

The Events Committee

We have been meeting as a committee to plan some interesting activities for us all to share. We are working under extraordinarily difficult circumstances concerning access but we hope we are able to resolve these soon.

We are delighted to announce the next **u3a holiday to Cardiff** will be 13 - 17 June 2022. It will be organised as usual by Tailors Travel, staying at 4*Mercure Holland House Hotel in the centre of Cardiff.

The price is £539.00 with singles being an extra £119.00. Please contact Norma to register your interest

Visits have been booked for **The Box in Plymouth**. These are on Wednesday 10 November, Thursday 18 November and Tuesday 23 November, all at 11am. These include free entry to The Box where you can wander around at your leisure.

There are 2 exhibitions that have to be paid for; The Mayflower 400 £5 and Songlines: Tracking the Seven Sisters £7.50. It is vital that you book your group place with Janet and do not just turn up.

We hope to have a much fuller list of activities in the January Newsletter.



u3a 40th Anniversary *Continued*

There are also plans for a **National u3a wood** situated in the Brecon Beacons. Members will be able to purchase trees and the price of these trees includes maintenance by a national association for the first 10 years of the wood's life.

After last year's **National u3a Day**, it is planned to have one every year. Next year it will be on September 21st which is, I believe, a Wednesday. The main premise behind this national day is to raise awareness of the u3a as a movement and the benefits that it brings to its members. The 'dream' is that one day when u3a is mentioned people will automatically know what it is, like the WI.

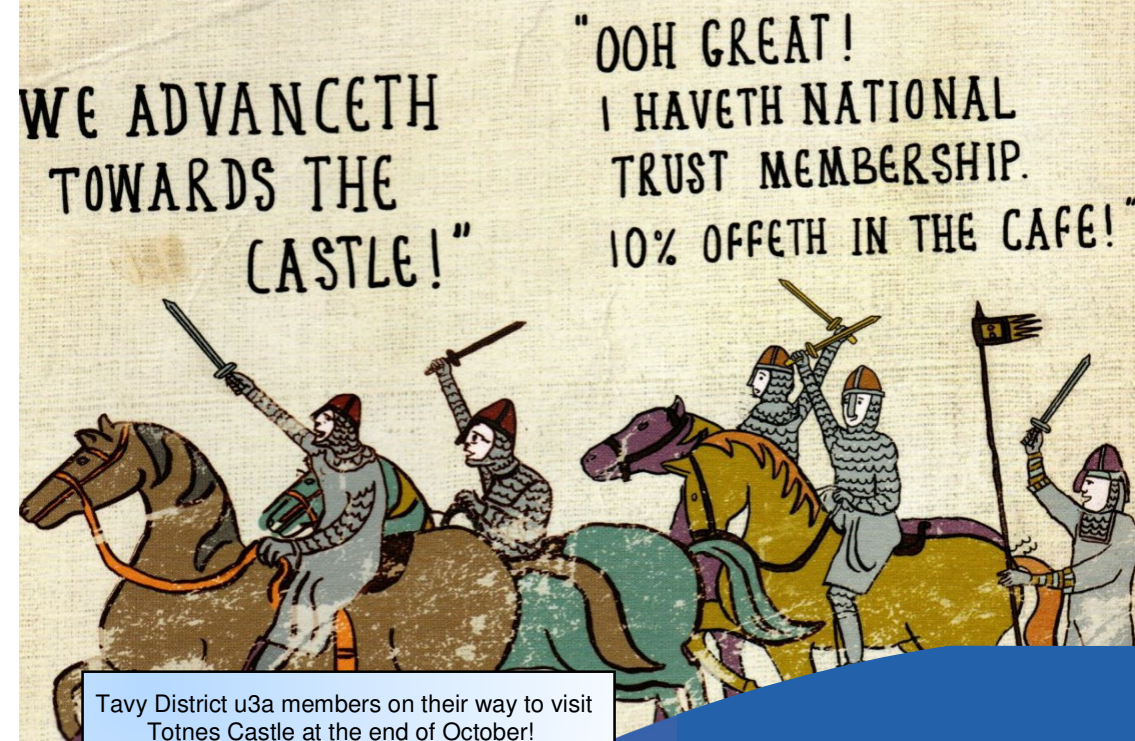
We did try to celebrate National u3a Day last year but weren't very successful. So we need to start planning and preparing for next year now. Maybe we could do another 'Picnic in the Park' but with stalls showcasing our various interest groups? Or an 'Open Day' in the Town Hall or Bedford Square? Or organise a Scavenger Hunt or Treasure Trail that links to the u3a in some way?

