



Bude & District

SUMMER NEWSLETTER



Registered Charity No. 1110029

August 2010

www.budeu3a.co.uk

CHAIRMAN'S NEWS

Well, the major event this year (number 2 daughter's wedding) was a huge success and a great day of celebration - fantastic weather, fantastic food and even more fantastic champagne and wine!

But our next most important event is of course our U3A's 10th anniversary in October which will be celebrated at our AGM. The organisation is starting to get underway but if anyone can offer to help please let me know, or Gina Martin or Marion Hall. And if anyone has any archive material we would love to see it, and it will, of course, be returned to you.

I don't know how many of you will know that Hilary Workman has managed to break her leg in three places and is in a full leg plaster at the moment, so she will not be able to attend our meetings for a while. Hopefully she will just be in plaster from the knee down in time for our anniversary celebrations.

The summer is a busy time for a lot of us - myself included - with visitors and family coming to stay. We might

moan a bit about the traffic and the fact that our lovely visitors dawdle up and down the pavements and the aisles in the supermarkets (although we all know how disorientating it is to try and shop in an unfamiliar supermarket) but we should be grateful that we live in such a beautiful part of the country and be happy to share it with them.

Let us hope the sun will shine and they can make full use of the beaches, the sea and the surf.

Sylvia Henry

MEMBERSHIP RENEWAL

Your subscription is due for renewal in September each year. We have held it at £8.00 for 2010/11 but due to economic circumstances it may have to be increased in the future and this will be discussed at the forthcoming AGM.

For membership purposes we have to keep certain contact information about you, i.e. name, address, phone number and maybe email address. In order to comply with the Data Protection Act we must keep this information secure, up to date and on file for no longer than is necessary.

For this reason we have decided to change the membership procedure slightly by asking you to fill in an **application/renewal form** each year should you wish to continue your membership. In this way the data that we hold will be current and if you do not renew then your details will be erased.

The **application/renewal form** also contains a Gift Aid Declaration which you may wish to complete if you are eligible. This will allow us to claim an extra amount for every pound of your subscription.

The **application/renewal form** can be found at the back of this newsletter. Group Leaders will also have copies and, of course, there will be a supply at the Open Meetings.

Your subscription may be paid in one of the following ways.

(1) Take the completed **application/renewal form** and subscription to an Open Meeting where the Treasurer (Val) will give you a receipt for the money and the Membership Secretary (Ann) will give you your membership card.

(2) Hand your **application/renewal form** and subscription to one of your Group Leaders and we will return your receipt and membership card in the same way.

(3) Send your **application/renewal form** and cheque (made out to Bude & District U3A), together with a stamped addressed envelope, to the Treasurer – Val Kerr. We will then post your receipt and membership card back to you.

Ann Tizzard

GROUPS' REPORTS

BOOK CLUB meets monthly on the second Wednesday at 2.30pm
Linda Mason

The group has now reached a dozen people but we have seen several meetings short of a full house due to the pull of second homes abroad and other commitments; but we have read three more books and we are still enjoying the different books that the Library Service provide for us until they tried to get us to re-read one again! The problem is now sorted and we are looking forward to the forthcoming choice.

Among the books we attempted was a Booker Prize winner "Ghost Road" by Pat Barker about the 1918 war. It was harrowing and one member fell at chapter 5 and could not continue and one of us managed to enjoy it on second reading, whilst the rest of

us struggled and learnt a lot about the way the war and the soldiers were treated and the traumas they had to try and overcome.

Having one French member in our midst we tried Madame Bovary by Gustav Flaubert and we were disappointed when Marie-Claude could not be with us as we chatted about her recommendation. We all felt that maybe it did not thrill us so much as we all had hoped, because we were not accustomed to French literature. We did not have much sympathy for the leading character but we did find the writing quite unusual in as much Flaubert wished to write a novel not from his heart or experience but as a good wordsman. Adjectives by the dozen on nearly every page and details of the costumes of the time down to the last feather or beads; which did not delight us as we had hoped. He was far more interested in the written word than the storyline.

