

# BARNSTAPLE u3a

NEWSLETTER

31<sup>st</sup> AUGUST 2023

Issue 439



[www.u3asites.org.uk/barnstaple](http://www.u3asites.org.uk/barnstaple)

[barnstaplethirdagegroup@rocketmail.com](mailto: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:

Mr. Phil Hawkins

Mrs Diana Street

Ms Laura Manley

Ms Karen Stancombe

Mr Gary Vigee

Mrs Rita Drayton - Affiliate.

## COFFEE MORNING THURSDAY 7th SEPTEMBER

The speaker this month is Sophie McCormack from the National Trust North Devon.

*How we work with communities and volunteering 'for everyone forever'. An overview of current volunteering and nature projects and our future plans to work with more partners and communities in North Devon to ensure more people than ever can benefit from heritage, beauty and nature.*

## Barnstaple u3a Contact List – see groups entry for more details

Group	Date and Time	Venue	Contact Details
<b>Art</b>	Tues 10-12am	Rhod. Ave.Methodist Church	<b>Diane</b>
<b>Bonsai</b>	1 <sup>st</sup> Wed of month	Venn Valley Vineyard	<b>Nigel</b>
<b>Book Lovers</b>	Last Wed. in month	Various	<b>Tim</b>
<b>Canasta</b>	To be arranged	Ann's house	<b>Ann</b>
<b>Coffee morning</b>	1 <sup>st</sup> Thu of month 10.30am	R'ndswell Comm.Hall	<b>Any Committee Member</b>
<b>Craft</b>	2 <sup>nd</sup> Mon. 10.30-12.30pm	Louise's house	<b>Louise</b>
<b>Croquet Braunton</b>	Tuesdays 2-4pm	Bple.croquet club	<b>Anne</b>
<b>Garden Days (Taw)</b>	Various	Various	<b>Roxanne and Graham</b>
<b>Geology</b>	2 <sup>nd</sup> Fri. of month 1.45pm	Fremington Meth Hall	<b>David</b>
<b>Hikers</b>	Mon 10.30am	Various	<b>Pauline Karen</b>
<b>How it Works</b>	4 <sup>th</sup> Fri of month 1.45pm	Fremington Meth.Hall	<b>David</b>
<b>Knit and Natter</b>	Second Mon of month	TBC	<b>Sue</b>
<b>Literary Studies</b>	3 <sup>rd</sup> Tue 2.30pm	Imperial Hotel	<b>Temp-Sue</b>
<b>Local History</b>	2 <sup>nd</sup> Wed. of month	Barnstaple Library	<b>Jackie Yvonne</b>
<b>Music</b>	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	<b>Doug</b>
<b>Mosaics</b>	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	<b>Jackie</b>
<b>Nature Discovery</b>	3rd Wednesday with variation	Nature Trips and some talks	<b>Laurence</b>
<b>Poetry</b>	2 <sup>nd</sup> Sat of month, 2.15- 5	Various	<b>Margaret</b>
<b>Practical Gardeners</b>	Last Thurs of month, 10.30am	Various	<b>Lynda</b>
<b>Quarterly Lunch</b>	Thu. 21 <sup>st</sup> Sept.	Williams Arms	<b>Sue</b>
<b>Ramblers</b>	2 <sup>nd</sup> Thurs 10.30	Various	<b>Karen</b>
<b>Rummikub</b>	Wed, Th 2pm weekly	Ann's house	<b>Ann</b>
<b>Science</b>	2 <sup>nd</sup> Tue of month 1.45pm	Rhod.Ave, Methodist Church	<b>Austin</b>
<b>Scrabble</b>	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	<b>Pam</b>
<b>Singing for fun</b>	2 <sup>nd</sup> Wed 10-12.	Fremington Meth.Hall	<b>Patricia</b>
<b>Skittles</b>	Thurs, fortnightly 4-6pm.	The Fox, Fremington	<b>Elizabeth</b>
<b>Strollers</b>	4 <sup>th</sup> Thurs 11am	Various	<b>Pam</b>
<b>Table Tennis</b>	Tuesdays 2-3.30pm	Tarka Tennis Centre	<b>Agnes Gabi</b>
<b>Trekkers</b>	3rd Friday of month, 10.30pm	Various	<b>Michael</b>
<b>Wine Group</b>	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	<b>David</b>



## **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.*

Contact: Diane *Group Leader*



## **BONSAI – An introduction**

First Wednesday of month 2pm.

Our monthly meeting was once again enthusiastic with a dozen members present and several new members were welcomed.

Our next bonsai meeting will be on Wednesday, 6 September at the vineyard, at 2:00 pm.

Any queries email or phone the Group Leader.

*Nigel Group Leader*



## **BOOK LOVERS**

information.

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

*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.

*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.

