

BARNSTAPLE u3a

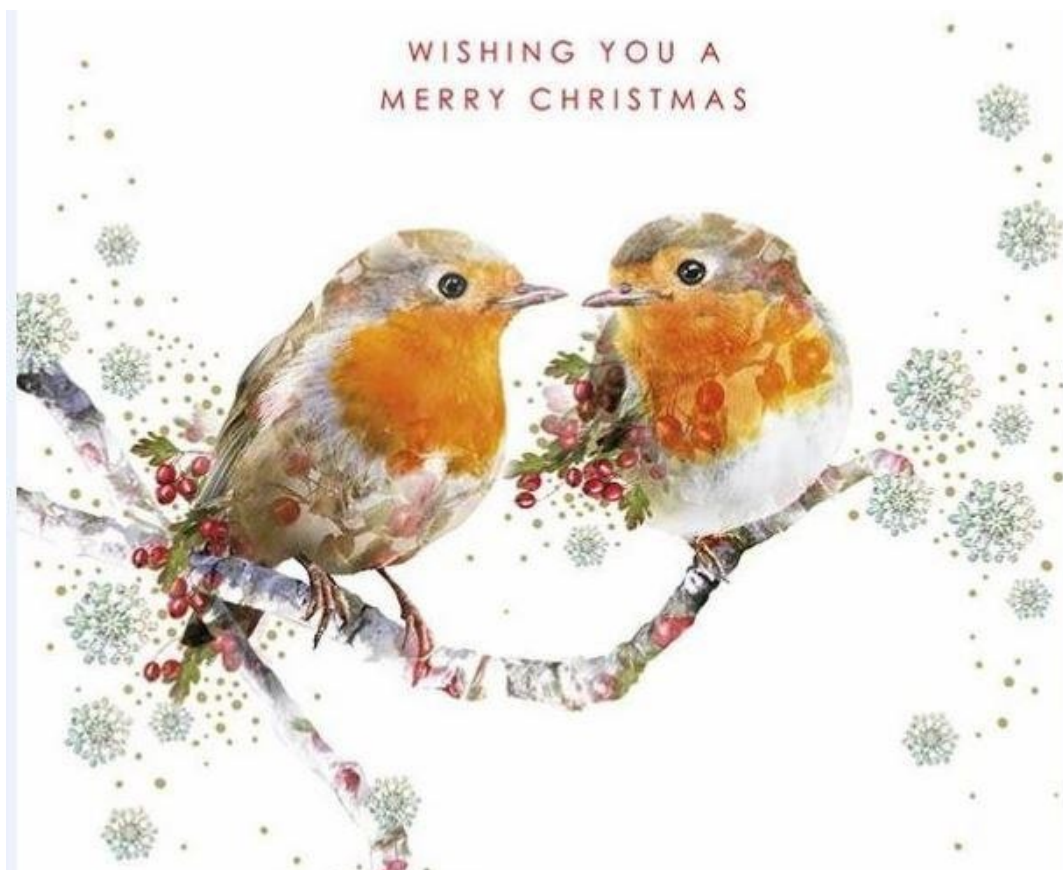
NEWSLETTER

31st DECEMBER 2023

Issue 443



**THE CHAIRMAN AND COMMITTEE OF
BARNSTAPLE u3a WISH EVERYONE A
HAPPY CHRISTMAS AND BEST WISHES FOR
2024**



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 Valerie (Val) Woolf

COFFEE MORNING THURSDAY 4TH JANUARY 2024

Our January speaker is Marie Shortt from the Quince Honey Farm. She is the Head of Education at the Farm and will be speaking about the amazing honey bee, with a video account of life in a hive. She is hoping to have a honey tasting at the conclusion of the meeting.

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 **28th January**, please submit any articles before the **22nd January**.

I would be delighted if anyone has any group photographs, I could put in the newsletter.

I would like to take this opportunity to thank all the Group Leaders for their contributions over the year, including photographs. I couldn't produce this newsletter without your help. I wish you all a Happy Christmas and all the best for 2024.