As always, please share your ideas and comments with either myself or any other member of the committee.

Robin Neave (Chair)

Tavy District u3a

THE NEWSLETTER



No 112

November 2021

u3a

Who's Who in Tavy District U3A

Chair	Robin Neave
Business Secretary	
Treasurer	Angela Pitt
Membership	Tony Rose
Groups Liaison	Pippa Gardner
Newsletter Distribution	Susan Neal
Speaker's Liaison	Jane Ward
Two Moors Liaison	Robin Neave
Equipment Officer	David Glover

Events Committee

Norma Woodcock

Chris Webb

Diana Smirles

Janet Hunt

Shirley Smith

Don't forget, contact details of Committee members and Group Leaders can be found in the password protected Members area of the website.

Webmaster: Jan Draper

web@tavydistrictu3a.org.uk

Newsletter Editor: John Noblet

The deadline for the next Newsletter is 20th December 2021

Send contributions to johnnoblet@tavydistrictu3a.org.uk

Walking

Planned walks for November and December are:

Tuesday 9th November

Meet at Long Ash car park for a circular walk to the river and Double Waters. 4 miles.
Diana

Tuesday 16th November

Meet at Lydford car park (opposite the castle) to continue last month's walk on the Dartmoor Way to Southerly and under Lake viaduct. Back on the Granite Way. Easy going. 6 miles. Castle Inn at the end if you wish.
John

Thursday 25th November

A circular walk from Cox Tor car park to Windy Post, Pew Tor, Vixen Tor. Moorland terrain but good paths and gentle climbs. About 5mls. Optional lunch at Fox Tor Cafe.
Chris and Jennie

Thursday 16th December

Our annual Christmas walk.
Meet at Calstock Quay car park to walk to Cotehele by way of Danescombe. The old favourite! Bring packed lunch or eat at the cafe at Cotehele if you wish.
Bring Christmas hats and NT cards.
Contact Jennie to book your place.
Chris, Jennie, Diana, Tony and John

All walks start at 10.00am unless otherwise stated and more details, including a map of the approximate start point are on the Walkers Group pages of the website.

Remember, ALL WALKS should be booked in advance with the leader by text or phone. PS Contact details are on the members area on the website.



This photo is included for the benefit of those who went on John's walk in October. This is the view they SHOULD have seen!
John Noblet

Heroic Failures *Continued*

Burke and Wills died within a few days of each other at the end of June 1861.

Wills died alone, having urged the other two to leave him and keep searching for Yandruwandha people who had been generous with their food and hospitable since the expeditioners had arrived at Cooper Creek. Up to this point, these overtures of cooperation had been met with suspicion and sometimes hostility by the explorers.

King eventually found the Yandruwandha people, who accepted him into their community and saved his life. In his 1861–62 testimony on the Yandruwandha, King said, 'They appeared to feel great compassion for me when they understood that I was alone on the creek, and gave me plenty to eat.' Burke and Wills died of malnutrition, which was accelerated by the onset of beri-beri – a deficiency of thiamine, vitamin B1. The explorers contracted beri-beri by eating nardoo, a clover-like plant which contains an enzyme that breaks down thiamine. Nardoo was regularly eaten by the Yandruwandha people. They carefully prepared the plant to eliminate the enzyme and gave it to the explorers. Burke and Wills, however, ate the plants raw.

On 15 September 1861 a Victorian relief party led by Alfred Howitt and Edwin Welch found King living with the Yandruwandha. The bodies of Wills and Burke were also found and buried. Their remains were later recovered and re-buried in Melbourne. They were given Australia's first state funeral on 21 January 1863.

While Burke and Wills were the first Europeans to cross Australia from south to north, it was Stuart who found an all-weather route from Adelaide to the Arafura Sea in 1862.

