

BUDE & DISTRICT U3A



u3a learn,
laugh,
live

Registered Charity
No.1110029
www.budeu3a.co.uk

MAY 2022 NEWSLETTER



Photo: Out to Sea / Mary Dobson

In this edition: Bude u3a News and Groups Reports, Monthly Meeting Talks, Groups with space, Tree planting, and more....

Thoughts from the Chair....

As I write this, the clocks have gone forward, the sun is shining, the trees are blossoming, the flowers are blooming and I am so enjoying life. Yes, Spring is without doubt my favourite time of the year.

To top this, our u3a is growing steadily and hopefully this trend will continue, so that by the time of our AGM, we will have the same number of members as before the pandemic. That would be wonderful. What more could I possibly want?

Well, actually, the answer is more volunteers!!! “Many hands make light work”, goes the proverb, and the more volunteers we have helping, the easier it is for everyone. It doesn't need to be a huge commitment, whatever time you have to spare will be appreciated.

I am in the process of getting ‘teams’ together for several of the roles that we need to fill. By helping as part of a team you'll be sharing the tasks. In many of the roles you will also be meeting many new members. What better way to make new friends!

Please see page 22 for a list of areas where help is required to ensure that our u3a continually runs like a well-oiled machine. Every role within our u3a is important and, whether you are an established member or a new member, your help is very much needed.

The u3a movement has been learning, staying active and having fun for 40 years - showcasing what it means to have a positive later life. I'm sure you will enjoy reading Anna's (our Editor) article on Page 24 about one way of celebrating this special anniversary. **Have fun Learning, Laughing and Living! I always look forward to hearing from you.**

Tina Hyndman

tina@hyndmans.net or 01288 489329

New Members

We offer a very warm welcome to our new members:

Pamela Barrett	Colin O'Brien
Hugh Beswetherick	Sandra Parker
Susan Bethwetherick	Denzil Phillips
Carol Blackett	Gill Phillips
Gill Cannon	Joan Price
Philippa Fitzpatrick	Gill Richardson
Gillian Gilbert	June Rogers
Tricia Glover	Jan Seddon
Christine Hearn	Clare Sheraton
Rose Heard	Craig Smart
Iain McRiner	Pamela Stoner
Monica McRiner	Anna Walford
Pat Nagy	Bob Wildman
Susan Neden	Marnie Wildman
Iris Newman	

Ann Tizzard, Membership Secretary

Open Monthly Meetings

Dear Members,

Our speakers for the next few months are listed below.

Valerie Langdown, Speaker Secretary

MAY 19TH - LADAKH AND KASHMIR

JIM BISCHOFF

Jim says: 'My talk on Ladakh and Kashmir is about my retirement escape and meeting up with a family I last saw 34 years earlier. It is about travelling through Kashmir when the Foreign Office said it was a no go area and exploring the high altitude State of Lakh.'

JUNE 16TH - A HISTORY OF THE BBC

IAN BARCLAY

In 2022 the BBC celebrates its centenary. The last 100 years have produced remarkable changes at the BBC and in broadcasting generally. The talk explores the BBC's history and development, and covers audio recording and broadcasting before the BBC was formed.

JULY 21ST - 'VARIETY HAS BEEN MY SPICE OF LIFE'

MIKE BEARCROFT

This talk recounts an unusual life (to say the least). Mike was a footballer with Sheffield United, sold infant milks all over the world, ran a not-for-profit health insurer, worked with Princess Diana, became a director of the Red Cross, a professional actor on stage and TV, owned a murder mystery company touring stage show, and became an author. He is now a trustee of Connecting Lives Cornwall, Fund Raiser for Flora and Fauna International, and helps both Penhaligon's Friends and Hope for Justice.

AUGUST 18TH - LIFE, THE UNIVERSE, EVERYTHING

SHEILA MAHONEY

From Sheila: "Following on from my talk a couple of years ago - Working with Energy through Yoga, Tai Chi and Reiki - and as a result of the events of the past two years, I feel inclined to share my experiences since then. Working with Energy is something that has developed and evolved gradually throughout my life.

During my previous talk I shared my experiences with Energy (Prana), the first of which was when, living in Singapore with my parents. At the age of 16, I discovered Yoga and decided that this was something I wanted to continue practicing. I attended many different classes over the years, in various styles and traditions, then found a class in the Integral Yoga Tradition and realised this was exactly the same style I had experienced in my very first class all those years ago. I was hooked! A couple of years after this I discovered Tai Chi through a class in my local area. At various points during the class, I felt the Energy (Chi) and was once again hooked.

Finally, a few years later, I was encouraged by a colleague to have some Reiki Healing. The experience was quite amazing and I could clearly feel the Energy (Ki) flowing through my body. I am now trained as a Reiki Master/Teacher and continue to share the benefits of Energy through teaching Yoga, Tai Chi and practicing Reiki Healing. Now I would like to share with you the extraordinary transformation which I have experienced more recently."

Meetings are at the Parkhouse Centre, Bude, at 2.30 pm.

WHICH GROUPS TO JOIN...??

Decisions, decisions! Bude u3a has so many great Groups, covering a great variety of interests, that trying to choose which ones to join can be tricky. This applies whether you're a new member, or perhaps just looking for new. Ideas and interests So to help in the decision making, here is the *Newsletter's* handy guide to what's available and what's on offer.

Not all Groups currently have vacancies of course, but even if the Group you're interested in isn't currently looking for new members, you can still contact the Group Leader and ask to be put on a waiting list. You can then be contacted when a vacancy occurs. Details of meeting days and times and the Leader's contact information are listed in the *Newsletter* for each active Group. ***It's important to speak to the Group Leader before attending a Group meeting for the first time.***

These Groups have indicated that they currently have space for new members:

Comedy

Creative Writing

Drama

Drawing For All

History of Art

Line Dancing

News and Views

Photography 2

Poetry – Close Reading

Sharing Music

Social Bridge

Ukulele

Walking 2.

So that's a good place to start with lots to choose from. To help the decision-making process further, here's what some of the Group Leaders have to say about their Groups and why you should join them.

Chrissie Marshall, from *Drawing For All* wrote: 'Drawing for All is exactly that. We welcome any enthusiastic, talented, or untalented souls who are up for trying out different approaches to a variety of subjects and media. We have moved to our 'Summer quarters' at Bude Cricket Club, so can add seascapes and landscapes to our activities.'

For *History of Art*, Keith Makin says: 'We would welcome new members. At the moment, we are exploring Renaissance art and have reached the High Renaissance (Raphael, Michelangelo, Da Vinci, etc.). Later we will look at the Renaissance in Germany and the Low Countries'.

Do you enjoy reading poetry? If so, the *Poetry – Close Reading Group* might appeal. 'Each month, one of the Group selects a poet of their own choice and, together, we explore and discuss the chosen poems', explains Alison Hutton, the Group Leader.

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Which Groups?/ Continued

'Often the presenter gives a short introduction on the life and background, influences and so on, of the poet. Only an interest in poetry is necessary to Join us – and we are resolved not to take ourselves too seriously', she says.

Then there's Social Bridge. 'The Group extends a warm invitation to new members', says Lindsey Sandilands. 'We are a friendly Group who play good tempered rubber bridge in an informal atmosphere, each Tuesday afternoon. You don't need to come with a partner, we can find you one. For those who are just starting out, or coming back to the game after a long break, we love to talk about the hands and advice is readily available if required!'

