

BARNSTAPLE u3a

NEWSLETTER

30th SEPTEMBER 2023

Issue 440



www.u3asites.org.uk/barnstaple

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith*

Business Secretary: *Ian*

Membership Secretary: *Julia*

Groups Co-ordinator: *Laurence*

WELCOME NEW MEMBERS

We are delighted to welcome the following new Members who have joined us recently:

Sheila Jane Hockley

Christine Lovelock

Tom Street

Linda M Allan

COFFEE MORNING THURSDAY 5th OCTOBER

Our speaker this morning is Trish Harrogate from the Devon Registration Service

“What goes on behind the scenes”

Your U3A Needs Help

The coffee morning requires the use of the sound amplification and digital projector systems that need to be set up and dismantled for each meeting. Without these aids no sound or pictures will be available

WE NEED THE HELP OF TWO MEMBERS

One person to ensure that a 3-person crew is available for the meeting and another to be trained on setting up and operating the systems. The present older members cannot always provide this level of cover, without your help (we are a self-help organisation) the speaker may not be able to show their pictures or their voice may be inaudible. **Please contact David any committee member if you are able to assist.**

NEW GROUP

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NEW GROUP

Members visited Exeter Cathedral and Holy Cross Church Crediton

After 15+ members visited each of these churches and received the most stimulating tour with an insight into their history, architecture, priceless possessions and religion since 800AD it is proposed to start a Historical Visits Group. We have two members who will assist in running this group, but we need a Group Leader. This is a group that will have 3-4 visits a year and is not restricted to churches, history of all types is on our doorstep.

We were made welcome by guides of exceptional quality who were delighted to answer our questions.

We ended the visits with a late lunch in a hostelry around a large communal table enjoying a snack with stimulating conversation.

Ready to go



Exeter cathedral

Governor's Room Crediton Church



Handing over a donation to guides Stuart Bird and Bill German



Barnstaple u3a Contact List – see groups entry for more details

Group	Date and Time	Venue	Contact Details
Art	Tues 10-12am	Rhod. Ave.Methodist Church	Diane
Bonsai	1 st Wed of month	Venn Valley Vineyard	Nigel
Book Lovers	Last Wed. in month	Various	Tim
Canasta	To be arranged	Ann's house	Ann
Coffee morning	1 st Thu of month 10.30am	R'ndswell Comm.Hall	Any Committee Member
Craft	2 nd Mon. 10.30-12.30pm	Louise's house	Louise
Croquet Braunton	Tuesdays 2-4pm	Bple.croquet club	Anne
Garden Days (Taw)	Various	Various	Roxanne and Graham
Geology	2 nd Fri. of month 1.45pm	Fremington Meth Hall	David
Hikers	Mon 10.30am	Various	Pauline Karen
How it Works	4 th Fri of month 1.45pm	Fremington Meth.Hall	David
Knit and Natter	Second Mon of month	TBC	Sue
Literary Studies	3 rd Tue 2.30pm	Imperial Hotel	Temp-Sue
Local History	2 nd Wed. of month	Barnstaple Library	Jackie Yvonne
Music	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	Doug
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	Jackie
Nature Discovery	3rd Wednesday with variation	Nature Trips and some talks	Laurence Deirdre
Poetry	2 nd Sat of month, 2.15- 5	Various	Margaret
Practical Gardeners	Last Thurs of month, 10.30am	Various	Lynda
Christmas Lunch	Thu 7 th Dec 12.15 for 1pm	Barnstaple Hotel	Sue
Ramblers	2 nd Thurs 10.30	Various	Karen
Rummikub	Wed, Th 2pm weekly	Ann's house	Ann
Science	2 nd Tue of month 1.45pm	Rhod.Ave, Methodist Church	Austin
Scrabble	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	Pam
Singing for fun	2 nd Wed 10-12.	Fremington Meth.Hall	Patricia
Skittles	Thurs, fortnightly 4-6pm.	The Fox, Fremington	Elizabeth
Strollers	4 th Thurs 11am	Various	Pam
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	Agnes Gabi
Trekkers	3rd Friday of month, 10.30pm	Various	Michael
Wine Group	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	David



ART

The Art group meets at the Methodist church hall in Rhododendron Avenue, between 10 am and 12 noon. **Spaces are available.** *The group meets every Tuesday apart from the third Tuesday of the month.*

Diane Group Leader



BONSAI – An introduction

First Wednesday of month 2pm.