Even more local to us, and far better known, is the Scott Memorial to Plymouth born Robert Falcon Scott at Mount Wise. The story is a very similar one and the quotation from Scott's journal on the memorial "If we had survived, what a story we would have to tell" is just as appropriate for Wills and Burke as it was for Scott and his companions.

But where in Plymouth is the monument or memorial to Tobias Furneaux? Never heard of him? Well, that's another story!

John Noblet



Suggested captions, please.

Photos by John Noblet

FROM THE CHAIR

Learn, Laugh, Live

This is the strapline/motto/catch-phrase of the u3a and it is something that I would like to focus on in this Newsletter. It is, of course, like everything these days – open to interpretation – but I would like to share my ideas about it.

'Learn' is perhaps the least ambiguous of the words, or is it?

There are so many sayings connected to this concept: learn something new every day; you're never too old to learn; learn a lesson; learn by heart; it's never too late to learn. Learning is arguably living as various studies have shown by keeping your mind active by learning you could extend your life expectancy and certainly increase your quality of life. So whether it's reading a newspaper every day (preferably a broadsheet!), doing daily sudokus or taking up a new hobby which requires research and concentration, you are stimulating your brain. An interested person is an interesting person! This winter, I intend to relearn to play the piano – and I don't mean just dusting it! And I really want to learn basic conversational Spanish – if there's anyone else out there who would like to do this, let me know. I've got a CD and booklet – we could start a new group and learn together!

That brings me onto the next word – 'laugh'. It hasn't been easy to do this during the last few years as we have all struggled to adapt to our new lives post-Covid. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Laughter can even protect your heart. So, if we are going to continue to live a healthy and productive third age, laughter is vital. I very much use humour in my life – I use it to detract from any negativity that I or others might be feeling; I use it to defuse situations; I like making people laugh. Don't worry, I am not going to suggest starting a comedy group (although we could do) but every situation can be made better with a funny story or a corny joke, can't it?! My current favourite? Did you hear about the fire in the French cheese factory? All that was left was debris!!! Seriously though, we only have a limited time on this earth and I would rather spend that time laughing and enjoying myself with family, friends and acquaintances. So, pick up the phone and call that old friend/neighbour or even better, if you feel happy to do so, meet up with them and connect face-to-face. Chat, reminisce, exchange stories but above all else, laugh and enjoy life.

Finally, 'live' – and this is ambiguous and open to interpretation. By simply existing, we live. But, for most of us, that is not enough. The desire to make an impact, have some significance is strong for some – for others, less so. But the important thing here, I feel, is that we live our lives to the best of our ability but not just for others but ourselves too. And this is where the individual interpretation comes into play. My mum spent a lifetime volunteering – as a child I did house-to-house poppy collections with her (so I now feel justified in wearing her Royal British Legion long service brooch!), she organised large fund-raising concerts for the RNLI as well as the more mundane jumble sales for the church. She lived to help and serve others less fortunate than herself and that was her interpretation. Mine is slightly different – I do volunteer as your Chair and I work for a charity but I also think that it is important to look after yourself in order to live your best life. So I do try to 'treat' myself to the occasional massage, coastal walk, glass (or two!) of wine and scented candle.



From the Chair Continued

Living is about balance and finding your own pathway through it all. And that can change over time – our priorities and focus changes as we get older and experience more. And we are back to learning!

Well, I hope that I have provided you all with some food for thought! And now for the admin...

By the time you read this, we should be having our first face-to-face meeting in the Town Hall since the start of Covid. Hopefully, those attending enjoy the talk and appreciate the restrictions that we felt we should put in place.

We, as a committee, are trying hard to accommodate all members, but in doing so might upset others – it's a fine line.

The Events Committee are beginning to organise events – see the website and also inside this Newsletter for details should you wish to participate.

Just remember to Learn, Laugh, Live whatever you do!

Robin Neave

Forthcoming Meetings - Speaker Details

Wednesday 3rd November 2021 at 2pm - Tavistock Town Hall and via Zoom

How to Survive and Thrive in Business during a Global Pandemic

Martin Swarbrick

Martin Swarbrick owns the de la Torre's delicatessen in Tavistock. He has over 40 years' experience in the food sector moving from trained chef working in some of the best country house hotels in the UK to, following a degree and career change, 16 years at Riverford Organic Vegetables, where he was the driving force behind franchising Riverford. He has also worked as a freelance consultant helping to grow small organic food businesses.

Wednesday 1st December at 2pm – Tavistock Town Hall and via Zoom

An Afternoon with Joyce Grenfell

Yvonne Toms

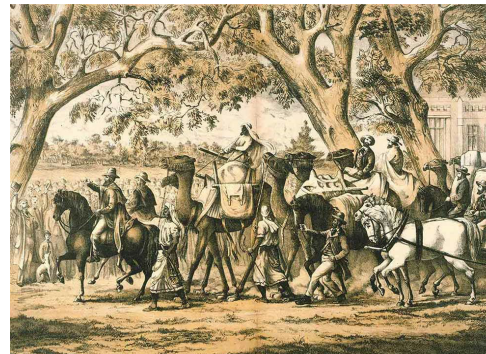
Yvonne, who was born in Yorkshire, but has lived in Polperro for 50 years and been married to a Polperro boy for 47 years, will present a synopsis of the life of Joyce Grenfell, interspersed with monologues and song.

Heroic Failures *Continued*

The Victorian Government and the Royal Society of Victoria, spurred by a desire to maintain Victoria's position as the 'most advanced' colony, funded the Victorian Exploring Expedition and set it the task of being the first to traverse Australia from south to north. The expedition, one of the most expensive in Australian history, was led by Robert O'Hara Burke, an Irishman with no exploration experience or skills in surveying or navigation. It was lavishly equipped with items including 50 gallons of rum to revive tired camels (there were 27 of them), and an oak table.

The expedition's departure from Royal Park, Melbourne on 20 August 1860 was a public spectacle watched by about 15,000 people. They reached Menindee near Broken Hill in New South Wales on 23 September 1860. Burke decided to leave most of the equipment there while he led a small advance party to Cooper Creek in western Queensland to establish a depot. Burke left Menindee local William Wright in charge of supplies with instructions to bring these to Cooper Creek 'soon'. However, three months passed before Wright left Menindee.

Burke's party arrived at Cooper Creek on 11 November 1860. Just over a month later he divided the exploring party again, setting off with Wills, King and Gray for the Gulf of Carpentaria. William Brahe was left in charge of the depot with instructions to wait three months for their return.



On about 9 February 1861 the four expeditioners reached the Bynoe River, near the Gulf of Carpentaria. Burke and Wills left the other two and tried to walk to the ocean but were unable to find a way through the mangrove swamps.

The party started their return journey to Cooper Creek on 12 February 1861. Four days before reaching their destination, Gray died from malnutrition.

Wright's supply party finally left Menindee for Cooper Creek on 26 January 1861. Extreme heat and illness forced the party to rest at the Bulloo River where four more died of malnutrition and dysentery. Meanwhile, at the Cooper Creek depot Brahe, who had waited four months for Burke's return, decided to return to Menindee on 21 April 1861. He buried a cache of food and a note stating his intention at the foot of a coolabah tree. Into the tree he engraved the directions, 'DIG 3FT NW APR 21 1861'. The tree has entered Australian folklore as the 'Dig Tree'.

Only nine hours after Brahe departed, Burke, Wills and King arrived. They found the cache, which had enough supplies for a month, but instead of following Brahe back to Menindee or staying at the depot, on 22 April 1861 they decided to head south west to try to reach a station at Mount Hopeless. Burke, Wills and King buried a message of their own under the Dig Tree explaining their plans. They were careful to leave no trace that they had been there, so that Aboriginal people would not dig up the letter.

Their efforts were so successful that Brahe, who had encountered Wright's supply party on 29 April, and had returned with Wright to the Cooper Creek depot on 8 May, believed that the Dig Tree cache remained undisturbed and that Burke's party had not returned from the Gulf. Brahe too left no indication of his visit, so that when Wills doubled back for one last look at the depot on 27 May 1861, he found nothing to suggest that anyone had returned to search for them.

Heroic Failures - We Love Them

Have you heard this one before? A familiar story but on the other hand, arguably a relatively unknown one.

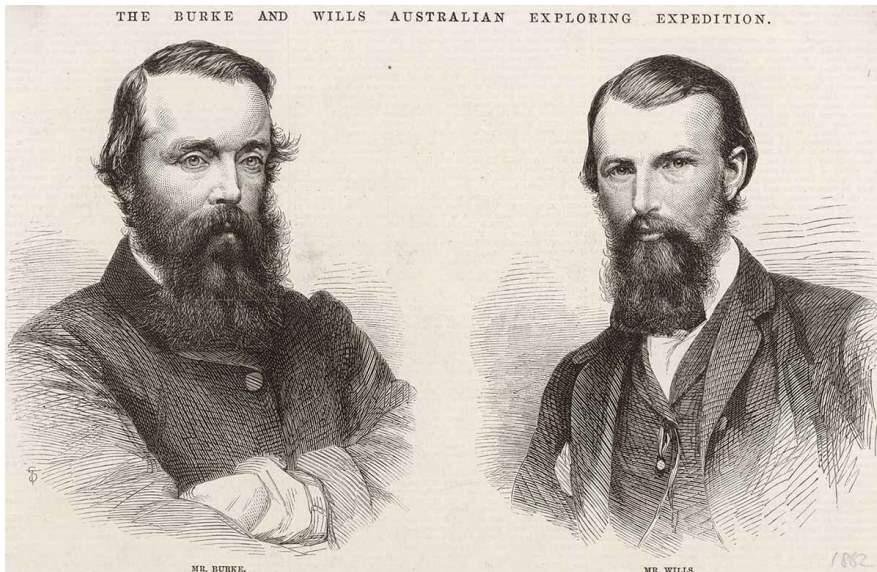
When Tavy District u3a went to Totnes towards the end of October, one of the first things that they saw was the memorial to William John Wills.

Who was William John Wills? Well, he was one of many heroic failures of the Victorian era. Today, in the world of exploration (to say nothing of risk assessments!), one of the first rules of exploration is not only to reach your intended destination, but to return.

Wills was a Totnes man and had a house on The Plains, near where his monument now stands. He and Robert O'Hara Burke became the first Europeans to cross Australia south to north when they reached the Gulf of Carpentaria in February 1861. Unfortunately, Burke and Wills did not make it back again.

The death of Burke and Wills during their return led the expedition to be mythologised in Australian culture as a heroic failure. It ultimately prompted the discovery of vast grazing lands, enabling further European settlement of the interior.

In 1860 much of the interior of Australia remained uncharted. Some Victorians, made wealthy from the gold rushes, were prepared to fund exploratory expeditions. They had three goals: scientific discovery, seeking new grazing land and finding a route for an overland telegraph line. South Australian explorer John McDouall Stuart had already discovered productive grazing country during several expeditions from Adelaide to north of Lake Eyre by the late 1850s.



Covid Restrictions - Guidance for Members

At present in England, **there are no restrictions** concerning social distancing, mask wearing, or number of persons at a venue/event (according to latest Government advice on gov.org.uk dated 15th October 2021).

However, numbers of infections are increasing and people are, quite naturally, still worried and concerned. As a committee, we are aware that everyone has their own level of comfort concerning Covid and we are trying to respect that.

Regarding the **monthly meetings** in the Town Hall, we will be running it in a way that we hope will reassure those attending that it is safe to do so. We will have a *one-way system* with different entrance and exit points; members are asked to *pre-book* so that we can regulate numbers; members are being asked to *wear masks when moving about* the hall; we will be setting out the *seating to allow for social distancing* and will have *maximum ventilation* (so get your winter woollies out!); we are offering refreshments but members are being asked to *bring their own mugs*; there will be an Events Committee table but no other interest groups. Hopefully, these measures will result in a well-attended and enjoyable meeting.

Regarding the **various interest groups**, it is very much up to the individual Group Leaders and their members. We can only advise you to follow current government advice and at this point, common sense has to be applied. If you meet up in a member's house (an indoor space), the advice is to have it well-ventilated. If you wish to car-share for example, that is entirely up to you. I have shared cars with family and close friends and we generally don't wear masks but have the windows open. I recently went to the theatre – I wore a mask on arrival but, once seated, took my mask off. Some people were like me, others didn't wear a mask at all and others wore theirs at all times.

You have to decide what you are happy with and act accordingly – that is your own personal Risk Assessment and is something that we all do automatically these days.

I'm sorry if this seems vague but, as a committee, we can only advise members and Group Leaders to follow the current government guidelines and advice. If or when, the current situation changes then we will, of course, review the situation. As mentioned earlier, we are trying to be respectful and accommodating to everyone but any feedback on the running of the monthly meetings and interest groups is always appreciated.

Robin Neave (Chair)

u3a 40th Anniversary

It will be the 40th Anniversary of the founding of the u3a movement in the UK next year. There are plans already in place to celebrate this important milestone. Rather than looking back, it will be more of a looking forward to the next 40 years.

Some of you will already be aware of the planned **u3a Quilt** with, spoiler alert 40 squares! There is currently a competition for these squares with members from all u3a's being asked to submit their designs. So, although we don't have a dedicated quilting group, we do have some amazingly talented needleworkers amongst us – it would be lovely to have our u3a represented.

Continued on back page

Birdwatching

On Wednesday October 12 the u3a Birdwatching group had its first outing since before the start of the first lockdown. Twelve of us met at Saltram House on a warm sunny morning with hardly a breeze. Perfect birdwatching weather!

Mistle thrushes were seen near the car park but the walk through parkland and woods revealed little birdlife, possibly because it was busy with walkers, dogs and cyclists. The Plym estuary was like a millpond but although we admired the beautiful reflections on the far bank there was little to be seen apart from grey herons in their usual fishing spot and a few elegant greenshank.

Our luck improved greatly once we reached the bird hide at the ever reliable Blaxton Meadow. Here there were abundant redshank, gulls, oystercatchers and Canada geese. Curlew, little egrets and more greenshank were also present in good numbers. A helpful birder with a scope pointed out dunlin and a lone black tailed godwit. The fine conditions allowed us to really appreciate the colours and plumage of the various birds especially that of a solitary shelduck whose glossy feathers and red beak looked beautiful in the bright light.

The only raptor seen was a sparrowhawk on the way back to the house but after lunch we were pleased to see a pair of nuthatches busy in a tree near the duck pond.

All in all we were delighted to have been able to meet up again and agreed it had been a very fruitful morning.

The next outing hasn't been decided as yet but is likely to be fairly local.

Christine Dew



Egrets reflecting John Noblet

Your Committee Needs You!

Without a committee, there would not be a u3a in Tavistock. No monthly meetings, no interest groups, no theatre trips, no organised social activities, no organised walks etc. All the excellent work done by the Events Committee, the Newsletter Editor, the Website Designer, and all the Group Leaders would come to nothing if there is no viable committee.

We need a minimum of 5 people on the committee and the roles of Chair, Treasurer and Secretary must be filled. Our constitution states that a term of office must not exceed 3 years – this is to ensure that no one is in post forever and that there is a constant turnover of fresh people with fresh ideas. So, you wouldn't have to serve forever!

I know that there are many of you who have already served on the committee in the past but I am appealing to those of you that haven't – yet!

From March when we have our AGM, we will need more people to join the committee otherwise we will fold. I can't put it more simply than that.

Please contact Robin or any other member of the committee if you would be interested in ensuring the future of our u3a.

The Dickensian Christmas

I know this tale is too early but we don't have a special Christmas edition of our newsletter, so maybe save it to read later?

All the fault of Charles Dickens, this white Christmas business. He was born on 7th February 1812, and his parents would undoubtedly have taken baby Charles and his sister Fanny to see the Frost Fair in February 1813. The family may have even seen the elephant led across the frozen Thames to demonstrate its safety.

That was the last of the Frost Fairs, caused by ice-floes jamming between the arches of the 600-year old London Bridge, which had buildings several storeys high along its length. The ice reduced the river flow which allowed it to freeze hard upstream. During three centuries the Thames froze about twenty times, the worst being the winter of 1683-4, when the ice was over 10 inches thick and the river froze for two months.

That was the winter featured in R D Blackmore's novel *Lorna Doone*, with so much chilling Exmoor detail – of tree trunks cracking open in the cold, for instance – that meteorologists for a long while thought it pure fiction. Later research proved them wrong.