The Walking 2 Group would welcome a few new members says John Dabbs, while Marie King says that she could take one more member who wants to learn to play the **Ukulele.**

Line Dancing also has space. 'Would-be members can come along and have a go,' writes Gill Beasley.

The Drama Group is open to members who are happy to help backstage, as well as those who would like to act. Paul Constantinou would love to hear from you. Still with the arts, Joan Rand from **Sharing Music** wants members to know that they don't have to be musically talented or knowledgeable to join the Group. 'Come and nurture your imagination', offers Jim Buck for **Creative Writing.**

From Val Kerr, for News & Views: 'Our format has changed during Covid times, so we are currently meeting in the Holsworthy area at 11am, occasionally staying on for a social lunch. Each member is encouraged to bring a news item that has caught their attention for general discussion and comment.

'Photography 2 has spaces', says Group organiser, Maggie Gibbs. 'We are a friendly, non-judgemental Group and we take photos on a monthly theme chosen by the Group. If you like taking photos and have a camera you are welcome.'

The newly formed **Comedy Group** also has space, and you can still sign up at monthly Open Meetings for those Groups still in the pipeline: **Signing, Crafts** and **Conversational French.**

The broad spread of interests over Bude u3a Groups offers something for everyone – no wonder it's hard to choose! And, if you have a passion or solid interest in a subject not already covered, then perhaps you would be willing to run another new Group. A.C.

COFFEE MORNINGS

Coffee Morning at the Weir Café on the first Friday of the month, 10.30 am – 12 noon, to meet new, as well as established, members.

Upcoming meetings: May 6th, June 3rd, July 1st, August 5th.

Coffee and Chat at the Falcon Hotel, on the third Wednesday of the month, 10.30 am - 12 noon, to renew and strengthen u3a friendships. Friends, family and potential members are welcome also.

Upcoming meetings: May 18th, June 15th, July 20th, August 17th.



Go to www.budeu3a.co.uk for information, news, and updates on meetings and events

News and Reports from the Groups

From the Groups Coordinator....

We finally seem to be coming back into the light after the darkness of the last two years with most Groups meeting normally again.

The **Comedy Group** will have had their first meeting by the time you read this and the **Line Dancers** are back in action.

Dave Gilbert has decided to step down as leader of **All About Birds** and I am happy to report that Rosie Bowden has agreed to take the Group on. Lacking Dave's ornithological expertise, Rosie thought it best to have a meeting with the members of the old Group to plan a new focus and the way forward.

The Group is now called **Nature Watch**, still meeting every fourth Wednesday, usually for all day field trips at varying locations, but with a much broader sphere of activity. Their aim is now: *'to observe the nature around us, including birds, habitat, wildlife, wildflowers, trees, coastal life, and more, mostly through field trips and guided walks and an occasional presentation'*.

The **Signing Group** is looking to be a distinct possibility and although the philosophy of u3a is self learning, we have one or two possible teaching contacts we need to approach, but if anyone knows how to sign well enough to teach, please let me know.

Ian Dew
surfaceian@outlook.com

ALL ABOUT BIRDS - the Group has a new name and a new direction. It is now called: ***NATURE WATCH***.
See Page 11 for a report and information.



BOOK GROUP meets on the second Wednesday of the month at the Rydon Inn, Holsworthy for optional lunch followed by the book discussion

Valerie Kerr - 01840 230194 / valerieannkerr@hotmail.com

The 'mind' featured highly in our reading this quarter, commencing with **Gail Honeyman's** novel, ***Eleanor Oliphant is Completely Fine***. This is the fictional story of a woman emerging from, and coping with, horrific childhood trauma. Given the subject, it was a surprisingly 'light' read which in turn generated some criticism as to whether it portrayed a totally misleading picture of mental health issues. A well-humoured discussion was generated.

This was followed by a memoir, ***A Moveable Feast*** by **Ernest Hemingway**, a reminiscence of his early years in Paris in the 1920s. It was written shortly before his suicide and published posthumously, with input from his widow and grandson. We found it a patchy and episodic read with many inconsistencies and exaggerations, probably untruths! It provided an evocative look at Parisian café culture at that time

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BOOK GROUP / Continued

It also gave an unflattering insight into Hemingway's character. Given the esteem in which the author is held, we found it a disappointing read.

The extraordinary mind of a high-end autistic *savant* was the subject of ***Born on a Blue Day*** by **Daniel Tammet**, another memoir. It is an extremely lucid account of his early life, struggles and abilities – performing complex mental mathematical calculations, learning a language in days! He is described as a real-life *Rain Man* and compared with *savant*, Kim Peek, but he differs significantly in his ability to communicate how he sees the world and managing to live a relatively 'normal' life. It provided much food for thought.

Val Kerr

COMEDY meets on the third Wednesday of the month at 2 pm

Jim Buck - 01288 682395

At last, we held our first meeting. We discussed some theories of comedy and the different things we each find funny. We also had plenty of laughs (many more to follow). If you like to find humour in the world around us, please come and check us out.

Jim Buck

CREATIVE WRITING meets on the second Thursday of the month at 2 pm

Jim Buck - 01288 682395

We're still missing our former leader, Lucille Opie, but we persevere!

In **February**, we listened to each other's short tales around the topic 'I just couldn't reach it', and in **March**, 'I knew no one would believe me' was the topic.

For **April**, we were asked to write a piece to include at least two of: A Hillside, A New Zealand Flag and A Broken Piggy Bank. Attendance was unfortunately, ravaged by COVID, flu and grandchildren, but the stories we have so far unveiled were, as always, an astonishing variety and pleasure as imaginations were sparked. Do you want to nurture *your* imagination? Come and join us – you'll enjoy it.

Jim Buck

DISCUSSION This Group is currently inactive. and in need of a new leader.

DOWSING meets on the fourth Tuesday of the month

Ian Dew - 01288 682220

Scientists in the field of **Psychoacoustics** (studying the perception of sound in the brain) have examined how different brain waves operate at different frequencies. They theorize that the sound may help retune disturbed internal frequencies. Sound healing techniques have been popular throughout history in many different cultures.

These days, **Himalayan singing bowls** (see photo) are gaining popularity in sound therapy. The bowls contain seven to twelve different metals, known as 'bell metal'. Depending on type, they may also incorporate silver, gold, mercury, tin, lead, copper and iron.

Certainly, after Sheila's talk and demonstration of Singing Bowls and Tuning Forks in **January**, our Group felt more relaxed, both physically and mentally.

February saw us back in the Falcon for an afternoon of conversation and an exchange of reading matter covering what interested us to try Dowsing in the first place. As is the way with informal exchanges, some of our other esoteric interests were soon being discussed, including the benefits and powers of crystals and birth trees.

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DOWSING / Continued

Back in the day, trees had a special place in Celtic culture. Almost all of the trees found in the Celtic countries were revered and people believed that these gentle giants had special powers. These sacred Celtic trees served as an abode of fairies and spirits.

Everything revolves around these sacred trees. The Celtic year consists of thirteen lunar months, representing the cycles of the moon. And each lunar month was linked to one of the sacred Celtic trees. From there, the druids derived a Shamanic alphabet, known as the *Ogham* (pronounced 'Oh-wam'). Celtic druids also noticed that, when a child is born in a certain month of their 'tree calendar', it would develop certain qualities. Thus, they established something like their own Celtic tree astrology.

