

Chairman's Notes

24th January MMVI

After much dragging of feet, (mine...!) I have eventually been persuaded that I can do this chair thing and will take over from the March Open Meeting and endeavour to carry out my chairmanship role to the best of my abilities.

I am pleased to say the Elizabeth Whattler has kindly agreed to be our new Group Co-ordinator in my place. I am also responsible for the distribution of the newsletters - there is a piece inside this newsletter regarding the distribution in the future. I do feel that it is every member's responsibility to collect their own newsletters, either from an open meeting or from the group leader of a group which they attend.

Sylvia Henry

Bridge Group

We meet every Monday afternoon at 2.30pm at my house please feel welcome to join in.

Richard Evans.

Discussion One

24th January MMVIII

In the last three months we have enjoyed our full quota of lively sessions.

In November Bryan Moore's topic was the "Secularisation of Society". He started us off with some thought-provoking observations highlighting moves away from the moral and ethical guidelines which were commonly accepted and adhered to half a century ago. Our own memories and experiences endorsed his observations, but it is difficult to see when this trend started. As a Country we have reached a point where we seem almost to be apologising for the fact that we have an established Christian Church and Christian traditions. Why should we have to water-down our customs in case we might upset those who follow different beliefs? Should we not rather be proud to keep to the observation and celebration of all the Christian festivals (especially Christmas)?

We were in no doubt that Britain was stronger, as a nation, a few hundred years ago when she believed in herself. We know that we cannot put the clock back, but none of us is happy with the way our Country seems to be going.

From tough realities in November we took a trip to fantasy-land in December. Under the title "King for a Day" we all chose one law we would like to pass in order to change life (either our own, or the whole of Britain) for the better.

There wasn't enough time for everyone to argue their case, but we did manage to explore three ideas, starting with the old chestnut of Abolishing the Monarchy. Although we found it fairly easy to pick holes in the present system we couldn't decide what should replace it. We agreed that our current monarch has been exceptional but thought that by the time she is eventually succeeded many things could be different anyway.

The second proposal was to pass a law allowing the media to tell only the truth, and to run stories only after their veracity has been confirmed. Obviously this would cut circulation figures but we felt that much harm is done by sensational stories founded on the misheard half of a whisper. All the bosses of Fleet Street (or Wapping) are only really interested in circulation figures and making money; and the chief concerns of those in charge of TV and radio programmes are the listening and viewing figures. We wanted more consideration to be given to the ordinary people whose lives can be turned upside down or wrecked by media intrusion and innuendo.

The third revolutionary idea to change life in Britain was to introduce a rule that no-one could stand for election as an MP until they had worked and supported themselves in the wider world for at least 20 years. This proposal was received with enthusiasm, as many of us are concerned about being governed by young politicians with insufficient experience to make measured long-term decisions. Unfortunately we could see no easy way to bring this about!

In January we settled down to the serious business of laying our plans for 2008. As a true U3A co-operative, we shared out the dates so that every member has a chance to choose a subject and introduce a discussion. Some have already selected their themes, but others prefer to leave their choice until nearer the time to allow room for current affairs. Whatever the topic we are always sure of a stimulating (and sometimes noisy!) morning.

Jo Arnold

Cinema Group

24th January MMVIII

The Cinema Group has decided to hold a regular meeting on the second Wednesday of every month.

We had a lively meeting on Wednesday 16 January, to discuss various ways forward. With The Rebel having closed more or less the minute we set up (did they know we were coming?), we agreed that there are a number

of interesting options open to us. These might include the regular fortnightly screenings at Holsworthy Memorial Hall; lending our own DVDs to one another; going to mainstream or 'arthouse' films at Wadebridge, Barnstaple, or indeed anywhere else; viewing hired DVD's or Sky films at individual houses. Because film in general covers such a wide range, and people's tastes are so different, we should concentrate on collecting and disseminating information, so that individual members of the group could get together as they choose.

