

# BARNSTAPLE u3a

NEWSLETTER

30<sup>th</sup> NOVEMBER 2023

Issue 442



[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 Jonathan and Mrs Anna Fielding

Mr Colin Davies

Mrs Lorraine Clarke

Mr Ivan and Mrs Marilynn Pollard

Mrs Elaine Robbin

## 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](mailto:barnstaplethirdagegroup@rocketmail.com)

**Group Leaders:** Please note that the next shortened edition will be **circulated** about the **22<sup>th</sup> December**, please submit any articles before the **17<sup>th</sup> December**.

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

**Lynne , Editor**

## ***CHRISTMAS IS COMING –***

***WE WILL BE DELIGHTED TO WELCOME YOU AT THE BARNSTAPLE***

***HOTEL ON THURSDAY 7<sup>th</sup> 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.**

### **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.**

### **BARNSTAPLE THIRD AGE GROUP**

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**AS THE CHRISTMAS LUNCH IS ON THURSDAY 7<sup>TH</sup> DECEMBER THERE WILL OBVIOUSLY **NOT** BE A COFFEE MORNING AT ROUNDSWELL HALL ON THAT DATE.**

**THE NEXT COFFEE MORNING AT ROUNDSWELL HALL WILL BE ON THURSDAY 4<sup>TH</sup> **JANUARY 2024** AT 10.30am. WHEN OUR SPEAKER WILL BE MARIE SHORTT OF QUINCE HONEY FARM – MORE DETAILS IN THE NEXT NEWSLETTER.**

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## **Barnstaple u3a Safeguarding**

**Everyone has the right to fair treatment and protection from harm.**

**Safeguarding refers to measures designed to protect the health, well-being and human rights of individuals and can include incidents between members, concerns regarding abuse or neglect that a u3a member may be experiencing outside u3a, health related issues or previous or pending criminal convictions**

**All u3a members have a responsibility to report any safeguarding concerns to the committee.**

**All u3a committee members have an obligation to follow their safeguarding policy and procedure if they suspect that a member is at risk of abuse.**

## 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	<b>Diane</b>
Bonsai	1 <sup>st</sup> Wed of month **	Venn Valley Vineyard	<b>Nigel</b>
Book Lovers	Last Wed. in month	Various	<b>Tim</b>
Canasta	To be arranged	Ann's house	<b>Ann</b>
Coffee morning	1 <sup>st</sup> Thu of month 10.30am	R'ndswell Comm.Hall	<b>Any Committee Member</b>
Craft	2 <sup>nd</sup> Mon. 10.30-12.30pm	Louise's house	<b>Louise</b>
Croquet Brauntton	Thurs 12-3pm	Tarka centre (indoor)	<b>Anne</b>
Garden Days (Taw)	Various	Various	<b>Roxanne and Graham</b>
Geology	2 <sup>nd</sup> Fri. of month 1.45pm	Fremington Meth Hall	<b>David</b>
Hikers	Mon 10.30am	Various	<b>Pauline Karen</b>
How it Works	4 <sup>th</sup> Fri of month 1.45pm*	Fremington Meth.Hall	<b>David</b>
Knit and Natter	Second Mon of month	TBC	<b>Sue</b>
Literary Studies	3 <sup>rd</sup> Tue 2.30pm	Imperial Hotel	<b>Ellie</b>
Local History	2 <sup>nd</sup> Wed. of month **	Barnstaple Library	<b>Jackie Yvonne</b>
Music	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	<b>Doug</b>
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	<b>Jackie</b>
Nature Discovery	3rd Wednesday with variation 2 <sup>nd</sup> Wed Dec.	Nature Trips and some talks	<b>Laurence Deirdre</b>
Poetry	2 <sup>nd</sup> Sat of month, 2.15- 5	Various	<b>Margaret</b>
Practical Gardeners	Last Thurs of month, 10.30am	Various	<b>Lynda</b>
<b>Christmas Lunch</b>	Thu 7 <sup>th</sup> Dec 12.15 for 1pm	Barnstaple Hotel	<b>Sue</b>
Ramblers	2 <sup>nd</sup> Thurs 10.30 ***	Various	<b>Karen</b>
Rummikub	Wed, Th 2pm weekly	Ann's house	<b>Ann</b>
Science	2 <sup>nd</sup> Tue of month 1.45pm	Rhod.Ave, Methodist Church	<b>Austin</b>
Scrabble ****	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	<b>Pam</b>
Singing for fun	2 <sup>nd</sup> Wed 10-12.	Fremington Meth.Hall	<b>Patricia</b>
Skittles	Thurs, fortnightly 4-6pm.	The Fox, Fremington	<b>Elizabeth</b>
Strollers	Recommence Spring '24	Various	<b>Pam</b>
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	<b>Agnes Gabi</b>
Trekkers	3rd Friday of month, 10.30pm	Various	<b>Michael</b>
Wine Group	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. **\*\*There will be no meeting in December.**

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.

Ring Anne for more information.

*Anne , Group Leader*



## GARDEN DAYS

**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.

**January:** no visit this month.

**February:** Wednesday 28th, Country Cousins, Westward Ho! post-Christmas lunch being kindly arranged by Lynn Details to follow.

*Roxanne and Graham , Group Leader*



## GEOLOGY

Second Friday monthly.

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

In November we had Dr. Lee Bray, Archeologist of Dartmoor National Park talked about its history. Lee a geologist and archeologist with a vast experience talked of human life on Dartmoor over the last 12,000 years, a fascinating interactive afternoon. He brought new facts and ideas about our antecedents and stimulated our concepts of the earlier inhabitants.