**Booking:** via our email. *Once place confirmed* payment to our home address (cheque to Taw U3A) by end Sept. Please write trip, pick-up point, new U3A memb' no. (Barnstaple members need to affiliate to Taw) and, if we don't already have these, email & phone no. (mob if poss) on separate paper. Last year's supporters 1st come 1st served, others on waiting list (are often places).

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

**Wednesday 27th September:** Slimbridge, Glos, Wildfowl and Wetlands Trust. Bring your bins, but it's much more than only birds - excellent landscaping and stunning views over the Severn Valley. A fine venue.

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

**Cost:** £28.00.

*Roxanne and Graham Group Leader*



## **GEOLOGY**

Second Friday monthly.

Friday 8<sup>th</sup> September at 1-45 for 2-00pm

The visit to Valley of Rocks led by Dr. Paul Madgett, and 18 of our members have helped us to begin to understand the origin of a valley that is about 300 million years old. A gale force wind and intermittant rain did not spoil the enthusiasm to walk round the headland followed by a visit for warming refreshments at the Old Station House Inn, Blackmoor Gate.

We are delighted to announce that Dr Danny Clark-Lowes will be our speaker for the meeting in September.. Danny has enthralled us on previous occasions with his travels across the world studying geology. This time he will talk on the Himalayan explorers who from 1720 recorded their visits to this area.

If you are not a group member and wish to hear this talk please contact the writer.

*David , Group Leader*



## HIKERS

Monday 4th September

We do hope you will join us for a stunning circular walk of 9.25m beginning in Withypool and following the river to Tarr Steps.

We will meet at the car park at Withypool for a **10:30am** start. It is small so lift sharing would be a good idea as well as arriving in good time.

Please be prepared for all weathers and make sure you have sturdy footwear. BYOFAD

Hopefully we can have tea and cake when we get back to Withypool.

If you are hoping to join us, please let us know so that we can let you know if any changes.

Looking forward to seeing you all soon.

New members always welcome.

*Group Leaders: Pauline and Karen*



## HOW IT WORKS

**4<sup>th</sup> Friday 1.45 for 2.00pm.**

The next meeting on Friday September 22<sup>nd</sup> will be a PowerPoint presentation about Gary Powers and the U2 spy aircraft. This is a review of aircraft design and pilot skills, all taking place at the time when nuclear war was an ever-present threat. This meeting is open to all U3A members who wish to hear the talk by David.

*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

*Sue , Group Leader*



## LITERARY STUDIES GROUP

Tue. 26<sup>th</sup> September (4<sup>th</sup> Tuesday) Imperial Hotel 2.30pm.

Our book this month was *The Garden of the Evening Mists* by Tan Twang Eng takes place during the Malay Emergency with a back story of internment in a Japanese Prison Camp

The narrator, Yun Ling, aspiring to learn the art of Japanese gardening to create a garden in memory of her sister, apprentices herself to a famous Japanese artisan who is constructing such a garden in the Highlands of Malaya. The way in which this relationship unfolds through the rich metaphors of gardening, tattooing, tea-ceremonies, and Zen philosophy are the psychological core of the novel.

As ever there were a couple of the group who found the book not to their taste but, conversely, there were a couple who are obtaining their own copies so they can read it again. Overall, we agreed that the book needs to be read slowly to fully appreciate the beautiful, descriptive writing.

*Sue Temporary Group Leader*



## LOCAL HISTORY

"We look forward to welcoming everyone back in September for our talks which will resume as before on the 2nd Wednesday of the month in the Henry Williamson room on the 2nd floor of Barnstaple Library at 2pm.

Our first speaker will be Peter Christie on Wednesday 13th September with his talk 'The Skeleton Army comes to North Devon' (Discover what happened when the Salvation Army first arrived in North Devon).

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

*Group Leaders Yvonne and 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

It is a while since we have visited Baggy Point, so our September outing, on Wednesday 20th will be a round walk from the NT car park at Croyde to Baggy Point. Meet at 10.00am.

For more information about the group please contact Laurence

*Group Administrator Laurence*



## POETRY

Our August Poetry session “Families” ranged from mother/baby relationships in Sylvia Plath’s poem “You’re” to a child’s love for his mother in Benjamin Zephaniah’s “I Luv Me Mudder.” In Pam Ayres poem “I Don’t Want to Go To school” her child claims to be unwell and becomes an absolute nuisance under her feet. Diane shared her own moving poem about missing her father after his death. We also had people’s obsession with the royals in U.S.A. Fanthorpe ‘s “The Windsor’s: An Everyday Story of Royal Folk” as well as the subject of mother-in-law difficulties. We welcomed a new member, Jo, to our group. Next month our subject will be Irish poets. Diane will kindly host.

*Group Leader Margaret*



## PRACTICAL GARDENERS

Please contact Lynda if you are interested in this group.