It was generally felt that, as well as company for watching films, the group should provide a forum to discuss (describe, recommend) types of film, particular films, genres, actors or cinemas. The discussion could start with a different focus every month, by choosing in advance a theme for the meeting. We might, for instance, talk about a specific current film; or costume dramas; or thrillers; or the role of the director; or "films for men" versus "films for women"; or films from a particular decade...the possibilities are endless.

So, it was decided that a regular monthly meeting would enable us to do all these things. We also have a Googlegroup emailing system, to communicate current information on a closed circuit. Those with no internet access can - with any luck - have the information passed on by a designated friend.

Meetings are to be on the second Wednesday of each month, at Marilyn's house at 2.30 pm. The next meeting will be on Wednesday 13 February. With the Bafta Awards on 10 February, and the Oscars on 24 February, our subject for discussion will be: "Are these awards A Good Thing? And do we agree with their choices?"

Marilyn Daly

Craft Miniatures

We go under the name of Holsworthy Miniatures for the purposes of exhibiting and advertising for new members. We meet in Holsworthy on the first Thursday afternoon of every month at 1.00p.m. until around 4.00p.m. If you would like to know more please telephone **June Cann**.

Enjoying Music

Meet monthly, 2nd Tuesday at 14:00.

Gardening group

24th January MMVIII

7th. Nov. '07.

Eleven people, brimming with ideas for next year's program, met at Agan Chy. This included Pat Dibb, leader of Launceston's U3A Gardening group, who I had invited to join us. The exchange of programs was mutually useful & our Feb. '08 meeting is to be shared with the Launceston group.

As in previous years, we had a very lively meeting & managed to plan for all 12 months of '08. This includes three old favourites (a shared lunch with plant & seed swaps, a "gardeners question time" & a Rosemoor RHS garden visit). The other nine are two very different plant nurseries, a garden with 'pick your own' soft fruit, a sculpture garden, a garden managed according to the Lunar cycle, a garden for massed Bluebells & one for spectacular Autumn colours (we hope!) & of course a planning meeting for '09! How time flies!

5th. Dec. '07.

Eleven of us met at Marhayes Manor where we cosily sat in Liz Whatler's lovely stone floored kitchen to be informed & entertained by plant expert John Mann. John told us all about the history, care & propagation of the beautiful & varied Hellebore, with the aid of cut flowers, a flowering potted plant, part of a huge plant dug from his garden & numerous colourful slides taken in his lovely garden (which we had visited in June). I think he encouraged a lot of us to try the technique of cross pollination to produce a different hybrid or at least to become aware of some of the beautiful "accidents" that bees produce naturally!

02nd Jan. 08

Another happy happening! Twelve of us were made very welcome at Trebah by Sylvia Henry. We had all bought a variety of delicious food to share for lunch, which was very companionable around a large table. The plants we had also brought, were numbered for distribution as we left later.

Following lots of catching up & discussion during lunch, some of us had bought seeds to share around, some members had been very diligent with their seed collecting & Amateur Gardener magazine had been very generous with their free packets!

Everyone then took a number from the 'hat' & picked out their corresponding plant, all different from the one they arrived with!

On February 8th (Friday), we meet up with Launceston U3A Gardening Group to hear a speaker at Lewannick village hall.

On March 5th we will visit Bodmin Plant & Herb nursery.

On April 2nd we will visit Broomhill Sculpture Garden.

Marion Hall

Philosophy

Meet twice monthly, 2nd and 3rd Wednesdays at 14:00. Meetings are already at maximum membership.

Play Reading

25th October MMVII

We had a break from reading plays during August, but have read a couple of plays by Peter Nichols since then. He is probably best known for "A Day in the Death of Joe Egg" which he wrote for the stage because he thought it would be unacceptable for television. Peter Nichols was born on 31st July, 1937 in Bristol and was educated at Bristol Grammar School. After completing his National Service in the RAF for three years he went on to study acting at the Bristol Old Vic Theatre School. While he was working as a teacher he began to write television plays which achieved notice. His first play for the stage was "The Hooded Terror", but the first one we read was "A Piece of My Mind" which opened in London at the Apollo Theatre on 1st April 1987 with a quite well-known cast including George Cole and Anna Cartaret and which takes place in the present and past time.