Lynn, Editor

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	Thurs 12-3pm	Tarka centre (indoor)	Anne
Garden Days (Taw)	Various	Various	Roxanne and Graham
Geology	Jan – Fri.5th 1.45 for 2	Fremington Meth Hall	David
Hikers	January - None	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
Quarterly Lunch	March – details later	Williams Arms	Sue
Ramblers	2 nd Thurs 10.30	Various	Karen
Rummikub	Wed, Th 2pm weekly	Ann's house	Ann
Science	January - none	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.*

Contact: Diane *Group Leader*



BONSAI – An introduction

First Wednesday of month 2pm. The first meeting of the year will be held at the usual venue of Venn Valley Vineyard on Wednesday 3rd January, looking forward to seeing you then.

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

January/February: no visit these months. The programme will start again in April 2024 - 4th Wednesday.

Roxanne and Graham, Group Leaders



GEOLOGY

Normally Second Friday monthly, but the next meeting will be on the first Friday.

Friday 5th January at 1-45 for 2-00pm

The December meeting was a talk about the Azores, a group of islands in the middle of the Atlantic. Peter Looime and Helen had been there on holiday photographing, walking and investigating the geology, with superb photos and a clear narrative as to how the islands formed we also enjoyed their holiday. This was followed by a quiz, carols and a sumptuous spread of food provided by our members and the How it Works members who had joined us for the celebration.

Our speaker for the January meeting (**note date above**) will be Prof John Mather talking about his travels from the age of 17 visiting Africa as a geologist and hydrogeologist throughout the world searching for precious metals and water.

David Group Leader



HIKERS

No walk this month, look forward to seeing you all in February.

Happy New Year - Karen and Pauline

Group Leaders: Pauline and Karen



HOW IT WORKS

Fourth Friday of Month 1.45 for 2.00pm.

On the 26th January we will have a talk by David following his research into the evolution of Lighthouses around Europe including Hartland Point. Hartland was the scene of many shipwrecks travelling to and from Bristol before this light was erected in 1874. The lighthouse was decommissioned in 2012 and a new replacement light installed lower down the cliff. Come along and listen to the presentation and hear about the theft of the old Fresnel light. New members welcome.

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 Thomas on 01271 323460 or email susanthomas1010@yahoo.co.uk if you are interested.

Sue , Group Leader



LITERARY STUDIES GROUP

Tuesday 16th January 2024 – Imperial Hotel 2.30pm

Tuesday 20th February 2024 – Imperial Hotel 2.30pm

So, this was our Christmas meeting where we shared a wonderful festive tea, prepared and hosted by the magnificent Jane - - but this did not necessarily put us in a particularly benevolent mood when we discussed our last book - How to Measure a Cow by Margaret Forster! Although a gentle, easy read, the story left a lot to be desired in terms of a storyline. There was only one character, in particular, who was well-drawn and understandable, other characters were weak and unbelievable. A pity because this was from the pen of a well-known, prolific author, but perhaps our expectations were too high because of this. There was so much more potential in the background story that could have been developed into a more gripping tale. However, we all agreed that it is an intriguing title!

We wish everyone a very happy Christmas and a happy, healthy New Year.

Ellie Group Leader



LOCAL HISTORY

We meet again on the 10th January with Gary Bennett talking about The History of the Combe Martin Silver Mines.

Please phone either of us to book a place. We look forward to seeing you in January.

Thank you, Jackie and Yvonne

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. Please contact the group leader for more details.

Doug , Group Leader



NATURE DISCOVERY

We will meet at Hunter's Inn at 10.00am on Wednesday 17th January for a gentle stroll to Heddons Mouth and return. Hopefully we will be able to take refreshments at Hunter's Inn.

