



This month is a bit different from our usual routine. There is no coffee morning on the 3rd Tuesday, and we meet for Christmas Lunch at the Waie Inn on the 3rd Wednesday. Sadly, if you've not booked for the lunch, the closing date for doing so has passed. Thank you to everyone who entered our limerick competition. Results will be announced at the Christmas Lunch.

We now look forward to the New Year. If you don't usually come to our coffee mornings or Open Meetings, why not give them a go. And why not try one of our Special Interest groups. It could be a New Year's resolution. We are hoping to restart the Craft Group. They will meet on the 1st Wednesday of the month in the afternoon. If you're interested please contact Jo at jo.penning@icloud.com.

It just remains for me to say best wishes for Christmas and the New Year to you all.

Liz Ouldrige (Chair)

Important dates

December 17th Christmas Lunch at the Waie Inn. 12 for 12:30

January 20th Coffee morning for all at 'The Hayloft' Mole Avon Country Store from 10:30am.

January 21st Open Meeting at the Boniface Centre Robert Hesketh The Weirdest Buildings in the West Country

November's talk: Working with the military: presenters under stress by Alex Leger

Alex gave us a very interesting talk about his film work with the Blue Peter TV programme. He started under the famed producer, Biddy Baxter and continued into the 2000s. This meant he worked with many of the young presenters who led the programme at different times. One feature of the programme was showing the presenters doing exciting and challenging activities. For example, formation free-fall parachuting or learning to survive at -40°C in Norway. Many of these he did in collaboration with the armed forces as their safety record was second to none. All of the activities were difficult for the presenters and Alex was impressed with their determination to finish the tasks even when they were at the limit of their abilities. He spoke of Gethin Jones who completed a 30 mile 'yomp' across Dartmoor even though he had to pause for a while to recover, and of Connie Huck who visited Angola to defuse land mines. Many of the challenges required physical training before attempting them and were pretty scary. Alex's filming showed all the stages. Showing the presenters overcoming their fears was an important part of the story. If all this sounds serious, Alex had some light-hearted stories. His tale of the run across the Exe estuary had us all laughing. It was a most enjoyable and uplifting talk.