



A big thank you to everyone who made our fourth AGM a very special event. I am pleased it went well and that you enjoyed Robert Habermann, our very entertaining guest speaker and performer.

The committee and I are grateful for your support and encouragement in re-electing us for a further year. We will do our utmost to ensure that the year ahead is interesting, thought provoking, fun, exciting and inclusive for all our membership.

Welcome to our newly elected committee member Mel Chamings. Mel's role will be New Groups Co-ordinator assisting and guiding members wishing to start up new groups. I hope Mel is kept busy with your suggestions for new groups.

Thank you once again for your support and encouragement.

Jackie Gellert, Chairman

## Singing along to the great Hollywood film musicals

We were all singing from the same song sheet when Robert Habermann took to the stage to tell the story of the great Hollywood film musicals.

The award winning singer accompanied by brilliant pianist Trevor Brown entertained us with songs and stories from the golden years of musicals from the 1930s right up to the 1950s.

We joined him on his musical tour as he went *Flying down to Rio* with Fred Astaire and Ginger Rogers, travelled *Somewhere over the Rainbow* with Judy Garland, headed off on *The Road to Morocco* with Bing Crosby and ended up *Singin' in the Rain* with Gene Kelly.

In between songs he told the story of stars like Doris Day who he loved. "She was an extraordinary woman and what a life she led," he said.

Throughout Robert's unique musical show we were foot tapping and singing along to numbers by Frank Sinatra, Dean Martin and other singers from the great American song book.



"Ever since I was a little boy I've been mad about the movies," he said. By the end of the afternoon we all agreed!

Pam Dajda

*Award winning singer Robert Habermann accompanied by brilliant pianist Trevor Brown*

## Enjoying the local scenery!

It couldn't have been a more perfect sunny day in May when I joined David Walker and the Strollers group for a gentle three-mile ramble in the countryside around Melbourn and Meldreth.

Beginning at the Hub car park, twenty-three of us set out towards the Sheene Mill, then onward through wheat fields along a single-track country footpath towards Meldreth Station. Onward to Melwood Nature Reserve with its broad leaved open woodland and dense thicket adjacent to the River Mel, past the old

Water Mill and the Holy Trinity Parish Church, finally returning to the Hub car park a good two hours later.



I never realised that most of Cambridgeshire is even flatter than Norfolk... thankfully!

As I was dog sitting 'Milky' my sister's lovely Cavalier King Charles Spaniel for the week, I brought her along for the exercise and she loved it.

What a pleasurable way to spend a Thursday morning just strolling along, completely relaxed and with convivial conversation.

Jackie Gellert

*'Milky' leads the way*

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## Definitely not what the doctor ordered!

*'there was no control whatsoever and there were some bizarre and outrageous products'*

In Victorian times it was easy to take hard drugs without realising it.

If you were feeling under the weather alluring advertisements for herb medicines and soothing syrups promised to cure all sorts of ailments and banish pain.

But with ingredients like cocaine, opium, laudanum, morphine and arsenic they were addictive and potentially lethal.

*Graham Harrison opens his Victorian Medicine Chest for a glimpse of 19th century pharmacy*



Our May speaker Graham Harrison revealed that poisons were also commonly used in children's medicines - cough mixtures and toothache drops both contained morphine.

A lack of regulations meant manufacturers did not have to provide any scientific evidence for the claims they made. A bottle of 'easy to swallow' tapeworms was the latest way to lose weight, while

Dr Batty's asthma cigarettes effectively treated lung infections.

A brand of stimulating cocaine tablets was given to soldiers in the Boer War and taken by Scott and Shackleton during their polar expeditions. And daily pills taken by soldiers in India to combat sickness contained large doses of arsenic.

"It's a pretty horrendous catalogue," said Graham. "There was no control whatsoever and there were some bizarre and outrageous products."

The government of the time was very much in support of business - and the drugs industry was definitely big business.

"It must have been tough for the Victorians and it makes me so glad to live today with the NHS."

*Pam Dajda*

## Just walking in the rain...

*'our waterproofs and boots were no longer waterproof'*

On a very wet Wednesday morning eleven dedicated, or slightly bonkers five mile walkers met at the recently re-opened Fox and Hounds pub to start a walk taking in the Cokenach Manor estate and the Newsells Park Stud.