So we tucked into our strawberry tea talking about our view of what made a "Classic Novel" and no doubt this will arise again in the near future.

Linda Mason

BRIDGE meets weekly on Mondays at 2.00pm

Richard Evans

The Group is enjoying a summer break but will be back on Monday, 6th September.

CANASTA meets on Mondays at 2.30pm

Hazel Cook

At last, Canasta has taken off. We now have 10 people playing and we enjoy the social afternoon so much that we are now playing every week. One week is U3A and the other week is for our own enjoyment as we have so much fun. We play at the Ceres Court common room which is quite large so if anyone wishes to come along to see what it is all about do come along at 2.30pm on a Monday, you will be made most welcome.

Hazel Cook

CREATIVE WRITING meets on the second and fourth Thursday of the month at 2.30pm

Lucille Opie

This new Group commenced with seven members in June. Initially, the members want to write short stories and some say they will be interested in entering competitions when they have more confidence.

I set work to do at home and we read it to the group at the beginning of the sessions. We are also doing exercises during the sessions, concentrating on how to get inspiration, character studies, settings, dialogue, plots and the importance of formal feedback of their work from all the members.

On page 13 there is an example of a twenty minute exercise written during a session. The brief was to write on a piece of paper - a male

name, a female name, a geographical place, a setting and the weather. We had to devise a plot using the list and write a story or part of a story of approximately five to six hundred words. The piece has not been 'proof' read.

Lucille Opie

DISCUSSION meets monthly on the first Thursday at 10.30am

Jo Arnold

In May we took a long hard look at today's society. With all the pressure coming from Dawkins, Grayling and others to persuade us that this life is all there is and there is no Higher Power to give any moral guidance, will the Ten Commandments (which are the basis for most of our fundamental laws) in danger of being thrown out too? What could take their place?

Many of us felt that as a Nation we are already drifting without any moral compass. The signs are widely evident -- The National Anthem has been dropped in theatres and cinemas, School Assemblies are dying out, so are prayers before Council Meetings and Grace before meals. Should we just let this happen, or take every opportunity to fight for the old values?

There is a difference between tolerance and spinelessness; in bending over backwards to avoid upsetting minorities we felt that we have lost our own sense of identity. It is a pity that those who sought a

life in this Country were not told more forcibly that the Established Church here is Christian with the Queen as its Head, we speak English, we sing our National Anthem and we have long-standing traditions and cherished customs. If you want to come and live here you have to speak our language and accept and maintain our heritage. Is it now too late?

In June we attempted to tackle that fascinating old chestnut: Nature or Nurture? Although we tend only to consider the immediate parent-child relationship, Bryan reminded us that illness or deprivation experienced in one generation may have repercussions in several that follow.

It is amazing to think of all the billions of people in the world now as well as those who have lived before and to realize that no two have ever been exactly the same. Even identical twins have different personalities. Siblings may regard their upbringing as the same, but it wasn't, because the view of any situation by the older may be very different from that of the younger one; also the National and International environment alters and affects each of us in different ways at different times. A thought-provoking and hugely complex subject.

Bernard chose Crime and Punishment as our topic for July. We all know that our prisons are overcrowded and we have more people inside per head of population than any other European Country.

This is partly because hundreds of new offences for which we can be imprisoned have arrived on the statute book in the last twenty years and also because successive politicians have wanted to be seen to be tough on crime so have steadily increased the penalties on the old ones.

What are the alternatives? Do Community Orders and ASBOs have any effect? Or are they regarded as badges of honour by their recipients? We agreed that if inmates were given more training in practical skills they might be able to look after themselves better when they were released, but recognised that many will not take advantage of the opportunities that are already available. Others come from such insecure backgrounds that they find the assurance of a bed, adequate food, shelter and warmth strangely attractive, which is why some re-offend so quickly.

Would it help if prisons were more self-sufficient? When we sent men to the Colonies they had to feed themselves by their own efforts. Could this be done again? It might give prisoners a sense of self-esteem to run their own farm (and also keep the cost to the taxpayer down), but would it require too many extra staff?