Ted Forrester is a playwright with a problem - writer's block. We first meet him as a bitter, disillusioned writer, consumed with envy of Miles Whittier, a younger, more successful playwright, and he has retreated to the country in an attempt to stimulate his creative impotence by writing an autobiographical novel. However, this proves just as difficult and so he turns it into a play about himself and the process of artistic creation. With flash-backs and dream sequences he takes us on a tour of his life, through the swinging sixties through to the aching eighties and the time of his disillusionment. This was quite a difficult play to imagine whilst reading it "cold", so to speak, and we thought that we would get a much better idea if we saw it on the stage with all the devices available to show in which decade the scene played out.

However, nothing daunted, we read another play of his called "Forget Me Not Lane", which was presented in 1971 at the Greenwich Theatre and directed by Michael Blakemore. Again, this play kept flashing backwards and forwards with the main characters trying to relive their childhood and not quite remembering how the other one saw the events of the time. We thought that this play too, would be better seen on stage and the past and present would thereby be more easily distinguishable. It did give us some food for thought, but I'm not sure we will be rushing out to see Mr. Nichols' plays.

Editor's apologies, this piece was omitted from the copy file passed to Mike Roper.

MD

Play Reading Group

24th January MMVIII

Before our Christmas break, we read "**East Lynne**" by Mrs. Henry Wood, which we thoroughly enjoyed.

This play is probably best known for the line, "Dead, dead and never called me Mother" which, however, was the invention of T.A. Palmer and not of Mrs. Henry Wood. "East Lynne" was originally a novel, but some 16 versions have been produced in dramatic form since it was first published in 1861. The introduction to the play we read, was written by Brian J. Burton (and from which I am quoting) in 1964 and it was he who produced a version straight from the novel itself in 1965. He sub-titled the play "Lady Isabel's Shame" and he did include the above line, but which did not appear in the novel, as he felt it would not be complete without this immortal line.

Mrs. Henry Wood was born Ellen Price in 1814, the daughter of a Worcester glove manufacturer and changed her name to lend respectability and a certain anonymity to her work in an age when there were not many female writers. The book aroused considerable interest during its publication in serial form and when it was subsequently published as a book in 1861 and sold over 500,000 copies. However, "East Lynne" and her later work is not the "safe and respectable" literature society expected as she included murder, adultery, lust and masochism. The motive for her writing was that Mr. Henry Wood's business venture collapsed and they needed money. The first version to be presented in dramatic form is reputed to be one by W. Archer which was staged at the Effingham Theatre in Whitechapel on 12th November, 1864. This was followed in February 1866, by a version presented at the Surrey Theatre which was revived in 1867 with Wilson Barrett in the cast.

The complicated plot of "East Lynne" concerns love and marriage. Lady Isabel Vane, the central character falls foul of the caddish Francis Levison. Divorced, she returns as a governess to her own children in the house of Sir Archibald Carlyle, her former husband and his second wife, Barbara Hare, but is, of course, unrecognisable as she has become a "wraith" and scarred by a train accident. Her bastard child is dead, her former husband lost to another and her legitimate son dying before her eyes. In true Victorian and melodramatic turn they both die of tuberculosis. Mrs. Wood, however, encourages the reader to have sympathy for the fallen women (there is also a sub-plot with the servant girl, Affy) and really relishes the bad characters of her male parts. This was a fairly sensational theme when the book was written, since women were the property of men by law and their future security lay in making a good marriage, but not necessarily a happy one. Sir Archibald Carlyle, a gentleman of

impeccable manners and sense of fairness, is made to look quite boring compared to the villains, hence the book's popularity both then and now.

"The Bed Before Yesterday"

We started the New Year in need of some hilarity and the Ben Travers' farce, "The Bed Before Yesterday" provided the comedy in the form of a play for four men and four women, set in the 1930's. Alma, a rich (money coming from her father's "Bull's Potted Meat" factory) but physically far from lovely widow, has had no sexual experience since the sole, off-putting occasion of her wedding night some twenty years ago. She marries the impoverished gentleman, Victor, now equally uninterested in sexual activities, on the understanding that their relationship shall be based on friendship and convenience. However, various surprising circumstances connected partly with Victor's son, Aubrey, ("not quite developed") and Aubrey's unconventional girl friend, Ella, the question of a flat, and partly with her own free-and-easy cousin, Lolly, plus an impresario called Fred Castle, warm up Alma's long-cooled fires, with unexpected, but presumably satisfying results for both her and her new husband.

Ben Travers was born in 1886 in Hendon and educated at Charterhouse. His school career was a complete failure and was terminated, as he himself asserted, by mutual consent. He spent several years in commerce for which he displayed very little interest or aptitude, but in 1911 he found more congenial employment in the firm of John Lane, the publisher and founder of the Bodley Head. He served in the Royal Air Force in both wars and was awarded the Air Force Cross. Most of his writing, first as a novelist and then as a playwright, was between the wars. When Ben Travers died in 1980, at the age of 94, the title of his book of cricket reminiscences was changed in characteristic Travers' form from "94 Not Out" to "94 Declared". His famous Aldwych Farces, a series of nine farces produced in the 1920s and 30s, included "A Cuckoo in the Nest", "Rookery Nook", "Thark" and "Plunder". Later he scored another great success with "Banana Ridge". More recently, "The Bed Before Yesterday" produced in Ben Travers' ninetieth year, has proved perhaps the greatest success of his career. In 1975 he received a Special Evening Standard award for his services to the Theatre. This play was first presented at the Lyric Theatre on 9th December, 1975. The cast included John Moffat, Joan Plowright, Helen Mirren and Patsy Rowlands and was directed by Lindsay Anderson.

If you would like to join us, please contact Mary Dobson. We meet in the Falcon Hotel, as arranged, on Mondays at 10.15am.

MD

Scrabble 1

Meet twice monthly, 2nd and 4th Tuesday at 19:00.

Contact Gill Gilkes

Scrabble 2

24th January MMVIII

Meet twice monthly, 1st and 3rd Friday at 2.00pm

I have heard that some readers of this newsletter think that I place too much emphasis on using triple word squares but these are the pinnacles of the Scrabble board. If you just want to make good words then it doesn't matter where you put your letters but to make any sort of decent score you have to think not only of the words you can make with the tiles on your rack but also the places available on the board to achieve the highest score. Although I did come unstuck in one game when I was concentrating so much on not opening up a triple score opportunity to the next player that I allowed her to put a Z on a double score square joining two words together so that she was able to quadruple her points and score 54 in the process!

One game recently was proving to be very hard work. There were only three of us playing and after seven goes the scores were still only 89 for Jen, 90 for me and 103 for Mary. Jen then had a seven-letter word on her rack but nowhere to put it. She decided to miss her go and wait for the next (she had already missed a go earlier in the game to swap out a couple of vowels). She held her nerve and this strategy paid off on her next go when she was able to put 'joisted' on the board and score a massive 98. Her next go with seven new letters scored a healthy 39 and it was no surprise when she went on to win the game.

I have to confess that I haven't been enjoying Scrabble. For a few games I didn't have any letter tiles worth more than 4 points on my rack and in another I had five vowels on every rack during the game. I just couldn't cope and Linda very kindly suggested where I could go (on the board!) and even added her score to mine (but that was a mistake). One afternoon the scorer of each game won that game and so I was given the opportunity to score. Unfortunately, we were playing a 'quick' game at the end of the afternoon and this was even worse as I just couldn't handle playing quickly and adding up scores at the same time!