The views were beautiful even if a little misty. At the Newsells Stud we came across a horse and her recently born foal.

In the tiny hamlet of Newsells we saw the World War I memorial to the men of Newsells who never came back.



*Getting a thorough soaking!*

After 2 hours 18 minutes we returned to the Fox and Hounds by which time our waterproofs and boots were no longer waterproof. We were quickly revived by a timely lunch at the pub which was most welcome.

Why not come and join us for a pleasant walk of about two and a half hours in good company, followed by lunch if required. We look forward to seeing you!

*Eric Heaton*

## The 1936 Olympics - a propaganda success

Adolf Hitler wasn't keen on sport and not initially interested in hosting the 1936 Olympics. But Goebbels and Goering spotted the propaganda potential and the opportunity to promote Aryan principles.

Olympics enthusiast Tony Bosworth who has amassed a collection of memorabilia gave the History group an illuminating insight into how the Berlin Games came about.

"The Games was going to be the jewel in the crown and it was brilliantly organised," he said.

An old stadium was demolished and rebuilt to seat 110,000 and an impressive Olympic village was constructed. A Zeppelin decorated with the Olympic rings flew high over the stadium and Coca Cola was the biggest advertiser.



The idea of the Olympic torch relay was introduced to mark the link between Berlin and the ancient Games in Greece. Tony even brought along one of the actual torches which were made by Krupp - better known as steel and armaments manufacturers.

Hitler was at the height of his popularity and the Nazi regime was warned to tone down its racist policies to promote the image of a peaceful and

tolerant Germany to the rest of the world.

"The cover-up was to a large extent a success and it was a wildly successful Games," said Tony. "The Berlin Olympics more than any other changed the Olympic movement and made it political."

Pam Dajda

Tony Bosworth holds an actual 1936 Olympic Torch

*'Tony brought along one of the actual torches which were made by Krupp'*



## Back to the Swinging 60s with Rip It Up

What a show! Full of energy and a mixture of wonderful dancing, singing and music.

Our four heroes - Harry Judd, Ashton Merrygold, Jay McGuiness and Louis Smith (actually Louis was off sick) - couldn't dance until they appeared on *Strictly* and went on to win. We saw a magical show where the guys showed off their amazing dancing skills and of course their singing and musical talent.

We were taken back to the music of the 1960s which had us all singing, foot tapping and generally enjoying ourselves. Of

course we knew all the words of every genre of music covered!

The energy of all the dancers on stage was awesome. How they kept going for two and a half

hours is beyond my comprehension.

Thirty-two members of the Theatre group went to see the show at London's Garrick Theatre and we all agreed that it was a really great production.

Thank you to everyone who came along and hope to see you all again soon. Watch this space for future trips.

Deirdre Smith

*'we were taken back to the music of the 1960s which had us all singing'*



Outside the Garrick Theatre

## Strumming along in Barley

The Ukulele group has been getting out and about and eight of us recently visited Margaret House to play for staff and residents.

We sang and played twelve songs ending with *Jambalaya (On the Bayou)* which is always our last

song as it has the words 'we've gotta go, me oh my oh' which is rather appropriate.

The staff and residents seemed to appreciate our efforts - and one lady appeared to be conducting us.

We have gigs lined up at Royston Market and in August will be playing with St Neots U3A Ukulele group.

We could do with a few more player /singers to increase our abilities, especially some additional ladies as we are 80% men! The ukulele is an easy instrument to play having only four strings and once you've learnt four easy chords you will be able to play hundreds of songs.

If you are interested in joining the Ukulele group come along to our practice sessions held every Tuesday at 12 noon at the Coombes Centre. You don't have to be able to read music and you will be made very welcome.

John Bishop

*'we could do with a few more players/singers'*



*Giving pleasure to Margaret House residents*

There's something about the ukulele that just makes you smile. It makes you let your guard down. It brings out the child in all of us.  
Quote: Jake Shimabukuro, American ukulele virtuoso

## On the trail of the nightingale

The Birding group set off on a day's outing to Paxton Pits with the primary intention of spotting and listening to nightingales. It was a lovely May day – clear, warm and sunny, perfect for birding.

Arriving at the visitor centre, we were told that this year the nightingales were up at the far end of the reserve, a walk of about two and a half miles. We set off, calling in at the hides overlooking the lakes, where we saw ducks, including shovelers, great crested grebe and gadwall, Canada and greylag geese and swans.