2:00pm.

Our next meeting is on **4th October** at the usual venue of Venn Valley Vineyard at

Please bring along any tree that we could discuss as a group; this process gives a broader insight to possibilities across a wider range of material and is also a lot of fun of course.

Any queries email or phone the Group Leader.

Nigel , Group Leader



BOOK LOVERS

Our meetings are normally the last Wednesday of the month from 2pm to 4pm. We discuss any book we have read personally, and this can be on any subject. We enthusiastically welcome people to join the group. Please contact Tim for more

information.

Tim Group Leader



CANASTA

If anyone is interested in learning to play canasta Ann will hold sessions at her house. Please phone her if interested and a meeting can be arranged.

Ann , Group Leader



CRAFT

Please contact the Leader if you are interested in this Group. There are spaces available. All welcome .

Louise Group Leader



CROQUET (BRAUNTON)

Tuesdays 2-4pm.

We meet at Barnstaple Croquet Club, Raleigh Meadow off St. Georges Road, Barnstaple.
New members welcome.
information.

Anne , Group Leader



GARDEN DAYS

Wednesday 25 October: Stourhead, Wiltshire. NT property, with fine and extensive parkland and gardens, renowned for its autumn colours.

Cost: NT members £16.00, non-NT members £31.

This trip is now oversubscribed. Vacancies could arise. If interested in going on the waiting list, please email us.

Pick-up times: Chilpark 9:30am, New Inn c.9:35am, Ellerslie Road c.9:40am, P&R c.9:45am

Need to contact us? email if possible - Please only use phone as a last-minute emergency.

Roxanne and Graham, Group Leaders



GEOLOGY

Second Friday monthly.

Friday 13th October at 1-45 for 2-00pm

We were enthralled with Dr Danny Clark-Lowes who talked about the phenomenal people who charted and mapped the Himalaya from the early 18 century, some lost their lives due to disease and others were murdered. The diligence and dedication required to produce these accurate maps was extraordinary, we all now appreciate the enormous scale of their work and Danny excelled with his presentation and pictures.

Our speaker for the meeting in October will be Rick Stewart. “The road to Messines, Military mining on the Western Front 1915 – 1918” Did you realise that British Troops (some formerly coal miners) dug their way to victory in France and Belguim. This is a fascinating account of their exploits and the results of their tunnelling leave a chilling reminder of this war. Rick is an interactive speaker of the highest order as well as author and historical geologist. Visitors welcome.

David Group Leader



HIKERS

Hikers Monday 2nd October

Our next Hikers walk will be a circular walk of 6.75m across Trentishoe Down including woodland and coast path. We will begin at the National Trust car park at Heddon's Gate at 10:30 The walk includes a steep ascent and decent. The coast path is uneven in places and requires care.

BYOFAD and be prepared for all weathers. Sturdy footwear essential and poles advisable.

If you are planning to join us, please let us know so that we are able to notify you of any changes.

New members very welcome.

Group Leaders: Pauline and Karen



HOW IT WORKS

4th Friday 1.45 for 2.00pm.

The meeting on Friday September 22nd was a PowerPoint presentation about Gary Powers and the U2 spy aircraft. This is a review of aircraft design and pilot skills, all taking place in secret at a time when nuclear war was an ever-present threat.

This month we have David Helicon talking about sewage removal and recycling, don't be put off by the title it reflects our sanitized life and our inability to effectively dispose of our waste products. All are welcome to hear this talk.

