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Just one more thing...

Post Script

Saltash U3A Committee

From the Chair

Welcome to the December edition, to what has now become established as our twice yearly electronic newsletter. Where does the time go, it seems only yesterday that I was writing up something for the summer edition of 'All About' and here we are four months into the new membership year.

Your u3a groups have been as busy as ever with their regular meetings, visits, day trips and even long weekends away. Please read the write ups from the various groups to see what has been going on and what you might be missing out on.

The October Showcase was very successful with the Mayor and her Consort being very impressed with what we do here at Saltash u3a, hopefully they will spread the word.

Looking forward some of the groups have already put together their programmes for next year and these can be found on the Saltash u3a website. Just looking at those plus what all the groups have on offer, 2025 is looking very inviting indeed. A big thank you to everyone from myself and the committee for your continued support for everything associated with your vibrant, friendly and active U3A.

Merry Christmas and a Happy New Year from Amanda and the 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)

December 12th Christmas Social

2025

January 9th The River Plym - Kevin Warley

February 13th Listening to the Enemy (St. Erth WW2) Mike Griffiths

March 13th Rome – Foundation to the Empire
Bryan Short

April 10th Cornwall Air Ambulance

May 8th Mary's Meals (global programme)

June 12th To be arranged

July 10th To be arranged

August 14th No Meeting

Saltash Christmas Festival

7th 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

Cinnamon and Almond Slices

Cooking Time: 20 mins

Oven: 180 C, 350 F, Gas mark 4

100g (4oz) butter

50g (2oz) sugar

150g (6oz) plain flour

1/2 teaspoon ground cinnamon

25g (1oz) flaked almonds

15ml granulated sugar

A little beaten egg for glazing

Well grease a 28x11cm (11"x7") swiss roll tin. Cream the butter and sugar together until light and fluffy. Sieve in the flour and cinnamon and work well together. Press into the prepared tin and flatten with a palette knife. Brush with a little beaten egg and prick with a fork. Sprinkle over almonds and granulated sugar. Bake in a moderate oven for 20 minutes or until golden brown. Cool in the tin and mark into 18 fingers while still warm.



Comedy Corner

10 Things to Ponder

If the cops arrest a mime, do they tell him he has the right to remain silent?

Why do people who know the least know it the loudest?

If vegetarians eat vegetables, what do humanitarians eat?

Why do we drive on the parkway and park in the driveway?

Where do homeless people have 90% of their accidents?

If you drove your car at the speed of light, and you turned your headlights on, would they work?

If Barbie is so popular, why do you have to buy her friends?

Why do psychics have to ask you for your name?

If you choke a Smurf, what colour does it turn?

What happens if you get scared half to death twice?

A Quiz for Christmas

(From Lesley Brunskill - Answers on the last page)

1-6. Who are these children?



1



2



3



4



5



6

7. What happened on 7th December 1941 to change World War 2?
8. In which decade did barcodes first appear in the UK?
9. Who has the registration PAT 1 on his vehicle?
10. The Bahamas consist of how many Islands? a) 07, b) 70, c) 700

11. Which former Prime Minister ran away from the circus to be an accountant?
12. In which year was the first modern census in Britain?
13. Which is a true marine creature? a) Drummer Prawn, b) Fiddler Crab, c) Flute Shrimp
14. Which country has the world's largest economy?
15. Winnie the Pooh was named after which Canadian city?
16. What is the cockney rhyming slang for money?
17. What rank in the Army is denoted by three chevrons and a crown?
18. Who is the longest serving US president?
19. What is the name of Japan's highest mountain?
20. In which European city lies another city?
21. What sport are you not allowed to play left handed?
22. Which planet has the same name as the roman God of the Sea?
23. Who performed the theme song to the James Bond movie Thunderball?
24. Which of these is **not** a musical instrument a) Italian Horn, b) French Horn, c) English Horn
25. What speed in an aircraft is equal to a nautical mile?
26. In cuisine, what are "Devils on Horseback"?
27. Who won the first Rugby League World Cup in 1954?
28. Which is the longest running BBC Radio series?
29. When was the M25 first opened?
30. Until the 13th century, the Isle of Man belonged to which country?

