

# BARNSTAPLE u3a

NEWSLETTER

30th JULY 2023

Issue 438



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

[barnstaplethirdagegroup@rocketmail.com](mailto: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 Hazel J Varley

Mrs Valerie Ridley

## OBITUARY

We were very sad to learn that Mary Sumner passed away in June after a long and bravely fought battle with cancer. We extend our sincere condolences to her family and u3a friends who will miss her so much.

## COFFEE MORNING THURSDAY 3<sup>rd</sup> AUGUST

**Speaker - Dr Frances Burroughes - The Wonderful World of Glass**

*From his own collection, he brings historic and valuable items of glass to illustrate the history of Glass-making from 3,000 B.C. to the present day.*

## ***CAN YOU HELP?***

**A note from your Chairman.**

**In order to provide Barnstaple u3a members with a monthly newsletter, coffee mornings, registration of interest groups, etc, a management structure is necessary. This is provided by a 'committee' of volunteer members, who devote their time and effort each month to various services that allow our 350 members enjoy their retirement through the 25 focus groups.**

**The committee now need some assistance due to illness, advancing years, and present workload. They also have recognised that we need to plan for the organisations continued future. This u3a group is now celebrating its 30<sup>th</sup> birthday year, and we sincerely hope that it will continue for another 30 years, but we require your help to do so.**

**If you feel you can assist or contribute to the organisation, please do not hesitate to contact any committee member directly, or at any coffee morning.**

**Many thanks**

## **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 edition will be circulated about the 29<sup>th</sup> August 2023. Please submit any articles before the 22<sup>nd</sup> August. I would be delighted if anyone has any group photographs, I could put in the newsletter. **Lynne Editor**

## 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>Bonsai</b>	1 <sup>st</sup> Wed of month	Venn Valley Vineyard	
<b>Book Lovers</b>	Last Wed. in month	Various	
<b>Coffee morning</b>	1 <sup>st</sup> Thu of month 10.30am	R'ndswell Comm.Hall	
<b>Craft</b>	2 <sup>nd</sup> Mon. of month 10.30-12.30am	Louise's house	
<b>Croquet Braunton</b>	Tuesdays 2-4pm	Bple.croquet club	
<b>Garden Days (Taw)</b>	Various	Various	
<b>Geology</b>	2nd Fri. of month 1.45pm	Fremington Meth Hall	
<b>Hikers</b>	Mon 10.30am - non-Aug	Various	
<b>How it Works</b>	4 <sup>th</sup> Fri of month 1.45pm	Fremington Meth.Hall	
<b>Knit and Natter</b>	Second Mon of month	TBC	
<b>Literary Studies</b>	3 <sup>rd</sup> Tue 2.30pm	Imperial Hotel	
<b>Local History</b>	Resume 13 <sup>th</sup> September		
<b>Music</b>	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	
<b>Mosaics</b>	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	
<b>Nature Discovery</b>	3rd Wednesday with variation	Nature Trips and some talks	
<b>Poetry</b>	2 <sup>nd</sup> Sat of month, 2.15- 5	Various	
<b>Practical Gardeners</b>	Last Thurs of month, 10.30am	Various	
<b>Quarterly Lunch</b>	Thu. 21 <sup>st</sup> Sept.	Williams Arms	
<b>Ramblers</b>	2 <sup>nd</sup> Thurs 10.30 Aug-non	Various	
<b>Rummikub</b>	Wed, Th 2pm weekly	Ann's house	
<b>Science</b>	Non – July & Aug.	Rhod.Ave, Methodist Church	
<b>Scrabble</b>	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	
<b>Singing for fun</b>	2 <sup>nd</sup> Wed 10-12. Non-Aug	Fremington Meth.Hall	
<b>Skittles</b>	Thurs, fortnightly 4-6pm.	The Fox, Fremington	
<b>Strollers</b>	4 <sup>th</sup> Thurs 11am	Various	
<b>Table Tennis</b>	Tuesdays 2-3.30pm	Tarka Tennis Centre	
<b>Trekkers</b>	3rd Friday of month, 10.30pm non-August	Various	
<b>Wine Group</b>	Last Wed. of month, 2pm	Room 3C, Barnstaple Library	



## **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.

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.

Our next bonsai meeting will be on Wednesday 2<sup>nd</sup> August at the vineyard at 2.00pm.

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*



## **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 information.

*Anne Group Leader*



## **GARDEN DAYS**

**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

**Booking:** via our email. *Once place confirmed* payment to our home address (cheque to Taw U3A) by end Aug. 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 supporter's 1st come 1st served, others on waiting list (are often places).

**Wednesday 23 - Friday 25th August:** NT's Lt Moreton Hall, RHS Bridgewater, National Memorial Arboretum. This trip is fully booked. Pickup times will be advised by us or Swan Tours.

*Roxanne and Graham , Group Leader*



## **GEOLOGY**

Second Friday monthly. \*No meeting in the hall in August.\*

Below are details of our re-arranged Field trip to the Valley of Rocks, we are fortunate to have Paul Madgett a well-known local geologist lead this visit.