*Lynda , Group Leader*



## QUARTERLY LUNCH

Our September Quarterly Lunch will be on Thursday 21st September at the Williams Arms, Wrafton, noon for 12.30. Carvery main course £12.00 (with the option to purchase dessert and coffee at additional cost on the day). The increased cost of the meal is to include a gratuity to the staff. Tickets will be available at the September coffee morning.

*Sue , Group Leader*



## RAMBLERS

Thursday 14th September

A lovely circular walk of approximately 4.5m from Molland. Please meet outside the Church in Molland (EX36 3NG) for a **10am** start. We are proposing a slightly earlier start time to enable us to meet at Quince Honey Farm for lunch on our return. The walk has some rather steep but fairly short climbs. Views are well worth the effort. The return has a long uphill drag and there are a couple of stiles to negotiate.

Please be prepared for all weathers and bring snacks and drinks as required. If you are intending to join us, please let us know so that we can inform you of any changes. We hope you will join us for lunch afterwards.

Looking forward to seeing you all soon. New members always welcome - Karen and Pauline.

*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

**2<sup>nd</sup> Tuesday 2pm – 4pm. 12<sup>th</sup> September Rhododendron Ave Methodist Church**

Welcome back after our Summer Break! -- We start with a great new local project that I hope you will all find of interest:

“**Finding Nature's Footprints** is a three-year National Lottery Heritage Funded project which aims to learn more about the nature in our villages, gardens, fields and shores through surveys, monitoring and mapping of wildlife including plants, mammals, insects and birds. Project coordinator Joe Newberry will be discussing the project’s use of citizen science in communities to map local wildlife and demonstrating how you can get involved recording your sightings to I Naturalist”

Some of you may already use 'Apps', but please don't worry if not as Joe is aware that some (me included) have yet to catch up with such advances!

New members are always welcome. Entry remains at £3

*Austin , Group Leader*



## SCRABBLE

Wednesday 6<sup>th</sup> September 10am-12.30pm

Wednesday 20<sup>th</sup> September 10am-12.30pm (to avoid date clash with Quarterly Lunch)

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.

Sue Trick and I are looking forward to meeting up on Wednesday 13 September - please bring your songs with you, as well as £6.50 to cover the next 3 sessions. Don't worry if your voice feels a bit rusty: we'll get everyone going again and have some fun.

Familiar songs and 'new' ones: It's YOUR group, and we are grateful for your contributions!

We'll be seeing you, in all the old familiar places.....

*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**

Thursday 28<sup>th</sup> September

Meet at 11 am INSTOW. Meeting at John's supermarket/cafe for approx. 90-minute stroll along Tarka Trail. Lovely views, wildlife & fauna & will provide lots of interest & chat along the way. Refreshments, lunch if desired at nearby pub afterwards.

New members very welcome, any queries contact Pam.

*Pam Group Leader*



## **TABLE TENNIS**

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

Play will resume on Tuesday 5<sup>th</sup> September, 2pm to 3.30pm at the Tarka Tennis Centre. The aim is a social, fun get-together whilst giving our bodies and grey matter a good workout. All welcome to join.

*Gabi and Agnes Group Leaders*



## **TREKKERS**

The next Trekkers walk will be in the Hartland area on Friday 15 September, starting from Stoke Church. We will do a walk of about 7 miles taking in the coast path and country lanes. As usual 10:30 start, finishing mid-afternoon. Park near the church and bring a packed lunch, snacks, 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.

*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. The August subject is 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

*David Group Leader*

## NOTES FROM THE EDITOR

The list of activities on Page 2 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](mailto:barnstaplethirdagegroup@rocketmail.com)

**Group Leaders:** Please note that the next edition will be circulated about the 28<sup>th</sup> September 2023. Please submit any articles before the 22<sup>nd</sup> September. I would be delighted if anyone has any group photographs, I could put in the newsletter. **Lynne Editor**

### A little snippet from the Bonsai Group report by Nigel

The most interesting part is members bringing their own material so that all may discuss, and more importantly we all learn to anticipate what the tree may well look like in 5 or 10 years' time.

Having said that, one of our members – Maggie Curtis – a professional potter, turned up with ten bonsai pots as her first entry into this niche area of ceramics. For a first attempt they were brilliant with extraordinary glazes and superb stylistic outside surfaces.



One of Maggie's plain pots now has a Tanuki juniper planted in it that enhances the greenness of the tree.



**Geology –  
Valley of  
Rocks**

**Already to go ...**



**Are we nearly there yet ...**

**Nearly ...**

**It was a good day, even though the wind blew and the rain came... Devon in August.**



## Nature Discovery – Trip to Heddon's Mouth in August



## HIKERS AND RAMBLERS



**Instead of walking in August we enjoyed a lovely afternoon tea together**