Our route took us on a pleasant path along the banks of the River Great Ouse, with birds singing all

the way and we identified willow warbler, chiffchaff, and blue, great and long tailed tits.

We heard the nightingales before we saw them. The path left the river and continued along the edge of a field with plenty of bushes, and it was here that we heard their beautiful

clear and rich song. We sat on the grass and had lunch while listening to them, occasionally getting a sighting as they flitted from bush to bush.

Arriving back at the visitor centre we were just in time for tea. Having found a total of 50 species of bird we all felt we'd had a rewarding day.

**We are a fairly small group and would love to have some more members. You do not have to be experienced to join us, just a keenness to see what is about in our wonderful countryside.**

Contact Carol McKeogh on 01223 207354 or [carol.mcgeoch@hotmail.co.uk](mailto:carol.mcgeoch@hotmail.co.uk)

*The nightingale is one of Britain's best loved but most endangered songbirds*



*'we heard the nightingales before we saw them'*

## 2019 AGM Chairman's Report

Welcome to our fourth Royston U3A AGM. I am happy to report on another successful year for Royston U3A.

As Chair I feel privileged to be working alongside a dedicated, unified and talented committee and with some very dependable non-committee helpers as well. All are unsung heroes working tirelessly to make Royston U3A run smoothly throughout the year.

### THE CONSTITUTION

The Third Age Trust has given its approval for us to amend our constitution, which we have effected, so that committee members who have served on the steering committee and the executive committee from the very start of Royston U3A can now stand for re-election for an additional three years if they so wish. The current executive committee, apart from one member, are all willing to remain in office for a further year if re-elected.

### THE MEMBERSHIP

Our membership numbers have grown steadily throughout the past year to 480 and we continue to attract new members. Regrettably, we have lost some members during the past year, some have moved away from the area whilst a few sadly have passed away.

### MONTHLY MEETINGS

Our monthly meetings continue to deliver a hugely varied range of interesting talks by excellent guest speakers:- **Sarah Harrison's** talk in July 'You Couldn't Make It Up', **Pauline Martindale** in September on her 'Olympic Dream and Beyond', **Mike Levy's** talk in October 'Oliver! And More' - the Life of Lionel Bart. In November the memorable **Martin Siro-**

**Smith** as his alter ego Laurence Washington, Lord of the Manors of Sulgrave and Stuchbury in full Tudor costume for his talk on 'Tudor Christmas Customs'. In January **Chloe Cockerill** 'Making Sense of Heraldry'. Then in February we had international cheese judge **John Pearson** 'Blessed are the Cheese Makers' followed by a short tasting of three very different Cheddars. In March **Mark Lewis** gave a fascinating 'Insight into Lighthouses'. In April **Kate Armstrong** gave a talk about 'An Unexpected Journey'- her mother Margaret Reardon's experiences as the wife of a colonial officer at the end of the British Empire. Then last month **Graham Harrison** opened up his Victorian Medicine Chest for a glimpse of 19<sup>th</sup> century pharmacy 'Poisons for Medicine'. I hope the excellent speakers and the range of topics have appealed to you as much as they have to me.

### NEW VENUE

The New Year has heralded a new era for Royston U3A with the move to the Town Hall for our monthly meetings. The effect of the devastating fire in December has put the Parish Church out of action for the foreseeable future. This has had quite an impact on our budget - particularly the hiring of audio-visual equipment each month so everyone is able to see and hear our guest speaker simultaneously in both the Hardwicke and Heritage halls.

### INTEREST GROUPS

Interest groups continue to be well supported with members sharing their knowledge and expertise with each other -

a primary aim of the U3A. The Quiz group, the Arts group, the Short Stories group, the Solo Sundays group all started this year adding to our wide-ranging list of successful groups. A huge thank you to all our group leaders who put a lot of time and effort into planning and running their group activity - without them there would be no Royston U3A.