Finally, in **March** we managed to get outdoors again, inside the church of **St Peter & St Paul** in **Holsworthy**. The first building on the site was probably a Norman Oratory built c.1130 and demolished in c.1250, The present church, built in the early English style, dates from the mid-13th century. There was an uncomfortable air of animosity within the church which led to an early retreat to our second venue of the afternoon.

Just off Bodmin Street, through an alley between terraced houses, is a '**hidden garden**', gifted by Mrs Badock, a great benefactor to the town, who left her house and gardens at Penrose Gardens to be held in trust for the people of Holsworthy. Here we experienced a great air of calmness and spent a pleasant thirty minutes exploring, before debriefing over refreshments.

Ian Dew

DRAMA meets on alternate Mondays, 9.30 am-12.30 pm, at Launcell's Parish Hall, Grimscott.

Paul Constantinou - 07770 721251 / paul.constantinou1@btinternet.com

The period since the last *Newsletter* has been busy and fruitful. As such, I am pleased to report that we have made good progress in the planning and preparation of our next production which is scheduled for October. Our recent Monday morning fortnightly meetings have found the Group working on the short-listing and reading of various plays and other pieces for future productions. Through this process we have finalised the content for October and identified a suitable contender for June 2023!

As with other Groups our membership is subject to change and I would like to take this opportunity to thank Jane Maclure, Beth Moore, Gill Nicholls and Eve Tilsley for their support in the Group in recent times, wish them well for the future, and hopefully, one day, welcome them back to Drama.

We shall be busy in the next few months and, as always, we welcome anyone with an interest in Drama, be it on or off stage, to come to one of our meetings and share the experience with us. We meet in Grimscott Parish Hall every other Monday. If you are interested in coming along, I can be reached by email: paul.constantinou1@btinternet.com.

Paul Constantinou

DRAWING FOR ALL meets on the fourth Tuesday each month, 1.30 - 4.30 pm during the summer at Bude Cricket Club

Chrissie Marshall - 01288 359439 / **Lorna Hartley** - 01288 361300

January: Chrissie brought some unusual *seashells* and one of her sketchbooks that showed samples of *one, two and three point perspective*, as interest was raised by a few members before the Christmas break. Some really lovely shell drawings were made during the afternoon.

February: **Cubism** was the theme and we drew a selection of hard and shiny objects .

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DRAWING FOR ALL / Continued

This included golf clubs, kitchen utensils and a stainless-steel saucepan with a large orange to reflect onto it. Most of us 'had a go' at trying this style which was invented by Picasso and Braque, and it was good fun feeling free and intuitive. Some of us used pastels and a variety of interpretations were created. There were also fine attempts to 'draw what they saw', in particular, the sketch of a saucepan that looked almost as reflective as a mirror.



March: As a contrast, we had items that were *soft and fluffy* and tried to draw them realistically, without hard outlines; relying on shading and shadows. A huge cuddly bulldog toy (Winston) was popular, as were several magnificent teddies. Pencil and pastel drawings captured their fluffiness wonderfully but most are too delicately drawn to be able to reproduce here.



We have moved to the Bude Cricket Club for the summer and have extended time -from 1.30 pm until 4.30 pm, so we will add *seascapes* and *landscapes* to our varied challenges

whilst observing the effects of the changing light, sky and tide. What fun!

We have recently welcomed Rose and June into our Group and we still have room for a few more. All you need is enthusiasm and a willingness to 'have a go'.

Lorna Hartley / Chrissie Marshall

FAMILY HISTORY meets on the last Friday of the month, 2-4 pm

Val Russell - 01288 352104

The new year started off as anticipated with yet another smooth and informative talk by professional genealogist, **Janet Few**. The topic was *Forgotten Women* and focussed on those ancestral relatives which many prefer not to mention in family discussions such as those who gave birth to illegitimate children, or earned a living as prostitutes. Others may have served time in jail, or been confined to mental asylums. Various sources for tracing these people were outlined.

I chose my topic for **February** when I was reminded last Autumn that it was 60 years since the opening of the **Tamar Road Bridge**. Since I was living in Saltash throughout the planning, construction and opening of the bridge, I was well aware of the interest it created amongst us and of course the subsequent changes that it has brought in its wake. There obviously must have had a similar impact on the townspeople of Saltash in the 1850's during the construction of the Royal Albert Railway Bridge. I sought to fit my largely Tamar-side ancestors into this changing scene.

In **March**, Ros gave an informative and enjoyable talk on *Education in the 1920s and 30s*, illustrated by reference to her mother's exercise books. This inevitably made us think of our time at school and how school has changed yet again in our lifetime.

Val Russell

GARDENING meets on the first Wednesday of the month

Ray and Lydia Kelly - 01288 359871 / kazzpete@yahoo.com

In **February** we met up in the Parkhouse Centre for a wonderful talk on *Fuchsias* by **Brian Carlson**. Not only did we learn a lot about growing these beautiful plants, but he gave us lots of gardening tips as well.

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GARDENING / Continued

Many thanks to everyone who provided the delicious cakes for the coffee break, and to all who took part in the *Seed Swap*.

March saw the Group out and about again with a very good lunch at the Falcon Inn in St Mawgan, followed by a visit to the **Japanese Garden**. The weather wasn't perfect, but everyone enjoyed this authentic Japanese-designed garden, set in about an acre of idyllic countryside, with a variety of plants and water features. It came highly recommended by Group members who visited it back in 2011 and it certainly did not disappoint!



Pencarrow Gardens in **April** had plenty of beautiful colour -Daffodils, Primroses, Camellias, Magnolias, Azaleas, Marsh Marigolds and more. Its mix of formal lawns, lake, magnificent trees, ancient woodlands and Iron Age fort was enjoyed by all. The weather forecast of rain and high winds didn't appear and we were lucky to have a dry, almost sunny afternoon.

Ray and Lydia Kelly

HISTORY - A SIDEWAYS LOOK meets on the second Wednesday of the month, 10.30 am at the Falcon Hotel

Anna Crew - 01288 682395

Our usual meeting place, the Falcon, was closed for refurbishment in January and so we met for the first time this year in **February**. We welcomed a new Group member, Chris Hearn, and continued with our look at the 1960s.

First, Mary retold the story of the *Profumo Affair* – ‘this is what happens when the British try to be French’! **Space Exploration and the Moon Landings** was Maggie’s topic, as we recalled those grainy images of the 1969 moon landing. One fifth of the world’s population watched Neil Armstrong (*right*) take those famous tentative steps on to the moon’s surface.



Ruth then told us about **Advertising** in the 1960s. TV advertising was in its infancy and in the early ‘60s, the main advertisers were the soap and toothpaste manufacturers – Gibbs toothpaste was the first. Later in the decade, advert jingles, British accents and catch phrases (which we still use) were popular features.

In **March**, we moved the topic a little closer to home, as it were, with each Group member looking at **My Town in 1962** (i.e., exactly 60 years ago). Some members were in more than one place that year, while others were still very young then, and so we were treated to an interesting mix of life in different areas. Oddly, two people in the Group happened to be in the same place in 1962 – Helensburgh in Scotland – and doing completely different things! Other places covered included Birmingham, Somerton in Somerset, Slough, and Bude (Lucille’s home then, and now).

In 1962 the train still brought the summer visitors to Bude, there was tea dancing at the Headland Pavilion, and in winter that year the Canal froze to a depth of two feet!

Various illnesses limited the numbers attending our **April** meeting, but we were able to continue looking at ‘our towns’ in 1962. Harlow New Town, Hove, and South Shields were featured. Despite the differences in location and background we found many similarities in life in the three places. We all recalled lots of green space and a freedom to roam which many children lack now.