As you will realize, we haven't found many answers over the last three months. Nevertheless, we have all thoroughly enjoyed exploring the questions!

Jo Arnold

ENJOYING MUSIC meets monthly on the second Tuesday at 2.00pm
Iwan Davies

ENJOYING MUSIC 2
Iwan Davies

This Group will meet monthly in the evening to look at records or DVDs of operas and musicals. Please contact Iwan for more details.

GARDENING meets monthly on the first Wednesday
Marion Hall

5th May. The sky was grey and the wind chilly but that didn't stop sixteen of us enjoying the beauty of Hartland Abbey Gardens. The Abbey was founded in 1157 and became a family home in 1539.

There was so much colour everywhere, both from cultivated and wild plants. The verges of the winding path to the walled garden and especially the banks either side of the path to the sea, were bathed in bluebells. Complementing the intense blue were pretty white wild garlic (ramsons), violets, campions, buttercups and more, with the bonus of birdsong wherever we walked.

The woodland path above and paralleling the drive to the Abbey led us past colourful camellias and rhododendrons, through an interesting bog garden designed by Gertrude Jekyll, to the 18th Century walled garden with organically grown vegetables, informally planted colourful borders, rebuilt glasshouses stuffed with plants and mature

climbing plants over the attractive old walls.

We were welcomed by a beautiful posing peacock outside the tearoom where we concluded our visit.

2nd June. Probably because of the time of year (Bank Holiday and half term week), there were only eight of us welcomed again to Moyclare by Elizabeth and Phillip Henslowe. Elizabeth's aunt Moira and husband came to Liskeard from County Clare in 1927 (hence 'Moyclare'). The garden began as 1/3 acre with plants bought from Ireland. In 1936 land was bought increasing it to an acre. The Henslowes have developed and cared for the garden for at least 50 years.

Elizabeth accompanied us along the winding paths giving us the fascinating history of many informally planted mature trees, shrubs and perennials, also answering our many questions. She has an amazing memory for plant names! The fruit and vegetable garden is doing well and the pond garden is very attractive.

We ended our visit with tea and homemade cakes in the 'Tearoom shed' having purchased some good quality unusual plants. We all want to return next year having also visited in April '09. Perhaps May?

7th July. Sixteen of us met at the Junction Inn, Halwill Junction for a delicious lunch before going the short distance to Winsford Walled Garden.

We were met by Mike, the owner and restorer of this very varied and interesting garden. He gave an introductory talk then guided us round the garden giving details and history of plants and garden structures, including restored Victorian teak greenhouses and a 60ft. alpine house. He had advised us that if anyone spoke while he was speaking, he would stop till they did! A quirky character but extremely knowledgeable.

There is so much to see and absorb that it would definitely be worth individually re-visiting. You can discover the garden's rapid development since 1999 from an exhibition of year by year pictures displayed under cover when you first arrive and there are laminated information sheets to take round with you.

We were given tea and biscuits in the conservatory to round off our visit.

Marion Hall

Future Meetings

Sept. 1st. Highcroft Garden, Cargreen (between Callington & Saltash).

Oct. 6th. Higher Truscott, St. Stephens, Launceston. Lunch at Cowslip workshop first.

Nov. 3rd. Planning for 2011 at Marion's.

Further details on our website or from Marion

HISTORY OF ART meets monthly on the first Thursday at 2.00pm
Carolyn Merrett

PHILOSOPHY – meets monthly on the third Wednesday at 2.00pm

Kate Peardon

We are taking a summer break and will be meeting up again in September to discuss the Group's future.

PLAY READING meets at the Falcon Hotel every two weeks on Mondays at 10.15am.

Mary Dobson

"THE MISER" by Moliere was our play for May and June, which we thoroughly enjoyed. Some of us vaguely remembered reading it at school, but our enjoyment then depended largely on the enthusiasm and dedication of the teacher. Having reached the age we are, we were able to appreciate the finer points of the miser's point of view and his thoughts about banks and whether they were safe.