***Valley of Rocks Monday 14th August 11-00 hrs start Meet at Car Park next to Mother Meldrum's Tea room Time Taken 2hrs approx. Bring lunch or visit tearoom.***

David  
Field trip Co-ordinator for Geology Keith

*David Group Leader*



## HIKERS

No walk in August, but we are looking forward to a beautiful walk to Tarr Steps from Withypool on 4th September, details to follow. Karen and Pauline

*Group Leaders: Pauline and Karen*



## HOW IT WORKS

**4<sup>th</sup> 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 July presentation “Digital Printing a new manufacturing process” was explained from its early inception 150 years ago. The range of products that are in the experimental stage was staggering from houses to racing cars. However, when the speaker explained prosthetic limbs, a member of the audience enlightened us regarding his prosthetic lower leg. An outstanding presentation. The next meeting on Friday September 22<sup>nd</sup> will be a talk on glass. Originally for windows you will hear the range of past and present manufacturing and present uses.

**\*No meeting in August.\***

*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. 15<sup>th</sup> August Imperial Hotel 2.30pm.

Fingersmith by Sarah Waters received mixed reviews from the Group. It was agreed it was well-written and painted good pictures of the Victorian age in which it was set.

The three-part structure, although allowing the story to be told from the point of view of both main protagonists, left even those who enjoyed the book feeling it was overlong and repetitive.

It was felt that the tension created by the shocking twist at the end of part one was not maintained, with the remainder of the plot lacking somewhat in plausibility, and leaving many readers confused.

*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 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 next Nature Discovery Trip, on Wednesday August 16th, is a gentle 2 mile round walk from Hunters Inn to Heddons Mouth (please note change of plan for logistical reasons!) We will take refreshments, on return, either at Hunters Inn or The Pantry depending on the choice of the group. Meet at Hunters Inn NT Car Park at 10.00am.

For more information about the group please contact Laurence

*Group Administrator Laurence*



## POETRY

July's theme was Nature in Summer and some poems were evocative of place such as Sir Derek Walcott's Midsummer Tobago, Scottish poet Norman McCaig's charming poem Summer Farm and Betjeman's A Bay in Anglesey. Anglesey is well loved by one of our members and visited every Spring. Nature is also seen as a refuge providing troops of flowers instead of soldiers after the English Civil War in the poem by Andrew Marvell. We ended on a humorous note with Pam Ayres "The Perfect Swimsuit"- the must-have for holidays- to hide those imperfections and of course impossible to find.

Next month's theme will be Families-the highs and lows. Look forward to hearing from anyone who would like to join our group or just would like to sit in on a session.

If you need more information, please contact Margaret.

*Group Leader Margaret*



## PRACTICAL GARDENERS

Please contact Lynda if you are interested in this group. Her contact numbers are:

*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 August and September coffee mornings. Contact Sue

*Sue Group Leader*



## RAMBLERS

No walk this month. We hope you will join us in September for a walk around Molland.

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:

**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**

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

There will be no meeting in August. We reconvene in September when we have 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**

Thursday 17<sup>th</sup> August 10am-12.30pm

Apologies, no group meet-up on the 1st Wednesday in August, but meeting on Thursday 17<sup>th</sup> August, 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

My thanks to all who came on 12 July and helped to welcome our guest accompanist John Hobbs. After a session comprising old and new favourites, and trying out some of the 'new' suggestions, John told me that he'd enjoyed playing for such a friendly group.

Enjoy your well-earned break as we aren't meeting in August.

*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

Meet on the last Thursday in August, the 31<sup>st</sup> at 11.00am at the main Library entrance (Barnstaple) for an approximate 90-minute stroll around the Rolle Quay and Pilton areas. The venue for members who wish to stay for refreshments/lunch afterwards is yet to be decided.

New members very welcome, any queries contact Pam.

*Pam Group Leader*



## TABLE TENNIS

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

The table tennis group is on holiday during the month of August. There is a summer social get-together on the 19<sup>th</sup> August, details will be sent to members on a separate email. Play will resume on Tuesday 5<sup>th</sup> September, 2pm to 3.30pm at the Tarka Tennis Centre. Thank you, Gabi and Agnes.

*Gabi Agnes Group Leaders*



## TREKKERS

There is no Trekkers walk in August. The next Trekkers walk will be in the Hartland area on Friday 15 September, more details next month. If you would like to join the Trekkers mailing list to be kept up to date, just let me know.

*Michael , Group Coordinator*



## WINE

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

*David Group Leader*



**Hikers – walk from Duckpool, Cornwall**

**A little windy but a good time had by all.**



## July Ramblers walk from Bideford to Appledore



## Lunch at Market Street Kitchen, Appledore



**Keith led our Nature Discovery Group on a glorious walk from Castle Drago through the Teign Valley. On one of few dry days we have had this July we were treated to wonderful views over Chagford and Dartmoor as well as the experience of the beauty of the River Teign in sunshine! In terms of nature the highlight of our walk was finding a large toad! I think we all thoroughly enjoyed our day especially as we had the luxury of two refreshment stops at local cafes.**

