

BARNSTAPLE u3a

NEWSLETTER

31st OCTOBER 2023

Issue 441



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 Member who has joined us recently:

Mrs Margaret Ellis

Affiliated

COFFEE MORNING THURSDAY 2nd NOVEMBER

Sue and Ivan Godfrey – The Edge of our World.

Their talk includes slides of the Outer Hebrides with its flora and fauna, tiny fishing and farming communities

CHRISTMAS IS COMING –

***WE WILL BE DELIGHTED TO WELCOME YOU AT THE BARNSTAPLE
HOTEL ON THURSDAY 7th DECEMBER 2023***



2-COURSE CARVERY LUNCH AT A COST PER PERSON OF £20.00

TIME 12.15pm FOR 1pm.

There will be a raffle plus entertainment.

**TICKETS WILL BE ON SALE AT THE NEXT COFFEE MORNING ON
THURSDAY, 2nd NOVEMBER. IF YOU ARE UNABLE TO ATTEND THE
COFFEE MORNING CONTACT **Sue****

MEMBERS CAN PAY BY **BACS WITH RESERVATION CONFIRMED ONCE THE MONEY IS
IN THE BANK, WHEN TICKETS WILL BE ALLOCATED AND AN EMAIL CONFIRMATION
SENT.**

Bank details: **Sort code 30 90 49**

Account No: **27598060**

BARNSTAPLE THIRD AGE GROUP

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 Brauntton	Thurs 12-3pm	Tarka centre (indoor)	Anne
Garden Days (Taw)	Various	Various	Roxanne and Graham
Geology	2nd 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	Ellie
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	Recommence Spring '24	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.

Our next meeting is on the 1st November at the usual venue of Venn Valley Vineyard at 2:00pm.

It has become a welcome tradition of this group that people bring along trees to discuss, with the view to developing them into a decent bonsai.

Please bring along any tree that we could discuss; 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)

The outdoor season has now finished. We will begin again in March 2024.

We will be playing indoor croquet at The Tarka Leisure Centre, 7 Seventh Brethren, Barnstaple, EX31 2AS this winter, and welcome everyone to join us. This is on Thursdays from 12noon to 3pm and the charge is £8. All equipment and tuition are included.

Anne , Group Leader



GARDEN DAYS

November: No trip this month

Wednesday 13 December Tudor Frost Fayre at Buckland Abbey. This trip is only available to those who have travelled with the group this year, it being subsidised from balances built up during this year, and is now fully booked.

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

Roxanne and Graham , Group Leaders



GEOLOGY

Second Friday monthly.

Friday 10th November at 1-45 for 2-00pm

Our speaker in October was Rick Stewart. “The road to Messines, Military mining on the Western Front 1915 – 1918”. This was a fascinating account of their tunnelling by Allied and German troops beneath each others lines and planting explosives. Rick held our attention with a terrific account of the design and use of tunnelling, then placing of explosives under each others lines, then answering lots of audience questions. A first class presentation.

In November we have Dr. Lee Bray, Archeologist of Dartmoor National Park who will talk about its history. Lee qualified first as a geologist, then as an archeologist, followed by a Doctorate. In between he worked in the oil industry. We are fortunate to have him talk to us regarding Dartmoor.

David Group Leader



HIKERS

Hikers Monday 6th November

We look forward to you joining us for a circular walk of approximately 7m beginning at Arlington and walking through woodland, fields and lanes to Loxhore returning to Arlington in time for tea and cake. There are several ascents and you can expect some mud en route as well as uneven ground so please wear suitable footwear, walking poles recommended. Be prepared for all weathers and BYOFAD.

We will meet in the NT car park at Arlington Court (free to NT members) for a 10:30 start. If you plan to come along, please let us know so that we can let you know of any changes.

New members always welcome.

Group Leaders: Pauline and Karen



HOW IT WORKS

4th Friday 1.45 for 2.00pm.

This month's investigation and talk will be by Agnes, the subject is Glass. It's a commodity we take for granted so hearing about something that has been with us since the formation of the Earth will astound us with its present day uses.

In October David Helicon talked about sewage, its removal and recycling. Although we want clean water, we do not wish to see cost increases and have not installed adequate safeguards preventing abuse of the system. This was an interactive talk that exposed some misconceptions of the utility companies.

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 are interested.

Sue Group Leader



LITERARY STUDIES GROUP

Tue. 21st Nov. Imperial Hotel 2.30pm. Tues 19th Dec. Venue to be decided.

We were in general agreement that *Other Side of the Bridge* by Mary Lawson was an easy-to-read, well-crafted story, although somewhat predictable at times. The author created believable characters - their relationships, conflicts, and misunderstandings. Perhaps one was more interesting as we followed his development from an idealistic, lovelorn teenager to the inevitable conclusion of his becoming the local doctor. We all saw that coming, but he didn't! For some, the story lacked depth and there was criticism that the author concentrated on developing the male characters, whereas the female characters, although important to the story, were not fully explored. However, we will be keeping an eye out for more by Mary Lawson.

Ellie Group Leader



LOCAL HISTORY

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 November 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

This month we are exploring a local bit of Temperate rainforest in Horner Woods, near Porlock. Meet at Horner Woods NT Car Park at 10 am on Wednesday 15th November. Afterwards we will travel a short distance to Selworthy for refreshments at Periwinkle tea rooms.