Harpagon (the miser) muses to himself - "...Oh, what a misfortune - having so much money about the place. Happy the man who has all his money invested and lives on the interest. But what investment's really safe? Of course, I might keep it in a bank. But I don't like banks. Banks aren't what they're said to be. Something happens to a bank - and then, where's your money?" Where indeed - and this takes place in 1668?

There is a large cast with complicated love lives, as usual. Harpagon thinks that he will take a

young wife, Mariane, who is in love with Harpagon's son, Cleante, who is afraid to ask his father for money to marry her; Elise, Harpagon's daughter, who is in love with Valere and who Harpagon thinks is after his money (mind you, he thinks everyone is after his money which he eventually buries in a strongbox in the garden), as well as a scheming woman, Frosine and the money lender Master Simon. In the end, Harpagon is left alone with his money and all the family is happily married off.

This was first produced at the New Theatre, London on 17th January 1950 with Miles Malleon as the miser, Michael Aldridge was Valere and Diana Churchill was Elise.

I tried to find another Moliere play, but there were no copies available to us, so went on to a Georges Feydeau farce called "KEEP AN EYE ON AMELIE" which was first presented at the Royal Exchange Theatre, Manchester under the title "She's In your Hands" on 28th June, 1990.

Marcel will inherit one million francs on his wedding day. Unwilling to give up his bachelorhood, but in dire need of cash, he persuades Amelie, a cocotte and his friend Etienne's mistress, to act as his fiancee for the benefit of his godfather. However, the godfather insists on staying for the wedding. Etienne leaves on military service, asking Marcel to "keep an eye on Amelie" which he does rather too literally, waking up in bed beside her after a night of

champagne. Etienne plots revenge, arranging a "mock" wedding, but the Mayor is all too real and Amelie and Marcel find themselves truly married!

Mary Dobson

SCRABBLE 1 meets on the second and fourth Tuesday of the month at 7.00pm.

Mary Norman

Our Group is going well but we would welcome a couple of new members. Brenda is in her 90s but puts the rest of us to shame with her frequent seven-letter words. She has been the highest scorer for the last three weeks.

Mary Norman

SCRABBLE 2 meets on the first and third Friday of the month at 2.00pm

Sue Evans

7th May. Linda and Ros were not impressed when Jen started with a seven-letter word. Ros was not impressed when Linda changed her glasses and then put down a seven-letter word. Jen then started their second game with yet another seven-letter word and was the highest scorer with 335.

I was playing with Julia and Mary and played really badly (but I seem to have mislaid our score sheet).

Quotes

'They're cows not cricketers!'

'I've added purrs to cats.'

'Is WI in the three-letter word list?'

'Why do we submit ourselves to this torture?'

21st May. Five of us today and as it was a glorious afternoon, I opened the patio doors. I decided (with apologies to Mary) for us all to play together on one table as I find it friendlier. Wendy had never played a 'five' before but that didn't stop her putting down a seven-letter word while the rest of us chatted about hedgehogs with no fleas.

Later in the afternoon, Linda and I exchanged sharp words over a particular use of the apostrophe although, after the others left, we played on until 7.00pm (well I wasn't cooking and it was too hot to take Jess out).

Quotes

'I thought you were talking about Peregrine Falcons.'

'I have a big problem with guilt.'

'We're like circling vultures.'

4th June. Ros hosted this afternoon as we had family staying. Although this didn't prevent me from going to the dentist to have a tooth extracted and putting my back out whilst lowering the baby onto her playmat.

18th June. Another glorious day - Ros wore her shorts and Mary wore a skirt.

Ros and Mary don't like playing a 'five' so I thought they could play the 'two' and Linda, Julia and I could play a 'three'. We had an enjoyable afternoon's play and once again, as Linda and I had no commitments, we played on until nearly 7.00pm (see above).

Quotes

'I was out and about until 2.00am.'
'Unfortunately, we could provide a guide to most of our local hospitals.'
'You're in my chair.'
'Oh piddle!'
'Can I have dick?'
'I've got the letters EUOI on my rack and I'm going out.'

2nd July. Six today, so we were able to play two tables of three (thank goodness - see above). Linda told us that she had heard from Kate and she had already won her first game of Scrabble in her new home.