Group News

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

Amblers Walking Group

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

Since the last All About, we have had quite a few enjoyable and varied walks!! We walk on the first Wednesday of the month and go either by bus or by train. We walk around 3 - 4 miles on the flat as much as possible. By bus we meet at the Bottom of Fore Street at around 10.00 am and If going by train on the Platform at Saltash Station a quarter of an hour before the train departs to



wherever we are going. On arrival, we have a coffee then a walk around the area. The leaders of the walk will have done a recce beforehand and we always carry information leaflets about the areas we are visiting. After our walk, we have lunch somewhere and then maybe another short walk before catching the transport back to Saltash.

During recent months, we have visited Mount Edgecumbe, Jennycliff, Hooe Lake and Goodrington by bus. We went to Liskeard by train and our most recent walk was on the train again to Exeter Quay and the City.

We are having our Christmas Lunch on 6th December at the Tudor Tearooms on the Barbican. After that, we will start planning our walks for 2025.

After the walks I often get emails from members saying what a lovely walk we have had!!

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

Wishing everyone a Happy Christmas and all the best for the New Year.

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.

Lizzy Sharpe-Asprey

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

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; information sheets for members are produced on most of the topics we cover in the meetings, together with links to the videos we have watched.

We have covered topics such as Le Corbusier, the famous French architect and his work, Building The Shard (and also Renzo Piano, the Italian Architect who designed it). December's meeting on Friday the 13th will be a Just for fun Quiz with mince pies and planning topics for 2025 plus Field trips for the summer months are being planned. February's meeting will be a talk by a retired Town Planning Officer so if you are interested in joining this group, please contact Mike on tiddy6@gmail.com.

Mike Corber

Art Group

(no Link Available)

The art group has now been running for just over a year and we have settled into it nicely. I am pleased to say that the recent Showcase proved very successful for us with 8 people coming along for a 'taster' session.

Our aim is to enjoy our art sessions in whatever medium we choose to use but we also endeavour to have a sociable afternoon. We do not have a designated teacher but we all help each other, which seems to work well for us. However, we are planning a few, more structured sessions, in 2025 including possibly a field trip.



Our sessions are held at the Girl Guide Headquarters in Warfelton Crescent on the first and third Friday each month between 1.30 and 4.30. As we have a Christmas social in December, the next session will be in January 2025.

For further information please contact Brenda Garner on 07852 767626

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>)

We have had another successful few months with interesting and varied trips in the Discover & Dine group. This group is open to all members and we run trips on a monthly basis to experience new places and to enjoy a meal together in a social environment. We try to make these trips as varied and as diverse as we can to appeal to as many members as possible.



June saw us at Buckfast Abbey where we had time to look

around before enjoying lunch in the restaurant. It was then onto the Butterfly Farm & Otter Sanctuary, where we were lucky to catch feeding time and also got to see the otters swimming around.

July was Boconnoc Steam Fair where a huge collection of traction engines of all types, shapes and sizes was on display. It was unfortunate

that due to the wet conditions the larger engines were not able to parade but still interesting none the less. On this occasion, a late lunch was enjoyed at The Royal Oak in Lostwithiel.

King Edward Mine Museum was the September trip where we had a very informative tour explaining the geology of the area together with the mechanics of extracting the tin. This was followed by lunch in the Croust Hut, which had an interesting East Asian menu and was a discovery for many of us.

'Greenway' home of Agatha Christie was the destination in October taking the ferry from Dartmouth added another dimension to the trip. Time was spent exploring the house and grounds before heading to Totnes and the China Blue Wild-thyme Restaurant.

The next trip is to Exeter Christmas Market stopping off before for a lunch at Carriages, which is already fully booked so fingers crossed for some dry weather.



