

St Austell u3a June 2023 Newsletter

Here we are in June and it feels like the summer is here at last! As we advance in years it becomes ever more important that we drink plenty of water and stay hydrated, particularly during hot weather.

Speakers

Jane Hanscomb gave an interesting insight into “The Wonderful World of Herbs and Spices” She told us of the historical usage of many of the spices and how valuable they were. She also told us some of the old wives’ tales, such as stuffing fennel in key holes prevents ghosts from entering! And of course how many of these plants could be used for health reasons and still are. Sadly, in the past, many were burnt at the stake for using herbs etc as they were thought to be witches. She also answered some questions and gave some tips on growing the herbs.



Our next speaker will be on Thursday 6th July when Allison Piggott will inform us of “**The Work of Barnados**” Allison works as the Volunteer Co-Ordinator for the Devon, Cornwall and Channel Islands Advocacy Service at Barnardo’s, the children’s charity. She also volunteers as a Children’s Advocate for them.

We would ask all members attending Speaker Meetings to please consider that the volunteers in the kitchen, group leaders in the assembly room and the committee need time to clear up **before** the start of the talk. Please do not expect drinks to be served after 10.15.

Short Walks

The next walk is on 23rd June at Crantock. The full list for 2023 is available on the website. Please contact Roger Jones if you would to join the walks. roger.jones@staustellu3a.org

Travellers’ Tales

The Next Meeting will be on Friday 7th July at the Art Centre. Roger Jones will be giving a presentation on his Cruise to La Coruna, Jerez, Cadiz, Cordoba, Gibraltar, Lisbon and London’s Cutty Sark. All Welcome.

The Travellers’ Tales group are also appealing to all our well-travelled u3a members to consider giving a talk to our group during the year ahead. Please contact Sally on sally.haywood@staustellu3a.org if you think you can help.

Help Wanted

A new Singing Group is very keen to start but they are in need of an accompanist with a portable keyboard/piano for one

afternoon a month. If you can help please contact:

jenny.skipp@staustellu3a.org

The committee is seeking someone who could provide a couple of hours a month admin support. (This is not a committee role)

If you can help please contact: chris.scott@stausellu3a.org

u3a Holidays

Unfortunately there were not enough members interested in the trip to Ireland this year so it has consequently been cancelled. However, Roger Jones is now organising a trip to Montenegro in October 2024. The details are as follows:

When - 10 October 2024.

Tour - MONTENEGRO: BUDVA, CETINJE and the BAY OF KOTOR

The tour is for 8 days/ 7 nights.

Day 1 - travel and settle into hotel

Day 2 - Budva tour with local guide followed by wine tasting at Sipcanik wine cellar.

Day 3 - Into the Lovcen National Park in the mountains. Then on to Cetinje the old royal capital and a visit to the Royal Palace of King Nikola.

Day 4 - Out to STARI BAR, a fortified town; then onto the Albanian birder town of SHKODER.

Day 5 - the BAY OF KOTOR, the marketing Venetian fortifications. Onto nearby Perast.

Day 6 - the entire day to further explore Budva; perhaps visit the monasteries; the bronze ballerina; churches.

Day 7 - OSTROG monastery, set 900 metres in the cliff above the valley; fresc and mosaics; then onto Lake Skader for a cruise.

Day 8 - return home.

This Tour for 2024 just became available, so I have reserved most of the accommodation with Riviera travel. We would fly from Gatwick early on the 10 October. (This year the flight leaves at 06.40 but it may change to later for 2024). The flight is to Tivat, with a transfer time of 40 minutes. The HOTEL is currently the HOTEL AMI classed as a 4 star Superior. At the hotel we will have breakfast daily and 4 evening meals on days 1,4,5 and 7. The price quoted is:

Double Full Balcony £1199 per person;
Double for SINGLE use an extra £159;
Double deluxe Seaview full Balcony an extra £89 per person.
(they have very few of this type of room but can request more)

To these prices will have to be added the coach cost to Gatwick and a night at the Premier Inn, approx £120 to £150 per person.

Please contact roger.jones@staustellu3a.org for more details or to book your place.

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Best Wishes

Chris Crane

(Please do not reply to this email)