The Christmas celebrations will begin with a talk by Peter Loombe about some of the least known islands in the atlantic, the Azores. They are a recent arrival but have matured quickly due to the warm sea and adequate rainfall. Volcanoes, beaches and lava fields with Portugese wine and food lead to a low stress atmosphere. This will be followed by a quiz and the snacks brought by members.

*David , Group Leader*



## HIKERS

### Hikers Monday 4<sup>th</sup> December

We hope you will join us for a walk around Landkey of approximately 5.5m Please meet in the car park behind The Castle Inn (EX32 0NF) for a 10:30 start.

Please come prepared for all weather, be prepared for mud! Walking poles recommended.

We hope to get together for tea and mince pies at the end, details tbc.

If you would like to come along, please let us know so that we are able to inform you of any changes.

BYOFAD

Looking forward to seeing you all soon.

New members always welcome.

*Group Leaders: Pauline and Karen*



## HOW IT WORKS

**\*Friday 8<sup>th</sup> December 1.45 for 2.00pm.**

November was an excellent talk by Agnes regarding Glass. It's a commodity we took for granted so hearing about something that has been with us since the formation of the Earth astounded us with its present day uses.

There will be **no meeting in December** due to holidays but members are invited to join the Geology group on **December 8<sup>th</sup>** for the Christmas party.

*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 , Group Leader*



## LITERARY STUDIES GROUP

Tue. 19<sup>th</sup> December – our Christmas meeting.  
Tues 16<sup>th</sup> January 2024 - Imperial Hotel – 2.30pm.

Golden Child, by Claire Adam, divided opinion and so gave us plenty to talk about! Set against the backdrop of rural Trinidad, the author creates a great sense of place whilst incorporating a mood of everyday lawlessness and violence, where guard dogs patrol everyone's back yard. It is a story about a family with twin boys, one 'gifted' and the other not and it is the decisions the father makes about his sons that form the basis of this story. Some found it an enjoyable read and felt empathy for the characters and horror at the choices the father had to make. Others felt that, because many of the characters were so sketchily drawn, it was difficult to engage with them and therefore the story lacked a sense of suspense in the sad ending. Even this ending was ambiguous, raising a lot of unanswered questions and causing even more discussion!

*Ellie Group Leader*



## LOCAL HISTORY

**\*\*There is no meeting in December.**

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 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 December Nature Discovery trip will be a birdwatching stroll along Fremington Pill, led by Martin Unwin. We will send out details of parking and the meeting location by group email. Please note that because of Christmas we will be meeting a week earlier than normal, on Wednesday **December 13th** at 10.00am. – Laurence and Deirdre

For more information about the group please contact Laurence

*Group Administrators: Laurence & Deirdre*



## POETRY

In keeping with November, we chose Fireworks as our theme. We discovered Guy Fawkes was a Yorkshire man, very brave and loyal to his friends and even admired by King James 1 of England although it didn't prevent his execution. More than one version of the poem I Remember, I Remember exists: the first penned by John Milton in 1626, another c1870. Fireworks were used as a metaphor for romantic attraction as well as rejoicing in success. Also included were wonderfully evocative poems about childhood: the sights, sounds and smells of bonfire night with traditional sizzling fat sausages, Parkin cake, brittle treacle toffee in Back in The Day by Paul Butters, November Night Countdown by Moira Andrews and some poems by Enid Blyton among others. They awakened fond childhood memories for us. Our thanks to Julie for kindly hosting and providing refreshments.

I will be hosting in December when we will have our favourite Xmas poems. Refreshments will be Bring and Share to celebrate Xmas. 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 (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. Tickets are £20.00 per person. [See notice on Page 2](#)

If you have any queries, please contact Sue

*Sue , Group Leader*



## RAMBLERS

**\*\*\*No walk in December.**

Happy Christmas, see you all in January!  
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

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

Many thanks to those who attended in November and to Pat Redwood for her presentation on Carbon Capture.

Our December meeting will feature a diverse range of '**Interesting Science Facts**'. All are welcome to come and share entertaining, thought provoking or unusual ideas with the group which you have found of personal interest.

**There will be no meeting in January.** Our 2024 program will start on 13th February. New Members are always welcome. Entry is £3.00.

*Austin , Group Leader*



## SCRABBLE

\*\*\*\***There will be no meetings in December.**

In January 2024 the plan is Wednesday 10<sup>th</sup> 10 to 12.30pm  
Thursday 25<sup>th</sup> 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

Second Wednesday 10-12noon.

We used our November session to run through what had been selected for the U3A lunch 'entertainment' on 7 December. With an extra meeting in late Nov, we hope to be there on 7 Dec & members want to meet for a 'celebratory' session on 13 December. No chance of my putting my feet up!

Many thanks to all those involved: we work as a 'group'.

*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 Agnes Group Leaders*



## TREKKERS

Yes, Trekkers are walking next month on Friday the 15th of December from Lynton!

Come along and get/stay trim in advance of the feasting season! We will meet in the Bottom Meadow car park, EX35 6AR and start at 10:30. The car park is not cheap so I suggest sharing lifts. If anyone wants to come by bus instead, please let me know and we will wait for the bus to arrive at 10:43, confusingly, at the 'Castle Hill' bus stop. We will have a circular walk taking in the Coast Path, Valley of the Rocks and Lee Abbey. As usual bring snack, packed lunch 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.

*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

*David Group Leader*

**Trekkers – Coast Path on the way to Bull Point**



**Nature Discovery in Horner Woods near Porlock**





**Hikers - Coffee Break**

**Hikers – Team Purple**



**Ramblers – Lunch after walk - Yelland**