Anna Crew

HISTORY OF ART meets on the first Thursday of the month at 2 pm

Keith Makin - 01288 353407

The Group did not meet in January, but in **February** we returned to another giant of the Renaissance, **Michelangelo** (1475-1564). We explored his rise to greatness in both painting and sculpture.

In 1496 he went to Rome where he sculpted his first masterpiece, the *Pietà*. His second sculptural masterpiece, which he completed in 1504, was a colossal statue of Carrara marble portraying David as a symbol of Florentine freedom. From 1508 to



1512 he painted the vault of the Sistine Chapel (*right*) with scenes from the Old Testament, from the Creation to the story of Noah.

In **March** we visited the **Burton Gallery** in Bideford to view the exhibition *Living with art: Picasso to Celmins*, a selection of the highlights of paintings from the collection of Alexander Walker which included works by Matisse, Lucien Freud and Warhol among others. We also looked at a fabulous collection of ceramics in the exhibition *Breaking with Tradition British Ceramics Biennial*. Of course, we also had lunch there too!

Keith Makin

LINE DANCING meets every Tuesday, 2 - 4 pm at Poughill Village Hall, £5 per class. **Gill Beasley** - 07941 233801 / gabeasley@hotmail.co.uk

Line Dancing classes re-started in **January** and are very well attended. We have an experienced line dancing teacher, Maureen, who shows us the ropes and keeps us on our toes (and has the patience of a saint!).

And we have welcomed some new members along with the 'oldies' (in the nicest possible way - the pre-Covid members!). Although I'd like to say that it's all coming back to us 'oldies', but I'd be lying (or is that just me?).



We have been introduced to more than 20 dances - some with more success than others, including *Come Dance with Me*, *Gin & Tonic*, *Mamma Maria*, *On the Roof*, *Showed up Late*, and *Country Walking*, to name but a few!

If you would like to come along and learn how to do a grapevine, a jazz box, a kickball change or other interesting moves, there is a charge of £5 per class, preferably paid up front in a 6-week block, but there is some flexibility if classes are missed for whatever reason. Please get in touch with me if you are interested in joining the class. Yee haw!

Gill Beasley

LOCAL HISTORY meets on the 4th Thursday of the month. Currently inactive.

NATURE WATCH meets on the fourth Wednesday of the month

Rosie Bowden - 01409 241506 / rosieleebowden@gmail.com

After five years as Group Leader for **All About Birds**, Dave Gilbert has decided to step back from the role, whilst remaining a valued member of this Group, and still offering his support and expert knowledge of birds to lead a few of the meetings each year.

Rosie Bowden, who has co-led All About Birds with Dave, has agreed to take over the Group and to use this as an opportunity to widen our interest beyond that of birds.

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NATURE WATCH / Continued

At a meeting held in **March** at the Parkhouse, many of the members of All About Birds met to discuss how to take this Group forward and to utilise the knowledge and interests within the Group.

We decided that the name of the Group will change as from April to **NATURE WATCH**. We felt that this expressed an interest in not only birds, but habitats, wildlife in general, and topics such as foraging and rewilding, wildflowers, woodlands, habitat conservation, coastal wildlife, beavers, fungi, butterflies and bees and more.

Some of the members volunteered to explore a variety of contacts and interest groups to get the newly revised group off the ground and for us to follow up with a new programme of field trips and presentations.

We will start in **April** with a walk from **Northcott to Sandymouth**, watching the bird life and the wildflowers along the way. This will be followed in **May** with a walk at **Hound Tor**, with Dave leading a walk to enjoy the bluebells and listen out for cuckoos.

Nature Watch will continue to meet on the same day each month as for All About Birds – every fourth Wednesday, often for a whole day. We will continue to make this a ‘no dogs’ Group (other than for assistance and guide dogs).

Existing members have been invited to confirm they wish to continue in Nature Watch, and all are invited to offer their suggestions of topics for us to cover in this exciting Group.

Rosie Bowden



NEWS AND VIEWS meets on the first Tuesday of the month at 11 am in the *Holsworthy area* **Val Kerr** - 01840 230194 / valerieannkerr@hotmail.com

Each member of our Group is encouraged to bring a news item that has caught their attention, for general discussion and comment. Earlier this quarter we were concerned with (prophetically) our ***dependence on Russian energy*** and the ***rising cost of living*** including the escalating childcare costs.

More recently we have been moved by the horrors of the war in ***Ukraine*** and the threat of WW3. The seemingly more trivial issues surrounding ***Prince Andrew***, and also the infamous ***Will Smith Slap*** at the Oscars, have featured too. The latter was condemned for its violence but led to thoughts on whether so-called humour has crossed previously accepted boundaries, feminism, masculine roles, and celebrity culture.

We currently have room for a couple more members, so if you are interested in learning more about our Group, or wish to join us, please email me.

Val Kerr

NOT STRICTLY YOGA (please note change of day and venue) meets every 1st and 3rd Friday of the month at 10 am at Bude Methodist Church Hall

Sheila Mahoney - 07548 804027 / sheuserbude17@gmail.com

The system of Yoga I am trained in has many aspects. It was developed by Sri Swami Satchidinanda whose primary goal was interfaith understanding as a vehicle to world peace. To this end, the LOTUS (Light Of Truth Universal Shrine) was constructed and inaugurated in 1986.

The shrine is the centerpiece of ***Yogaville***, designed to replicate his belief: ‘Truth is one, Paths are many’. The structure is shaped like a lotus flower, features a gold-leaf dome, and houses 12 altars representing Christian, Jewish, Hindu, Shinto, Tao, Buddhist, Islam, Sikh, Native American, African and non-religions. ***Integral Yoga Hatha*** is a comprehensive system of personal transformation: physical, mental, emotional and spiritual.

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NOT STRICTLY YOGA / Continued

Each class incorporates postures, deep relaxation, breathing practices, and meditation that result in a profound experience of peace and wellbeing. Students of any age and condition are encouraged to explore each posture at their own pace with mindfully observing what arises without judgement. By balancing effort and surrender, the practitioner is able to discover the optimal flow of energy to achieve greater flexibility, strength, poise and mental focus. Besides promoting the health of all the systems in the body, the Integral Yoga system is designed to draw the practitioner into a physical and mental stillness that leads to an experience of one's true nature, which is ever peaceful and happy.

I also intend to explore various different types of Yoga that I have been fortunate enough to experience during my many years of practice - i.e., Restorative Yoga, Yin Yoga, Chair Yoga, Breathing Practices, Meditation.

Sheila Mahoney

PHOENIX CONVERSATION meets on the second Thursday of the month at 10 am at the Falcon Hotel

Eric French - 01288 355238

The Group is staggering on, not yet recovering from the Covid shut down. I am keeping in touch with members, and four have managed to meet at least once. The healing process is not easy!

Eric French

PHOTOGRAPHY 1 meets on the last Friday of each month at 10.30 am

Ann Reece-Pinchin—01288 354844

Our topic for **January** was ***Endings and Beginnings***, reflecting the time of year. There was a big variety of interpretations, but it was noticeable that sedum featured in several offerings. (*Patricia Reid's contribution is seen here.*) We discussed the difficulty in photographing red flowers and the consensus seemed to be that full sun seemed to create the worst problem.



