tunnel, Chrissie Le Marchant
August 14 th	No Meeting
September 10 th	The Quiet Hero of Antony Passage, John & Sue Hooper
October 8 th	U3A Showcase / Photography Group exhibition in Saltash Libra
November 12 th	Cyber Security, Mark Scott
December 10 th	Christmas Social

A Party Invitation

Friday 4th September 2026

At the **CHINA FLEET CLUB**

Tickets £16

Includes **Full Afternoon Tea plus entertainment**

Come and celebrate Saltash u3a's 20th Anniversary

Handy Recipe

Apple Cake

8oz self-rising Flour
2oz margarine
4oz sugar
4oz mixed fruit
1 tsp mixed spice
½ tsp bicarbonate soda
8oz apple, cooked and sieved



Seive the flour into a bowl and rub in the margarine, add the sugar, spice and dried fruit and mix well. Put the apple into another bowl and add the bicarb, which will make the apple light and fluffy. Now stir the apple into the dry mixture and thoroughly mix. Turn into a lined cake tin and bake in a pre-heated oven 1 to 1¼ hours at 195 degrees C/375 degrees F or Gas mk 5 until firm to the touch and golden brown. Allow to cool. Put the cake in an airtight tin for 2-3 days before cutting to allow the full flavour to develop.

Comedy Corner

10 Things to Ponder

How important does a person have to be before they are considered assassinated instead of just murdered?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels

on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON television?

Why is "bra" singular and "panties" plural?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Group News

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

Amblers Walking Group

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

We continue to walk locally for at the most 4 miles using level routes and arriving by either bus or train. We walk on the first Wednesday of the month

We have plans to visit Charlestown and walk along the beach to Par for lunch.

We limit numbers to a maximum of 12.

We currently have a waiting list so do ring me, or Jill, to be put on the list.

Group Leader: Judy Bradley 07801030264, email: judybradley66@gmail.com

Assistant: Jill Male 07989928904, email: jillmale@hotmail.com

Judy Bradley

Ancestry

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

After being put on hold for a while, the Ancestry group is now in the process of re-forming.

We hope to be up and running very shortly and will keep those interested posted on the progress.

Brenda Garner

Architecture Group

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

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

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 through talks and videos at our meetings and sometimes we go on field trips to interesting buildings in our attempt to appreciate the architecture around us; information sheets for members are produced on the topics we cover in the meetings, together with links to the videos we have watched.

Since the last newsletter, we have had talks on famous architects like Antoni Gaudi, Andrea Palladio and Frank Lloyd Wright, plus we looked at the Regency Period and the Eden Project.

A notable fact of the Eden Project was that it held the Guinness world record for the most scaffolding as 230 miles was used to support the structure when building of the biomes.



We have also had a field trip to St Germans Priory church which in a former building on the same site was the Cathedral for Cornwall. So, if you are interested in joining this group, please contact me on tiddy6@gmail.com, or just come along to any meeting.

Mike Corber

Art for All

(<https://www.saltashu3a.org.uk/wp-content/uploads/2025/09/ART-FOR-ALL-GROUP-updated.pdf>)

Our group has now been running for three years and a good number of those currently attending have been members since the beginning.

We do not have a teacher but do help each other. Everyone has made progress and I think even surprised themselves with what they have achieved.

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>)

A reminder that you are all automatically a member of this group. This does mean that when any trips are offered you do have to be quick off the mark if you want to book a place as we only take 16 people on the mini –bus. So always keep a lookout for the emails headed Discover & Dine.

Due to other commitments, this group has perhaps not been as active as I would have liked but we have managed a couple of very enjoyable days out. The visit to the National Trust property of Knighthayes took us back to architecture of the Gothic Revival style and whilst this is amazing it

perhaps is not everyone's cup of tea. A very enjoyable meal was had by all at Turtley Mill which is always to be relied on to look after us well with good food and service.

Trerice House & Gardens, another National Trust property proved another winner, a complete contrast of building and a very different feel to this property. This time we finished up by the sea at Crantock Bay with a meal at the Bowgie Inn, with its amazing views. We are so fortunate to live in such a beautiful part of the country.

Transport again has been an issue with this group with availability of both mini-buses and driver being problematical. Fingers crossed this will ease in the next few months.