We were all unusually quiet this particular afternoon. There were three seven-letter words but no really high scores. Jen was preoccupied with the tennis and rushed off early to watch Andy Murray play.

Quotes

'I'm going to be the face of the tombola.'
'I can manage on my own thank you.' (Was Linda trying to be helpful again?)
'PILES is not long enough. Painful but not enough letters.'

16th July. Six again today. Jen was back on form and got the first seven-letter word but Linda managed to win the game by ten points. I was merely a spectator in our second game. Once again, we played just two games to the others' three. Ros won all their three games and was the highest scorer of the afternoon with 277.

Mary and I both celebrated birthdays that week so I splashed out on cake to have with our tea and this made me feel (but not play) better.

Quotes

'I'm happy working upside down.'
'If that X wasn't there I would be able to use it.'
'PR isn't a word.' (oops!)
'She only wanted fart.' (guess who)

Sue Evans

SERENDIPITY 1 meets monthly on the fourth Wednesday at 2.00pm
Celia Sousek

Finally in May, after several aborted attempts due to inclement weather, the great Serendipity treasure hunt took place.

Liz and I had prepared the clues so long ago that we had trouble remembering the answers and subsequently the next hiding places - some had actually 'moved' - so we enjoyed our own mini hunt before anyone arrived for the big one.

Soon it was underway with the seven treasure hunters displaying furrowed brows, then gleams of enlightenment followed by rushing feet. Eventually the treasure was found and then consumed triumphantly over tea. Thanks to Liz for letting everyone loose in the garden, yards and various buildings.

For the June meeting, six of us (and my dog) went beachcombing on Wanson beach. Marion, as always, managed to find something decorative for her garden,

whilst Mambo had a very happy afternoon retrieving any sticks anyone was prepared to throw for him. The rest of us wandered up and down intently, picking over the flotsam and jetsam but finding nothing very exciting, settled for sitting in the sun. After a suitable time, it was decided to adjourn to the Cabin at Crackington Haven for refreshments. We all enjoyed ourselves so think we might do this again next year - perhaps going to Sandymouth, tide allowing.

The subject of the July meeting is Toys and Games from our Childhood, to be held at Lindsay's house. I won't be able to go to this since it is only two days before my son's wedding, which is also the deadline for Newsletter entries, so I will have to include the report on this afternoon in the next issue.

Celia Sousek

SERENDIPITY 2 meets monthly on the fourth Wednesday at 2.00pm
Linda Bunker

SHARING POETRY 1 meets monthly on the fourth Thursday at 10.30am
Linda Farmer

As usual, another good quarter for our Group. May's theme was a free choice of poems, with Roger McGough's "Bees Cannot Fly" being my favourite - the message for me being, that you don't have to believe the experts, just believe in yourself. June's theme was Festivals and Celebrations with Sue and

Elizabeth bringing two very similar themed poems by two different poets. "Show Saturday - Philip Larkin" and "Tavistock Goose Fair - Charles Causley" both of which will invoke wonderful memories for anyone who has ever been to any country fair or show. July again saw a free choice, which included an incredible poem by Sarah Lindsey called "World Truffle" topping the list for me.

Linda Farmer

SHARING POETRY 2 meets monthly on the fourth Wednesday at 10.30am

Peggy Timms

At our May meeting we brought poems of our own choice and Kate introduced us to Denise Levertov by reading a number of her poems, all sensitive and interesting. We particularly enjoyed 'The Fountain'.

Our theme in June was "The other side of the door". Quite a challenge - but the "door" was seen to mean different things to different people - and we had some surprises, different thoughts, some profound, some hilariously funny.

In July we had free choice and as always there was a broad range - nostalgic, funny, serious and thought provoking. Some members brought poems of their own - we welcome these and are often surprised and delighted at the talent represented. Lynda Savory's was enjoyed by us all and can be found on page 14.

Peggy Timms

SHARING POETRY 3 meets monthly on the second Wednesday

At the moment, this Group is still being supported by members of Sharing Poetry 1, because there are not enough members for it to be an independent group. So if you like poetry or you think you might like poetry, there is actually space for you in this group. Come and give it a try.