It was decided that we would use the alphabet for our inspiration, with topics starting with the **letter 'A'** for our **February** challenge. The topic seems to have been inspiring and there was a wide range of things beginning with the letter 'A' that had been captured on our cameras, including arches, apricots, almonds, anchors, A frames, and even Airfix.



With the letter 'A' being such a success, it was decided to continue using the alphabet, with our topic for **March** being things beginning with the **letter 'B'** which also seemed to inspire an amazing variety of pictures. There were balloons, benches, beach huts, bridges, boots, beanstalks, buttons, boats, birds, bells, belts, bowls, barometers, butterflies, and even a bamboo bicycle. (*Photo: 'B' is for 'beach huts' by Joyce Bickerstaff.*)

For **April**, we will be seeking subjects beginning with 'C', and will hopefully be thinking carefully about composition at the same time.

Ann Reece-Pinchin

PHOTOGRAPHY 2 meets on the second Thursday of the month in the Parkhouse Centre, Room 4, at 10 am

Maggie Gibbs - 01288 356121 / gone.gibbs@outlook.com

February saw the Group continue its two themes of ***It Flies*** and ***Texture***. For **March** the Group looked at ***Red and / or Yellow***. / *Continued*

PHOTOGRAPHY 2 / Continued

Flowers, fruit, aboriginal art, painted red nails and buses were amongst the varied contributions. (Photo: Ian Dew.)

The Group also considered the composition technique of ***leading lines***, where the eye is drawn into the photo. Roads, paths and even the swimming pool steps, demonstrated the method in an array of images.

For the **April** meeting, ***Lock, stock and barrel*** was selected and also, ***framing*** as a composition technique. Waterway

locks, door locks, and keyholes (with cobwebs): for stock – flock of sheep, old stocks in St Andrews (Stratton) and stock cubes, and for barrel – coopered barrels, cannon barrels and Barrel Rock in rainbow and sunset photos ensued.

Framing took us on a journey from archways in the Alhambra Palace and Launceston Castle, to a window reflection in Dawlish, to Dorset beaches, trees as frames and the lych-gate and bell tower interior in Morwenstow Church.



Maggie Gibbs

PLAY READING meets on alternate Mondays, 10.30 am at the Falcon Hotel

Mary Dobson - 01288 354451

In **February** we read ***A Quiet Weekend*** by **Esther McCracken**, which was first produced at the Theatre Royal, Newcastle in 1941 and subsequently at Wyndham's Theatre, London. Glynnis Johns played 18-year-old Miranda, and Michael Wilding was Denys Royd, her dream boyfriend.

Mildred and Arthur Royd have a cottage in Throppleton and Marcia their daughter and her husband Jim, plus their son, Denys, are also there, and Denys has invited a girlfriend, Rowena, who scandalously arrives in trousers! Arthur and the local handyman, Sam, are plotting to go fishing that night. The local magistrate, Adrian, is also a keen fisherman and they wonder how easy it would be to poach a large salmon from their neighbour's stretch of river and make a £5 bet. Owing to his position on the Bench, Adrian is not keen, but can't resist a challenge. They are nearly caught out, but honour is saved and Adrian offers to pay Sam's fine if he should be charged.

It seemed very dated, although most of us could remember unreliable plumbing, quinine for colds, salad with hard boiled eggs, and when it was definitely not the norm for women to wear trousers.

Next, we read 'a mystery comedy', ***The House on the Cliff***, by **George Batson**. Karen is a wealthy widow and stepmother to Ellen. It seems that Ellen was driving her father some months before, when the car crashed, her father was killed, and Ellen is confined to a wheelchair unable, or unwilling, to walk. Dr Lane, the family GP, is going away to a conference and he has arranged for a Dr Phillips to look after the family in his absence. Nurse Pepper has also been hired by Karen to oversee Ellen's slow recovery and is energetic, sensible, but somewhat austere.

Also in the house is Jenny, the cook and housekeeper who has been with the family for years and who is suspicious of Nurse Pepper. Strange goings-on occur: a body on the beach which disappears, shots from the garden which smash a vase, a missing letter, lights going on and off, and a mysterious man in a raincoat. Meanwhile, handsome Dr Phillips persuades Ellen she CAN walk again, they become friendly and get engaged and he offers to take her for a drive, her first time in a car since the accident. Nurse Pepper is highly suspicious of all these strange incidents and puts two and two together to discover that Dr Phillips is not who or what he says he is. There are other sub plots in the story which made it quite a good and suspenseful read.

/ Continued

PLAY READING / Continued

In **March** we read *Hidden Laughter* by **Simon Gray**, with the story progressing from 1980 until 1990. In 1980 Harry, a literary agent, and Louise, his wife and an aspiring writer, are happily married with two children. They have found their perfect weekend retreat in a Devon cottage where they can leave the trials and tribulations of London life behind and where Ben, Harry's father, can also relax. The garden is lovingly tended by the local vicar, Ronnie. However, over the years, the outside world gradually encroaches on their idyll and by the 1990s the cottage is on the market, Louise seems unable to write and Harry is at odds with his clients. It was a fascinating play, highlighting domestic drama, and which enjoyed a successful run at the Vaudeville Theatre, London in 1990 starring Felicity Kendal, Peter Barkworth, Richard Vernon and Kevin McNally.

Mary Dobson

POETRY meets on the second Wednesday of each month at 2.30 pm

Linda Farmer - 01288 356531

No report.

POETRY - CLOSE READING meets on the first Thursday of the month at 10.30 am.

Alison Hutton - 01837 849085

The meeting on **3rd March** looked at a selection of poems by **Seamus Heaney** We considered his rural up-bringing; love of G.M. Hopkins and the clarity of Hemingway, his reluctance to be drawn into political debates, and his belief that poets should do something 'transformative and creative with their experience'.

We chose only seven poems from his extensive output. These included a love poem to his wife - *Lovers on Aran*, the wonderful description of landscape in *The Peninsula*, the autobiographical *Mid-term Break*, one of the bog poems, a late poem written about his home – *Glanmore*, a visionary poem - *The Wishing Tree*, and an almost humorous character description of 'my old hard friend', in *Two Quick Notes*.

Alison Hutton

ROCKS AND RUINS meets on the second Tuesday of the month

Rosie Bowden - 01409 241506 / rosieleebowden@gmail.com

In **February**, the Group had a great day out, organised and led by Lydia, in two vastly differing places. In the morning, we visited **St. Neot's Church** in the beautiful village of **St. Neot**, to be given a fascinating tour of the biggest collection of Medieval stained-glass windows in the UK.

We were given a guided tour by a wonderful elderly Cornishwomen, who told us tales of the windows, including some of the trials and tribulations of the attempts to undertake restoration over the centuries, including relabelling some of the saints! The windows were very beautiful and rightly famous and much studied. Most of them date from 1480 to 1530.

Each window has its story but the ones with the strongest narrative were those of the Creation and Noah in the south aisle. In Noah's window, (*right*) the most physically accessible, we saw the prophet building and sailing his ark and letting off his doves with a billowing white sail above. After lunch we went on to **Carnglaze Slate Mines**. We were given a guided tour and told much about the way the slate was mined, the lives of the miners, and the geology of the area.



/ Continued

ROCKS & RUINS / Continued

Carnglaze is set amongst 6.5 acres of ancient oak woodland in the steep sided Loveny Valley on the southern edge of Bodmin Moor. Initially there was an open cast quarry but some 300 years ago the miners started to go underground, resulting in the formation of three hand created caverns of cathedral proportions. During our tour, we went about 150 metres into the hillside and 60 metres below ground. In the lower chambers, we were shown the underground lake with its crystal-clear blue/green water.

