



Dawlish and District U3A Newsletter

April 2020 Issue 5

Editor's note

This week the committee meeting took place via zoom. It was lovely to see everyone, but did notice who had and had not shaved.

Next week I will be sending out the regular monthly newsletter but there will be room for some of your items too, so keep sending them in.

Coronavirus Support Hotline

Do you or someone you know need help during the Coronavirus lock down?

Feeling Isolated?

Unable to access food or other services?

Don't know where to go for help or advice?

Teignbridge District Council has launched a telephone service to help people who are feeling isolated, or who need help, support or other advice to get them through the COVID-19 lockdown period:

Hotline - 01626 215 512

Monday to Friday 9am - 5pm (excluding bank holidays)

You can speak to someone who will offer advice or put you, or a person you know, in touch with help.

You can also email us at:
coronavirus.support@teignbridge.gov.uk

April News - Week 5

MEMBERSHIP RENEWAL FOR 2020/21 YEAR

A big thank you to all those members who have already renewed their membership and a gentle reminder to those of you who have yet to do so that payment may be made by:

Cheque payable to: Dawlish and District U3A and sent to:
Membership Secretary, 10 Underwood Close, Dawlish EX7 9RY

OR direct bank transfer using this information:

Name of bank: NatWest

Name of account: Dawlish and District U3A

Sort Code: 52-30-22

Account no: 34078967

Reference: your name

Membership remains £15.00 or £10.00 for Associates.

Thank you.

Barbara Roberts

Membership secretary

Living

Laughing

Learning

Bookworms

This month the group read *Night Train to Lisbon* by Pascal Mercier. Eight of the group are taking part in our on-line discussions and three others in the group are following the discussions, but not participating. We had a very mixed response to this month's choice. Four did not complete the book finding it tedious and very slow. The main protagonist, Raimund Gregarious, was found, by some, to be a cold fish and only three of the group felt that he was an interesting character. The book did, however, stimulate an interesting discussion, but because half the group did not complete the book we marked it at 1.5 (out of 5). Scores ranged from 4 to 0.

Our book for May is *The Beekeeper of Aleppo* by Christy Lefteri, and the June choice is *A Place Called Winter* by Patrick Gale.

Happy Reading. Barbara Warburton

Sequence Dancing

I have already said that there are thousands of sequence dances. Every month there is a national competition when new dances are demonstrated by their authors. The scripts of the winning three dances are then published by Brockbank Lane who have the copyright. These scripts are bought by dance groups, teachers and any one who subscribes, not only in the UK but globally, especially Australia and New Zealand.

Scripts are not easy to read without a lot of practice. They contain a lot of abbreviations and acronyms, e.g. LF fwd ag LOD – 'left foot forward against line of dance', or CBMP – 'contrary body movement position', whatever that might mean!

There are 16 steps to a sequence, a keyboard player will usually play 5 or 6 sequences to a dance. A good few steps have descriptive names, e.g. wing, whisk or cuckaracha, which often helps when learning.

Sometimes a dance is based on a particular piece of music. A few years ago, the Blue Angel Rumba was written for the piece *Angels in Blue*, allegedly composed by a musician who spent some time in hospital and wrote the music in recognition of the treatment he had received from the nurses. Last year a new dance, *Sunshine Stroll*, was invented for the music *Bring Me Sunshine*, Morecombe and Wise theme tune. The dance incorporated the movements with which Eric and Ernie ended their programmes – alternate hand behind the head and kicking the opposite heel.

Some dances become very popular and are danced everywhere, others don't catch on, perhaps too difficult, and are left alone except by professionals and show offs. A lot of dances can be viewed on You Tube, including demonstrations and tutorials.

If you live in Exeter, without travelling more than 10 miles, you could dance almost every day of the week, sometimes twice a day, with a choice of venue on some days.