For more information about the group please contact Laurence

Group Administrators: Laurence & Deidre



POETRY

Our theme this month was Free Choice providing an eclectic mix of poets and themes from John Donne's love poem The Good Morrow, Edwin Muir's The Horses and Thomas Hardy's Domicilium. Also included were the well-loved poems Still I Rise by Maya Angelou, Keates Ode to Autumn and G K Chesterton's jolly poem The Rolling English Road which with its catchy rhythm has now been set to music as a folk song by John Dean. Tim shared his poem about impressions while in Kolkata in Bengal during the dry season earlier this year in sweltering temperatures of forty-five degrees. We welcomed two new members Margaret and Tim as well as a guest from Colorado, Jenny. Our thanks to Christine for kindly hosting this session. November's theme will be Fireworks and Julie has kindly agreed to host the session.

Group Leader Margaret



PRACTICAL GARDENERS

We are a sociable group who like gardens, growing things, and giving advice when asked for it. After a date and time have been agreed we usually visit one of our members gardens. There we have a tour of the garden and see the interesting plants etc. that they have. Then there is the all-important cuppa and biscuit while we discuss the plants in their garden or any other matters we want to chat about.

We generally meet for a garden visit once a month in good weather. During winter time we are going to email about gardens so that we are still 'In Touch'. There should be a Bring @Share lunch in January - a good time for us all to meet up and actually be able to put faces to names.

As I said we meet in members gardens usually and, sometimes we visit local gardens that are open to the public. The Practical Gardeners Group meet up once a month during spring, summer and autumn. Meetings and emails will take place in the morning on the last Thursday of the month, unless there is a problem and then times/ days can be changed.

I hope that gives you some idea of our group and if you want further information, please give me a call. Bye for now, Lynda.

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. [See notice on Page 1](#)

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 9th November

This month our walk will be led by Rita and Bryan. We will park on the road opposite Sandbanks Cafe, Yelland ready for a 10:30 start. The walk will be approximately 3.5miles through farmland, around the coast path and on the Tarka Trail. May be muddy in places. Please wear suitable footwear and be prepared for any weather.

If you are planning to come along, please let us know so that we can advise you of any changes.

New members most welcome.

Karen and Pauline

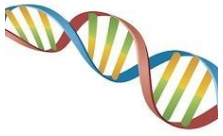
Group Leaders



RUMMIKUB

Ann holds weekly sessions every Wednesday and Thursday at 2pm. Everyone is welcome but please phone Ann first. Venue: 11 Andrew Road, Sticklepath.

Ann Group Leader.



SCIENCE

2nd Tuesday 2pm – 4pm. 14th November, Rhododendron Ave Methodist Church

Our Speaker in November is Pat Redwood with her Presentation on:

“Carbon Capture, - *what nature has always done and how we are trying to help.*”

This is a highly relevant subject with far reaching effects that will determine all our futures. Please come along and learn more.

A change in format next month when we will be sharing our own 'Interesting Science Facts'
New Members are always welcome. Entry is £3.00.

Austin Group Leader



SCRABBLE

Wednesday 1st November 10am-12.30pm

Thursday 16th November 10am-12.30pm

AND as there will not be any scrabble in December we shall meet on Thursday, 30th November 10am to 12.30pm

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.

Another excellent turnout in October, when we went through several of the group's favourite songs and tried out some seasonal (i.e., Christmas) songs and carols. Our accompanist Sue was as committed as ever, with her offer to transpose one cheerful song to accommodate our lower singing voices, and always ready to give helpful hints to enable us to enjoy our singing even more!

I received more personal thanks from members as they left, and all I can add is a general thank you to the lovely Sue and all those who attended. Take care of yourselves and see you on Wednesday 8 November.

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

This will be no Strollers until 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 November Trekkers walk will be on Friday 17 November 2023. We will take in the bracing Morte Point, continue via Bull Point lighthouse to Lee Bay, returning inland.

Start at the car park in Morteheo village, EX34 7DT, at 10:30 as usual, finishing mid-afternoon. Bring a packed lunch, snacks and plenty to drink, and be ready for any weather.

New members are always welcome, so if you are interested in joining the group, please let me know. The December walk will be in the Lynton area, more details later.

Michael Group Coordinator



WINE

The group continues to meet on the last Wednesday of the month in Room 3b of Barnstaple Library. We are an open and welcoming group with a wide range of knowledge and interest in wine. Since the last newsletter we have 6 new members, so many thanks to those who responded to the article or passed on the news to others. We do still have 1 or 2 spaces for some sessions, so it is always worth asking if there is space if you are interested. We have a varied programme of tasting wines from across the world, the subject for Oct was “The Other Spain” where we tasted wines from some of the more obscure areas of this fascinating wine country. The subject for November will be a “Focus on Riesling” where we will taste 6 Riesling wines but from 6 different countries. No 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 29th December 2023. Please submit any articles before the **18th December**. I would be delighted if anyone has any group photographs, I could put in the newsletter. **Lynne Editor**



A photograph sent in by Graham of Garden Days showing Slimbridge from one of the excellent viewing towers.

Laurence (Group Leaders Coordinator) writes:

We had a very successful group leaders meeting when a large number of leaders came together to update themselves with U3A policies, and guidance, re the running of our interest groups. It also provided opportunity for the group leaders to meet members of the committee and to give feedback as to what might be helpful in future provision. Thanks to everyone who gave up their Monday morning to attend, and for all their contributions throughout the year. Without our group leaders there would be no u3a!



Laurence of the Nature Discovery Group writes:

In October our group visited the grounds of Arlington Court to explore various different fungi. We were equipped with relevant literature and a highlight of the event was a detour to a fallen oak which played host to scores of unusual species. We marvelled at how a tree such as this could support such a diversity of life even after its own life had ended





**Strollers in
Barnstaple,
Rock Park and
Torrington**



Scrabble in the garden



Thanks to Pam for the photographs.