A programme for the first half of 2025 has been drawn up and this will be on the website in the next few weeks. This list will give you some idea what is coming up however you will only be able to register an interest when we circulate an email for each trip.

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.

Amanda Smith & Dee de Beaufort

Doorstep Discovery Group

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

The group has been very busy with a number of quite diverse visits during the last few months. On one of the hottest days of the year (and there were not many of those) a larger than normal group visited Drake's Island in Plymouth Sound. A fascinating place to visit which was rounded off with a cream tea an almost perfect day one could say.



A complete contrast was the latest visit to Plymouth Gin Distillery where we were given an insight into the history of gin making which was interesting and informative. It goes without saying that there was the opportunity to do some tasting and a fair few of us took this up. In between these visits we have also been to the new House of Emily at St. Ives a little further afield but well worth it, a phenomenal insight into an amazing woman. Then nearer to home but equally interesting Elliott Store and Mary Newman's Cottage both here literally on our doorstep in Saltash. In the next week or so we shall be looking into putting together a programme for 2025. Thank you to those of you that are regular

members of this group and hopefully you will continue to support us. Merry Christmas Amanda & Trevor

Amanda Smith/Trevor Earl

Film Club

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

The Film Club is available to members who belong to the Theatre Group. We meet every month in a member's house, then there is a discussion followed by refreshments. Occasionally we travel into Plymouth to watch a film at the Art Cinema.

In June, we watched "My left foot" starring Daniel Day-Lewis and Brenda Fricker. This was based on a true story about Christy Brown who was born with cerebral palsy and could only control his left foot. We thought the film was thought provoking, sad and funny. The group gave it a score of 9 and a half.

July's film was "The last bus" starring Timothy Spall and Phyllis Logan. This was a rather sad story of a man travelling on a bus with his wife's ashes to take it to their favourite place they used to visit. It was well acted and we gave it a score of 8.

September's film was "Saving Grace" starring Brenda Blethyn and Martin Clunes. The film was filmed in Boscastle and Port Isaac so



the scenery was wonderful. A comedy which ticked all the right boxes so we gave it a score of 10. Lastly in October we watched "The Outfit" starring Mark Rylance and Dylan O'Brien. This film was filmed entirely in a tailor shop in 1950s Chicago. The film creates an atmosphere of tension and intrigue that never lets up. Mark Rylance delivers a masterful performance as Leonard, an English tailor who operates a small shop catering to the local mob. We agreed the film perhaps seemed slow at times, but it served to build tension that plays off in the final act with a satisfying, well-constructed twist. We gave it a score of 8.

The November film will be "All about Eve" starring Bette Davis and George Saunders. We plan to see "Paddington in Peru" in December at the Art Cinema in Plymouth.