David Group Leader



KNIT AND NATTER

Second Monday at 2pm-4pm

Bring your current project with you and exchange tips and ideas over a cup of tea. There are places available, so please contact Sue if you are interested.

Sue , Group Leader



LITERARY STUDIES GROUP

Tue. 17th October Imperial Hotel 2.30pm.

This month's book was *The Road* by Cormac McCarthy, the story of a dying father and his young son's trek across post-apocalyptic America in search of what, other than 'it's warmer in the south' and 'hope'. wasn't clear.

Although agreed it was easy to read the consensus was that, with survivors marauding through the countryside in search of food, killing everything and everyone to avoid starvation, the book could be summed up in one word – 'bleak'.

Until the member who recommended the author advised that his earlier books were much more readable no-one would have rushed to take another from the shelves.

Sue Temporary Group Leader



LOCAL HISTORY

On 11th October we welcome back Sharon Snell of Braddick's of Bideford with 'The Story of Braddick's Part 3'.

Our Speaker for 8th November is David Carter with a talk "Riot, Rebellion and Religion in 15th Century Appledore."

Please phone either of us to book a place. We look forward to seeing you at our October meeting.

Thank you, Jackie and Yvonne

Group Leaders: Yvonne Jackie



MOSAICS

We meet at the Methodist Church Hall in Rhododendron Avenue on Friday Mornings from 10 to 12.30 (apart from the last Friday in the month).

If you are interested in joining us or just want to 'have a go' please contact me.

Jackie , Group Leader



MUSIC

We meet on the first and third Wednesday of the month 10.30am – 12.30pm. at Fremington Methodist Hall.

Doug , Group Leader



NATURE DISCOVERY

Our October excursion is scheduled for Wednesday October 18th, when we will be visiting Arlington Court for a fungi walk. Meet at the NT car park at 10.00am. Hopefully the weather will be kinder to us this month!

For more information about the group please contact Laurence

Group Administrators: Laurence & Deirdre



POETRY

We had an interesting selection of Irish poets ranging from W B Yeats anguished poem The Fisherman. Our thanks to Gillian for the resume of Yeats life. Also chosen were some female poets, Anne Tannam (current Poet in Residence for Poetry Ireland) Picking Figs and Eavan Boland The Harbour. There were two poems about haymaking -one by Seamus

Heaney depicting a successful harvest and woman's subservient role quietly observed while in Fanny Parnell's poem Hold The Harvest she is inciting the poor peasants to rebel against slavery to the rich farm owners. Spike Milligan's poem The Creation According to the Trade Unions was hilarious contrasting with Oscar Wilde's romantic poem By the Arno. Our thanks to Diane for kindly hosting. Next month I will be hosting and the topic is Free Choice. We still have space for new members if you would like to contact me.

If you need more information, please contact Margaret.

Group Leader Margaret



PRACTICAL GARDENERS

Please contact Lynda if you are interested in this group. Her contact numbers are:

Lynda , Group Leader



QUARTERLY (CHRISTMAS) LUNCH



Our Christmas two course carvery lunch will be held on Thursday 7th December 2023 at the Barnstaple Hotel, 12.15 for lunch at 1 p.m. followed by entertainment.

Tickets are £20.00 per person and will be on sale at our October and November coffee mornings. If you have any queries, please contact Sue Thomas

Sue, Group Leader



RAMBLERS

Thursday 12th October

Our next walk will begin at the Sandy Lane car park Braunton Burrows at 10:30am It is a circular walk of 5.5m Longer than usual but easy walking apart from one steep ascent which is rewarded by fabulous views. Don't be put off by the distance or the steep ascent as both can be averted. The walk does also include a walk along the beach.

Please wear appropriate clothing and be prepared for all weathers. Bring your own drink and snacks.

If you are planning to join us, please let us know so that we are able to notify you of any changes.

New members very welcome.

Karen and Pauline

Group Leaders



RUMMIKUB

Ann holds weekly sessions every Wednesday and Thursday at 2pm. Everyone is welcome but please phone Ann first. Venue: Sticklepath.