Amanda Smith

Doorstep Discovery Group

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

Judging by the numbers coming on these visits members of this group are enjoying what is on offer and will hope to support us in the future, even when we have to start re-visiting some of places that we have already visited. We can only say that the visit to the Synagogue in Plymouth was one of the most informative trips we have done. Our guide was so passionate about the history and the building that we could have stayed six hours instead of three. Almost too much knowledge to take on board but nevertheless a very enjoyable visit. One we will have to go back to.

The Mayflower Museum and walking tour of Barbican and Hoe again proved to be popular so much so that we had to split into two groups. Again informative, educational and good fun with the weather playing its part as well. Back again to the Barbican this time to visit the Elizabethan House and Gardens, the history these places have seen is amazing and if only walls could talk what tales they would be able to tell us. Again, a brilliant day was had by all.

Amanda Smith/Trevor Earl

Film Club

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

Anyone who is a member of the Theatre group may join the Film Club. We meet monthly in a member's home to watch a film and are restricted to five people plus the host. There are more members in the group as not everyone can always attend. Following the film there is a discussion plus refreshments.

In November we watched "Joyride" starring Olivia Coleman and Tommy Tiernan. This was an enjoyable feel good, Irish road trip film with beautiful scenery. It was a story of love and forgiveness much enjoyed by all, we gave it a score of 8.

"Rebecca" (2020) starring Lily James, Arnie Hammer and Keeley Hawes was viewed in December. This well know story was portrayed very well and we gave it a score of 9.

"The boys in the boat" (2023) starring Joel Egerton, Callum Turner and Hadley Robinson was our film in January. This inspirational true story was about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in 1936. It was at the height of the Great Depression and the team were from poor backgrounds and considered the underdogs. The group enjoyed the film and gave it a score of eight and a half.



In February we watched "Captain Corelli's Mandolin" (2001) starring Nicholas Cage,



Penelope Cruz and Christian Bale.

Although this was a war film it had a softer appeal and the beautiful scenery of Cephalonia gave it an added appeal. The group gave it a score of 8.

"Radioactive" (2019) was our March film starring Rosamund Pike, Sam Riley and Simon Russell Beale. This was a film about Marie Curie who appeared to be a focused,

abrupt and sometimes rude woman. It gave an insight into the future uses of her discoveries and the struggles she suffered in a male dominated world. The group gave it a score of 7.

In April we watched "Julie and Julia" starring Meryl Streep and Amy Adams. This was a biographical comedy/drama film based on a blog. The film contrasts the life of chef Julia Child in the early years of her culinary career with the life of young Julie Powell who aspires to cook all 524 recipes in Child's cookbook in 365 days. The group felt the film was very entertaining and we gave it a score of 8/9.

Lastly in May we watched "The Woman in the Cabin" (2025) starring Keira Knightly, Hannah Waddington and Guy Pearce. This was a tense thriller, set on a luxury yacht which we enjoyed although it was a little unbelievable at times. We gave it a score of seven and a half. Anne Bolt email: anneandrossi@hotmail.com

Anne Bolt

Flower Arranging Group

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

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 decided on a theme then we all do an arrangement.

These can be in various containers or we try and do a shape such as an 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>)

I am happy to report that the garden group has had quite an active 2026 so far, firstly joining forces with Saltash Floral Art group to enjoy a very informative talk by a local plantsman, giving us the opportunity to learn and purchase lots of plants. This was followed by a number of visits to a differing array of gardens from Dartington Hall, Burncoose, Trevince and Enys Gardens.

I cannot claim all the credit for finding some more out of the way gardens for us to visit this year. I have to thank two of my grandsons for the book they bought me at Christmas, which was the Secret Gardens of Cornwall for giving me some inspiration.

The visits whilst being very enjoyable have not been without their moments as transport has become a big issue and I will confess that I go ahead and make the arrangements but although booked months in advance I do not get confirmation that I have a bus and/or driver, until on some occasions until 48 hours before the trip. Which makes it interesting to say the least.

Hopefully the next half of the year will be as interesting and informative and a little less on the edge.

Amanda Smith

Geology Group

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

Sadly, until a new leader comes forward, this group no longer holds meetings. However, if you feel this is something that you would be able to help lead with support and guidance, please contact the Groups Co-ordinator.