Anne Bolt email anneandrossi@hotmail.com

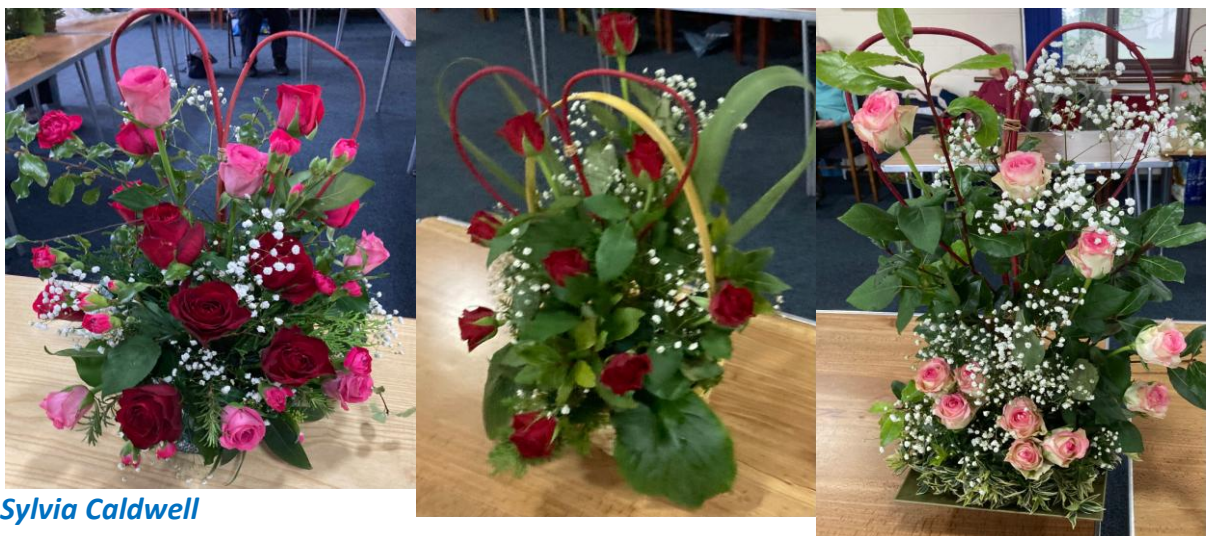
Anne Bolt

Flower Arranging Group

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

We now meet at the Shado Centre on the 3rd Thursday of the month 2pm - 4pm.

We are a self-help group, none of us are experts. We all do an arrangement in a perhaps a teacup, teapot or various other containers and try to do a shape such L-shaped. For Valentines Day we used a heart in our arrangements. I made them from Dogwood from my garden. Do come along and join us. We do it because we love flowers and it is very relaxing, Some examples of our work.



Sylvia Caldwell

Garden Group

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

The Garden Group has not visited as many gardens as I would have liked during the last few months due to a number of unforeseen circumstances. However, those trips we did make were thoroughly enjoyed by those members of the group that went on them.

The highlight for me was the visit to Lethyep Farm in September. A stunning 18 acres given over to re-wilding for the past 23 years. From meadows as they used to be to when we were young to woodland and lakes all just left as nature intended with as little interference as possible. The icing

on the cake so to speak was the cry of the otters and the kingfisher who kindly put in an appearance. The traditional visit to Cotehele to see the garland and a Christmas lunch at The Weary Friar concludes this year's calendar. To see the potential programme for next year please look on the website. 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>)

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

(no link)

This group provides the opportunity for the male members of Saltash U3A to meet up, chat, discuss and debate various topics.

This year the members have met in the SHADO Centre every 6 to 8 weeks. We have also met on three occasions at the China Fleet Club Brassiere for a Breakfast Bap and hot drink.

The group paid a visit to The Works Heritage Engineering Centre at Tavistock, had a very interesting and informative time, and followed it up with lunch at the Engine House. What a great day.

A selection of comments from members:

"The Guys Coffee Group provides a great opportunity to chat, share thoughts and experiences, and make new friends". PAUL

"I joined the Coffee group because my wife said I should get out more. I enjoy the sessions; you have a laugh, meet interesting people and get inspiration from other peoples' stories". ALEX

"I joined the group after moving to Saltash last year; it helped me to find new people to mix in with. The group is very interesting with a variety of interests and experiences". DENNIS

"For me it is about the chance to meet people who otherwise, I probably never encounter". DAVID

"I joined the men's group and find it interesting. It's good to talk to a bunch of guys on many diverse subjects. We also have outings of interest and sometimes just a general get together for breakfast at the China Fleet.

"Come along and see for yourself if it is something you would like". CLIVE

"I enjoy interacting with like minded people". JOHN

"I enjoy attending meetings of the Guys Coffee Group because it offers the opportunity to socialise with a group of people who have a variety of experiences. Conversations are lively and interesting. Views and ideas are drawn from a wide range of perspectives. I always come away with a new angle on something. A fellowship is developing". RAY

If these comments strike a chord with you then feel free to come along to one of Coffee Group get togethers. You will be made very welcome.