If you are interested in joining us, please contact Vera Roper, Groups Co-Ordinator.

SINGING FOR FUN meets every second Friday in the month.

Ros Dolphin

THEATRE

Mary Dobson

We have been unable to find anything we really wanted to see since our trip to "Tosca" in April and owing to the financial problems of the Northcott Theatre, Exeter, our annual treat of "Shakespeare in the Park" at the Rougement Gardens was cancelled. The Agatha Christie play, "Witness For the Prosecution" had already been to the Queens Theatre, Barnstaple, so some of our usual theatregoers had already seen it and I found the lack of numbers did not make that trip viable and so cancelled our booking. However, Exeter University is financially supporting the Northcott and I am hopeful that we can find something of interest in the autumn.

We did eventually go to "Stepping Out", a comedy written by Richard Harris, on 8th July and thoroughly enjoyed ourselves watching Brian Capron and Anita Harris leading a talented cast. The story is briefly as follows: in a dusty church hall, ex-professional dancer Mavis Turner holds her weekly tap class whose members are pretty mixed, both in personality and talent, but nevertheless enthusiastic (at times).

The fabulously roly-poly Lynne was a real revelation with her eye-popping leotards and snooty Vera (Anita Harris), in contrast, so slim, with her designer ones and the only man in the class (Brian Capron) appearing to be really bad at tap with no sense of rhythm and completely lacking confidence.

Mavis asks them if they would like to dance at a charity gala and disbelief gives way to complete terror as she tries to lick them into shape, with varying results. As tempers start to fray, their private lives start to emerge and it seems they all have skeletons in their cupboards they do not wish to share with their fellow tap dancers.

A really good afternoon's entertainment and, although some of the private lives story lines could have been explored more fully, judging by the comments, it was enjoyed by all. "Second half better than the first"..... "a little trite, but fun"....."a lively, knockabout play, but with a more serious undertone" "enjoyed the performance, a lot fun, particularly towards the end".

OUR AUTUMN PROGRAMME 2010

Wednesday, 6th October

"LEND ME A TENOR" - a new musical comedy with Matthew Kelly. Theatre Royal, Plymouth, leaving Bude Rugby Club by 11.30am. Price: £28 inc. coach
PAYMENT BY 26TH JULY

Thursday, 4th November

"MASTER CLASS" by Terence McNally -The Life of Maria Callas with Stephanie Beacham. Theatre Royal, Plymouth, leaving Bude Rugby Club by 11.30am. Price: £23 inc. coach
PLEASE PAY BEFORE
5TH OCTOBER

Saturday, 20th November

"CINDERELLA" - Matthew Bourne's Ballet - Music Prokofiev. Theatre Royal, Plymouth, leaving Budehaven School, Valley Road car park by 11.30am. Price: £33 inc.coach
PLEASE PAY BEFORE
18TH SEPTEMBER

Thursday, 9th December

"CHESS" - The Musical - Music by Benney Andersson and Bjorn Ulvaeus with Lyrics by Tim Rice. Theatre Royal, Plymouth, leaving Bude Rugby Club by 11.30am. Price: £30 incl. coach
PLEASE PAY BEFORE
11TH OCTOBER

Please remember, if paying by cheque, that each show requires its own cheque with the name of the show on the reverse.

A programme of our autumn trips is also available in Bude Library's U3A book, as well as online.

Mary Dobson

WALKING GROUP walks twice a month on the first and third Tuesdays meeting at Stratton car park at 1.30pm

Christine Simmons

4th May saw five of us visiting Hartland for our annual bluebell walk.

18th May. Five walked from Morwenstow via Tonacombe to Stanbury along the coast to Sharpnose point via Tidna valley enjoying the bluebells, primroses and orchids on a lovely warm day.

15th June. Nine walkers participated, starting at Canceleave via the coastal path to west Dizzard, Tramps wood and The Den, returning to see beautiful orchids in bloom.