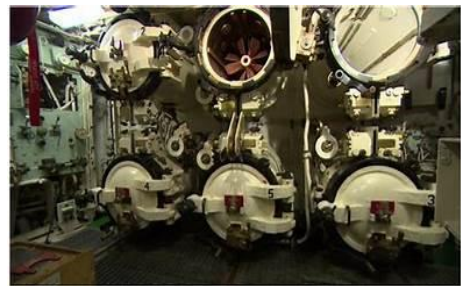
Guy's Coffee Mornings

(<https://www.saltashu3a.org.uk/wp-content/uploads/2025/04/G-c-mornings.pdf>)

This group provides the opportunity for the male members of Saltash u3a to meet-up, chat, discuss and debate various topics. Group members also have the opportunity to make new friends and talk about the various u3a groups and activities.

The group meets up at the SHADO Centre on an ad-hoc basis. Members are kept informed of meeting and visit arrangements by email from the group leader. Attendees are asked for a £2.50 contribution to cover venue and refreshment costs for SHADO Centre meetings.

The highlight of 2026 was the group tour of the museum vessel *Courageous* in February. *Courageous* is a Nuclear Powered Attack Submarine located in Devonport Dockyard. Once through security we



were well looked after by the experienced and knowledgeable guides (see photographs).

In the following SHADO Centre meeting in March the group watched a 60 minutes BBC Documentary - 'How to Build a Nuclear Submarine' dated June 2010. The DVD showed HMS Astute preparing to leave the Barrow Build Yard and other Astute Class submarines in various stages of build.

The visit and DVD allowed the attendees to discuss this and other technically challenging projects members had worked on during their careers. The meeting subjects are various and varied with members putting forward suggestions for discussion topics.

This group is open to all Saltash u3a male members. If you are interested, please contact Rob Jenkins by email - groups@saltashu3a.org.uk

Rob Jenkins

History Group

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

This popular group has gone from strength to strength since it was reformed in September 2023. The group is very well supported with 40 signed up members.

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 £2.00 contribution from all attendees to cover venue and refreshment costs.

Meeting Format:

The meetings are split into two parts with a refreshment and chat break at half time.

PART 1 of the meetings usually consist of a presentation by one of the group members on a historical subject of their choice, which is followed by a group discussion and Q&A. (The members who carry out these presentations are all volunteers).

2026 Part 1 presentations have included such subjects as:

- History of Women of the Sea
- Policing in the 1950s, 60s & 70s
- History of the Alphabet
- Brazilian Coffee Time

PART 2 of the meeting consists of a Presentation by the Group Leader on the Historical theme agreed by the group in the December of the previous year. The presentation is followed by a group discussion and Q&A.

The two themes agreed for 2026 are:

- History of the British Empire
- History of China from the 1900s to the Present Day

Presentations to date:

- The British Empire 1497 to 1700 - Early Foundations
- The British Empire 1700 to 1763 - Growth Through War and Trade
- Chinese Communists and Nationalists
- Chinese Socialist Transformation 1950s to 1976
- Chinese Rise 1976 to 2012

Having reached the 3rd age, we are all historians. This group provides the opportunity for members to share their knowledge and experiences with others who share their keen interest in all things History.

Rob Jenkins

Last Chance Band

(<https://www.saltashu3a.org.uk/last-chance-band>)

The members of Saltash u3a who make up *The Last Chance Band* have had a busy and enjoyable few months. Following a hectic Christmas and New Year period, things naturally became a little quieter during the early part of the year, as is often the case for live entertainers.

Rather than taking it easy, the band has been using the time productively by expanding and refreshing its song list, allowing for even greater variety in future performances.

Looking ahead, there are already several bookings in the diary, including a wedding, a summer fête and a charity event. The band has also been invited to take part in the *Battle of the Bands* competition on 20 June at The Two Bridges Pub Saltash, and the band would be delighted to see plenty of fellow u3a members there offering their support.

The band members are also very aware of the challenges currently facing pubs and clubs that provide live entertainment. To help support local venues, *The Last Chance Band* has introduced a special "Buy One, Get One Free" offer. Any pub or club booking the band — even at its currently reduced rates — will receive a second performance later in the year completely free of charge.

Members who know of venues that regularly host live music are encouraged to spread the word. Further information, including photographs, videos, upcoming gigs and more, can be found on the band's website: thelastchanceband.co.uk

Al Tout

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 then at the meeting, member's images on that month's theme are then projected on the screen for everyone to admire. The picture (right) is Janet Wadham's photo on the theme of "Three". We also have workshops using our own professional studio flash lighting system, and we have occasional field trips.

The group owns three cameras, a set of reflectors, a tripod and has reference books – all available for our members to borrow and use with help and advice if needed.

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



Quizzers Group

(No Link)

The Quiz group has had a positive start with an average of 12 players each month.

We normally have three tables of four. With different people setting the quiz each month and as you can imagine there has been a variety of topics.

Why not come along on the 3rd Thursday of the month between 10.30 and 12.30 at SHADO centre, you will be surprised what has been lurking in your brain!!

Prizes to be won and new exciting upgrade coming soon!!!

We could do with some gentlemen to answer the sports questions.

Rachel Linford

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.

On a day that promised drizzle 12 walkers set off from the 4 winds car park to walk along the megalithic stone row at Merrivale and then over the stream and across the valley to Kings Tor for a



coffee stop. There was a brief flurry of drizzle at the start but thereafter it was typical good Tuesday walking weather. After coffee we headed around Kings Tor, looking at the



dressed granite corbels that were rejects from the granite used on London Bridge on the way, and then via Swell Tor quarry to Foggingtor Quarry and our lunch stop. It was here that Bear Grylls and Graham Southgate spent a weekend of adventure for the TV show one Christmas and their overnight camping spot was where we had lunch. After that it was a level walk past Yellowmeade Farm and downhill back to the car park. The group at their coffee stop and passing through Swell Tor Quarry photos by Galyna Khimich.

Mel Dixon

Roamers Plus Walking Group

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

Our walking group meet on the fourth Tuesday of each month, and we walk approximately 6 – 8 miles. Walkers are encouraged to take turns to lead walks, and we meet 0915 at Saltash Leisure Centre, to share lifts. We will be walking along tracks, quiet country lanes, fields, coast path and open moorland where we may encounter livestock so dogs, unfortunately, are not allowed on our walks. We aim for our walks to be enjoyable and informative, although some may be more challenging than others. Some of the obstacles we



may encounter include stiles, muddy paths, and hilly ascents and descents and these will be briefed to walkers before the start. There will be a coffee stop and a lunch stop during the walk, so walkers remember to take a flask or drink and packed lunch. For a comfortable and enjoyable experience, wear suitable clothing for the conditions. Good quality footwear is important, additional waterproofs if rain is likely, and walking poles are particularly useful on descents.

In May we completed a circular walk from Maker church via Empacombe, Cremyll and Mount Edgcumbe.

Other walks we have completed this year include: Crafhole Circular and Kit Hill. Further walks planned include Hope Cove and Looe.

Chris Masterson

Social Games Group

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

This is a closed group at the moment as we have reached maximum capacity at our venue. We have 15 members in the group who meet weekly for an afternoon playing Mexican train Dominoes. The enthusiasm is infectious but the competition can be cutthroat. It has to be seen to be believed. It goes from being noisy with much banter to nearly silent as all concentrate and strive for the winning domino.

Numbers vary each week as few as 8 or as many as 14. We run 2 tables then.

Now most of you will never have heard or played this game but anyone who has will tell you how brilliantly social the experience is and will soon buy their own set to play with friends and family.

I would be happy to help anyone interested in starting their own group.

Roy Potter

Spanish Group

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

The Spanish Group continues to flourish and despite their continued improvement, members are still continually saying that they just can't remember.

Our conversation skills are getting better - in English most of the time!!

We try various exercises and work from different texts. Our latest exercise is to take a card from a pile of unseen verbs and a card from a pile of unseen words. Then each person has to make up a sentence from these 2 cards. This exercise can bring in different tenses and comprehension of different words.

We have been learning for two and a half years now so are not beginners. We do have one vacancy so if you would like to join us and are one step up from a beginner then do contact me - jemilton-69@outlook.com We do study grammar as well as conversation, are not a serious group but do like to learn and we meet at my house every fortnight on a Wednesday afternoon 2.30. - 4.30.

Jeanne Milton

Stitch One, Chat Too

(<https://www.saltashu3a.org.uk/groups/stitch-one-chat-too>)

Stitch One, Chat Too. The diversity of crafts undertaken range from knitting and crochet through to hand appliqué and red work and everything in between. Everyone brings what they are currently working on, and every couple of months a teaching session occurs with members sharing their skills with those that wish to expand their own skills. As you can imagine much hilarity is always high on the agenda.

The ladies have also taken up our chairperson's request and either knitted or crochet trauma teddies for Callington Lions Club. Although many have been passed to Amanda this is an ongoing activity with many more resting in my house ready to be passed on for distribution.

