

# TAMAR VALLEY USA

## MARCH NEWSLETTER

Welcome to the first newsletter for 2016 and a new year of interest, events and learning. This year we have welcomed four new members and we are providing 16 courses.

**SMALL TALKS:** The first talk of the year on February 23 was one of the most popular on record with 50 people attending. Guest speaker, retired lawyer Danny Masters from Clarence Point talked about his personal journey on the El Camino de Santiago in France and Spain. TVU3a member Kate Whittall has written a review of the talk for our newsletter.

“Danny recently completed the 800k walk known as El Camino de Santiago de Compostela: the word ‘Compostela’ meaning literally ‘field of stars’. This journey starts in the Pyrenees in southern France and ends in north-west Spain . El Camino followed a path through countryside, small towns and villages and some cities including Burgos, Leon and Pamplona. The route was clearly indicated by yellow arrows. Every 5 to 10 km there were inns where travellers could spend the night for a very reasonable \$5 - \$10. This included a bed and a hot shower but only one night per pilgrim was allowed. Breakfast was available for \$3-\$5 or, in some cases, just a donation. Some accommodation was also offered in beautiful old buildings and monasteries for a few more euros.

Danny took 32 days to complete the walk and met many interesting people along the way, all making the same journey, travelling their own distance and at their own speed.

Danny’s final photo showed a group of seven people sitting around a table for their “last supper”: a group of men and women, of many ages and seven different nationalities. What a wonderful way to end a mind-changing view of the world.” *Kate Whittall.*

The next small talk will be given by Stroke Foundation volunteer Elisha Deegan on **March 30** at 10.30am at Beaconsfield House. In her talk Elisha will cover suffering a stroke, signs and symptoms, recovery and prevention. Both members and non-member are welcome to attend.

**TAI CHI** participants were happy to see the return of tutor Geoff Koh who is back to his usual nimble form.

**THEATRE CLASSES** There have been several inquiries about a theatre course – such as play readings or performances. As yet we have been unable to find a tutor or coordinator. If anyone knows of someone who would be prepared to conduct such a course please contact the office.

**MORNING TEAS:** Held on the first Friday of the month, these gatherings are a great way to meet other members and make new friends. The first morning tea of the year was held on March 3 at Bert Munro's cafe in Exeter. Coordinator Sherelle Hogg reported that 17 people attended, the coffee was good and she had the best date scone she'd ever had. "There were more dates than scone in it," she said.

The next morning tea will be at Iron Pot Bay Vineyard café on **April 7** at 10.30. Situated on Rowella Rd, just past the salmon farm turn-off and Iron Pot Vineyard packing shed. The café is in a cottage built in 1907. It has five beautifully-renovated rooms as well as seating in the garden and sunroom. This editor can report that their orange cake is extraordinary. To confirm your attendance please contact Sherelle Hogg on 63945757.



**Class Pigs:** New members may be wondering about those little silver piggy banks that appear at every class. A word of explanation: the coins you contribute in

them are used to assist the class venues with their maintenance, heating, cleaning costs etc. U3a wishes to thank members for their magnificent support of the Piggies.

### Thought of the month:

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*BOILING AN EGG: The hymn 'Onward Christian Soldiers', sung in a not-too-brisk tempo, makes a good egg timer. If you put the egg into boiling water and sing all five verses, with the chorus, the egg will be just right when you come to amen. Mrs G. Moore (from Rules o Thumb by Tom Parker)*

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