9th July. Seven of us took the bus to Boscastle and walked the Valency valley to Minster Church, Botreaux castle site, Forrabury Church and Forrabury stitches, returning down to the Harbour and then enjoyed refreshments on a lovely day.

Christine Simmons

MISCELLANY

A Creative Writing Exercise : "The Accident" by Eve Tilsley

Lucy was staying with her Uncle and Aunt in the countryside on the south coast. Being on holiday she had volunteered to house and pet sit while they went on holiday. She had come early to 'Learn the Ropes' as her Uncle said.

Lucy was tall, lithe and athletic with long brunette hair. They loved having their niece to stay because of their mutual love of animals. Uncle Charles came bustling in, huffing and puffing, a rotund little fellow, shorter than Lucy and breathless when doing any activity. His gold watch bounced up and down on his smart waistcoat.

"Well, you get on in the galley m' dear" he waved dismissively to Auntie Pam. "I'll show her the ropes myself."

Lucy and Uncle Charles pulled on their boots despite the sunny weather, as they knew some of their land was always boggy. The sun shone brightly in the light breeze. With his wet finger raised in the air Uncle Charles said, in his usual naval manner

"Force three I reckon" as they set off to the paddock. Lucy's hair was glinting in the sun as they reached the two horses beside their field shelter.

"Hay for them every morning" Uncle Charles boomed unnecessarily. He did tend toward pomposity, although kindly in the main.

"The next job is the chickens and geese and ducks" and he indicated towards them firmly, taking grain from the bin in the shed to show Lucy the amounts required. Lucy smiled, not mentioning the times she and Auntie had done exactly the same thing.

They set off, Lucy moving quite smartly up the next rise when, a few yards further on Uncle Charles suddenly stopped.

"Hold hard, drop anchor my girl, I usually berth here for a spell," he said sinking down onto a fallen log.

"Well, while you have your spell I can feed the ducks on the pond" volunteered Lucy.

"Yes, good idea to have a practice" he said as if the break was for Lucy's benefit,

"But leave the shed shipshape and Bristol fashion" he ordered.

Lucy set off for the pond and as she drew nearer she noticed the softening of the ground as her boots kept getting stuck in the slippery mud. The pond rippled beautifully in the sun as she sprinkled the corn on the water. But suddenly, with a scream of surprise she began sliding down the slippery muddy bank and sank into the water!

Uncle Charles, having heard the noise, came bobbing along, his bald head shining in the sun.

"Good gracious," he shouted, "Man overboard!"

Then, spotting the farmer in the next field he bellowed,

"Call the ambulance." The man ran quickly to his house.

"No lifebelts!" he gasped, stumbling towards the pond. A few paces further on, he tripped over a tree stump, fell heavily on his paunch, winding himself and twisting his ankle badly. Lying there, feeling helpless, he called,

"How many fathoms is it?" to the inert Lucy.

"God, I hope you don't drown," he wailed

"I never lost a Jack Tar off my ship."

A short while passed till they heard the ambulance approach. Lucy's boots gripped the mud and she slowly stood up.

"Oh you're all right!" groaned Uncle Charles through his pain.

"Yes, it's only three feet deep," laughed Lucy.

"My! I thought you were scuttled, bows under," said a much relieved Uncle Charles.

"It's a good job you called the ambulance," said Lucy as busy paramedics fed him into the vehicle

"You can use it for yourself!"

Fortunately, declared fit enough, they did go on their holiday..... to recover.

Sharing Poetry 2 : "Morning" by Lynda Savory

Tall grey beeches,
Bending low, as if to protect me,
Shiny barked and proud
Guarding my house,
Sentinels crowded round
Branches swaying, leaves shimmering,
Each leaf with dewdrops glittering.
The mist like a grey wraith, creeps silently
Across the field, wisping, drifting,
Disclosing to the view
Occasional glimpses of stolid sheep grazing
Amidst the early morning dew.
Cobwebs hang like gossamer chains
Adorning every bush
With dewdrop diamonds glinting.
Primroses glitter like pale stars