The success of this group now sees us with 15 members which is amazing and such a fantastic group of ladies, although men are more than welcome to

We meet first and third Wednesday of the month at the Ploughboy from 10.30 through to 4pm, with members either all day or morning or afternoon depending on their commitments. A pub lunch is also available. We have just a couple of places left before we start a waiting list so if you feel you might be interested, please either pop up to see us or contact me, _p.mills78@btinternet.com.

Pat Mills

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 with walkers giving the driver £5 towards fuel. We bring food, drink and you will need waterproof boots and wet weather clothing especially on moorland where the weather is often changeable. Generally, the distance is about 8 to 10 miles and usually on more challenging terrain than Roamers or Roamers plus and a slightly faster pace. It is also a smaller group than the other two walking groups with 8 to 10 walkers walking each time. We are welcoming to new members. We take it in turns to lead which generally means a good variety of places to explore. There is no expectation on anyone to lead though if they do not wish to but I am always available to recce walks and sometimes walkers pair up to lead.



Walks this year have taken place on the coast path, moorland and countryside. These pictures were taken on recent walks; on the South Hams Way led by Hazel and Anne and Dartmoor near Widecombe led by Roger Fursier. The next Striders Walk will be Tuesday 16 June and will be led by Julie Tombs and Judith at Bel Tor Corner on Dartmoor. There is a coastal walk planned for July. If anyone wishes to discuss coming along on a walk, please contact Julie Tombs on 07476 124883 or email on 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>)

Over the last six months the Strummers and Warblers have continued to increase their repertoire of songs, and number of members. We now consist of six acoustic guitarists, which we consider to be sufficient, and have now instigated a waiting list for any new musicians. Our singers [Warblers] have grown to ten. The singers offer a fine selection of differing vocal ranges and blend well together.

Our set list of songs now consists of 28 songs, which we work on during our alternate Thursday sessions. Members are encouraged to suggest other songs and no doubt our repertoire will continue to grow.

We were invited to perform at Ashtorre on Easter Saturday, where our music mixed well with the decorated bonnets and hot crossed buns. We thoroughly enjoyed playing our set list at what was our first "gig" under new leadership. Clearly, we went down well as we have been invited back on July 18th!

It is good to perform for others, and we are pleased to do so, but our main aim is still to learn new material and skills from each other and improve our techniques through a mixture of occasional sore fingers, wrong notes and much laughter.

Old favourites like "City of New Orleans", "Killing me Softly", "Desperado", "Under the Boardwalk" and "When you Walk in the Room" have been added to with the inclusion of "Clearwater", "The Wellerman", "Maggie May", "The Rose", "The Piano Man", "Cornwall my Home", and "Love is all Around" amongst others.

Gerry Sweet [joint leader]

Table Tennis Group

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

We are a friendly group, and looking for new members of all abilities to join us. We meet every other Monday afternoon at two pm at the Westley and we would love to see you, even if a beginner. U3a Table tennis dates for the autumn.

September 7th and 21st, October 5th and 19th November 2nd, 16th and 30th, December 14th

Contact me,

Trevor Earl



Tai Chi & Qigong Group

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

Tai Chi & Qigong (TCQ) continues to thrive as a group, inspite of changes to Group Leader/Instructor last year and moving the meeting day last September to Tuesday afternoons. Our membership has levelled out at around 25 members, with a regular attendance of between 9 to 15 members.

As there is no specific Beginners group - we are just one group - new members to the group seem to gradually pick up the 'Tai Chi vocabulary' of moves:

Horses' mane, Brush knee, Peacock's tail, Crane, Lute, Snake, Single whip, Repulse the monkey, Play with clouds, Cross hands block & kick, Needles in the sea, Boxing the ears, Pat the high horse, Turn punch & block. All these moves combine and repeat in different combinations in the Yang 8, 10, 16, 24 and 48 Tai Chi Forms.

The essence of practise comes in combining movement with breathing - with mouth closed, breathing through the nose & tongue on roof of mouth. This technique enlarges the mouth cavity and enables a practitioner to hear their breathing more clearly. Breathing through the nose avoids 'mouth breathing' which bypasses all the immune defenses in our nasal passages.

When breathing & movement are synchronised, we have concentration, focus, calm minds & peace.

Anyone interested in a Taster please contact Mick Wilson - 07841 651174.

Mick Wilson

Theatre Group

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

The Theatre Group have enjoyed a number of different shows this season.