This was during a period later known as the 'Little Ice Age', running from about 1550-1850, which brought about our curiously persistent idea of Christmas snow by way of Dickens, the abandonment of the Norse settlements in Greenland, and the catastrophe wrought on Napoleon's army by the Russian winter of 1812-13.

A new London Bridge was opened in 1831 with much wider arches using granite from Haytor. This was eventually sold to an American in April 1968 and is now spanning a canal in Arizona. The story that he thought he was buying Tower Bridge was always strenuously denied by the new owner.

The winter of 1813-14 was very cold, 1816 was known afterwards as the year without a

summer (because of the Tambora eruption in 1815), and there was another cold winter when Dickens was seven (1819-20); he would have experienced six white Christmases in the first nine years of his life. The result you can see in *Pickwick Papers*, written in 1836.

It was Christmas Eve at Dingley Dell, dances had been danced and songs had been sung when in a quieter moment someone asked about snow. "Rough, cold night," came the reply, "and there's a wind that's got up, that drifts it across the fields in a thick white cloud."

There you have everyone's image of the night before Christmas: cold, snow, and a wind that fashions drifts up to the windows. The next morning Sam Weller reported "The water in the wash basin's a mask of ice, sir." "Severe weather, Sam," Mr Pickwick observed. It turns out that his observation was made from warm bedclothes, as it is not until later we find that he is taking off his night-cap. Your grandchildren will laugh at the idea of anyone wearing a cap in bed, but some of you will remember the times before central heating, when childhood bedrooms could be bitterly cold with ice on the *inside* of the windows.

On their return from church on Christmas Day, when the Pickwickian party's 'substantial lunch, with the agreeable items of strong beer and cherry brandy, had been done ample justice to', there was a suggestion of a visit to a nearby pond. The snow was swept away, but only one of the party could skate, so the excursion ended with a lot of school-boyish sliding and Mr Pickwick falling through the ice so that only his hat and gloves were visible. 'Dismay and anguish were depicted on every countenance' Dickens tells us. He survived, of course, because luckily the pond was only five feet deep.

Don't let the climatologists persuade you that we'll never again get snow at Christmas. Or are you already wishing you still had a working fireplace?

Ivor Williams

Wine Appreciation Group 2

Once again, the sun shone for the September meeting of the Wine Appreciation Group 2. It was hosted by Bob and Sheila Naybour - (everybody needs good Naybours) - and we were able to enjoy the beautiful weather in their lovely garden.

Some new members joined the group and were made very welcome. Sheila's delicious home-made bread made a fine accompaniment to the diverse selection of wine that we enjoyed.

The focus this time was the wines of Chile. It proved to be an interesting topic with opportunity to be introduced to generally lesser-known wines and to find out more about their production. Members brought along a range of reds and whites, varying in character and price. Suppliers that were used by the group's members included Waitrose, Tesco, The Wine Society and Sovereign Wines in Tavistock. The staff at

Sovereign Wines had been helpful in offering guidance and suggestions. We started with tasting the lighter, drier whites and progressed through to the more robust reds. A couple of them stood out as favourites, and one received a unanimous thumbs down. You live and learn. One of the favourites was Errazuriz Max Reserva Cabernet Sauvignon from Waitrose.

There is a range of knowledge and expertise within the group, from the very well informed to those who simply take pleasure in enjoying a glass or two. All are keen to learn more and savour some of the enormous variety of wine that is now available, in a convivial atmosphere.

If you are interested in joining us, please contact Bob or Sheila.

Chris Rose



Choir Group

I am arranging a music concert to take place in Coronation Hall, Mary Tavy on 3rd December.

I am searching for singers, dancers or instrumentalists to join us. It should be a very enjoyable evening because we also have our local school children participating. For that reason, we shall be starting at 5.30pm.

If you feel that you have a musical talent but are not yet part of the Choir, please contact me for more details.

Chrissie Wade

East Anglia Trip



The u3a trip to East Anglia went ahead and was a great success. Perfect weather and an excellent variety of visits including a sail on the Broads and Sandringham.