### THE COMMITTEE

I would like to thank the committee members individually for their enduring hard work and dedication to Royston U3A:- **Sandra Walker** - Vice Chair, whose positivity and unwavering support and sense of humour keeps me going even when I am totally stressed out. Sandra, together with myself and Karen Heaton organise all our outings. **Barbara Andrew** - Treasurer and Speakers Secretary. Thanks go to Barbara for finding all the interesting speakers we have had throughout the year, not an easy task. **Karen Heaton** - Secretary, our link to the Third Age Trust and co-planner of some of our trips and outings. **Marion Martin** - Membership Secretary. Marion has a huge role managing our membership records and ensuring you receive the *Third Age Matters* publication. **Sylvia Fuller** - Minutes Secretary, who somehow manages to make sense of committee meetings and produces the most accurate minutes. **Joan Westcott** - Existing Groups Co-ordinator, the committee's link with the group leaders, reporting to committee on matters that may have arisen. **Carla Bailey** - New Members Contact. Carla joined the committee a year ago since when she has made a huge impact contacting new members to make them feel

welcome. Carla also runs the very popular Film group. **Pam Dajda** - Publicity. Pam compiles the monthly Diary to keep you up-to-date. She also writes press releases on Royston U3A for the local journals and together with **Ralph Gellert** they produce *Royston U3A News* reporting on news from the groups. Ralph also creates the rolling Power-Point presentation shown on the big screen each month and the posters announcing the monthly guest speaker. **Eric Heaton** - dependable 'Mr Helpful', our Co-opted Committee Member who always gets things done with his very pleasant and unflappable manner. **Sharon Camilletti** leaves the committee. Sharon has worked diligently over the past two years as our New Groups Co-ordinator getting fledgling groups started.

### NON-COMMITTEE

A special thank you to the non-committee members who have been there to keep things up and running over the past year. **Richard Dajda** - our Webmaster and IT guru who somehow manages to resolve all our technical issues. **Reg Hounsell** - for the projection set-up at monthly meetings. **Deirdre Smith** and her wonderful team of tea and coffee helpers at monthly meetings. And more recently **Michael Bailey, David Walker, David Edwards** and others who are all very much involved and whose help is much appreciated.

Royston U3A is fortunate to be supported by such a brilliant team. Without them all, we could not function and do what we do. So a truly deep-felt thank you. And to all our members thank you for your continued support.

**Jackie Gellert**  
Chairman

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## Third Age Trust website

We must be doing something right! Below is a reprint of an article that appeared in 'Latest U3A News' on the Third Age Trust website.

### Royston U3A's clever solution

An £850 local council grant has helped Royston U3A come up with an innovative way to involve all its members in its monthly meetings.

After a devastating fire that damaged the local Parish Church where Royston U3A held its monthly meetings, their chairman Jackie Gellert had to find a central venue quickly that could accommodate at least 200 members every month.

She said, "There aren't many places in Royston and we wanted to keep it as central as possible so the

only place was the Town Hall. It has tiered seating for 150 people in their upper hall with additional seating available for another 100 in the lower hall.

"A way had to be found so everyone attending meetings could see and hear the guest speakers. The clever solution hit upon was to video conference monthly meetings between the two halls and if members in the lower hall have any questions, they could send them via mobile phones or WhatsApp".

Royston U3A was awarded an £850 grant by the local council towards the purchase of audio-visual equipment for use at its monthly meetings. The equipment needed is currently being hired and Royston U3A Chair, Jackie Gellert is delighted that her grant application was successful.

Jackie added, "I met with members of North Herts District Council's Royston and District Committee to explain how vital it is for us to buy our own equipment. We really appreciate their support and encouragement as we are the largest charity in Royston with just under 500 members.

"We attract so many members at our monthly meetings that there isn't one hall in the town large enough for us all. We are delighted to have been able to come up with a solution that fulfils our members' needs".

*' a way had to be found so everyone attending meetings could see and hear the guest speakers'*



## Royston U3A Committee 2019-2020



**Jackie Gellert**  
Chairman



**Sandra Walker**  
Vice Chairman



**Barbara Andrew**  
Treasurer / Speakers



**Karen Heaton**  
Secretary



**Marion Martin**  
Membership



**Sylvia Fuller**  
Minutes Secretary



**Joan Wescott**  
Existing Groups



**Mel Chamings**  
New Groups



**Carla Bailey**  
New Members



**Pam Dajda**  
Publicity



**Ralph Gellert**  
Royston U3A News



**Eric Heaton**  
Co-opted Member

## Strollers and golfers in the frame!

When North Herts District Council recently awarded Royston U3A a grant towards the cost of audio-visual equipment for our monthly meetings, the Royston Crow Twitter page published the story.