Matthew Bourne's ballets are always popular with our group such as Swan Lake, Car Man, Red Shoes and Cinderella.

We saw a number of musicals Miss Saigon and Matilda and plays such as Agatha Christie's Death on the Nile and The Mousetrap.

Another play by James Graham which deserves a mention is "Dear England "

What a surprise! This tells the uplifting and heartbreaking story of Gareth Southgate as England football manager. The play explores how Southgate helped to change the culture of the team for the better with the help of a psychologist who encouraged the players to talk openly about their hopes and fears, and helped the the team overcome their phobia of penalty shoot-outs!

We were sceptical before the lights went down but this high-energy play proved to be extremely funny, thought provoking and well-choreographed.

We had fun in recognising how accurately some of these famous footballers were portrayed.

It was fascinating to look at what it means to be part of a team and how the player's mental health was helped.

The production featured stunning set designs, including visuals replicating the Wembley Stadium arch and archive footage. The penalty shoot-out scenes were incredibly intense and gripping.

We are looking forward to another year of great entertainment at the Theatre Royal including Moulin Rouge, Cats, Mrs Doubtfire and Mamma Mia.

Please come and see us at the monthly meetings and listen to Jean about any unsold tickets or returns.

Pennie Hagan, Jean Buckingham, Pauline Bowers

Ukulele Group

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

We have had another busy time in the group; Two new members have joined us bringing our number to 18. We continue to challenge ourselves with new and more difficult tunes. In the summer months, we have been asked to play again at Mary Newman's cottage and also at the Forder Summer Fete and Callington's Honey Fair. We have an exciting 'first' for us too. In August we will be playing live on the Plymouth hospital radio. I am told the show reaches all of Plymouth (and Saltash) area. I hope we are not too nervous to enjoy it.



Recently, a few people have asked if they can join our group. As we have been playing together for a long time, we have decided the best way for beginners to learn is by starting a Beginner's Session in September. New members will then be able to learn the basics before joining the main group. This new group will meet at 10.15 every Wednesday morning for few weeks/months until the new members are confident to move across to the main group, which meets at the same time. We do not intend to have a beginner's class again for the foreseeable future so if you are interested, please email me on ukulele@saltashu3a.org.uk

Lesley Brunskill

University Group

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

This group receives updates from the Plymouth University in relation to lectures and visits to which U3A members are welcome to attend, most of these events are free of charge. It is the responsibility of the members to contact the University if they wish to attend the various events and arrange their own transport.

However, since I have taken over as group leader, I have not received any information regarding future lectures or visits.

Barry Olver

Wine Appreciation Group

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

We have continued to meet throughout the year on the 3rd Friday afternoon of the month. Each time we select what we are going to taste, research the vintner and the conditions that the wine is grown in. After sampling each selection, we then vote on what we consider to be the best value for money (we have a £10 cap on each bottle).

Anyone who would be interested in starting another Wine Appreciation Group please contact me. You would be welcome to attend one of our meetings to see what we do and I would be willing to help you get another group up and running.

Jennifer Gegg

Woman's Talk Group

(<https://www.saltashu3a.org.uk/womens-talk>)

The women's talk group enjoys meeting on the first Monday afternoon of each month at The Shado Centre from 1.30pm till 3.30pm.

We start our meetings by making ourselves a drink and chatting generally with each other. We then have a time to share something interesting with the wider group, then Lynn introduces a topic for everyone to discuss. This year we have talked about: -

Memories - what are our childhood recollections.

Resolutions - what we are planning to do this year.

Traditions - where they originated, what do we keep to, both old and new.

Books and reading habits - talking about our favourite authors, genres and sources of good books, including those that are now films.

Local issues - green field sites and the local Aldi proposal

Health - especially alternatives to getting help when doctor appointments are not readily available.

We discussed how much help can be had at our local pharmacies, such as coughs and cold, earache, sore throats, sinusitis, UTIs and shingles.

We also talked about preventative screening, which when we come to a certain age!! we might not necessarily get called in automatically, but we can still ask for cervical and breast screening from the NHS. In this day and age, we decided that we need to be responsible for our own health, probably more so than in previous years!

Lynn Parker

Just one more thing...

And now - Some articles by members

A Day at the Races

On a late Spring day, two members of Saltash U3A left Saltash Railway station for a day at the Races. After an eventful journey - one cancelled train, two trains delayed and one train halted at a station because it was declared to be "too full", we arrived at Newton Abbot Station. The journey to the Course continued to be tortuous, and with no direct or indirect bus, we took a taxi.