Anyway, I treated myself to a Scrabble day-to-day calendar in the January sales and have high hopes of improving my game in 2008 (and can now report that I did actually manage to win a game in the first session after our holiday). Actually, this is a Collins calendar that has a very impressive list of two letter words that included some we didn't have on our Chambers list. Guess which one we are using now!

More quotes from the boards:

'This is so sad'

'This is terrible'

'I have a problem'

'I've got nice letters but they don't make words'

'I nearly had phalanx'

'If you want to win you have to keep score'.

New words: cade, clunch, fangle, foy, jiz, kaneh, nare, nid, noop, quag, sal, seg, willets, zel. (The editor's new Spell Checker rejected all except "willets".)

While Richard and I were away celebrating Christmas and New Year as well as the first birthday of our granddaughter Georgia on 2nd January and the safe arrival of her cousin Emily on 3rd January, Ros hosted Scrabble 2 and everyone agreed they had enjoyed good games without us!

Sue Evans

Serendipity 1

Serendipity – the faculty of making happy and unexpected discoveries by accident.

Meet on each fourth Wednesday.

Elizabeth Whattler

Serendipity 2

24th January MMVIII

We have been formed now for 8 months, our first meeting was on 23rd May 2007, and I thought it high time to submit an article for the newsletter. We are a spin-off of the successful Serendipity 1, and the fact that their numbers were too great to accept any further members. We were invited to a meeting with Serendipity 1, Liz Whattler being the Group Leader and they kindly explained what they were all about, basically, anything that took the Group's fancy.

We have explored mosaics (flower pots) to joining Serendipity 1 for an excursion to The Cowslip Workshop in Launceston, an afternoon we all thoroughly enjoyed.

Our next sojourn is a canal walk, accompanied by Chris Jewell, who is involved in the Bude Canal Project, followed by lunch at either the Castle's new restaurant, or the Bulls.

We meet on 4th Wednesday of each month.

Linda Bunker.

Sharing Poetry One

24th January MMVIII

Meet once a month - 4th Thursday at 10.30am

Some months a theme, others a free choice, but always the depth and breadth of people's choices continue to amaze me, even after nearly four years. Unfortunately copyright laws stop me reproducing any poems here but if you want something powerful, something to raise the hair on the back of your neck, try Edwin Brock's poem - Five ways To Kill A Man brought to the group by Carolyn Merritt. For those of you on the internet, it can be found at www.davidpbrown.co.uk/poetry/edwin-brock

Currently we have nine members, and thus have room for one more person, ten being the optimum number so that each person can read a couple of choices, also we are limited by the size of my house!

Linda Farmer

Sharing Poetry 2

Meet monthly on the 4th Wednesday of each month. Further information from **Peggy Timms**

Singing for fun

24th January MMVIII

When Frances Tindall first invited members to her house just to sing for fun, only one or two had been singing regularly, and the rest were either very rusty or total beginners. With much encouragement we began to produce a respectable sound. However, many of our original members have moved away, and those of you at our Christmas Lunch may have noticed that the group is about half the size it was a few years ago.

We are also losing our pianist Pam Watson to whom we give our sincere thanks, she is a very talented accompanist and has been ready, willing and able to play anything put in front of her but she wishes to explore other delights in U3A and as we all know there are not enough hours in the day. So thank you Pam, we will miss you. The singers can keep going as they have one or two members who can play but do not want to take on the responsibility of pianist as they joined the group to sing. Can you help, any musical instrument will do (I could

not fit drums or a double bass in my lounge !!) and we would also love some more singers, we really do have fun, so do come and join us. Please contact **Ros Dolphin**

Theatre Group (and all members)