Nestled in the grass along the bank
Each blade of grass dew-clad,
Reflecting myriad colours.
Whilst in the branches a bird, sight unseen
Begins his morning chorus calling, calling....
"Come! The sun is dawning"
Now a gentle breeze begins to blow
Making branches dance and bend
And twigs tap lightly against my window
Like long thin fingers beckoning to me
Come arise, night has ended.
Down in the field the hens are clamouring
"Let us out - morning is here."
The busy hens bustle around
Like housewives in a market square
In low murmurs of contented clucking friend to friend
Exchanging gossip here and there
"Aren't we glad the night has ended."
Now the mist is gone and pale-fingered sun
Glides silently across the lawn
Dispersing shadowy remnants of the night.
The distant hills appear, blue-grey at first
Then vibrant colours come to light at last,
The trees and hedges sketching the horizon
With patchwork fields between
Palest pink apple blossom drifts down,
Confetti-like it settles gently on the grass. .
At last all nature`s beauty can be seen.
And I begin my day.....

HOW TO STAY YOUNG

(sent in by Ann Tizzard)

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop. And the devil's name is Alzheimer's.

4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

GARDENING TIPS

Do you remember Marion passing on these wonderful gardening tips?

Squirrels wont take peanuts mixed with cayenne pepper (doesn't effect birds).
Cats are deterred by muscle pain relief spray on teabags placed around the garden.

Mice hate mint toothpaste.

Carrot root fly are deterred by seeing themselves in mirrors placed at either end of carrot rows

Have you any gardening tips of your own that we could all benefit all from?

What Bugs You?

In point of fact I must admit at this point in time that filling out a form that is different than the last one, y'know, so that I can, like, go for free should cause no worries -- innit?

Have a nice day!

Jo Arnold

(Did you find all eleven?)

Are you hiding your light under a bushel? Do you have something you would like to share with our members? It could be a new experience, a wonderful holiday, or something completely different. We would love to hear from you.

Any length up to about 500 words, although do bear in mind that the newsletter is printed quarterly and there isn't always space available, but don't let that put you off. As long as it's not time-sensitive it will get into print but, of course, the editor's decision is final.

And **thank you** to everyone who has contributed to this edition of our Newsletter. I hope you will continue to let us hear your news and views.

Please don't hesitate to contact me if you have any queries about contributing to the next edition. The deadline for which is the **30th October**.

Sue Evans - suemail65-news@yahoo.co.uk

OUR COMMITTEE

Officers

Sylvia Henry	Chairman
Hilary Workman	Vice Chair/ Speaker Secretary
Val Kerr	Treasurer
Linda Bunker	Minute Secretary

Members

Ann Tizzard	Membership Secretary
Vera Roper	Groups Co-ordinator
Lucille Opie	Press Reports Co-ordinator
Sue Evans	Newsletter Editor
Liz Whattler	

Co-opted

Mary Dobson
Sandra Malschuck
Mike Roper Webmaster
(romper@onetel.com)

Membership

We currently have 148 members.

New Members

We are very pleased to welcome the following new members:

Barbara Cole, Michael Spurgeon,
Georgie Spurgeon and Pauline
Udale.

MONTHLY PROGRAMME

The complete Programme for 2010 is available on our website.

16th September

Rosa
The Daily Lives of Ancient Egyptians

21st October

**Don't miss our AGM and
10th Anniversary Celebration**

25th November

Jane Anderson
The Armchair Geology of North
Cornwall

December

Christmas Lunch



BUDE & DISTRICT – Charity No. 1110029

MEMBERSHIP APPLICATION or RENEWAL DETAILS:

Title: Forename: Surname:

Address:

.....

..... Postcode:

Tel.No:

Email:

If you are a UK Tax payer and you sign the Gift Aid Declaration form below it will allow Bude District U3A to claim an extra amount (28p at the moment) for every pound of your subscription. If your circumstances change or you wish to cancel this declaration at any time please contact the charity.

GIFT AID DECLARATION

I am a UK Tax Payer (Please tick)

I require my membership subscription to the Bude U3A charity to be treated as a Gift Aid donation.

Signed: Date:

(Please print name).....

For Treasurer's use:

Year: 2010/2011 Receipt No: Payment Date:

