

BARNSTAPLE u3a

NEWSLETTER

30th JUNE 2023

Issue 437



www.u3asites.org.uk/barnstaple

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith*

Business Secretary: *Roger*

Membership Secretary: *Julia*

Groups Co-ordinator: *Laurence*

WELCOME NEW MEMBERS

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

Mrs Pamela Thorne

Mrs Jane Keatley

We also Welcome back the following:

Mrs Julie Wood

Ms June Fennell

COFFEE MORNING THURSDAY 6th JULY

Our speaker is Thomas Thurlow whose subject is “Historic Buildings of Exmoor”

'A brief look at the variety of listed and historic buildings across Exmoor National Park. I will highlight some recent discoveries and talk about some of the best-known buildings as well as some hidden gems'

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
Coffee morning	1 st Thu of month 10.30am	R'ndswell Comm.Hall	Any Committee Member
Craft	2 nd Mon. of month 10.30-12.30am	Louise's house	Louise
Croquet Braunton	Tuesdays 2-4pm	Bple.croquet club	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	Resume September		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
Poetry	2 nd Sat of month, 2.15- 5	Various	Margaret
Practical Gardeners	Last Thurs of month, 10.30am	Various	Lynda
Quarterly Lunch	Sept-to be advised	Williams Arms	Sue
Ramblers	2 nd Thurs 10.30am	Various	Karen
Rummikub	Wed, Th 2pm weekly	Ann's house	Ann
Science	Non – July & Aug.	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 10-12noon	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 3C, Barnstaple Library	David 1



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 Group met once again at Venn Valley Vineyard. Due to several close events in June, the next meeting will be Wednesday **5th July** at 2.00pm at the vineyard. Please bring along any tree that we could discuss.

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



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. Ring Anne

Anne Group Leader



GARDEN DAYS

Wednesday to Friday August 23-25: Bridgewater, Salford RHS. This trip is fully booked.
Pick-up times: to be advised by email to participants.

Wednesday July 26 July: Kingston Lacy (NT), Wimborne Minster. This trip is 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 Leader



GEOLOGY

Second Friday monthly.

There will be a field trip to Saunton Sands searching for fossils on Friday 14th July. Please note, there will therefore be no meeting in the hall. All members will receive an email in the next week giving details of this field trip. Keith is organising this event –

01272 346452.

David Group Leader



HIKERS

Monday 3rd July

This month we plan to revisit our walk from Duck Pool. Please meet in the National Trust Car Park at Duckpool EX23 9JN for a 10:30am start.

It will be a circular walk of 6.5miles taking in Coast Path, countryside footpaths and riverside trails. A steep ascent followed by several of ups and downs.

Be prepared for mud if it has been wet and come prepared for all weathers.

BYOFAD New members always welcome.

If you are hoping to join us, please let us know so that we know to expect you and can notify you of any changes ~ Thank you

Group Leaders: Pauline and Karen



HOW IT WORKS

4th Friday 1.45 for 2.00pm.

New members and visitors are welcome to join us and hear about the stimulating concepts of the group. The meeting on Friday July 28th will be a talk on 3D printing.

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. 18th July Imperial Hotel 2.30pm.

'The Lost Daughter' by Elena Ferrante is the story of Leda, an Italian divorcee, who takes a vacation where she inveigles her way into the affairs of an extended family group she encounters daily on the beach.

Although it was agreed that the book was well written there was little sympathy with any of the characters especially Leda who, totally self-obsessed, was not a likeable person. Overall, the book was not favourably received and everyone was relieved that it was only a short read.

Ellie Group Leader



LOCAL HISTORY

Our meetings have now finished but we will be back in September. We would like to thank everyone for the support you have given us during this Season's talks and for all your very kind feedback.

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

After our tree spotting jaunt on Torrington Commons, July's Nature Discovery excursion, on Wednesday 19th July, will be to explore Fingle Woods, near Castle Drogo. Keith Luckhurst will be our guide. Details about the location, parking etc will be sent out by group email nearer the time.

