

BUDE & DISTRICT U3A



u3a learn,
laugh,
live

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

MAY 2023 NEWSLETTER



Photo: Instruction during the first session of the new u3a Croquet Group. Group Leader Martin French took the photo.

In this edition:

Upcoming talks, Groups news, u3a website, the tree is planted, and more....

Thoughts from the Chair....

Welcome to Spring – a breath of fresh air and my favourite time of the year. The trees are blossoming and everything is coming to life. It is the time of plans and projects.

In April we were very pleased to welcome Julia (Jules) Hobday to the Committee as Vice Chair. A member of Rocks & Ruins and Nature Watch, Jules joined the u3a when she retired as a teacher of photography for Cornwall Adult Education at Liskeard College and still has a few groups who enjoy learning and practising their skills. Jules has taken on many challenges, and I am looking forward to her talking at one of our Open Monthly Meetings about spending six years cycling around the world.

Sadly, in this issue we have to mark the death of Margaret Kirkwood. She was a member of our Dowsing and Walking Groups until she became ill. A tribute to Margaret is included in the Dowsing Report on Page 8.

I am pleased to say that our u3a is growing steadily. Maybe you have ideas that you think would benefit our u3a, or perhaps you would like to help in some way. Or is there something that you are not happy with – I always look forward to hearing from you.

...and please remember to Live Life to the fullest and focus on the positive. With almost 40 different Groups to choose from, plus Coffee Mornings and Open Monthly Meetings, our u3a is a wonderful way to do this – ENJOY!

Tina Hyndman

tina@hyndmans.net or 01288 489329

New Members

We offer a very warm welcome to our new members:

Michael Beard

Jean Camp

Julie Collinson

Rita Cooley

Kathryn Elsey

Sal Evans

Debbie Hatch

Nancy Hembroke

Christopher Hodge

Lynda Howard

Christopher Masterman

Christine Norton

Helen Zeilinger

Maria Zoltan

Anne Andreas, Membership Secretary

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

Open Monthly Meetings

Dear Members,

The speakers are listed below. Thank you to those members who have given me suggestions for speakers. It was very helpful. If anyone has any recommendations, please contact me at: vlangdown@hotmail.com.

As our speakers are booked at least a year in advance, the programme may be subject to last minute changes. We will try to notify members if there are any such changes.

Valerie Langdown, Speaker Secretary

N.B. The May and June meetings are at the Bude Methodist Church Sunday School Hall, at 2.30 pm. The Parkhouse Centre, Bude is the venue thereafter.

MAY 18th - The RNLI - A Volunteer Service Saving Lives at Sea **Paul Rutherford**

The presentation explains how the modern RNLI continues to provide the world's finest marine rescue service entirely funded by voluntary contributions. It includes short video clips, pictures and sound to ensure those present come away with the best understanding of RNLI operations, equipment and training. Stories of real rescues are included.

JUNE 15th - u3a Drama Group Performance

A collection of humorous sketches, short comedies and monologues, the majority of which were written by Group members. (At Bude Methodist Church Sunday School Hall.)

JULY 20th - Being an Extra

Paul Martin

Bude resident Paul Martin offers an informal insight into being a TV extra and double, with particular focus on working on every series of *Doc Martin*. Paul will share photos and his own stories from behind the scenes, a little about the much loved characters and the people behind them, and interestingly reveal the secrets of how it's all put together to form a hit TV show. Paul welcomes questions at any time.

AUGUST 17th - Cornwall Air Ambulance

Julia Jeffery

Cornwall Air Ambulance is the charity that provides critical care to the most seriously sick and injured people in Cornwall and the Isles of Scilly, attending more than 1,000 missions every year. As a public-funded charity, these missions are only possible 'thanks to people like you'.

SEPTEMBER 21st - Cornwall's Hidden Mines

Ben Sumpter

Mining is an industry that has played an important role in shaping the regional character and historic landscape of South West Britain. Cornwall during the 18th and 19th Centuries was known internationally as a centre of industrial innovation and intensive mining.

Guest speaker Ben Sumpter is a mining historian and owner of *Cornwall Underground Adventures*, a company that provides tours of underground abandoned Cornish mines.

The talk covers the exploration, photography and historical research of mines in Cornwall.

PLANTING THE BUDE u3a TREE

It was a bright, crisp day at the end of January when we returned to the Atlantic Rest Natural Burial site at Woolley, to plant the Bude u3a tree. Funded by Bude u3a members as a result of an appeal last year, the tree is to commemorate 40 years of the u3a in the UK and Queen Elizabeth's *Green Canopy* appeal.

The Tree

The four representatives of Bude u3a, Anne Andreas, Jo Arnold, Carol Blackett and Eve O'Mahony, met our tree in the car park. Sheridan and Tom Rosser, Atlantic Rest owners, had selected an oak sapling (*right*) as suitable for our purposes. It was about five years old, four feet tall, and scantily clothed in brown, withering leaves.

Planting

We followed Tom and Sheridan, with spade in hand, through the tranquil burial area to the slope which had been selected for the planting. Last time we were there it had been covered in brambles and other invasive



plants. These had miraculously disappeared (through the endeavours of those who maintain the site generally) and, being too mature to take part in the actual excavation, we observed as Tom dug the appropriate hole and firmed in the sapling. (*Left—Tom and Sheridan bedding in the sapling.*)

Companion

In due course it will have a companion close by to communicate with, as we understand trees are capable of doing this. It is a wonderful location which is accessible for all, and we hope many of you will visit our tree in Woolley sometime.



Plaque

There is a 'tree trunk slice', biodegradable plaque marking the location of the tree and engraved with *Bude & District u3a 2022*, which will help you to identify our planting.

Carol Blackett

Jo Arnold, Anne Andreas, Carol Blackett and Eve O'Mahony viewing the newly planted Bude u3a sapling. The plaque can be seen below the tree.

I DON'T BELIEVE IT!!

We are with Richard Wilson in our reaction to the lack of response to our appeal for a pianist in February's *Newsletter*.

Out of over 300 members, not one of you has offered to have a go at being an occasional stand-in accompanist for our Singing for Fun Group. Surely *someone* out there knows how to read music and translate that into piano keys?

We're not asking for the moon, a concert pianist, or even a permanent replacement, just *someone* who can give us peace of mind, primarily so that we can be reassured that we won't be in danger of letting the Fairfield residents down in the event of Jo being unable to play for their monthly *Singalong*.

Could you be there for us? Please think again – and contact either Ros, on 01288 359928, or Jo, on 01288 355453.

Thank you!

Ros Dolphin and Jo Arnold

u3a 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 5th, June 2nd, July 7th, August 4th.

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 17th, June 21st, July 19th, August 16th.

Lost the password? Want to receive a printed Newsletter?

A new, more secure, password for the u3a website was emailed to members in February. You will need this password in order to access the *Members* section on the site. You will also need it if you want to look at the *Newsletter* online.