Rob Jenkins

History Group

<https://www.Saltashu3a.org.uk/groups/history-group>

The reformed Saltash U3A History Group is a now a year old. The group is thriving and very well supported by its 34 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 £2.50 contribution from attendees to cover the cost of venue hire and refreshments.

In Part 1 of the meetings 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:

2024 Presentations -

January - Dartmouth at War (preparations for D-Day)

February - History of Port Eliot

March - The Life of Winston Churchill

April - John Wesley & Methodism in Cornwall

May - History of Charlestown and Charles Rashleigh

June - Cornwall on Film (DVD)

July - History of Sir Robert Geffrey of Landrake

August - Cornish Flag and Cornish Heraldry

September - History of Lanhydrock

October - Story of Selena Cooper

November - Life of Isambard Kingdom Brunel

December - Story of Emily Hobhouse

Presenters are all volunteers and members of the group. Presentation equipment and support on preparing a talk is provided (if required).

Following a refreshments break Part 2 of the meeting consists of a group discussion on various historical topics previously put forward by group members. Written Information provided by group members on these subjects and the presentations are included in the group Project Portfolio.

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

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 the member's images on that theme are then projected on the screen for everyone to admire. We have field trips, recently to Lanhrdrock for the bluebells, Dartmoor for the scenery and Lukesland garden for Autumn foliage photos, and portrait workshops using our own professional studio flash lighting system. The group also owns three cameras, reflectors, tripod and reference books – all available for our members to borrow.



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.

Over the last few years, we have been on some amazing local walks /adventures with a variety of leaders. Around many tucked away villages, hamlets and small communities, that we may never have even seen before as well as parts of the Tamar Valley, Dartmoor and Bodmin Moor areas.

After coordinating the Roamers Plus walking group for the last thirteen years. I've decided to call it a day, not quite hanging up my boots just yet, but taking a more back seat. With fresh blood, new leadership, we might find some new and interesting local walks that we haven't tried before, instead of some of the old favourites.

Chris Masterson will be the new co coordinator for 2025

The dates for 2025 Jan 28, Feb 25, Mar 25, Apr 22, May 27, Jun 24, Jly 22, Aug 26, Sep 23, Oct 28, Nov 23, Dec 23. Hoping all will be Tuesday weather.

Keith Rawlings

Social Games Group

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

The Social Games Group meets most Thursday Afternoons in the home of the group leader.

People often ask what is Social Games? The initial idea was that we would meet and play games face to face, any game that members of the group wanted to play. The object being to engage socially without being intellectual or requiring physical or craft ability. This certainly matches with "Learn Laugh and Live". As time has gone on the group are firmly hooked on Mexican Train Dominoes so perhaps would be more aptly called the Mexican Train Dominoes Group.



Mexican Train Dominoes is a game using 12 spot Dominoes and can be played with 4 to 8 players, often we have more than 8 so then split and play on 2 tables. The group is very lively with a lot of friendly banter. Competition can be fierce but it is all in the luck of the Dominoes. Topics of the day may enter into conversation and lively discussions ensue.

We had a conversation this afternoon with group members agreeing this was the best group they had ever been to and even saying it was worth the U3A membership fee on its own just for the fun delivered.

Although we might like to welcome new members at present we are at full capacity for the venue and nobody is leaving the group.

However, why not start your own Games Group! Happy to advise. If interested please contact Roy potter at potterroyandsue@gmail.com

Roy Potter



Spanish Group

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

The Spanish group continue to meet every fortnight on a Wednesday afternoon (2.30.-4.30) at my house. We continue take part in 'Noticias' - news, reading, exercises on verbs and tenses and having a good social time. The venue means that we are limited in numbers but I did mention to two people at the Showcase that quite often not all six members can make a meeting and we could accommodate one person on a taster session. If you are interested, please get in touch.

As a group, we started in January 2023 as real beginners and although the members are reluctant to admit it, quite a bit of progress has been made and for this reason, real beginners would find it rather difficult. However, if you would like to give it a go (only one at a time) please get in touch.