Ann Group Leader.



SCIENCE

2nd Tuesday 2pm – 4pm. 10th October, Rhododendron Ave Methodist Church

Many thanks to those Members (both Full and Associate) who attended in September for our first meeting following the summer break. It was a treat to host such an enthusiastic speaker on his endeavours in our local and diverse ecological environment.

Our Speaker in October will take us back in history with his presentation on:

Nobel prize-winners in the Sciences

New Members are always welcome. Entry is £3

Austin , Group Leader



SCRABBLE

Wednesday 4th October 10am-12.30pm

Apologies – there is no scrabble in the third week of October as I have commitments that week.

NEW MEMBERS WELCOME to join but please contact Pam as the group meets at her home, and for table planning.

Pam , Group Leader



SINGING FOR FUN

Second Wednesday 10-12noon.

We had a good turn-out for our first Autumn session and Sue took us through our paces with her usual skill and good humour. We sang old favourites, newer ones, & some for the first time. Sue said group members had suggested numerous new songs, and there were whispers about some seasonal tunes as we approach Christmas....

Many thanks to all those who took part, and who helped me. I look forward to seeing you again on 11 October to have some more musical fun!

Patricia , Group Leader



SKITTLES

Second and fourth Thursday of the month. 4-6pm

The skittles is going along very well, and we still have room for more players. We meet at The Fox at Fremington and all newcomers are welcome.

Elizabeth , Group Leader



STROLLERS

Meet Thursday 26th October at 11am at St. Johns Garden Centre, Newport for an 80-to-90-minute stroll around that area.

For those who would like to partake we shall have refreshments/lunch in the garden centre afterwards.

This will be the last Strollers meet up until the spring 2024.

Pam Group Leader



TABLE TENNIS

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

Table Tennis group meetings continue weekly every Tuesday at the Tarka tennis Centre. We are a group of just over 20 members with usually some 15 attending every week.

Despite a few members suffering age related injuries and aches and pains, the standard of play and games is pretty good, with every point getting fought over. Most of all we have a most enjoyable time with much banter and laughter.

New members welcome.

Gabi Agnes Group Leaders



TREKKERS

The next Trekkers walk will be on Friday 20 October led by Peter. He will lead a circular walk of about 7.5 miles from Torrington Commons to explore route of Rolle Canal to Weare Giffard returning along the Tarka Trail via the Puffing Billy Cafe. Park at the

Torrington Commons car park on the A386 (on the left going uphill), opposite the turning towards Taddipport. Meet near the play area (grid reference SS 484 195) for a 10:30 start. Bring the usual snacks, packed lunch and plenty to drink, and be ready for any weather.

New members are always welcome, so if you know anyone interested in joining Trekkers, please let me know. Please do not use the landline number, it is no longer operational.

Michael , Group Coordinator



WINE

The group continues to meet on the last Wednesday of the month in Room 3b of Barnstaple Library at 2pm. We are an open and welcoming group with a wide range of knowledge and interest in wine. Now, for almost the first time since it formed, the group has space for new members. We have a varied programme of tasting wines from across the world, the July subject was wines from the US states of Washington & Oregon, and in August subject was wines from the central Italian regions of Umbria, Emilia Romagna and Abruzzo. No prior knowledge of wine is necessary to join the group so if anyone is interested in coming along, to try out the group, just let me know via

David Group Leader

NOTES FROM THE EDITOR

The list of activities on Page 3 of this edition is to help members by showing the venue, day, time and contact numbers.

Please keep communicating by emailing the Editor at barnstaplethirdagegroup@rocketmail.com

Group Leaders: Please note that the next edition will be circulated about the 30th October 2023. Please submit any articles before the 25th October. I would be delighted if anyone has any group photographs, I could put in the newsletter. **Lynne Editor**

Bonsai Group September meeting





Hikers at Tarr Steps



Ramblers at Molland



The table tennis and skittles groups combined summer party featuring our very own Peter on guitar