Carnglaze is Cornwall's only slate mine (there are other, open cast quarries) and as such, played an important part in the mining heritage of Cornwall. It was, of course, slate that roofed the industrial revolution and the finely laminated, dark blue slate from Carnglaze was extensively used in South East Cornwall and further afield.

At Carnglaze, there was also visible evidence of tin and copper mining.

In **March**, in some challenging, cold and wet weather, 38 Group members turned out for a guided walk at **Minions** on Bodmin, with Rick Stewart, a favourite expert industrial mining historian with the Group. Rick is incredibly knowledgeable about copper and tin mining in Devon and Cornwall, in particular. He didn't disappoint his time either, even on such a cold day!

He gave us a walk around the mining area of **Minions Village**, talking about the ancient mines and more recent activities, pointing out where areas of the land had been mined for centuries for their rich minerals, including walking through the **Cheeswring Quarry** (*right*).



As one of our Group put it, 'Rick made sense of what appeared to be a chaotic landscape'. As always, Rick held the interest of the Group, although the weather did defeat our intentions to have carried on after lunch to South Caradon Mine.

In **April**, after meeting for lunch, the Group, led by Celia, planned to walk a route at **Meldon Reservoir** near **Okehampton**, in an area rich in industrial heritage, including slate, granite and a mineral used in glass-making called Aplite. The walk will take us up and across the **Meldon Viaduct**, which is an impressive Scheduled Monument, unusual in that it is built entirely of cast and wrought iron, no brick or stone. The viaduct spans the remains of many mineral mines in this geologically unique area.

Rosie Bowden

SCRABBLE 1 meets on the first and third Friday of the month at 2 pm

Ros Dolphin - 01288 359928

No report this time..

SCRABBLE 2 / WORD GAMES meets on the fourth Monday of the month at 2.30 pm

Heather Stephenson - 01288 356414

Nothing to report, but would like to mention that the Group is currently full.

Heather Stephenson

SERENDIPITY 1 meets on the fourth Wednesday of each month at 2.30 pm

Celia Sousek - celiamary.sousek@gmail.com

No Report. Meetings are currently suspended.

SERENDIPITY 2 meets on the last Thursday of the month at 2 pm at a member's house or on a field trip

Gill Beasley - 07941 233801 / gabeasley@hotmail.co.uk

SERENDIPITY – The faculty of making happy and unexpected discoveries by accident. The aim of this group is to support, enable and encourage the exploration of an idea or project and to be inspired by one another to try something unexpected and different...

It is so good to be back and meeting up again!

We have 20 members at present, so the group is full, but if you are interested in joining S2 please get in touch and I will put your name on a waiting list.

Our first meeting this year was at a member's house, when 15 of us met up and enjoyed a quiz and afternoon tea. Thank you, Pauline, for hosting and making us feel so welcome!

In **February** we had a talk by **Rosemary Lee** on *Isolated Islands*. Across the Pacific, we visited the Galapagos Islands, Easter Island, French Polynesia and Fiji, to name a few!

In **March** we visited **Boscastle Pottery** for a demonstration by the potter, Roger Irving Little, and his son Tom. Boscastle Pottery is famous for its *Mochaware*, which creates intricate patterns on the side of the pot. We finished the afternoon with tea at the Boscastle Farm Shop (it would be rude not to!).

This coming year we are really looking forward to discovering new, exciting and challenging experiences in order to broaden and improve our skills and outlook on life. Happy times!

Gill Beasley



SHARING MUSIC meets on the second Tuesday of each month at 2.30 pm

Joan Rand - 01288 356066

In **February** we held a *Free for All* on the theme of **Jazz**. When we compiled our programme for this year, we thought this would be an ideal way of introducing a topic which is perhaps less well known than some, particularly to those musical listeners who laboured under the mistaken apprehension that in this Group we confine ourselves to so called 'classical' music only. Also, at the time the list of themes was put together, the Group included a jazz aficionado who would talk about a range of jazz styles and play CDs to illustrate them, before giving way to our *Free for All* offerings from around the Group. In fact, our expert sadly had to leave the Group as another commitment called, but we were all astounded by the wealth of jazz music that was produced by Group members, and we all learned that jazz is a genre that is well worth exploring.

Performers such as Ella Fitzgerald, Glenn Miller, Cleo Laine and Louis Armstrong, delighted us. So too did those who were performing their own compositions, such as Scott Joplin and George Gershwin. The afternoon's enjoyment would surely have persuaded anyone who is shy of joining the Group that they should swallow their fears and jump in with the rest of us. The theme for **March** had been decided over a year ago, when, in a moment of rash bravado, I volunteered to present an afternoon on the *History of Music and Dance*. With many months to go, I happily anticipated that there would be plenty of time to produce a well-researched presentation. However, anyone who has entered the profession of teaching will know that there are many pitfalls in working towards a set date, and that time's winged arrow speeds up as the date approaches, leading to an increasing sense of panic and shortened nights' sleep. Happily, with the help of my friend Ulysses T. Yoob, I was able to produce a couple of hours of illustrated dances from periods ranging from the ninth century B.C. to dances and music of modern times.

/ Continued

SHARING MUSIC / Continued

I can't go into all the periods covered but will mention the ones most popular with the audience. Baroque music was mainly written for listening to but J.S. Bach wrote some wonderfully melodic pieces which lent themselves ideally to dancing. We then moved on to Ballroom Dancing and Ballet which ran in parallel from around the 15th and 16th Centuries, and on to Modern Dance. The Charleston, Quickstep, Rock'n'Roll and Twist got all of us tapping our feet as in days of yore. (Picture: *Dance of the Sugar Plum Fairy* from Tchaikovsky's 'Nutcracker Suite')



In **April** we will have the theme of pieces featuring **woodwind instruments** and will be a *Free for All*. More in the next Newsletter.

I do hope that after reading this, some doubters might decide to try sharing some music with us. You'll find that there is so much music about that you will be bound to find something you like but haven't heard before. Alternatively, you may have a favourite piece that you are longing to share with us. We have room for more in the Group, so please come along. All details if you need them from me.

Joan Rand

SINGING FOR FUN meets on the second and fourth Friday of the month at 2.30 pm at a member's home

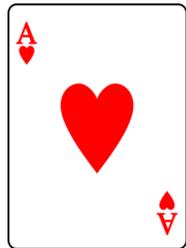
Ros Dolphin - 01288 359928 / **Susan Neal** - 01288 354075

Nothing new to report, but welcome to Rose and Joan.

Susan Neal

SOCIAL BRIDGE meets on Tuesdays, 2 pm at the Brendon Arms

Lindsey Sandilands - 01288 354201 or **Elizabeth Shaw** - 01409 253266



The Bridge Group is small but (often) perfectly formed, and we now have a pretty stable one or two tables' worth of people keen to play every week. Despite all the upheaval with their redesigned garden, the Brendon can still accommodate us on Tuesday afternoons and we occupy tables in their back room from 2 o'clock until 4 pm.

More members would give us even more flexibility and we welcome newcomers who might initially just want to watch. You don't need a partner and you can 'cut in' after a couple of hands when you feel ready.

To confirm any of the details you can email either: sandy.bude@btinternet.com or, elizabeth_a_shaw@btinternet.com.