24th January MMVIII

I thought it was about time that we theatre-goers did something a little more adventurous and I have in mind to organise a trip to Stratford-upon-Avon to see some Shakespeare. Our trips to the Rougement Gardens in Exeter have become more popular by the year (we saw "Macbeth" last summer - and we don't know how secure the Northcott Theatre is now, since the Arts Council cut in funding) and so at the Open General Meeting in January, I asked for a show of hands to see what sort of response would be forthcoming. I am sufficiently encouraged, as a result, at least to make some enquiries to find out what sort of costs are involved. Hookways Holidays have sent me some information and at The Courtyard Theatre in Stratford between April and November the following plays will be performed: The Merchant of Venice; A Midsummer Night's Dream; The Taming of the Shrew; Love's Labour's Lost and Twelfth Night.

We wouldn't be able to get there and back in one day, so a hotel will have to be booked (don't forget the single room supplement), but Hookways mentioned that some hotels are busy with corporate business during the week and sometimes, Friday, Saturday and Sunday evenings are the cheapest, but they are looking into the possibilities. I don't suppose it will be easy to arrange all this within the next two or three months, but if you would like to go and you weren't at the last meeting, please contact me so that I have some idea of numbers. Obviously, the greater the number, the more reasonable the costs would be.

HIGHGROVE HOUSE

Whilst enquiring about the above, I also asked about a day trip to Highgrove, the home of the Prince of Wales, near Tetbury in Gloucestershire. I understand that there is a waiting list of some three years' duration and that each tour has a very specific allotted time there and there is no guarantee that the favourite seasons (spring, summer?) will be our "slot". However, I am writing to the Agent and will no doubt be informed how and what to do but, again, I would like to have a rough idea of numbers. I will also, I believe, have to submit a list of everybody going, in advance, for security reasons I would guess.

If you would like to go to either/both of these trips, please let me know and I can make a provisional list.

MARY DOBSON.

November Theatre –“Aspects of Love”

22nd January MMVI

In November 07 the Theatre Group went to Plymouth, to see David Essex in Andrew Lloyd Webber's Aspects of Love, which like many of the writer/composer's work is virtually a modern opera sung in English.

Briefly the action, which is mostly set in France, and takes place over seventeen years, 1947 - 64, is the story of a struggling trench actress, Rose, who falls in love with two English men at the same time. One a painter, played by David Essex, is much older than her and already has an Italian sculptress for a mistress; and two, his nephew who is several years younger than her. Almost at the end of act one, Rose chooses the older man because he is able to give her more security and she marries him. The act finishes with a short scene which shows the younger man, whose heart has been broken, doing national service in the Malayan jungle.

The second act takes place in the early sixties, by which time Rose is a famous actress and has a teenage daughter, who starts to fall in love with the younger man, upon his return from foreign climes. There is some doubt about whether or not the young girl is the nephews' daughter, but doubt is removed before David Essex' character dies, she is indeed her father's daughter.

Some of our group felt the lighting was very dark as the stage was lit specifically, by the director, to focus our attention. I felt that the whole thing was brilliantly staged, I particularly liked the revolving scenery. I loved the lighting, the authentic forties and sixties style costumes and the fabulous and powerful voices of the younger members of the cast.

Many of us didn't recognise David Essex until he started to sing when the very familiar voice rang out. But of course, it is probably thirty to thirty five years since most of us last saw him; and who of us can say that we haven't changed, [let's not be coy here, let's use the "A" word,] in the intervening years?

My only "moan"? A programme was an absolute necessity if you were to keep track of the action and scenes and the passing of time, without one, it would have been difficult to recognise all the subtleties of settings e.g. the box on the small revolve was in fact a moving train!

All together a super afternoon, if we don't mention the traffic!

Linda Farmer

December Theatre - "Romantic Comedy"

24th January MMVIII

In December the Theatre Group went to the Theatre Royal in Plymouth to see "Romantic Comedy", a play by Canadian born Bernard Slade starring and directed by Tom Conti. The story is set in New York beginning in the 1970s and covering a period of some twelve years and was originally stage on Broadway with Anthony Perkins and Mia Farrow in the title roles.