Richard Hinchliffe

Travel Puzzle Time

(Just to remind you of the places you might be able to visit when this is all over)

1. If England is divided into 48 ceremonial counties, and Switzerland into 26 cantons, Japan is divided into 47 what?
2. Which lake is called the 'jewel of the Italian lakes'?
3. The three largest of the Balearic Islands in order of size are Majorca, Minorca and Ibiza; which island comes fourth?
4. Which island country in the southeastern Caribbean Sea is also known as the 'Island of Spice'?
5. What is the unit of currency of Poland?
6. The Sahara Desert extends into how many countries 5, 10 or 13?
7. Which city would you visit to see Gaudi's fantastical architecture?
8. Which country has Vaduz as it's capital?
9. Which country is also called the Hellenic Republic?
10. What was the ancient city, carved out of red rock in Jordan, that was forgotten by Europeans until the 19th century?
11. What was St. Petersburg called for most of the 20th century?
12. Which country has more volcanoes than any other?
13. What is Uluru more commonly known as?
14. In which country is there a natural gas pit nicknamed the 'Door to Hell' that has been on fire since 1971?
15. Which country is the world's largest producer of cork?
16. Which country has the world's highest waterfall?
17. Which Asian country is bigger than France, Spain and Germany combined but has a population of little over three million?
18. What is the highest active volcano in Europe?
19. The city of Valletta was chosen as 2018's European capital of Culture but what country is it found in?
20. Which European country has the most UNESCO World Heritage Sites?

Answers to last week's the Elvis Quiz

1. Are You Lonesome Tonight ? 2. All Shook Up 3. Jailhouse Rock
 4. Blue Suede Shoes 5. Love Me Tender 6. Return to Sender

Spring Tonics

With the news so full of gloom and illness, it seems a suitable antidote to focus on some things that enhance and improve health and are pretty much available to anyone. Our ancestors were wise in understanding that after a long winter of stored food (before the fridge and freezer era) their bodies were in need of nourishment and cleansing to take them healthily into spring. Thus grew up long traditions of 'spring tonics' which were usually plants rich in minerals and vitamins or which had the effect of improving the body's ability to clear its own wastes through the various natural mechanisms. Spring nettles were high on the list of favourites. Rich in minerals such as calcium, potassium and silicon and also vitamin C they were seen as a purifying tonic known for improving the ability of the kidneys to remove wastes and particularly uric acid (for any gout sufferers!) Nettle soup, nettle tea and nettles quickly flamed over an open fire 'a la Ray Mears' are all fine ways to benefit. Use only fresh young nettles as they concentrate unwanted elements as they get older and more fibrous. They are the ultimate cut-and-come-again plant if you want to always have a fresh supply!



Photo: Ramsons (wild garlic) and nettles.

At this time of year, getting your daily lockdown exercise anywhere near woodland will bring you into contact with the wonderful sight of swathes of Ramsons (wild garlic). Another folk medicine favourite, it has many of the medicinal benefits of garlic and was traditionally eaten in spring to 'cleanse the blood'. It does this by improving circulation and the excretion of metabolic waste. It is also a fine bowel medicine with a reputation for settling a

digestive tract that remains 'not quite right' after an infection or antibiotics. Chop the leaves finely and scatter into salads, put a few leaves in a sandwich, or best of all, whizz it up with olive oil, pine nuts or sunflower seeds and a bit of grated pecorino or cheddar cheese for a superb pesto.

The third, highly effective old favourite is Goosegrass (Cleavers/sticky Willie). Rushing it's way up hedgerow banks at this time of year it is one of the finest nutritive lymphatic tonics and diuretics - giving the system a gentle and safe spring clean! Simply grab handfuls and stuff in an old teapot. Pour on boiling water and allow to steep until cool. Drink a wine glassful (small) 3 or 4 times daily. It's remarkably mild and 'green' tasting.

Photo: Goosegrass (Cleavers)

A safe and healthy Spring tonic to all.
Kerry (retired medical herbalist).