We will send out details in the second week of January when we will have a clearer sense of the weather!
– Laurence and Deirdre

For more information about the group please contact Laurence

Group Administrators: Laurence & Deirdre



POETRY

Turkeys and humour seemed to feature quite a lot this month from anti-cruelty in Benjamin Zephaniah's turkeys who "just wanna play reggae" and wanna be spared "de chop" to the many ways to serve up leftover turkey in The Twelve Days of Turkey (Anon) and Pam Ayres Crabby Christmas. We also included traditional poems such as Thomas Hardy's The Oxen and The Journey of the Magi, Laurie Lee's Christmas Landscape and Henry Vaughan's Christ's Nativity. We celebrated Christmas with warm mulled wine and shared food. Thanks to everyone for bringing food to share and creating such a fun atmosphere. Diane has kindly offered to host our January Session – the theme will be Black Poets in deference to the recent death of Benjamin Zephaniah. We still have two or three spaces left for newcomers.

If you need more information, please contact Margaret.

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.

Lynda , Group Leader



QUARTERLY LUNCH

This will be held in March – details later.

Sue Group Leader



RAMBLERS

Thursday 11th January

We hope that you will all be able to join us for a circular walk of approximately 4m around Barnstaple following pathways and lanes. We will meet together for refreshments afterwards tbc.
We will meet in the car park behind Park School for a 10:30am start. Please come prepared for all weathers and bring along a drink.

If you would like to join us, please let us know so that we can update you regarding any changes ~ Thank you.

New members always welcome. Karen and Pauline.

Karen and Pauline

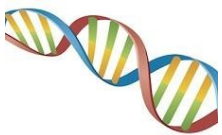
Group Leaders



RUMMIKUB

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

Ann Group Leader



SCIENCE

Rhododendron Ave Methodist Hall, Tues 12th December 2023 2-4pm

We finished our 2023 program with an interesting compilation of facts. We all gained more knowledge on subjects including Pendulums, Carbon, Lateral Thinking, Lunar cycles, Inhalers, even Manhole covers all while consuming mince pies.

There will be no meeting in January. Our 2024 program will start on 13th February.

A Happy New Year to All.

Austin Group Leader



SCRABBLE

*In January 2024 we will meet on: Wednesday 10th 10 to 12.30pm
Thursday 25th 10 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

Normally Second Wednesday 10-12noon.

***** As the hall is not available on Wed. 10th January the session will hopefully be moved to Wednesday 24th January. This will be confirmed at the next coffee morning.**

The group enjoyed some seasonal songs & old favourites, helped as usual by Sue on the keyboard, and there was plenty of laughter. We spent rather longer than usual sampling the refreshments brought in by members... Thank you everyone who has supported the group in 2023.

Sorry folks, it's fee collection time when we meet again don't forget, I pay as well! I look forward to seeing and hearing you in 2024. Any queries? please get in touch.

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 afternoon at the Tarka tennis Centre.

There will be no table tennis on the 19th of December, but we will be going to the

Williams Arms for our Christmas lunch.

In January 2024 we resume playing again from the first Tuesday of the year. (Got to get those extra pounds off early!)

Some of us use the Mantra "If you snooze ... you lose." Otherwise, the standard of play is pretty good and competitive. Always fun.

New members welcome.

Gabi and Agnes



TREKKERS

Third Friday of month, 10.30pm.

Blow the festive cobwebs away at the next Trekkers walk on Friday 19 January 2024. Join us for a fairly easy walk up the Lorna Doone valley. Start at 10:30 prompt from the National Trust car park at the Lorna Doone Farm at Malmsmead, grid reference SS 791 478. Bring snacks, packed lunch and plenty to drink and be ready for any weather on the moors. More details nearer the time so make sure you are on the Trekkers mailing list if you would like to join us.

New members are always welcome, so if you are interested in joining the group, 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 from beginners to those with in depth knowledge of specialist areas. For the December tasting we looked at “The back Riads of Portugal” tasting some of the lesser-known wines from this fascinating wine country. The subject for January the 3rd will be Syrah – New World V Old World, in which we look at a range of wines made from Syrah/Shiraz from, for example South America, South Africa, Australia and France. If you fancy giving the group a try just to see if it would be of interest to you, please drop me a line

David, Group Leader



Enjoying a wine tasting session

Geology Christmas Party



Literary Studies Christmas festivities



Nature Discovery



Photographs of our Christmas Lunch. We enjoyed David Hendy the magician and the Singing for Fun Group with pianist Sue Trick, after a delicious meal followed by a raffle. Many thanks to all.