For more information about the group please contact Laurence

Group Administrator Laurence



POETRY

In total there have been 21 English Poet Laureates (PL) dating back to 1668 when John Dryden, a famous literary figure, was officially appointed by King Charles 2nd after the restoration of the monarchy. The current PL Simon Armitage succeeded Carol Ann Duffy in May 2019 after 10 years in office. Our thanks to Gillian for kindly providing a timeline history complete with portraits. Among the poems chosen were Ted Hughes poem Thought Fox describing his artistic inspiration and Duffy's poem Silver Lining inspired by the restricting effects on travel caused by the volcanic ash cloud. We welcomed a new member, Pat to our group. Our thanks to Christine for kindly offering to host at short notice. I shall be hosting our next session. There are still spaces for new members.

If you need more information, please contact Margaret.

Group Leader Margaret



PRACTICAL GARDENERS

Please contact Lynda if you are interested in this group.

Lynda Group Leader



QUARTERLY LUNCH

Our next quarterly lunch will be in September. More details later.

Contact Sue

Sue , Group Leader



RAMBLERS

Thursday 13th July

We look forward to you joining us for a pleasant, gentle walk alongside the Coast Path from Bideford to Appledore, a distance of approximately 3.2 miles. We will follow a linear route, much of which is shaded, with the option of returning by bus for anyone who wishes to do so or you are most welcome to join Pauline and I to walk back. Optional lunch in Appledore.

Please meet in the Riverside Car Park, Bideford for a 10:30 start. Wear appropriate clothing and footwear and bring a drink.

Please let us know if you plan to come along so that we know to expect you and are able to notify you of any changes.

Karen and Pauline

Group Leaders



RUMMIKUB

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

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

Ann , Group Leader.



SCIENCE

2nd Tuesday 2pm – 4pm. Rhododendron Ave Methodist Church

Please note that June's talk will be our last one before our Summer Break. We will re-convene in September when we be having a talk from the leader of 'Nature's Footprints' a new initiative operating within our local AONB.

New Members are always welcome. Entry £3.

Austin Group Leader



SCRABBLE

Wed 5th July 10am -12.30pm

Thursday 20th July 10am-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 had 18 members attending our June session, including 3 new singers. Quite a few 'old' favourites featured, plus some new ones suggested by group members. Sue Trick gave her usual wonderful accompaniment and help with getting the words across - but as she's away in July, the Group will have a 'guest' accompanist, John Hobbs, for our July session. As long as enough U3A members want to continue to 'sing for fun', we'll meet again in September. I look forward to seeing you on 12 July, we have a break in August, and reconvene on September 13 for some more fun with music....

Thank you to all who attend and help me out when needed!

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 27th July

Meet at 11am at The Wrey Arms pub, Sticklepath for an approximate 90-minute stroll around Sticklepath and Tower View area which has some lovely views and scenery. I will liaise for members to park in the Wrey Arms car park. Optional refreshments/lunch at The Wrey Arms afterwards. New members very welcome, any queries contact Pam.

Pam Group Leader



TABLE TENNIS

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

We are playing every Tuesday at the Tarka Tennis Centre. The aim is a social, fun get-together whilst giving our bodies and grey matter a good workout. The competitive element is definitely always there.

The group has been growing to 20 plus members with sometimes everyone attending. We play doubles on two tables, but are investigating getting another table. All welcome to join.

For more information contact Gabi or Agnes.

Gabi Agnes Group Leaders



TREKKERS

The next Trekkers walk will be on Friday 21 July, starting from Heywood Wood car park near Chulmleigh. Coming south from Barnstaple on the A377, turn **right** towards Bridge Reeve when you reach the B3096 near Chulmleigh. Cross the railway line and then the river and immediately turn left, and then left again after 200m. The car park is about a mile further, in the wood on the left.

We will do a walk of about 7 miles through woods and country lanes, passing a surprising motte and bailey. As usual 10:30 start, finishing mid-afternoon. 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

Last Wednesday at 2pm – Room 3C Barnstaple Library. For information contact the group leader.

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

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



Merlins face and two bridges across to Tintagel Island taken on a recent Geology Field Trip



Nature Discovery outing to Crow Point



Bonsai Group



Ramblers walk around Countisbury



Nature Discovery Group tree spotting on Torrington Common



Hikers Outing in June to Croyde and Saunton Down



Paddling with our boots on

Looking for tadpoles