Arriving at the Racecourse we confidently headed for the wrong entrance. Upon redirection, we found the U3A entrance tent and were warmly welcomed and given a collection of badges, tickets and passes. We followed the instructions and made our way to the box reserved for U3A members. There were tables and chairs set up, tea and coffee and a good view of the start and finish points of the course. The programme for the day was explained to us, we had the advice of a jockey and details on betting procedures, followed by much discussion with our table mates as to how to choose a winner.

A buffet lunch was provided, and racing began. And how difficult was that! We went down to the Paddock to inspect our particular choice, but lack of experience led to some very peculiar decisions, based on colour of horse, colour of jockey's outfit, efficiency of stable staff and general appearance. No use at all! We soon found that guesswork and luck were our only guide. Then we found some U3A guests who were winning and kept an eye on their betting, but only managed to break even or lose our bets. Still, we were too cautious to lose much.

Racing continued apace, it was busy and exciting. More food arrived, this time a cream tea to maintain our energy and enthusiasm. The end of the day arrived too soon and we made our way back to the railway station and home to Saltash. No, we didn't win, but we have signed up for the next meeting in October.

Jill Male

The Ramses II Exhibition

In March I visited the Egyptian exhibition at Battersea in London, featuring Ramses the second



Ramses the Second was the third pharaoh of the Nineteenth Dynasty of Egypt. (His predecessor was Seti 1). He was considered the most powerful pharaoh of the New Kingdom and thought to be ancient Egypt's most successful warrior pharaoh, conducting 15 military campaigns. Ramses reigned from 1279 to 1213 BCE (Before the Common Era) previously known as BC.

He ascended to the throne at the age of 25 and for the early part of his reign he focused on building

cities, temples and monuments. Upon his death (est. 90 or 91) he was buried in a tomb in the Valley of the Kings. He was later moved to the Royal Cache, where it was discovered by archaeologists in 1881.

His mummy is now on display at the National Museum of Egyptian Civilisation in Cairo. Ramses had an estimated 88-103 children with his various queens, lesser wives and concubines. Nefertari was his main consort with a possible six others. His successor was Merneptah, his 13th son because Ramses reigned so long, he outlived his eldest children.

I found the exhibition very interesting and definitely worth a visit.

AnneBolt



Theatre Group - Dramas

The theatre group, lead ably by Jean, Pennie and Pauline, continues to promote a variety of plays, musicals, ballet and opera. I was able to attend 2 plays at the Theatre Royal earlier this year, and both were stunning. Back in March we went to see "To Kill a Mockingbird". A classic story of the southern states of America during the racist years of the 1930's. Harper Lee's novel was converted into a very moving stage production with some incredible acting. Scout played by Anna Munden, who narrates the storyline, was particularly noteworthy. A novel that most of us would have read as a child or had as a school English Literature set piece reawakened memories for all.

In May we were treated to Agatha Christie's "Death on The Nile". This was a new adaptation of the classic which we all remember so well. Mark Hadfield gave his own interpretation of Poirot which was quite inventive. At times comical and also showing the vulnerability of Poirot as he ages.

In both plays you could not but be amazed by how the stage was transformed by some incredible, inventive scenery. How they manage this with minimal pieces of scenery is quite awe-inspiring. Well done to the theatre group and keep up the good work of supplying us with such a choice of viewing.

Dee de Beaufort

China

I visited China with my husband and sister earlier on this year primarily to attend my nephews wedding but we added some time on to do some sightseeing as we had never been to China before. Our basic itinerary was about 5 days in the city of Xi'An to attend the wedding and visit the Terracotta Warriors and then to travel into the mountains to visit the family of my nephew's wife who live in the Xunyang area which is less touristy than Xi' An. We then caught a



high-speed train to Beijing and spent 5 days there visiting Tiananmen Square, the Summer Palace and the Great Wall of China.

China was very advanced with technology with a superb transport infrastructure and all payments for meals, taxis and goods and services paid for using Alipay which is similar to Apple or Google Pay, not only for payments but also is the best way of booking Didis (which is similar to Uber), buying train tickets and tickets to attractions. There are robots all over the place sometimes delivering goods to hotel rooms or even serving drinks and snacks in small tourist places. Drones are used for all sorts of things like deliveries and even moving large items on mountainous areas. These can be massive. Electric vehicles are common not only to reduce pollution but also noise reduction. Roads even in busy city areas like Beijing are quiet despite there being large numbers of vehicles. Driverless cars are seen from time to time. There are a lot of government subsidies to encourage drivers to change to electric and there seemed to be numerous charging centres so the infrastructure seemed to be pretty good.