Lost the new password, or didn't see the notification email? Contact webmaster, David Hyndman at davidhu3a@gmail.com, or Membership Secretary, Anne Andreas at budeu3a@gmail.com, to request the new password.

Printed copies of the *Newsletter* will continue to be posted to all members until later this year. After that, you will only receive a printed copy if you have specifically requested one. Otherwise, you will only be able to read the *Newsletter* on the website. If you would like to continue to receive your copy in the post and have not already indicated this to Tina Hyndman, please let her know at tina@hyndmans.net.

News and Reports from the Groups

From the Groups Coordinator....

By the time you read this, the Croquet Group should have started playing, although looking at the hail falling sideways outside the window, and the forecast for the next couple of days, I fear the initial meeting might have to be delayed.

This Group has been so popular that Martin has had to temporarily close it to any more new members. If you are wanting to join, please register your interest with me and I will put you on a waiting list within the Beacon membership system.

I would like to remind everyone to change your passwords, especially for your email accounts. You may recall John Dabbs was a victim recently of someone hijacking his email and has had to change his email address as a result.

Contact me if you need to contact John and don't have his details.

Finally, I would like to remind you that Rosie Bowden will not be leading the **Nature Watch Group** after the June meeting. We are still looking for someone to take over the co-ordination of this Group.

Don't forget, your u3a is what you make it.

Ian Dew
surfaceian@outlook.com

ART AND ARTISTS (formerly **HISTORY OF ART**) meets on the first Thursday of the month at 2 pm

Keith Makin - 01288 353407

In **January** the Group did not meet. **February** saw us looking at **Veronese** (1528 -1588), and led by Christine.

Veronese moved to Venice in the early 1550s and stayed there for the rest of his life, becoming one of the leading painters of the 16th Century. For most of his career, Veronese worked for patrons, religious and secular, in Venice and the Veneto.

Among his important works are the full-scale decoration of the Venetian church of San Sebastiano (1555 – around 1570), his ceiling and wall paintings for the library of San Marco (1556 – 57), and the Ducal Palace (early 1550s and 1575 – 82). Seen here is his **Conversion of Mary Magdalene**.



In **March**, Maggie led us into a world we had not met before while looking at the Renaissance! We looked at the work of **Hieronymus Bosch** (c.1450 – 1516). We had certainly moved from the warmth of Italy to the cold, different, Netherlands! Documents offer only meagre information about his career. Bosch is most immediately associated with works with a disturbingly vivid, dream-like quality. Though only an estimated 25 original works exist, the nightmarish/surreal iconography in his paintings is instantly recognizable as "Boschian".

Keith Makin

BOOK GROUP meets on the second Wednesday of the month in the Holsworthy area. Currently we meet for an optional lunch, followed by our discussion at 1.45 pm at the Rydon Inn

Valerie Kerr - 01840 230194 / valerieannkerr@hotmail.com

Juliet Naked by **Nick Hornby** was our first book of 2023. Hornby is a prolific writer of novels, short stories and screen scripts with most reflecting his two main passions – football and music. The latter featured in *Juliet* which is the story of a 30ish couple, Annie and Duncan. Duncan is obsessed with the ageing, reclusive American rock star Tucker Crowe, to the neglect of Annie. The novel was turned into a successful, amusing film, which, interestingly, saw some of our criticisms edited out!

The Giver of Stars by **Jojo Moyes** was more favourably received by the whole Group. This novel was inspired by a scheme, initiated in the 1930s by Eleanor Roosevelt, to promote reading in deprived and often inaccessible areas of the Southern Appalachians. The story centres on the fellowship of a small group of women setting up and carrying out the work of a branch by horseback. It provided a fascinating insight into a fragment of American history, although some felt Moyes' early career as a romantic novelist was evident.

"Never judge a book by its cover" is applicable to our last offering this quarter. We approached *There's a Hole in My Bucket* by **Royd Tolkien** with some enthusiasm as the author is the great - grandson of J.R.R Tolkien. A journey of two brothers, the decline of the younger brother, Mike, from Motor Neurone Disease and the list of 'dares' he left for his brother, Royd, is the story – narrated by Royd. Disappointedly, we felt it was not well-written, rumours being that it was ghost written by the cameraman following Royd on his tasks. Much of the action featured bungee jumping in *Lord of the Rings* locations in New Zealand, or dressing up as characters from the film. The passages relating to Mike's decline were heart-breaking, but Royd dominated the book.

(Compiled from members' reviews.)

Val Kerr

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

Jim Buck - 01288 682395

"I can't do creative writing, I just don't have that sort of mind." Well, you're wrong! You already do it three or four times every day. More accurately, three or four times every night. Your dreams are exciting, unpredictable stories (with you as the star!) that are 100% the product of your brain and your imagination. See, you can do it in your sleep!!

Recent topics (seeds for thought) have been – *Unforeseen Consequences*, *A Dark and Stormy Night* (a deliberately really bad first sentence of a story in honour of Edward Bulwer-Lytton), *On The Beach* (a 200-word story to be read out by someone else in the Group), *14-1* (a fourteen sentence story where the first sentence contains one word, the second two, and so on – or vice versa), a *Dialogue* (a story told only in direct speech by only two people), and – most recently – *I/he/she/they had no choice*.

Come join us – you'll enjoy being part of a supportive, non-judgemental group.

Jim Buck

CROQUET meets on 2nd and 4th Thursdays of the month, 2 pm at Bude

Croquet Club **Martin French** – 07718 630804 / martin@frenchfamily.eu

On **13th April**, the new u3a Croquet Group had its first session at Bude Croquet Club on the downs just above Crooklets beach. After Storm Noa the day before, the weather was relatively kind – sunny and dry, if a bit chilly - but everyone had come suitably dressed. The new Group already has 22 members, and 15 attended this first session.

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CROQUET / Continued

We learned the basics of the game, had some practice at hitting and aiming, then played two or three games of doubles, with a Bude CC member advising and coaching on each lawn. Everyone seemed to have an enjoyable time and to be looking forward to the next session. The afternoon was punctuated by the arrival, very low overhead, of the Cornwall Air Ambulance before landing on the downs next to the Croquet Club!

Our new Group will continue to meet on the 2nd and 4th Thursday afternoons of each month, through till November. *(See photo on front page.)*

Martin French

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

Thanks again to Sheila for an enlightening afternoon of meditation in **January**, an ideal way to start the year. We tried our hands and pendulums at some games in **February**, dowsing to discover the contents of sealed envelopes, with mixed success.

March saw a handful of us battling the elements to visit Sue Weaver's **Crystal Barn** near St Mellion. Those of us who managed the journey, were rewarded with a warm welcome and warmer refreshments and a wonderful array of merchandise with very helpful information and advice from our hosts, Joanna and Linda!

It is with great sadness I also have to tell you of the passing of Margaret Kirkwood.