The Third Age Trust publicity folk saw the tweet and contacted me for more details with a view to writing a follow-up article for *Third Age Matters* and producing a short video for their own Twitter and Facebook pages.

Natasha Jarvis, professional filmmaker and photographer was commissioned by The Trust to cover the story.

On a sunny morning in June Natasha arrived from London with her camera equipment and joined

25 members of the Strollers group for a 'three mile plus' guided walk and talk around the Bassingbourn countryside. Then after a quick sandwich break she joined the Golf group just as

they were about to tee off at Melbourn Golf Course, Kingsway Golf Centre.

Watch out for Royston U3A going viral!

Jackie Gellert

*'The Third Age Trust publicity folk saw the tweet'*



*Filming with the Strollers and clicking with the Golfers*

## Dates for your diary

### July

Tuesday 30, 2pm  
Hardwicke Hall at  
Royston Town Hall

And now for something completely different... COMEDY

**PULSATILLAS!**  
with **Sarah Harrison & Ros Holbrow**

### August



### September

Tuesday 24, 2pm  
Hardwicke Hall at  
Royston Town Hall

**Pauline Martindale**  
will give a talk on

**The Life of a Prison Officer**

### October

Tuesday 29, 2pm  
Hardwicke Hall at  
Royston Town Hall

**Ian Keable**  
will give a talk on

**Charles Dickens Conjuror** - includes some Dickensian tricks performed by Ian

## Easy Guide to Interest Groups

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
AM		Art	Fitness	Birding	Walking: Strollers	Book Club 2
		Golf Croquet	Seated Exercise	Book Club 3		
				Five Mile Walks		
				Patchwork		
				Short Stories Reading		
PM	Solo Sundays	Current Affairs	MONTHLY MEETING last Tuesday of month	Clay Shooting	Gardening	Classic Novels
		Curry Club	Book Club 1	Film	Golf	Petanque/Boules
		French Conversation	History	Wine Appreciation	Mixed Crafts	Pilates
		Pottery (Hand Building)	Ukulele		Quiz	
		Tai Chi				
EVE				Jazz Appreciation		

For frequency and contact details about all interest groups please see the chart on the back page or check our website for more information. Announcements about future Events & Outings and Theatre Trips will be posted on our website when details become available.

## Interest Groups

Don't forget to check our website for regularly updated information

GROUP	DAY	TIME	FREQUENCY	GROUP LEADER	CONTACT DETAILS
Art	Mon	10:00am	Monthly 3rd Mon	Sylvia Jordan	sylviahjordan41@gmail.com 07599 212882
Birding	Wed	8:30am	Monthly 1st Wed	Carol McGeoch	carol.mcgeoch@hotmail.co.uk 01223 207354
Book Club 1	Tues	2:00pm	Monthly 1st Tues	Deirdre Smith	deidreroystonu3a@gmail.com 01763 244700
Book Club 2	Fri	11:00am	Monthly Variable	Janet Burton	janet.a.burton@gmail.com 07984 600295
Book Club 3	Wed	10:30am	Monthly last Wed	Elizabeth (Lee) Towers	ladytowers@gmail.com 01763 241488
Classic Novels	Fri	2:00pm	Monthly 3rd Fri	Sue Biggs	biggs1633@gmail.com 01763 847200
Clay Shooting	Wed	2:00pm	Variable	Frank Martin	thoefmartin@outlook.com 07831 898234
Current Affairs	Mon	3:30pm	Monthly 3rd Mon	Marion Sweet	marion22roystonu3a@gmail.com 01763 273806
Curry Club	Mon	12:00pm	Monthly 2nd Mon	Reg Hounsell	regroystonu3a@gmail.com 01763 241805
Events & Outings (open to all)	Variable	Variable	Occasional	Sandra Walker	sandraroystonu3a@gmail.com 01763 241896
Film	Wed	2:00pm	Monthly 1st Wed	Carla Bailey	carlaroystonu3a@gmail.com 07968 261101
Fitness	Tues	9:30am	Weekly	Kathy Hounsell	kathyroystonu3a@gmail.com 01763 241805
French Conversation	Mon	1:00pm	Monthly variable	Barbara Fielden	fieldenbarbara@hotmail.com 07850 455211
Gardening	Thurs	2:30pm	Monthly Variable	Val Fairbanks	t.fairbanks@ntlworld.com 01763 230724
Golf	Thurs	1:00pm	Weekly	Ralph Gellert	ralphroystonu3a@gmail.com 01763 248097
Golf Croquet	Mon	10:00am	Weekly	John Bishop	bishop190@btinternet.com 01763 246703
History	Tues	2:00pm	Monthly Variable	Reg Hounsell	regroystonu3a@gmail.com 01763 241805
Jazz Appreciation	Wed	7:30pm	Monthly 2nd Wed	Reg Hounsell	regroystonu3a@gmail.com 01763 241805
Mixed Crafts	Thurs	2:00pm	Monthly 3rd Thurs	Rosie Cowsley	rosie.cowsley@ntlworld.com 07809 047380
Patchwork	Wed	10:00am	Monthly 1st Wed	Maureen Strugnell	maureen.strugnell@ntlworld.com 01763 241967
Petanque / Boules	Fri	2:30pm	Fortnightly	Sue & John Bishop	bishop190@btinternet.com 01763 246703
Pilates	Fri	1pm & 2pm	Weekly	Kathy Hounsell	kathyroystonu3a@gmail.com 01763 241805
Pottery (Hand Building)	Mon	2:00pm	Fortnightly Variable	Rosie Cowsley	rosie.cowsley@ntlworld.com 07809 047380
Quiz	Thurs	2:00pm	Monthly last Thurs	Sharon Camilletti	sharonroystonu3a@gmail.com 07725 847303
Seated Exercise	Tues	10:45am	Weekly	Kathy Hounsell	kathyroystonu3a@gmail.com 01763 241805
Short Stories Reading	Wed	11:00am	Monthly last Wed	Hugh Pollock	hugh.m.pollock@gmail.com 01763 260253
Solo Sundays	Sun	12:00pm	Monthly 2nd Sun	Sandra Restall	sandra.restall@gmail.com 07775 508533
Tai Chi	Mon	3:15pm	Weekly	Reg Hounsell	regroystonu3a@gmail.com 01763 241805
Theatre Trips	Variable	Variable	Occasional	Deirdre Smith	deidreroystonu3a@gmail.com 01763 244700
Ukulele	Tues	12:00pm	Weekly	John Bishop	bishop190@btinternet.com 01763 246703
Walkers: Five Mile	Wed	9:45am	Monthly 2nd Wed	Eric Heaton	ericroystonu3a@gmail.com 01763 242989
Walkers: Strollers	Thurs	10:15am	1st & 3rd Thurs of month	David Walker	djwalker3@aol.com 01763 241896
Wine Appreciation	Wed	2:00pm	Monthly Variable	Jackie Gellert	jackieroystonu3a@gmail.com 01763 248097

## Royston U3A Committee

Chairman  
 Vice Chair  
 Treasurer & Speakers Secretary  
 Secretary  
 Membership Secretary  
 Minutes Secretary  
 Existing Groups Co-ordinator  
 New Groups Co-ordinator  
 New Members Contact  
 Publicity  
 Royston U3A News  
 Co-opted Committee Member

Jackie Gellert  
 Sandra Walker  
 Barbara Andrew  
 Karen Heaton  
 Marion Martin  
 Sylvia Fuller  
 Joan Westcott  
 Mel Chamings  
 Carla Bailey  
 Pam Dajda  
 Ralph Gellert  
 Eric Heaton

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 sandraroytonu3a@gmail.com 01763 241896  
 barbararoytonu3a@gmail.com 01763 245363  
 karenroystonu3a@gmail.com 01763 242989  
 marionroystonu3a@gmail.com 01763 246876  
 sylviaroytonu3a@gmail.com 01763 243006  
 joanroystonu3a@gmail.com 01763 220812  
 melroystonu3a@gmail.com 07713 837086  
 carlaroytonu3a@gmail.com 07968 261101  
 pam@dajda.net 01763 246234  
 ralphroystonu3a@gmail.com 01763 248097  
 ericroystonu3a@gmail.com 01763 242989

## Get it in the News

If you're involved in a group why not publicise it in Royston U3A News? Send in a short report of your latest meeting or outing - photos welcomed too - to Pam Dajda at [pam@dajda.net](mailto:pam@dajda.net) or phone 01763 246234

Next deadline for submissions:  
 Friday August 16, 2019