The Diplodocus was a surprise when we visited Norwich Cathedral. After spending the past century at the Natural History Museum in London it has been travelling across the UK.

Lilian Taylor



Numeracy ain't what it used to be!

Seen by John Noblet on the u3a trip to Totnes

The deadline for the next Newsletter is 20th December

**Please send to
johnnoblet@tavymdistrictu3a.org.uk**

Walking the Cornish Coast Path

The thought of a mid September walk, with friends, along the magical North Cornwall Coastal Path makes getting up early, packing a lunch and heading for Pixon Lane car park for a 9 AM start, a small consideration.

After almost 18 months away from such events the "remembered" sunshine was replaced with a rather grey and misty start, but eleven met to car share and travel to Treyarnon Bay, which is just below Constantine Bay and to the west of Padstow, if you do need to pinpoint where we were heading.

Unlike Padstow, with its busy shops and restaurants, the North Cornwall coast in late September is almost empty but full of wonderful views, cliffs, sea and above all, a feeling of space!

Jennie and Chris's write up to their walk mentioned the presence of a café at Treyarnon Bay that provided (really) hot coffee and an excellent selection of bacon, egg and sausage rolls! (vegetarian options were available but these did not appear to be in demand!)

Apart from an egg roll and hot coffee, all good coastal walks start with crossing a beach at low tide, sand between your toes, or at least beneath the soles of a good pair of boots, swept clean by the previous tides actions, then a climb to a high view point .

Walking along the coast path you see where the cliffs have been eroded over the years, rock falls, sea grass clinging to vertical surfaces, cliff edges moving inland towards field boundaries and, in some cases, houses that were originally built to afford sea views for the owners.

Further along is where Boardmasters, the recent music festival, was held. Now quiet and tidy once more with grass reclaiming

land, it's hard to imagine the number of people there which resulted in a spike of Covid numbers. Two round and abandoned barbeques plus a Windsor chair, were all that remained. The BBQ's were of little interest but the chair looked lonely and the temptation to scale the fence and give it a new home was only abandoned due to the lack of a roof rack!

Reaching our destination, Porthcothan Bay with another wonderful beach, café and shop (the toilets were excellent as well!). We settled down for lunch, it's been a long time since sitting on a sand dune and gazing out to sea has been so enjoyable!

The return journey proved equally memorable, It should be mentioned that the weather, although not terrible, was misty with a few rain showers, but the views made up for this. As we approached Treyarnon again the sun started to break through and, as we crossed its freshly tide swept beach, the possibility of a visit to the YHA café became a reality.

Incidentally, the RNLI, who had been at the top of the beach when we left, were now but a speck at the sea's edge, still there safeguarding those hardy souls who braved the waves.

Their collection box heard the clunk of coins as we passed, you never know when you may need them!

An hour later, after discussing many topics and having consumed various beverages in the sunny YHA garden, we headed back to the car park for an evening return to Tavistock; tired but happy!

Many thanks to Jennie and Chris and, indeed, all of the walk leaders. Look on the Tavy District u3a web site and plan joining a walk. They come in various distances and levels and are always enjoyable.

Hope to see you soon!

Barry Smith

Walking the Cornish Coast Path



The Walking Group at Treyarnon Bay

New Painting and Drawing Group

Would you like, or could you be tempted, to get your paintbrushes and pencils out and paint together as a group?

I'm new to Tavistock and have been looking for a group to paint and draw with as I had in my previous area, but couldn't find one. Would you be interested in forming a new group? I'd be pleased to discuss how you would like to proceed and to act as your convenor, but equally I'd be happy to support someone else in the role.



A new group would form and develop to meet the needs of all the members. We could start with a minimal number of participants and if we grow we would have to decide on an appropriate local venue. You don't need to be experienced or competent in art but I envisage a group which would support and help each other. I'd suggest that we would try different media and topics - some you will enjoy and others you can form an opinion about! In my previous u3a we would choose a theme for each 2 week period but the alternative option would be to do whatever topic you want.

If you are interested please contact me and let's discuss how we would like a group to evolve. We obviously need to be Covid sensitive. The group that I was in, before I moved to Devon, continued throughout Lockdown sharing remotely.

I am **Jane Perona-Wright** . Please do contact me if you're interested