Jeanne Milton

Striders Walking Group

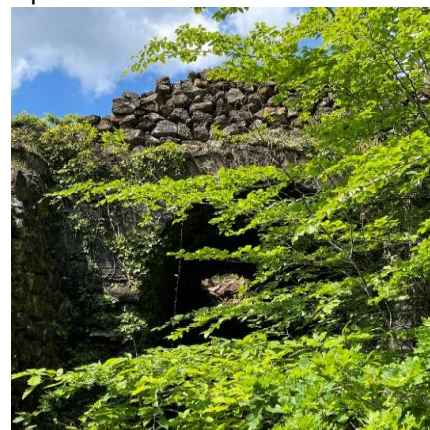
(<https://www.saltashu3a.org.uk/groups/walking/striders>)



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 a mix of Dartmoor, Coastal path around Gribbin Head and Wembury and walks through the Tamar Valley. Our November walk will take place around Mount Edgumbe and Millbrook and Decembers walk in the Tamar Valley around Morwell and Morwellham. Members take in turns to lead when they feel confident enough and I am always available to help recce. The pictures below were taken on a couple of our most recent walks in the Tamar valley and Dartmoor. If you wish to join or

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Walks this year so far have been a mix of



ask questions about our walks please contact me on 07476 124883 or email 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>)

Our maiden public performance on 19th June at Ashtorre Rock, as part of the 'Music By The River' and the Saltash Songs & Shanties Festival, was very well received. Hopefully we aim to do the same again in 2025.

Our group numbers increased during 2024 to 13, as we now have 5 able guitarists in Strummers and some strong singers amongst 8 Warblers. Unfortunately we lost our Bass player who had to withdraw due to commitments elsewhere, but we gained another guitarist.

Our Song Folder of 80+ songs has expanded to include a variety of 'pop' songs from the 1960s & 70s, such as 'Bad Moon Rising' by Credence Clearwater, 'Let you Love Flow' by the Bellamy Brothers, 'Norwegian Wood' by the Beatles and 'Daydream' by the Lovin' Spoonful. This is along with staples Warblers like to sing such as 'Daydream Believer' by the Monkees and 'I have a Dream' by Abba.

Our Set List for the Saltash Songs & Shanties debut included:

BYE BYE LOVE, HALLELUJAH, DAYDREAM BELIEVER, IMAGINE, FOLSOM PRISON BLUES, I HAVE A DREAM, BLOWIN' IN THE WIND, COLOURS, SLOOP JOHN B.

As you can see, our song choices are quite wide ranging, so if you are a singer and they are to your taste, please contact me for a Taster. Unfortunately, at present we do not have any more space for guitarists.

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.

Mick Wilson

Table Tennis Group

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

WE ARE LOOKING FOR NEW MEMBERS

The Saltash u3a Table Tennis group meets in the Wesley Church on every other Monday afternoon. John McMullen is the group leader and is supported by other members of the group.

We are a friendly and enthusiastic group who play, not only for fun, but also the wide range of health benefits that come from playing Table Tennis, which includes:

- * Improves your hand-eye coordination
- * It keeps you social, which is important for mental health
- * It improves your reflexes
- * It improves your balance
- * It gets your heart pumping
- * It sharpens your mind and mental alertness
- * It improves body composition and bone health
- * It improves both gross and fine muscle movement

Whether a skilled player or a complete novice you should come along and give it a try. You will be made very welcome. Equipment is provided or you can bring your own bat, but please wear soft bottom shoes. Robert Jenkins

John McMullin

Tai Chi & Qigong Group

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

Our group numbers declined slightly during 2024 from nearly 50 members in the Summer term to 40 now in the Autumn Term. Members left for a variety of personal and health reasons or because they moved away, but a few new members joined us and some old members returned.

During 2024 we managed to run a few extra Tai Chi Workshops to help members focus on specific Tai Chi Forms to help develop their practice. The workshops concentrated on Tai Chi Fan Forms, Tai Chi Stick Form, 24 and 48 Forms, so called because of the number of movements involved.