Lindsey Sandilands

STROLLING / SHORT WALKS meets on the first Monday morning of the month at 10.30 am and on the third Monday afternoon at 2 pm

Annette Cole – 01288 350809 / annettecole629@btinternet.com

The Group is now well back in the normal swing of two walks a month and we have been pretty lucky with the winter weather too! In fact, the **January** walk along the canal and up through **Upton to Efford Down** was on a gloriously sunny day and we had our biggest ever group of 20 walkers.

A much smaller group attended the first **February** morning walk along the old railway line in Holsworthy to **Hollacombe** where we discovered the lovely little church, dating back to the 14th Century. The walk turned out to be nearly five miles, but pretty much level all the way, so not difficult at all.

/ Continued

STROLLING / Continued

Tina Hyndman very kindly stepped in to lead the next February walk on a very blustery day just after Storm Eunice, and very wisely changed the planned coastal route from **Crooklets to Northcott**, to a route along inland lanes to **Poughill** and back.

The morning walk in **March** was on a bright spring day and we walked a two and a half mile figure of eight loop from **Lower Tamar Lake** to the dam at Upper lake and back along the canal to **Virworthy Wharf**, where there is an interesting display about the workings of the canal. A large group of 16 attended the two mile March afternoon walk from Poughill car park along lanes past **Broomhill and Burn**, towards Stratton and back for refreshments in the sunshine outside the Preston Gate Inn.

As the number of people attending the walks is growing, it is becoming increasingly hard to walk at a pace that suits everyone all the time, so the walks will be graded in the information I send out, from level 1-3 (the morning ones tending to be more strenuous than the afternoon ones). It is also hoped that there will soon be a new Group starting for those who wish to walk slower/shorter routes under two miles - IF a new leader can be found.

Annette Cole

TAI CHI meets on the second and fourth Friday of the month at 10 am at Bude Methodist Church. **Please note change of day and venue.**

Sheila Mahoney - 07548 804027 / sheuserbude17@gmail.com

What is Tai Chi? The Chinese characters *Tai Chi Chuan* can be translated as the *Supreme Ultimate Force*. The notion of *supreme ultimate* is often associated with the Chinese concept of *yin-yang*, the notion that one can see a dynamic duality (male/ female, active / passive, dark/light, etc.) in all things. *Force* (or more literally, *fist*) can be thought of here as the means or way of achieving this *yin-yang*, or *supreme ultimate* discipline.

Tai Chi, as it is practiced in the West today, can perhaps best be thought of as a moving meditation. There are a number of so-called forms which consist of a sequence of movements. Many of these movements are originally derived from the martial arts (and perhaps even more ancestrally than that, from the natural movements of animals and birds) although the way they are performed in Tai Chi is slowly, softly and gracefully with smooth and even transitions in between them.

In this Group we tend to focus on **Tai Chi Qigong** exercises like *Shibashi*, the 18-move style of Qigong, created in 1982 in Shanghai by Tai Chi Master, He Wiqui, and Qigong Master and healer, Lin Hou Seng. The routine combines elements from Tai Chi Yang form and more traditional breathing and movement exercises from Qigong. Qigong (pronounced *Chigung*) and translates as *energy exercises* or *energy work*. It is a term which encompasses many disciplines developed over thousands of years and ranges from systems that consist largely of stand still to dynamic, including Tai Chi as the common thread. The objective is developing the strength and power of the mind and body without exhausting and straining the body in the process.

Sheila Mahoney

THEATRE GROUP - for information: **Gill Beasley** – 07941 233801 /

gabeasley@hotmail.co.uk or **Barbara Phoenix** - 01288 352774 /

phoenixbabs@talktalk.net or **Sue Hayes** - 07799 625092 / Gushayes@sky.com or

Joyce Bickerstaff - 01288 353539 / jbick@talktalk.net

We are delighted to say that the Theatre Group has restarted and plans are well underway for our first trip to see ***Singin' in the Rain*** at the Theatre Royal in Plymouth on Thursday, 18th August. We have also made a provisional booking of 29 seats for ***Girl from the North Country*** at Plymouth on 3rd November.

/ Continued

THEATRE GROUP / Continued

If you would like to add your name to our lists you can do so at the Open Monthly Meetings or at u3a Coffee Mornings. Or please contact any one of us by email or phone. We will always go to matinee performances and will leave from the Rugby Club at around 10.30-11am and return around 6.30-7pm. You can take a picnic lunch or eat out and we always have time for a bit of shopping before the play starts!

The price for theatre trips includes the coach and tickets and must be paid for in advance by the stated deadline.

Here are some ideas for future possible shows at Plymouth:

Sister Act - 8th December, 2022

The Commitments - 26th January, 2023

The Mousetrap (70th anniversary year) - 23rd March, 2023

The Best Exotic Marigold Hotel - 20th April, 2023

Shrek the Musical - 27th July, 2023.

As Bertolt Brecht put it: *'From the start it has been the theatre's business to entertain people...it needs no other passport than fun'*.

These are exciting times – we hope you agree!!



Gill Beasley

UKULELE GROUP - for information: **Marie King** - 01288 489319

There is room for one more person who wants to learn to play the ukulele.

Marie King

WALKING GROUP 1 meets on the first and third Tuesday of each month, 1 pm at Stratton Car Park (unless otherwise advised). Wear walking boots and bring a waterproof mac.

Please note that members ramble willingly accepting the risks, and that ultimate responsibility for their own wellbeing lies with themselves. So please take care. The leader just happens to be the person who knows the way.

*To check that the walk is happening, or for queries, it is the member's responsibility to contact: **Christine Simmons** - 01288 488001 / dc.simmons@outlook.com or **Ray Kelly** - 01288 359871 / kazzpete@yahoo.com*

We have 17 members and do not have any vacancies at present as we have welcomed Pam Williams, Maggie Wyche and Rose Heard to our Group.

We have walked from **Bideford to Appledore** where a few of us bought local fish. A highlight of our walk around the **The Rumps and Pentire Point** was seeing the seals as we enjoyed our packed lunch.

Our next planned walk in **May** is from **Stoke to St Catherine's Tor**. After this we will be compiling our programme - Bradworthy Trail, Wellcome to Goosham, Kilkampton to Sandymouth, Belstone and Polzeath, and Damer Bay, being a few of the proposed walks.

Christine Simmons

WALKING GROUP 2 meets on the fourth Monday of the month, 1 pm at Stratton Car Park. Contact: **John Dabbs** - johndabbs@aol.com

Twelve of our members assembled at the **Boscastle** car park for our **January** walk led by Howard Gaunt. The route took us inland, following the Valency River through to the lovely old St Merthiana's Church, almost hidden in Minster Wood. From there, we headed for the coast, passing first through the upper section of Boscastle and across Forrabury Common to the Coastwatch lookout tower on the coast. After a friendly chat with the Watchkeeper, we made our way gently back to the car park.

/ Continued

WALKING 2 / Continued

David Crisp had offered to take us on our **February** walk, using his home in the Jacobstow area as a base, and leading us on a circular walk to the Iron Age hill fort at **Warbstow Bury**. Impending bad weather caused this plan to be abandoned and it was decided to try again for our March walk.

Bad luck struck twice for our **March** walk! First, David developed a Covid infection. Martin French kindly offered to lead a substitute walk, based on **Duckpool** and heading inland along Hollygrove Wood then north to Woodford and across to Stanbury Mouth, allowing the Coast Path to take us past the GCHQ satellite station and back to Duckpool. Then Martin succumbed to a nasty (non-Covid!) cold, so John finally led our small group of four on Martin's very pleasant walk. Our small group included Rose Heard, a new member. It transpired that Rose was born and bred in this immediate area and was able to provide some childhood memories of the area.

Our Group will welcome a few new members but I do ask that all members contact me a few days before the date of a walk to let me know if they are (or are not!) intending to join us. I can then advise all participants if there are any late changes or cancellations due to adverse weather.

John Dabbs

WILDFLOWER GROUP meets on the third Friday of the month

Hilary Workman - 01566 781434

Group members have enjoyed two lovely sunny mornings to go in search of Spring flowers. We wandered around **Coombe Valley** and identified 18 species and really enjoyed meeting up again after such a long winter break.

Our last meeting was in **St Swithins Church yard** where we found far more species due to the careful management of the area by the Church in order to enhance all aspects of the environment. Happily we were in time to enjoy a Lent lunch, giving us a chance to discuss the next visit to Kit Hill. Please ring Hilary Workman for more details if you are interested.

Hilary Workman

Time for a Joke....

On a flight from London to Chicago, a young, fresh-faced blonde finds herself sitting next to a smooth, middle-aged man in a grey sharkskin suit who immediately tells her he is a hot-shot lawyer.

He looks her over with a greedy eye and says, "Let's play a game."

"What game?" asks the blonde warily.

"I ask you a question. If you can't answer it, you give me £5. You ask me a question. If I can't answer it, I give you £50."

The blonde thinks a minute, then agrees.

The lawyer goes first. "What is *habeas corpus*?" The girl quietly hands him £5.

Then it's the blonde's turn: "What is grey and purple and chartreuse when it goes up the stairs with three legs, and blue, red and white when it comes down the stairs on one leg?"

The lawyer scowls. "I don't know," he says handing her £50. "So, what is it?"

The blonde hands him £5.

Contributed by the Comedy Group

HELP REQUIRED

AS FOLLOWS:

1. To help occasionally at our Open Monthly Meetings (OMMs) and Coffee Mornings

- a. Ticking member's names from a list at our OMMs
- b. Meeting and Greeting members at our OMM's
- c. Supporting new and potential members at our Coffee Mornings - the first Friday of the month at the Weir Bistro, or the third Wednesday of the month at the Falcon Hotel, both from 10.30am to 12.00 noon.

2. Press Reporting

Anna Crew and Jo Arnold currently write the press reports on our OMMs for the *Bude and Stratton Post*. There are times when a bit of extra help is needed. Is this something you would be interested in doing?

3. Group Leaders

Group Leaders are the life blood of any u3a. All of our current Groups are very much appreciated by all of us. There is no limit on the number of Groups we can have. Do you have a skill or a passion about something that you would like to share with other members, and be willing to run a Group on the subject?

4. Jigsaws

Many of us enjoy doing Jigsaws! Pre-pandemic ,we had a table at our OMMs where we could swap one of our Jigsaws with another from the table. In order to reinstate our **Jigsaw Swap**, we need someone to take responsibility for the jigsaws - to take them home and to ensure no pieces are missing and to bring them back to the meeting each month. Is this for you?

5. Committee

I know – this is the one that everyone says ‘No’ to on first glance! Well, I can tell you that this is my very first committee and it was brilliant to find out that all our Committee members are especially friendly, supportive and helpful, and we actually have fun! Succession is extremely important to all u3as and we do need new members to join us. The Committee meets just once a month.

If you would like to volunteer or chat about any of the above, please contact me either by phone: 01288 489329 or email: tina@hyndmans.net

I look forward to hearing from you.

Tina Hyndman



BUDE & DISTRICT u3a COMMITTEE

Officers	Chair	Tina Hyndman	01288 489329
	Vice Chair		
	Treasurer	Robert Cole	01288 350809
Members	Business Secretary	Eve O'Mahony	01288 359575
	Membership Secretary	Ann Tizzard	01409 253749
	Deputy Membership Secretary	Anne Andreas	01288 682234
	Groups Coordinator	Ian Dew	01288 682220
	Speaker Secretary	Valerie Langdown	01288 355803
	Minutes Secretary	Sheila Mahoney	07548 804027
	Almoner	Mary Dobson	01288 354451

NON-COMMITTEE ROLES

AGM Groups Support	Heather Stephenson	01288 356414
Community Liaison	Lucille Opie	01288 352301
New Member Support	Jaqi Edwards	01409 253095
New Member Support	Anne Butler	01288 381423
New Member Support	Pam Williams	01288 359861
Refreshments Rota	Mary Hicks Pat Harris	07928 349696 01288 359017
<i>Newsletter</i> Editor	Anna Crew	01288 682395
Website Manager	David Hyndman	01288 489329

From the Editor

Thank you to all those who sent contributions for this edition of the *Newsletter* and apologies to those whose contributions do not appear this time.

Thanks are due also to Ann Tizzard and Jim Buck for their help with proof reading and *Newsletter* distribution, and to Group Leaders for their invaluable help and support.

The deadline for receiving reports, features, stories, quizzes, humour, photos and any other items for the August 2022 *Newsletter*, is 13th July, although earlier in July when possible, would be helpful and greatly appreciated.

Please get in touch if you have an idea for an article or a new feature. This is your *Newsletter* and fresh ideas from readers for *Newsletter* content are always welcome.

Please send all contributions to: anna.crew@iena.org . Thank you!

Anna Crew

SHALL WE PLANT TREES?

In the February *Newsletter* Jo Arnold wrote about this year's 40th anniversary of u3a in the UK. Appropriately perhaps, the piece was entitled: *Great Oaks from Little Acorns Grow*, for planting trees is one of the ways chosen by the National u3a to mark the event. The Bude & District u3a Committee has had some discussion on whether to join in the National u3a tree planting effort, and now, as a member of Bude u3a, it's *your* turn to offer an opinion.

The National u3a 40th Anniversary Woodland had an initial target during the winter of planting 5,000 trees in the Brecon Beacons. It is also part of a larger project to turn thousands of hectares of bracken-covered hillside into a wildlife-rich haven. Further planting is starting in September. Several u3as around the country have already made contributions, some providing as many as one hundred trees.

The Triangle Tree

However, since the tree planting discussions began, the centre of Bude changed dramatically when Storm Eunice took down the town's beloved 'Triangle tree' (photo: Maggie Gibbs). Bude Stratton Town Council is looking at ways of redeveloping the Triangle, and Bude u3a has floated the idea of possibly funding a replacement for the lovely, lost cypress.



So – would you like Bude u3a to contribute to the National u3a Anniversary Woodland, or, if it's a possibility, pay for a tree to plant in the Triangle, or elsewhere in Bude? Would you be willing to make a donation?

Trees are being planted across Britain this year in honour of the Queen's Jubilee.

Planting a woodland leaves a lasting legacy for future generations and trees are one of our main defences against climate change. They also provide homes and food for wildlife.

Costs

Trees for the u3a National Woodland can be bought for £7.50 each and the cost reduces as you buy more. The cost includes looking after the trees for 12 years and providing replacements if they die. The cost of replacing the Triangle tree is at present unknown, and of course any such project depends on what is decided for that space.

If Bude u3a is to contribute to either the national or the local efforts, membership support is necessary.

At the May Monthly Meeting (19th May), buckets will be available for cash (only) contributions to cover the costs involved. A couple of pounds is suggested as a contribution, but of course more would be appreciated.

If you would like to comment, or have any further thoughts on tree planting, please get in touch with any member of the Bude u3a Committee, or email: budeu3a@gmail.com.