Jason Carmichael, played by Tom Conti, is a successful, self-centred and witty Broadway playwright who meets his new writing partner, Phoebe Craddock (played by talented young Australian actress Kate Atkinson) on the day of his wedding to someone else. He goes through with the marriage - but spends the next decade turning everyone's life upside down as he struggles to reconcile his relationship with two very different women. As the play progresses Phoebe is transformed from an ugly duckling to a swan but is completely taken for granted by Jason and eventually marries someone else.

Bernard Slade said that he was inspired to write the play after reading a quote by Ernest Hemingway about Marlene Dietrich in which he said that whenever he was single she was married and the other way round, describing himself and Dietrich as "victims of unsynchronised passion". This is what happens to Jason and Phoebe and made for a very entertaining afternoon. The set portrayed a typical uptown New York apartment very well and the accents sounded natural, although there was not a native New Yorker in the cast!

Those of us who remember Tom Conti fondly as the attractive young graduate of "The Glittering Prizes" in the 1960s were pleased to see that, unlike some heartthrobs of the past, he was still worth looking at, although the sight of him in his underpants was perhaps a scene too far!

Andrea Surgeoner

WALKING GROUP

24th January MMVIII

We enjoyed a variety of walks in 2007.

The Springtime saw 20 of us in the Bluebell Woods at Stoke having walked past Hartland Abbey, all on a glorious day. We walked at low water on the beach from Crooklets to Sandymouth to look at the partly submerged wreck, followed by tea in the cafe and back along the coast path.

We also saw, to mention a few places, Millook, St. Gennys, Week St. Mary, Crackington, Tamar Lake (where we all sank in deep mud after the summer rains), North Petherwin and the Valency Valley at Boscastle to Minster Church, and still we find new paths to explore - and now we have (thanks to our U3A) new Landranger Ordnance Survey maps, we will be able to find more undiscovered places.

The summer saw us on the Camel Trail from Wadebridge to Padstow. The tide was coming in and we enjoyed the views, especially as it was a perfect summer day (see the Web Site for photographs). After a couple of hours in Padstow we caught a bus to Wadebridge, using our passes of course!

Going on a recce isn't without excitements - whilst at Hartland, we madly waved at a low flying private plane - he must have thought assistance was required because he did a tight turn back over - heads were put down and we hurriedly climbed up the cliff - rather embarrassing!!

Everyone is enthusiastic, so much so we are now intending to extend our walks - nothing dramatic but occasionally we will depart from Stratton during the morning, take lunch with us, and return during the afternoon.

We will continue walking on the First and Third Tuesdays of every month.

Why not sample a walk in 2008 - we do not gallop along and like to stop and look at the scenery.

Forthcoming Theatre Trips Spring 2008

SATURDAY, 23RD FEBRUARY

"STARLIGHT EXPRESS" An Andrew Lloyd-Webber Musical

Theatre Royal, Plymouth

Leaving Splash Car Park at 12 noon

£38.50p including coach

WEDNESDAY, 19TH MARCH

"ALL THAT JAZZ" Birmingham Royal Ballet Tour

Theatre Royal Plymouth

Leaving Splash Car Park 11.30pm

£26 including coach

SATURDAY, 5TH APRIL

"AND THEN THERE WERE NONE" By Agatha Christie

Queens Theatre, Barnstaple

Leaving Splash Car Park at 11am (to include shopping/lunch) Price to be Announced

National AGM In Falmouth

25th October MMVII

Vera and I went down to the Campus at the Falmouth School of Medicine on 18th September to represent our U3A. I am sure Jean Goodeve, National Chairman, will be writing her report for the National Newsletter, so you

will read the gist of what happened, or didn't. It was very unfortunate, but the Cornish weather made it impossible to land on the Scilly Isles that weekend and quite a few delegates were disappointed and not a little angry that their cruise had been cut short and several were somewhat unwell. However, as Jean said, no-one can control the weather and the decision not to attempt the visit was made by the maritime authorities and not U3A. There were no motions on which to vote, but two vice-chairmen were voted in, Ian Searle from Carrick, being one, so the actual meeting was quite short and sweet.