A major change this Autumn Term 2024 is that Mick Wilson has taken over running the Beginners, Group A, to lighten the load for Instructor, Les Law, who still continues to run Group B for more experienced members. During 2024 there has been a growing interest in the health benefits of practising Tai Chi and Qigong. Earlier



in the year the Sunday Times published a 2 page article on the health benefits of practising Tai Chi, citing improved joint flexibility, muscle strength, balance, circulation, respiratory function through purposeful breathing and stamina. Additionally, the article also mentioned the psychological benefits of an increased sense of calm, peace and wellbeing gained from regularly practising Tai Chi. Unlike Yoga and Pilates, movements in Tai Chi and Qigong are gentle and do not involve vigorous bending and stretching, or getting down on the floor on a mat. Much emphasis in Tai Chi is placed on twisting one's waist which strengthens the core (axial) muscles in our abdomen, neck and back.

It is no surprise to learn that Neuro-scientists about a decade ago realised the link between the Amygdala in our brains which governs emotional processing and the Axial muscles in our necks and backs is far more complex than previously thought. What they realised was that they had found the explanation for why many people, anecdotally, said exercise always made them feel good. But, practitioners of Traditional Chinese Medicine (TCM), Tai Chi and Qigong have known this for thousands of years.



Les Law - Co-leader/Instructor & Mick Wilson - Co-leader/Admin

[Mick Wilson](#)

Theatre Group

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

The Theatre group has seen a number of productions this year including musicals, plays and ballets. For some shows we sell many tickets in both stalls and dress circle. Please let us know if there is anything you would like us to buy tickets to see.

Roughly a week before our monthly u3a meeting we send out an email about forthcoming shows so please come and see us at our table or send an email.

One of the most popular shows we went to see was "Murder on the Orient Express "

In the winter of 1934 an avalanche stops the train. A murder! A train full of suspects. An impossible case you may think but not when the world's most famous detective, Hercule Poirot is on board. Sometimes adaptations are perhaps not as good as the original, but my friend and myself came away feeling that we had been to a live performance . The sustained applause at the end showed how much the audience had appreciated the performance much to the delight of the cast.

All the cast suited their parts well, especially Hercule Poirot played by Michael Maloney (Belfast, Young Victoria and the Crown). The plot was quite complex. Hercule explained that they all knew the victim and each other, which wasn't clear during the play. Sets these days are so good. We had steam and 1st class carriages with movable beds inside. What a great play.

Birmingham Royal Ballet by Sir Frederick Ashton. La Fille Mal Gardée.

This is a sunny, funny, colourful and clever Ballet combining classical with comedy and a clog dancing dame who was excellent throughout (not over the top as in Pantomime) plus a super cute white pony .Live music performed by an excellent Royal Ballet orchestra.

At the recent showcase we showed off Devil wears Prada, which started in Plymouth and was excellent.

We are now selling tickets for Matthew Bourne's Ballet "The Midnight Bell", the Musicals "Lord of the Rings " and "Matilda".

Enjoy your Theatre. Pennie and Jean and Pauline .

Pennie Hagan, Jean Buckingham, Pauline Bowers



Ukulele Group

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

The ukulele group meets 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.

The ukulele group has had a good year. We have four new members making a total of fifteen. They are settling in well and learning at their own speed. New people are always welcome as each person brings something new to the group. Previous experience of playing an instrument is not needed and we don't read music.

We have played in public many times during the year at Ashtorre Rock, Pensilva W.I., Tincombe Woods Tea Party and more. The highlight was playing alongside the Burraton Boys to raise funds for



St Luke's Hospice in the name of our friend Gill Higgins. Ukelele We raised £1600 and a cheque was handed to a St Luke's representative by Gill's husband, John. Playing in public is not essential for a ukulele group but it does give us the incentive to push ourselves to learn a

variety of tunes and we do enjoy ourselves.

We meet weekly on Wednesday mornings from 10.15 - 12.00. If you are considering joining us please e mail ukulele@saltashu3a.org.uk for more information.

Learning to play an instrument is considered one of the best ways of keeping the brain active and meeting the lovely people in the group is good for sociability.

Why not come along and see what you are missing? e mail ukulele@saltashu3a.org.uk or come along.

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)

Also, we had our summer lunch which was a great success and the weather was beautiful so we were able to be outside.

One of our group arranged a visit to the new vineyard in Shillington which was very interesting and we are looking forward to tasting their wine when it becomes available.

Just recently 8 of us had a long w/e in Roscoff. Again with great weather so we were able to get out and about. Who says the English aren't obsessed with the weather! We went on the bus to Morlaix and had a lovely lunch sitting outdoors.

We are now looking forward to our Christmas lunch, eating, playing games and of course sampling some new wines.

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



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, or 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

Post Script

Christmas Quiz answers

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|----------------------|-----------------------------|-------------------------|-------------------------|
| 1. Kevin Costner | 2. Meryl Streep | 3. Paul McCartney | 4. Barak Obama |
| 5. Jennifer Anniston | 6. Amanda Holden | 7. Pearl harbour attack | 8. 1970s |
| 9. Postman Pat | 10. 700 | 11. John Major | 12. 1841 |
| 13. Fiddler Crab | 14. America | 15. Winnipeg | 16. Bees and honey |
| 17. Staff Sergeant | 18. Franklin Roosevelt | 19. Mount Fuji | 20. Rome (Vatican City) |
| 21. Polo | 22. Neptune | 23. Tom Jones | 24. Italian horn |
| 25. A knot | 26. Prunes wrapped in bacon | | 27. Great Britain |
| 28. The Archers | 29.1986 | 30. Norway | |

LAST CHANCE BLUES BAND (LCBB)

Our 'closed' group of 5 members has been meeting regularly every Wednesday evening at the Shado Centre since forming last April 2024, including throughout August, with holiday breaks excepted! The Band is comprised of

Alan Tout (Drums),
Dave Jordan (Bass
guitar/Vocals), Dave
Morris (Rhythm
guitar/Vocals), Jeff
Boyd (Lead guitar) and
Mick Wilson (Rhythm
guitar/Vocals).



Our developing Set List includes not just the older Blues songs of artists like Robert Johnson, Howlin Wolf and Willie Dixon, and many covered by Eric Clapton and The Rolling Stones, but also some of the latter artist's original songs. We have also included modern Blues songs by artists like BB King, Chuck Berry, JJ Cale, Peter Green/Fleetwood Mac, Taj Mahal, Stan Webb, but also a few well-known classic Rock songs by The Eagles and Chris Rea. All that said, our playable Set List is a work-in-progress and we are having much enjoyment creating it.

We were sorry we had to cancel our invitations to members to come and listen to us play in June and October. In June the occupation of the Football fields next to the Leisure Centre by Travellers, with reports of numerous unpleasant incidents between locals and Leisure Centre Staff, raised the issue of whether the Band could ensure our event in the Shado Centre did not attract unwelcome attention. In October, health issues for several Band members involving frequent hospital appointments hampered rehearsals. However we are definitely committed to doing a gig for members somewhere, sometime in 2025, so please watch this space!

Mick Wilson

Saltash U3A Committee

Chair	Amanda Smith
Vice Chair	Dee de Beaufort
Secretary	Barry Olver
Treasurer	Peter Payne-Hanlon (Chris Masterson shadowing)
Membership Secretary	Rose Olver
Groups Coordinator	Rob Jenkins (Trevor Earl shadowing)
Publicity Officer	Dee de Beaufort
Speakers Secretary	Amanda Smith (Rosemarie Nankervis shadowing)
Webmaster	Jason Lamb (Ray Williams Shadowing)
Minute Secretary	Sue Pym
Safe Guarding	Rosemarie Nankervis

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