There are a lot of surveillance cameras around and security on trains is higher than in the UK with luggage and bags screened prior to boarding. The high-speed train we went on from Xi An to Beijing travelled at 200 mph. China has the largest and fastest high speed rail network in the World. All the stations, trains and towns are kept very clean and there are a lot of security police around meaning we felt very safe all the time. We would often have to show our passports at tourist attractions and on trains etc. The malls are similar to Western ones with a lot having high end designer stores much the same as you would find in London or Bristol or any other major city.

The differences we noted between China and the UK were that food and travel and accommodation is much cheaper than the UK with most meals not costing any more than £10 per head unless you went into a very exclusive restaurant. Few of them offer wine although beer is easier to get in restaurants but most Chinese drink either water or Chinese tea. Western drinks are really only found in international hotels. The food was good and fairly healthy and not really anything like the Chinese takeaway food we get here in the UK. There is generally less processed food around and very little obesity. Lots of street food can be found in most cities but the staple diet did seem to be noodles or rice with meat and fish and veg.



The healthcare is a mix of state run and private clinics with insurance and we were surprised when my nephew's wife came down with a cold soon after arriving in China and went to a clinic to be infused with an intravenous tonic to give her immune system a boost and this is commonplace in China. The elderly seemed to be very well cared for in the community and exercise sessions in community parks early in the morning were often found with many older people taking part. There is a large aging population and the birth rate here as in many other countries has been declining. They work long hours with few holidays or workers' rights but living standards have been improved over recent years. Even very young children go to school commonly from 8 am to 6pm and often Saturdays too. There isn't really the pub culture we have in the UK although they have the odd karaoke bar. They also seem very keen on Tik Toc (the Chinese version) with many posing for photos in traditional Chinese dress when out and about. The ladies' toilets are squat toilets even in restaurants and malls which can be disconcerting. We were also approached numerous times as very obviously being Westerners locals wanted to take our photos with them. They were all very friendly but rarely did they speak any English and as my Mandarin is limited the translation apps came in very useful. Most western websites are

blocked by the Chinese Internet Wall so we had to use their version or install a VPN on our devices to get email or access apps like WhatsApp although they have their own version called Wechat which we installed prior to going there.

Altogether it was a great experience and as such a vast country with a wealth of culture and historical sites there was plenty to do. I thoroughly recommend it. *A memorial to the people in Tiananmen Square*

Julie Tombs

Why exercise makes you feel good

For years people who go to the gym, do Tai Chi, Qigong, other Martial Arts, Yoga, Pilates and play Sports say that it gives them a lift, makes them feel good.

It is only in the 21st century Cognitive Psychologists & Neuroscientists have discovered that there is a much closer relationship between the Amygdala and Axial muscles (Core) in our backs.

The Amygdala is a small almond-shaped cluster of nuclei located within the brain's temporal lobes. Previously thought to be mainly responsible for our "fight-flight" responses, scientists have found the Amygdala's functions and relationships to other parts of our body are far more complex.

The Amygdala acts as the brain's emotional processing center, playing a primary role in emotional regulation, including the "fight-or-flight" response, and emotional memory.

The relationship between the Amygdala and the Axial muscles - the core muscles of the head, neck, and trunk - is two-way and serves as the primary neural highway from connecting emotional survival states to our physical posture.

When the Amygdala detects a threat, it doesn't just trigger an internal adrenaline rush; it instantly alters the motor system to prepare the body for defense or an expression of some sort (surprise, alarm, shock or horror).

But the two-way relationship also means when the Axial muscles in our head, neck and trunk are relaxed, without tension, flexible, exercised and able to be mobile without pain, this is communicated to our Amygdala which registers a state of relaxation, calmness & wellbeing.

In Tai Chi and Qigong much emphasis is placed on 'twisting the waist' which activates our Axial muscles. Even when people may experience some pain in these muscles, it is essential some movement is achieved, however minor, gentle and mild. This tells the Amygdala all is not lost and improvement is possible, because the worst thing to do is do nothing, remain immobile and hope drugs will do the trick. Drugs can always do with a little help to be more effective.

Mick Wilson

Post Script

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 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, recipes...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

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