Editor's apologies, this piece was omitted from the copy file passed to Mike Roper.

MD

Group Leaders

24th January MMVIII

Our quarterly newsletter has been praised by other U3A branches because of its interesting content. However, this can only be sustained if enough articles have been submitted for publication. Some of you are absolutely brilliant at sharing your group activities; we are therefore asking that you all review your group's contributions (or lack thereof) and write a small report about what the group has been up to. It need not be more than a couple of sentences, if you've not done it before, and only four times a year. If this is just too problematic we suggest you delegate the task to a member of your group.

SH & Ed

Data Protection & Web Site

24th January MMVIII

I hope you all know that we now have a web site (www.budeu3a.co.uk) where the newsletter and news from groups can be displayed. If you have computer access and haven't yet checked it out do go and have a look - Mike Roper has done a great job. The report sent to the Bude & Stratton Post is also incorporated in full, as our team of correspondents each intended.

Photographs of members at the Christmas Lunch and on group outings are displayed and we are enclosing with this newsletter a form for members to sign to give us permission to do this. We feel this is necessary so that we are covered under the Data Protection Act.

If anyone has an objection to their photograph being displayed in this way obviously we need to know.

Rest assured that personal contact information will not be displayed on the web site, all contacts generated over the world wide web are collated by our web master and re-directed discretely to officers and members where appropriate.

SH & Ed

Newsletters

24th January MMVIII

Your Branch Executive Committee wishes to draw attention to the fact that it is the responsibility of each member to collect their own quarterly newsletter from the open meeting which takes place on the third Thursday each month - ticking their name off the list as they do so.

Group leaders are requested, at the end of the open meeting, to take copies for their group members again ticking names off the list provided. In this way each member can be accounted for without duplication.

If group leaders do not attend the monthly meetings when the newsletter is published, we are asking that they come to my house (in Marhamchurch) to collect the allocation for their group. Providing the list has been ticked off correctly we should be able to ascertain who has not had their newsletter. I am aware that there are some members who do not attend groups and can only suggest they come to the open meeting at least for the months when the newsletter is published - see below for the months - or that they ask a friend to collect their copy for them.

February, May, August and November are when the Branch News is published. The National newsletters will also be available; the National U3A News is actually published a month earlier in January, April, June and October.

Sylvia Henry

ICE Campaign - "In Case of Emergency"

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

Hence this "ICE" (In Case of Emergency) Campaign

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

For more than one contact name simply enter ICE1, ICE2 and ICES etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today!

Please forward this. It wont take too many forwards" before everybody will know about this. It really could save your life, or put a loved onefs mind at rest.

ICE will speak for you when you are not able to.

Submitted by Lucille Opie, from an email recently received.

Chernobyl Children Life Line (Charity No.1014274)

"Thank you for your kind donation to our funds, which we very much appreciate and for the sale of items and direct donations at the meeting, which raised an impressive £175, so we were delighted with that outcome. We have today (24th January) booked 12 places on a flight from Belarus, arriving at Gatwick on Wednesday, 23rd July and departing on Wednesday, 20th August. If you hear of any events being held in Bude during that time which might be included in our cultural and entertainment programme, please let us know. The search is now on to recruit host families, otherwise we will end up having four children to stay with us, plus the Leader! So, if any of your members might be interested and would like us to visit them, please pass on our contact details. We would be very happy if you could promote our charity via talks to other groups in the Bude area. We have already spoken to the Rotary Club, Inner Wheel and the Arts Society last year and are due to give one to Budehaven Mothers' Union on 2nd April. If there are any other you could put us in touch with, that would be very helpful.

Very Best Wishes

Brian Morgan (Chairman) and Jenny Campbell (Co-ordinator)

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