Margaret was born in Worcester and worked in Barclays Bank before retiring. She bought a campervan and used it to travel around with her collie, Bonnie, and went travelling anywhere she could!

After having explored much of Cornwall, she settled in Crackington Haven. Margaret was a member of St Gennys WI for 10 years and was Treasurer. She also started up the Scottish Dancing in Crackington Haven Institute, and was an active member for a few years.

Margaret loved to swim and surf.

In 2018, Margaret joined Bude u3a. She joined a Walking Group and became one of the original members of the fledgling Dowsing Group, initially led by Lucille Opie before I became the leader in January 2019. Margaret helped plan our first year of activities, starting with a meeting at her house, where she demonstrated 'a breathing and relaxation technique to protect and enhance our inner being'. The last time we saw Margaret was just before Covid restrictions were introduced in February 2020.

Margaret passed away in the early morning of 24th March and will be greatly missed by all her friends.

Ian Dew

DRAMA meets on alternate Mondays, 10.30 am-12.30 pm

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

The Group is currently in full swing, rehearsing our production for the **u3a Monthly Meeting on June 15th** (at the Bude Methodist Church Hall), while planning for the autumn performance at Pen Morvah. Indeed, we are extremely grateful to Pen Morvah for inviting us to use their facilities for our rehearsals, meaning that we are no longer travelling players! We have six original pieces in rehearsal for June 15th comprising two short plays, one of which is in 'radio' format, two-handers and monologues. While the emphasis remains on humour, this is interspersed with poignancy and moments of reflection.

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DRAMA / Continued

As a group we are focussed on performing and are looking forward to providing an entertaining conclusion to the June meeting.

As always, we look forward to welcoming new faces into the Group, so if you have any interest in performing or helping backstage, please get in touch.

Paul Constantinou

NB. The June u3a Monthly Meeting will be at the Bude Methodist Church Sunday School Hall and NOT at the Parkhouse Centre!

DRAWING FOR ALL meets on the fourth Tuesday each month, 1.30 - 4.30 pm at Bude Cricket Club. New members at all skill levels are welcome, especially beginners.

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

January 24th was a beautiful sunny day and we enjoyed watching an unusually placid tide whilst sketching. We welcomed Sam, a beginner she said, into the Group and after showing her some basic pencil techniques we started our theme which was ***Folds and Creases***. They appear in many guises; we chose a hooded mackintosh hung over an easel. The subtle shading mixed with stronger lines was very challenging, but we had all improved by the end of the afternoon.

February 28th was another sunny day, and we absorbed the beauty of nine-foot clean surf rolling onto the beach. Several members were missing due to illness. Our smaller group had a very good afternoon ***interpreting a variety of fruit***. We had pineapple, cut melon, black/green grapes, oranges and apples in a basket. Media included watercolour, pastels, and pencils. The results showed how much previous exercises had improved our observational skills. Some of us had a go at larger paper sizes, enabling realistic colour subtleties. Good enough to eat!! (*Fruit painting is by Chrissie Marshall.*)



March 28th was a blustery afternoon and we decided to ***draw each other***, or parts thereof. Patrick did a wonderful image of Chris, particularly as it was his first attempt at a 'live' portrait. We all tried different angles with varying degrees of success; full face is reckoned to be the most difficult. Of course, we all moved despite trying not to, which made it really tricky. Next month we will be trying to draw things that are outside the pavilion. Luckily the windows are panoramic should the weather be inclement.

Lorna Hartley / Chrissie Marshall

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

Val Russell - 01288 352104

January saw our always enjoyable annual session with professional genealogist Janet Few. It was good to see that eight people responded to our open invitation to attend and the meeting was the trigger for some of them to join our Group as members. Janet's topic was: ***An A to Z to Family History***, which successfully detailed some less well-known sources for British records. Difficulty arose of course after Y for 'Young People', though that did include reference to a web address that included a Z. It sounds a bit painful - ***Zap the Grandma Gap***, but why not check it out? Most of our Group have only had time to research family history in retirement and all too frequently we sigh and mutter: 'Why didn't I ask when they were alive'?

In **February** we had an interesting offering from Ian. He started by reading us the diary of a young sailor on his maiden voyage as crew on a sailing ship journeying between Salcombe, Newfoundland, and the Mediterranean.

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FAMILY HISTORY / Continued

This was followed by Ian's childhood memories of time spent during WW2 with relatives, away from Essex in the less risky location of Salcombe. He ended by reading an amusing and clever poem composed by a family friend entitled *The Dorotheys Ode*. Ian had three paternal uncles and, along with his father, they all had wives called Dorothy or a variant! Chris dealt very informatively with the **1939 Registration records in March**. They are now online for England and Wales. This has been a welcome extra resource for those interested in family history as the Government planned for the imminent onset of WW2. Chris compared the value of the differing genealogical websites, pointing out limitations and difficulties she has met in her research which, as we all find, keeps our 'little grey cells' going into overdrive at times. Hopefully that means that if we use them, we won't lose them.

Val Russell

GARDENING meets on the first Wednesday of the month

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

The Winter programme now over, the Group held its first outdoor meeting of the year. Everyone was keen to get outside again despite a rather grim weather forecast. An excellent lunch at the Drake Manor Inn, **Buckland Monachorum** was followed by a visit to the **Garden House** which has one of the best collections of Snowdrops in the world with over 350 varieties. Although there weren't great banks of Snowdrops, it was interesting to see and compare all the different varieties and an avenue of pollarded Dogwoods was beautiful. Many thanks to the staff who opened the tearoom just for us so that we could have a warming drink.



The **March** meeting was to **Higher Cherubear, Dalton**, near Winkleigh. Another great lunch, this time at the Duke of York, Iddlesleigh, a lovely old pub where Michael Morpurgo was inspired to write *The War Horse*, after hearing the locals talk about wartime experiences. We then headed off to find the garden. This proved to be easier said than done, but we did all manage to get there eventually! The just under two-acre garden had a gravelled courtyard, raised beds, an alpine house, lawns, woodland beds, orchard, large greenhouse and a kitchen garden. There were Snowdrops, Narcissus, Hellebores, Anemones, Hepaticas and more – a beautiful Winter garden. Lovely tea and cakes too.

Our latest meeting was on Wednesday, **April 5th to Trewithen**, near **Truro**. Sadly, the weather wasn't that good but the beautiful garden and very good lunch at the Dolphin Inn, Grampound more than made up for it. And, as we realised on the very wet journey home, it could have been a lot worse.

Trewithen, which is within 30 acres of woods and parkland, is one of only five International Camellia Society Gardens of Excellence in the UK – an award it truly deserves, the Camellias, Azaleas and Rhododendrons were spectacular.

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

We did not meet in **January**, but had several interesting topics to look forward to for the **February** meeting as we continued our look at the Elizabethans.

Chris got things started with a well-researched piece on the **Legal Rights of Elizabethan Women**, although in truth, they really didn't have many! Laws were based on the assumption that men and women were not equal. Wives must obey their husbands who had control over everything. Women had some property rights, but it was rare for a woman to go to court.

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HISTORY SIDEWAYS / Continued

Wilf then spoke of *Naval Affairs*. In the 16th Century the navy was largely under private control and Elizabeth 1st was parsimonious when it came to spending money on defense. In 1588, a sort of first pension fund was established. The **Chatham Chest** (an actual chest) was to aid wounded and disabled sailors, and was funded by regular deductions from seamen's wages. These were then deposited in the large metal chest for distribution as the need arose.

The Elizabethan era is renowned for its seagoing heroes and Wilf singled out **Sir Richard Grenville**, of Stowe and Bideford, for special mention. He related how Grenville and his crew aboard the *Revenge* held out against a Spanish fleet for 15 hours during the Battle of Flores so that the rest of the English fleet could escape.

In **March**, Mary's topic was **Elizabethan London** – a time of overcrowding, poor roads, influx of immigrants, pollution from sea coal soot, fog and, yes, even earthquakes! Maggie then told us about the first **National Lottery** draw in 1569 to raise money for England's defenses. The jackpot was £5,000 and 400,000 tickets were sold. The scheme was shelved in 1571. Maggie also introduced us to **Dr. John Dee**, advisor to Queen Elizabeth, and astronomer, mathematician, astrologer, teacher, antiquarian and alchemist.

Education was the next topic, presented by Christine. There were a few small schools at the time, but education was something of a luxury, the level available or attained being dependent on gender and class. Interestingly, in the 16th Century the alphabet only had 24 letters, *i* and *j*, and *u* and *v* being regarded as the same.

The final topic of the day, presented by Anna, was on playwright, spy, and friend of Shakespeare, **Christopher Marlowe**, the foremost dramatist in London before his mysterious early death. Sadly, our **April** meeting was 'stormed out'.

Anna Crew

LINE DANCING meets every Tuesday, 2- 4 pm at Poughill Village Hall

Maureen Sheppard - 07881 707450 / neonreptile@hotmail.co.uk.

u3a contact: **Ineke Keyser** - 07833 444287 / lwkeyser@yahoo.co.uk

Cost per class is £5.00, payable as you go, or in a six week block

Everybody is welcome, whether you have ever done, or never done, any line dancing before. We are a bunch of fun loving and happy-go-lucky women just having a good old laugh and doing some exercises at the same time. Come have a go and judge for yourself. We do between 15 to 20 dances a week, sometimes new ones as well. Come and learn how to do a *jazz box*, *kickball change* and *grapevine step*.

Get in touch or just pitch up on Tuesday afternoon.

See you on Tuesday.

YEE HAW 

Ineke Keyser

MAHJONG meets on Mondays, at 9.45 for 10 am in the restaurant at the **Falcon Hotel**

Pauline Sear - 07554 908484

If you want to know how to *Twitter the Sparrows*, when to call "Pow" and how to build the *Great Wall of China*, get in touch. If you would like to know what a *Chow, Pung and Kong* are, join us.

If you like a bacon bap for breakfast in convivial company, you will be made welcome.

Orders for baps to me the day before.

Pauline Sear

NATURE WATCH meets on the fourth Wednesday of the month

Rosie Bowden - 01409 241506 / rosieleebowden@gmail.com

In **January** we held our delayed **Planning Meeting** for our 2023 programme. We were joined by Michael Williams from the British Trust for Ornithology. Michael explained how members could get involved in bird surveys. Michael has responsibility, amongst other things, for the **Breeding Birds Survey** which is carried out more regularly and is a vital research and measurement tool for understanding the bird population fluctuations. Dave introduced an App which can be downloaded free from the App Store, called the **BTO BirdTrack App**. This means that we can all help with the collection of data which is so vital to understanding the impact on our birdlife of environmental and climate change. We finished the meeting by discussing the programme of possible activities for 2023. **Since then, Rosie has decided to step down from the Group Leader role. It is hoped that a Nature Watch Committee will be formed to enable the Group's activities to continue.**

We ended the planning meeting with a delicious High Tea Buffet.

Also in **January**, we had another spectacular **Guided Bird Watching Cruise** on the Exe Estuary with Stuart Line Cruises. This has become an annual event, and this year was just as glorious – perfect calm, sunny weather, and a fantastic array of coastal birds seen.

The **February** meeting was cancelled due to inclement weather. In **March**, we held another meeting at the Parkhouse, this time run by members Dave, Anja and Elizabeth, covering **Bees and Butterflies**. Dave gave a brief introduction to the butterflies around us in the hope that we can have a field trip to spot some of them this summer.

He identified some of the more common butterflies and their caterpillars with details of the plant species and habitat they can be found in. An alarming fact is that 80% of British butterfly species have declined since the 1970s. The British Botanical Society recently published statistics showing that imported species of plants now outnumber the British native species, and the impact this has on our own butterflies and other insect species. (Pictured is a Silver Washed Fritillary.)



Anja gave a presentation about the solitary **Mason bee**, talking about the importance of Mason bees and their unusual life cycle compared with the popular Bumblebee and Honeybee. Mason bees are totally solitary, no nest, no queen and no honey. The female bee raises the young and the male dies after mating. Mason bees are also very important environmentally. They are excellent pollinators, much better than Honey or Bumble bees, they are hardier and not so selective about where they get their pollen and nectar from. They are very docile and therefore very easy to observe.

Elizabeth's topic was **Bumblebees**. She described their lifecycle and their needs at each stage and signposted the websites with further information. There are 24 species of UK Bumblebees, some extremely rare. PlantingforPollinators.org has interactive training tools for identifying bees and butterflies and their food. Bumblebeeconservation.org has advice for gardeners and landowners on supporting bumblebees and lots of information about the bees themselves. The UK Pollinator Monitoring Scheme offers a simple activity, a ten-minute observation of a patch of flowers to see what insects are visiting. Have a look at <https://ukpoms.org.uk/> and get involved!

In **April**, members Paul and Celia have invited us to visit their organic farm in Jacobstow, to tell us how they decided to make the career leap into sustainable farming, how they got started, and what they have achieved.

Rosie Bowden

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

As we ponder the state of the world we often wonder if our generation has lived through the best of times as worries about climate change, world conflicts and widespread discontent loom, but we are not immune to rising costs and concerns about care in old age. There are worrying issues that arise with frequency in our discussions:-

- **the NHS.** Whilst this can be considered sacrosanct, what do other countries do? Can we learn from them? With people resorting to treatment abroad, why is it so much cheaper there, is it as safe?
- **Education.** The tragic death of a teacher, so distraught following an Ofsted Report, focussed our minds on the increasing role of teachers not only to educate but to safeguard children, the stresses they are under, and the apparent increasing loss of qualified staff.
- **Brexit.** Has the Windsor Framework solved the Northern Ireland trading issues? The recent attempts to deport a dementia sufferer from Sweden as her application to stay was flawed, indicates problems remain for expatriates. Meanwhile sectarian tensions seem to be growing in Northern Ireland.
- **Housing crisis.** This is a particular problem in Cornwall with low wages, seasonal work, second homes, and the loss of residential properties with the rise of Airbnb.

On a more philosophical note, we discussed a topic from *The Moral Maze* – **Is there such a thing as Evil?** After such brain-wracking issues we were very happy to discover (unless it is false news) that AI cannot cope with WORDLE! We find it best to end with a laugh.

Val Kerr

NOT STRICTLY YOGA meets every 1st and 3rd Friday of the month at 10 am at Bude Methodist Church Hall

Sheila Mahoney - 07548 804027 / sheuserbude17@gmail.com

No report.

PHOENIX CONVERSATION meets on the second Thursday of the month at 10 am at the Falcon Hotel **Eric French** - 01288 355238

No report .

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

Ann Reece-Pinchin - 01288 354844

We began the year by continuing our progression through the **alphabet** for our topics by exploring the letter **K** for our **January** meeting. There was a wide variety of interpretations including knives, keys and keyholes, knitting, knots, kayaks, kite surfing, kiwi fruit, kettles and even kangaroo paw!

February moved us on to the letter **L** which provided lemons and limes, logs, links, lakes, lights and lighthouses, lamps, lace, leather, ladders, lifeboats, Lego, lichen and labradors. ('K' picture by Joyce Bickerstaff.)

Appropriately for **March**, we had moved to the letter **M** which inspired pictures of molehills, maps, mice, masks, Meccano, money, milk, mushrooms, muscari, mint, mosaics, motorbikes, magnolias and even the moon, but not March hares!

There seems to be no end of inspiration to be gained from the alphabet and we will continue by exploring the letter **N** for our **April** meeting.



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

In **February** the Group produced an amazingly diverse array of images for the theme of **Music**. From live performances, instruments, a radio studio, nostalgic music sources, album covers and the monument of organ pipes in Sibelius Park, Helsinki. The room was awash with colour.

March's theme of **Rocks** brought detailed images of rock structures in Hartland, to Scotland, to rivers, to Inuit carvings in Greenland, to closer to home in Bude, taken in varying weather conditions. The optional challenge of a still life did not go down too well! One member treated the Group to images from a safari in South Africa.

Manmade Structures but not Buildings was the topic for **April**, with locks, lock gates, piers, pylons, bridges, pontoons and church organs featured in a wide scope of photos. (*Photo by Ian Dew shows Flexbury Church organ and pulpit.*)



*Flexbury Church
Maggie Gibbs*

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

Mary Dobson - 01288 354451

Haul For The Shore by **Jean Connell** was a special request by one of our members who thought we would like this local drama set in the 1950s. The scene is set in Richard Pengelley's fisherman's cottage near Tremerran Cove, somewhere on the Cornish coast. Polly Ipplepen has been engaged to Richard for some years, but they have never married and live together. There has been a recent shipwreck - the *Peradventure* - and the cottage is stuffed with contraband: brandy, bacon, jam, biscuits, etc. Enter the new and somewhat naïve vicar, wanting a word with Richard and Polly about calling banns for their wedding. He has also been made aware of their 'wrecking activities', not least appropriating the captain's chair. Polly reaches an agreement with the vicar that she will hide the captain's chair up the chimney if she and Richard agree a date to marry. The wedding is all set, albeit on a stormy day, and another wreck is caught on the rocks. All thoughts of a wedding are abandoned, and they all scuttle off down the cliffs with the vicar leading the charge. A merry Monday morning was had by all with an amusing array of accents.

The Handyman by **Ronald Harwood** was first performed in Chichester in 1996 and we found it particularly interesting in the light of recent news. The scene is set in a house in the Sussex countryside belonging to Cressida and her husband, Julian Field, a financier (originally played by Hugh Bonneville) who have a Ukranian handyman called Roman (Romka) Kozachenko (played by Frank Finlay). He was Cressida's army father's aide and carer during the last war and came back with him to England after the major was injured. The police arrive and want to question Romka about whether he is a war criminal and an illegal alien. The police state that during the war in Ukraine in 1941, 817 Jews were massacred near Vilivsk and records show that Romka was implicated. Romka insists that he was just a cook for the British army at this time, but the police have photos of him dressed in the uniform of the Galicia SS Division of the German army.

Harwood raises questions surrounding whether there is a time limit between revenge and punishment, culpability, retribution and universal responsibility and the possibility of evil. In the light of recent events the play provoked much interesting discussion.

The Small Hours by **Francis Durbridge**, first produced in 1991, is a thriller of international intrigue. Returning from Australia, Carl Houston, a Sussex hotelier, nearly loses his life when the plane in which he is travelling is highjacked. / *Continued*

PLAY READING / Continued

He saves the life of an injured fellow passenger, Ronnie Sheldon, and duly returns to Sussex with a souvenir gift of a toy koala bear given to him before take off.

Back home, an Inspector Westwood calls and seems very keen to inspect Carl's flight bag. Ronnie Sheldon turns up at the hotel and warns Carl and his wife Vanessa that they are in great danger, but it is not until two murder attempts have been made on their lives that Carl takes this seriously. Could it concern their devious chef and mention of an emerald necklace? We then had a good reminisce about how we used to watch the Francis Durbridge thrillers on TV some years ago.

The Black Prince by **Iris Murdoch** was adapted for the stage by her from her book of the same name and was premiered in London in 1989, starring Ian McDiarmid. Called by a critic, 'a superior cerebral farce', the play was a bit of a required taste, we thought.

Former tax inspector, Bradley Pearson, is a writer who has published nothing as he thinks that in order to achieve perfection, one must wait. His best friend, Arnold Baffin, is a prolific and highly successful writer of second rate novels. Bradley feels he needs to retire to his cottage by the sea to write his masterpiece, but is thwarted by a succession of unwanted visitors and crises.

There is a wheedling brother-in-law who needs money, preferably from Bradley's hated ex-wife, Christine, a suicidal sister, Priscilla, and a phone call from Arnold who has battered his wife Rachel and thinks she is dead. There is also a caller called Francis Marloe who handily, happens to be a doctor, but one who has lost his licence to practice.

Francis patches up Rachel, and then Arnold and Rachel's daughter, Julian, wants Bradley to give her a tutorial on *Hamlet*, 'the god of love and art, the Black Eros, the Black Prince'.

Julian declares her undying love for Bradley and they go off together to his cottage.

An irate Arnold arrives to take his daughter back when there is a phone call telling Bradley that he too should return as his sister has committed suicide. He delays his return which turns everyone against him and to boot, admits to killing his sister and ends up in jail for a crime he didn't commit. Not such a merry Monday morning after reading this one.

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

In **February** we enjoyed some poems by the poet **Wallace Stevens** (1879 -1955). Stevens also wrote essays which helped us understand his well-known and somewhat mysterious poem, *The Emperor of Ice-cream*.

In **March** we studied a series of sonnets entitled, *The Ballad of the Gasfitter* by the Dutch poet, **Gerrit Achterberg** (1905 -1962). These were translated excellently by the South African poet and writer, J.M. Coetzee.

In **April** we looked at some beautiful poetry by **Keats** (1795 -1821), who sadly died at the young age of 26, leading us to wonder what he might have achieved if he had he lived a little longer.

At the moment we have a very nice group – a mixture of older members and some 'newbies'. We take it in turns to select a poet and to choose a few representative poems to be read aloud and discussed. These are sent out by email a couple of weeks before we meet. Reading a poem aloud together and looking at it closely leads to some amazingly fruitful discussions and lines of thought. But it is not an overly serious group, and we do seem to spend quite a lot of time laughing.

Alison Hutton

ROCKS AND RUINS meets on the second Tuesday of the month

Rosie Bowden - 01409 241506 / rosieleebowden@gmail.com

The 2023 programme was agreed with lots of suggestions from members. Future field trips and talks will include the Medieval longhouse at Poundstock, a walk with Rick Stewart at South Caradon Mine on Bodmin, and a Bude Geology walk with Jane Anderson.



We kicked off in **January** with a guided walk of the remains of WWII archaeology and technology on **Northam Burrows** (left). We met at the Visitors Centre and were taken on a guided walk in damp and very blowy weather which did nothing to dent the enthusiasm of the big group. The ranger provided a detailed insight into the WW11 activities which had taken place on the Burrows, some of them involving the testing of weapons and invasion deterrents. She made sense of the landscape and pointed out the visible remains of tank traps, radar

towers, glider runways and more. As is often the case with this Group, the wealth of insight and information given by a knowledgeable guide was unexpectedly fascinating, and on our own doorstep. Lunch at the nearby pub was also very welcome!

In **February**, we had a brilliant day learning about the rail and road bridges at the **Bridging the Tamar Visitor Centre**, again with two very knowledgeable guides. The weather was sparkling, which enhanced the experience, and it was a view and understanding of the engineering achievements made with these two bridges, one the original Isambard Kingdom Brunel's Royal Albert Bridge for rail, and the Tamar Bridge for both car and foot passengers. Our visit included a guided walk across the Tamar Bridge whilst we got a great view of the Royal Albert Bridge. The Visitors Centre also provided a more detailed insight with displays of artefacts, archive photos and film. Again, this was an altogether great trip out, very much enjoyed by an enthusiastic group.

In **March**, yet again on a very beautiful Spring day, we drove across Dartmoor in two groups, one in the morning and one in the afternoon, to meet up with a Dartmoor Ranger for a guided tour of **Higher Uppacott**. Higher Uppacott is a Medieval farmhouse (longhouse) in which both people and cattle were accommodated under a single roof. It has been classed as a Grade 1 listed building of national importance because it is one of the few remaining examples of this historic building type, which has retained its lower or *shippon* end (cattle shelter) in its original unaltered state.

One of the things that makes Higher Uppacott so special is that its development from its medieval beginnings through to the present day is still clearly evident within the fabric of the building. It tells its own story through key architectural features. This development also vividly illustrates the major changes in domestic family life and the social structures of Dartmoor farming folk over the centuries. Both groups met up for a lunch at a nearby Dartmoor pub.

Our **April** meeting is a visit to **Bridge Mill at Bridgerule**, where Alan Beat will tell us about the Saxon origins of the mill, its history and social and economic importance to the area for hundreds of years, and how he and Rosie went about its restoration to a working water mill when they moved in over thirty years ago.

Rosie Bowden

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

Ros Dolphin - 01288 359928

No report.

SCRABBLE 2 / WORD GAMES meets on the fourth Monday of the month at 2.30 pm **Heather Stephenson** - 01288 356414 No report.

SERENDIPITY 2 meets on the last Thursday of the month at 2 pm at a member's house or on a field trip. N.B. times may change.

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.

Serendipity 2 is going from strength to strength and we have 20 members at present, so the Group is full. If you are interested in joining S2 please get in touch and I will put your name on a waiting list.

We have recently enjoyed a **creative ceramic workshop** at the Kitchen Front where Clair Roberts showed us various illustration techniques and we discovered our 'inner creativity'!

As the weather improves, we hope to meet at The Rec and have a round of crazy golf or play on the putting green. There's always lots on offer in Bude and surrounding areas, especially if it involves tea and cake! Happy days!



Gill Beasley

SHARING MUSIC meets on the 2nd Tuesday of each month at 2.30 pm

Joan Rand - 01288 356066

As usual we have had a widely varied and most enjoyable set of afternoons, thanks to our small but extremely musical group. Our first afternoon was a *Free for All* on **Musicals we have enjoyed**. **Andrew Lloyd Webber** featured largely, with extracts from *Jesus Christ Superstar*, *Joseph and his Technicolour Dreamcoat* and *Cats*, a great tribute to his popularity. We also listened to pieces from *Guys and Dolls* by **Frank Loesser**.

Jo gave us a fascinating afternoon's talk on the relatively little-known Afro-American musician **Florence Price** who was born in 1887 into a mixed-race family in Little Rock, Arkansas. Despite brewing racial tensions in the area, the family was well respected; her father was the city's only African-American dentist, and her mother was a white music teacher. She gave her first public performance at the age of four and wrote her first composition aged 11. Pretty precocious! In 1933 the Chicago Symphony Orchestra presented a programme entitled *The Negro in Music*, and the inclusion of her *First Symphony* (written in 1932) made her the first African-American woman to have a composition played by a major US orchestra. Partly due to politics, she and her work were later overlooked, and a great deal was lost for decades. Then in 2009, a large collection of her work was discovered in her dilapidated summer house, leading to a renewed interest in her work.

Florence died in 1953 of a stroke, aged 66, probably from overwork having written over 300 compositions and given many piano and organ recitals. Thanks to Jo's discovery of an article about her in a music magazine, she treated us to several of her pieces and shared information about her life. Our Group lived up to its name, and we hope that this will encourage more people to join.

The next month's *Free for All* involved a variety of music rarely heard in many member's living rooms. The theme was **Brass Bands**, and after a short introductory talk by the hostess in which she explained the link between these bands and the mainly mining areas of the North, we listened to some music played by bands with elegant names such as the **Black Dyke Mills Band**, the **Grimethorpe Colliery Band**, and the **Cory Brass Band**.

/ Continued

SHARING MUSIC / Continued

Besides colliery bands, we also heard the **CWS Band** playing a lovely *Elegy*, and an excerpt from *A Downland Suite* by **John Ireland**. We enjoyed watching some of the pieces played on the television, as we could see the way the performers manipulated the keys (and lips) on their instruments. This demonstrated how difficult brass instruments are to play. After an exhilarating and most enjoyable afternoon, Silverton Close resounded with the voices of the Sharing Music Group as they left.

If you missed any of this and would like to sample a future afternoon with us, you would be most welcome. Just turn up and be ready for an afternoon's ear-opening enjoyment.

Joan Rand

SIGNING meets on the second Monday of the month at 2.30 pm at a member's home.

Jo Arnold – 01288 355453

We have been working on handshapes and signs for some months now, and are gradually mastering a huge variety of expressions, including vital things like *pizza* and *fish and chips*! Remembering and producing the right handshapes at the appropriate moment is a challenge in itself, but a lot of hard of hearing people rely on lip-reading as well as signs, so we are now trying to co-ordinate our lip patterns with our hand signs.

No easy task! Either we are concentrating so hard on our hands that we forget any lip patterns, or we have a tendency to 'chat', albeit silently, which would be very confusing for anyone trying to 'read' our messages.

At the moment it feels like rubbing my tummy and patting my head simultaneously, but with luck it will become easier with practice. Although we try our skills out on the others in our Group, we really need a few genuinely hard of hearing individuals who sign and would be happy for us to have a go at 'chatting' with them occasionally. If you are aware of anyone locally, please let me know so that we can have an opportunity to make real use of our newly acquired language. Thank you.

Jo Arnold

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

We are still meeting twice a month to sing old songs, neglected ones, and hymns, and we always finish with some Taizes. Not forgetting our tea break when Es serves tea and naughty biscuits

The Memory Cafe asked us to go to them. Unfortunately, only Jo and I could go so there would be only two of us, but we do not sing *to* them but *with* them. So we went and what a wonderful afternoon we had. They sang their hearts out and everyone so enjoyed it, Jo and I as well. We will certainly go again with hopefully more singers.

We are in need of someone to help Jo who has played piano for us faithfully for many years and would so appreciate someone to give her a break and to share the playing.

It really is fun.

Ros Dolphin

SOCIAL BRIDGE meets on Tuesdays, 2.30 pm at the Brendon Arms

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

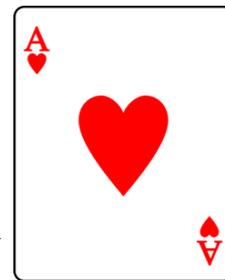
To her credit, our good friend the wonderful Mrs Editor manages to be happy with very little in the way of Groups' submissions for this *Newsletter*, so let me tell you what happened last week at the Brendon.

It was a challenging day for sure. We had just three for bridge, though luckily one of those had brought *The Bag* (the vital accessory which contains the tablecloth and the cards).

/ Continued

SOCIAL BRIDGE / Continued

Anyway, that little group, including one, who on receiving the emergency call from the Saddle Room, downed tools and drove in a mad dash to save the day, snatched success from the jaws of despair. We made a very creditable attempt at playing three handed bridge – this required a lot of thought, planning and flexibility, not to mention the involvement of the non-existent Flora, a capricious, unpredictable wraith who changed her seat every hand. This was indeed a challenge, but we stayed focused, and some interesting calls and Machiavellian play took us up to beyond four o'clock when we packed up and went home pretty pleased with our triumph... all except Flora of course, who remained inscrutable throughout.



This is a terrific hobby, but we all have other claims on our time... still, if you have an hour to spare, it's a great way to exercise the brain and make new friends. You can join us at the Brendon Arms each Tuesday afternoon, between 2.30 and 4pm. To confirm any details you can contact either Elizabeth or Lindsey on 01409 253266 or 01288 354201, or else email elizabeth_a_shaw@btinternet.com or sandy.bude@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

We have really enjoyed the drier early months of the year on our walks, starting in **January** with one from **Crooklets** across the golf course and along the back lanes to Burn Park and the **Poundfield** area of Stratton. This concluded with a coffee back at the Crooklets café.

The **February** morning walk took us further afield to **Holsworthy** where we walked through the hamlet of **Derriton**, saw our first snowdrops, and came back into the town via the old railway line and the viaduct. The last part of the route was through the former railway station site (Waitrose car park) and past the HATS Theatre to Filter Through Coffee Shop where we enjoyed a delicious lunch. February's afternoon walk was a more straight-forward walk from **Crooklets to Northcott Mouth** and back along Maer Lane.

In **March** our plan to walk from the Weir to the coast was scuppered by a farm lane closure, but we equally enjoyed a walk in the opposite direction up the canal inclined plane at **Marhamchurch** to the village and back along the **Hele Valley** trail for lunch (and cake!) at the Weir. On our afternoon walk that month the weather finally caught up with us, so we were fewer in numbers but still enjoyed the walk from **Duckpool** through Coombe Valley and Stow woods, even if we got a little damp in the process.



The **April** morning walk was well attended as it was a glorious spring day, even though we were tackling the climb up from **Northcott Mouth to Sandymouth** and back. Luckily Sandymouth café had just reopened, so we enjoyed our morning coffee and cake overlooking the beach in the sunshine!

The next walk will be around **Tamar Lake** and then in May, with all the Bank Holidays, there will only be one walk around some bluebell woods. The average attendance on each walk is about 12 now which is a good manageable number but, as not everyone attends every walk, there is a little space for new members if you fancy joining this friendly group.

Annette Cole

TAI CHI meets on the second and fourth Thursday of the month at 10 am at Bude Methodist Church

Sheila Mahoney - 07548 804027 / sheuserbude17@gmail.com

No report.

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 is proving to be very popular. We have had many very successful outings so far – **Singin' in the Rain** in August, **Girl from the North Country** in November, **The Commitments** in January, and **Mrs Warren's Profession** in March.



We are looking forward to seeing **The Beekeeper of Aleppo** on June

22nd at the Theatre Royal, Plymouth, and have booked to see **Evita** at the Minack outdoor theatre near Porthcurno, on September 7th (keeping our fingers crossed for the weather!).

If you would like to add your name to our lists, you can do so at the Monthly Meetings or at any of the u3a Coffee Mornings. Or contact any one of us by email or phone.

We will always go to matinee performances and will leave from the Rugby Club in Bude at 10.30am and return around 6.30-7.00pm. 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.

As Adrienne Palicki put it: *'The energy of live theatre is indescribable. You are just in the moment for an hour and a half'*. There's nothing like live theatre – we hope you agree!!

Gill Beasley

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

This Group is for those who would like to learn to play the ukulele. If you're interested, please phone 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 undertaken some interesting walks due to the kind weather. **February** saw us walking along the beach at **Widemouth**, returning via the small Anglican Church of Our Lady which was built in 1929 as a private oratory.

In **March** we visited **Crackington Haven** and **Warbstow and Bury**. The Iron Age hillfort at Warbstow is one of the largest in the west, but historians are undecided about its origins or purpose. Being 790 feet above sea level, it has extensive views in all directions.

Future walks will be Buck's Mill, Hartland, The Rumps and Davidstow.

Christine Simmons

WALKING GROUP 2 meets on the fourth Monday of the month in the afternoon. Start time and meeting / walk venue will be advised to Group members at least one week before the walk date.

John Dabbs – jnjdabbs13@aol.com

Our members take it in turn to lead each walk, making their own suggestion for a walk route, which is usually about four to five miles. We arrange to meet at the walk start venue, usually arranging to car share where convenient.

In the first quarter of this year, our walks have included one led by Howard, centred on **Boscastle**. For our **February** walk, David (Hyndman) led us on the **Pentire Head and The Rumps** walk that we had postponed from last year due to bad weather. Unusually, this proved to be an all-male walk.

As I write this, we have just finished our **March** walk. This was led by Ann (Anderson) and followed an *iwalkcornwall* route starting from **Poundstock Church** car park. Ann had done her research for this walk, telling us about the infamous murder of William Penfound that took place in the Church of St. Winwaloe in the late 14th Century, as a result of feuding local Cornish families. The weather for us was just too good for poor William's ghost to appear when we entered the church and graveyard, but the adjacent restored Tudor Gildhouse was a pleasure to see. (Photo: *The muddy walk at Poundstock.*)

The walk then crossed the A39, past the Rebel cinema and then on some wet and muddy paths which opened up to some glorious countryside views, especially alongside a stream with masses of daffodils in full bloom on its banks. It wasn't clear from the OS map what the stream was called, but subsequent



research shows that it is a tributary of our own River Neet. Ann continued with her ghost theme as we passed Penfound Manor, where the ghost of Kate Penfound is said to appear. Kate died tragically in a failed elopement attempt in the 1640's. I'll let you find out more about this yourselves.

John Dabbs

WILDFLOWER GROUP meets on the third Friday of the month

Hilary Workman - 01566 781434

The Group resumed its meetings having had a break over winter. We met on 17th **March** at **The Weir** to discuss this year's programme and we were pleased to welcome new members to the Group as well as Tina Hyndman who had come to find out more about the Group. Afterwards, as it was raining, we discussed our favourite wildflowers. Once the rain had stopped, we explored the external area around the pond for wildflowers.



In **April** we were due to meet at **Glebe Cliff**. Meetings coming up include the 19th May at Stamford Hill and the 16th June on Efford Down. If anyone is interested in joining, please contact Hilary first for further information.

Denise Weller



To find out more about any of the Groups listed in this Newsletter, check the Bude u3a website: www.budeu3a.co.uk, or contact the Group Leader for information. For general enquiries and correspondence to Bude & District U3A, email: budeu3a@gmail.com.

Using the Bude & District U3A Website

As members of the Bude & District U3A, you have access to our website which is at www.budeu3a.co.uk. Why would you use our website?

There's lots of information about our u3a. For example, there is information about the 40 or so Activity Groups. Also, we have recently added a section for *Newsletters*. As you may know, we have begun to put our amazing *Newsletters* online to save the postage and printing costs of the paper versions of the *Newsletters*. This helps us to keep our u3a membership costs as low as possible. Having the *Newsletters* online means that you can access them anytime from a computer, a tablet or even from your smartphone.

Picture Carousel

When you go to the website, you'll see a picture carousel which gives you a quick way to go to specific parts of the site. For example, to look at some activities that may have just occurred, or to find out the speaker for the next Open Monthly Meeting. Also, you can go straight to the *Members* area and the *Newsletters*.

New Password

These are protected areas where you will need to type in the password that was sent to you in an email earlier this year. We strengthened the password so that the email addresses and telephone numbers in the *Newsletters* are kept more secure and cannot be easily accessed by non-members of our u3a. You will need to know the password to get into the protected areas to see any protected information such as the *Newsletters*.

Our new password is rather long and is virtually impossible to memorise. This is deliberate. We suggest that you copy and paste the password, from the email that was sent to you earlier this year, into the password field on the screen when you want to log in to the protected area. On most devices you will only have to do this once. You can then get your device to remember the password for you. Usually, having entered the password, it will ask you if you want to save it, and this is fine.

Secure Information

However, please, please do not save the password when you are on a public computer such as in a library, or if you are at a friend's house and borrowing their computer. Only store the password if you are on your own computer or tablet or smartphone. This will help us to keep our information secure.

Printing Documents

If you have any difficulty accessing the website, please let us know and we will do all we can to help you. When you are using the website, if you think things could be done more easily, let us know and we'll see what we can do. All the documents on the website can be displayed and printed. In the case of the *Newsletters* which are very long, we recommend that you take care to print only the one or two pages that you might need and certainly don't print the whole thing.

Finally, tell us if there is any more information that you would like to see on the website. You can email me at: davidhu3a@gmail.com.

We hope you find the website useful – it is yours!

**David Hyndman
Webmaster**

BUDE & DISTRICT U3A COMMITTEE

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	Vice Chair	Jules Hobday	01288 353488
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	Member	Carol Blackett	07969 183355
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	<i>Newsletter</i> Editor	Anna Crew	01288 682395

NON-COMMITTEE ROLES

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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	07928 349696
	Pat Harris	01288 359017
Website Manager	David Hyndman	01288 489329
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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.

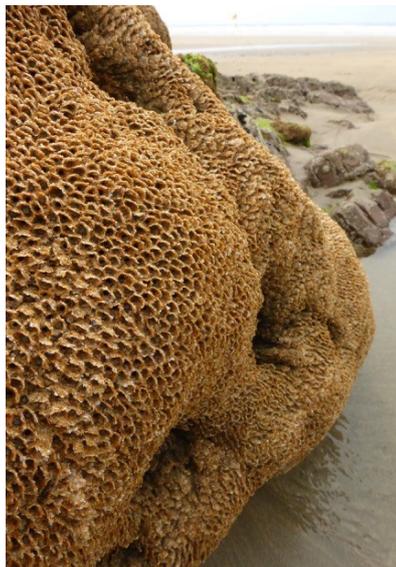
The deadline for receiving reports, features, stories, quizzes, humour, photos and any other items for the August *Newsletter*, is July 14th, although earlier is helpful and much appreciated.

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

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

Anna Crew

Creatures living on the Bude shoreline



At the April Monthly Meeting, Alison Wood, from Bude Marine Group, gave a richly illustrated talk about the creatures and plants which can be found along the shoreline around Bude. Pictured above are some of the images Alison shared with u3a members. *Top left is a Snakelocks Anemone; top right is a Limpet on the move; a Honeycomb Worm reef is bottom left; Barnacles are bottom right. Martin Dancey took the Honeycomb Worm photo and Jade Aston took the other three.*

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