

Edition: FIVE – Jan/Feb 2020

UPDATE Editor: Sue Hooper-Lawrie

Email cvu3aupdate@gmail.com

At its heart, the U3A believe that continuing to learn, develop your interests, make friends and try something new, is a life-long passion.



— HAPPY NEW YEAR —

Your Steering Committee members...

We are thrilled to welcome new committee members Susan Greenhough and Catherine Boyack who joined the Steering Committee at the start of 2020. We look forward to working together to continue the development of Culm Valley U3A through 2020.

Sue Hooper-Lawrie
Carol Mitchell
Gill Sole
Kevin Woodward
Sue Tremeer
Vicki Woodward
Marian Luck
Catherine Boyack
Vacant
Richard Taylor
Jenny Hodgson
Susan Greenhough

Chair and Newsletter
Vice Chair and Speaker Co-ordinator
Business Secretary and Speaker Co-ordinator
Treasurer
Membership Secretary
Groups Co-ordinator
Webmaster and Database (Beacon)
Minutes Secretary
Publicity Co-ordinator
Assistant Treasurer
Assistant Groups Co-ordinator
Assistant Membership Secretary



Thursday 6th February 2020

Our first speaker for 2020 is Felicity Goodall who will talk about "The Exodus from Burma (now Myanmar) in 1942". Felicity will tell us about the march of over half a million people (mainly battle-hardened Indian and British troops) who trekked hundreds of miles to safety in India, following the invasion of Burma by the Imperial Japanese Army.

On **March 5th 2020** we will be joined by Sir Neil Butterfield QC who will be speaking about "Crime and Punishment"! Sir Neil has been a lawyer for longer than he cares to remember. Sir Neil came to Exeter as a junior barrister in 1970, specialising in criminal law. He became a QC in 1985 and a High Court Judge in 1995. A life of crime has given Sir Neil cause to reflect on the misdeeds of criminals and how society deals with them.



We look forward to some provocative and stimulating thoughts influenced by stories from the courts, some of which may even be true ...



Speakers and Topics for 2020 monthly meetings

- March 5th 'Crime and Punishment' by Sir Neil Butterfield
- April 2nd 'Devon's Air Ambulance' by a *daat* volunteer
- May 14th 'Life in Russia' by John Dobson
- June 4th Culm Valley U3A Day
- July 2nd 'Mercy Ships' by Kay Rouse
- August 6th 'Devon Photo Quiz' by Robert Heskwith
- September 3rd AGM and 'The London Blitz' by Peter Morris
- October 1st 'Why did they invent that?' by Ian Barclay
- November 5th '21 years in the Tower' by John Keohane
- December 3rd Christmas Social

From the Steering Committee

As you know the steering committee has been working hard, behind the scenes, to get Culm Valley U3A (CVU3A) established and ensure we are both legal and safe as an organisation. Even though we are all volunteers we have to take on the legal requirements of Trustees and as such we have a duty of care to all members of the CVU3A.

These responsibilities require us to carry out quite a lot of research, reading, discussion, creating draft policies and procedures and clarifying roles and responsibilities, to name some of the things we have been doing over recent months. As well as this we have been working to encourage the setting up and running of all the interest groups to ensure they are set up with safety and enjoyment in mind.

Duty of Care means we have to ensure that members feel safe, and are safe, in whatever activity/ies they are participating in under the banner of CVU3A. As you know we have already had the discussion of photographs and some groups have had discussions about the responsibilities of Group Conveners/Leaders, keeping registers etc. These are all issues we have to address, whether we like it or not.

We are most grateful to those who have offered advice and suggestions to help us as we make sense of all the responsibilities and requirements we need to address.

Very soon much of the work we have been doing will become available on the CVU3A website. This will include the Culm Valley U3A Constitution and all are policies and procedures. You will also be able to see all the roles and responsibilities of the steering committee members.

We still have some way to go but are confident, as a team, that we are getting there. Thank you for your patience and support, it is very much appreciated.

Guests and Non-Members at meetings

At the December meeting we were asked about non-members attending monthly and/or interest group meetings.



Non-members, who are either guests of a member or who have found our information and decided to find out about us, are welcome to attend one monthly meeting and/or one interest group meeting to find out more about us. They are then required to apply for membership of Culm Valley U3A if they plan to continue attending meetings.

If a payment is required to attend a meeting the non-member is required to pay the required amount.



Membership Renewal 2020

Our membership renewal time is the beginning of April to coincide with the new financial year. The annual membership fee for 20/21 has been set at £15 per person for full membership and £5 per person for associate membership. You will also need to complete a new membership application form. This is because it is a requirement of the Data Protection Act that we keep our information as up to date as possible, and having members fill out the membership form each year is the best way to do this.

It is worth reminding members that if you change any of the personal information you have given us at any time during the year, you should inform the Membership Secretary.

National U3A Day

U3A Day, 3 June 2020, is set to celebrate the new experiences that come from being in our third age (no longer in full-time employment or bringing up children.) The annual event, which will take place on Wednesday 3 June, will show the amazing and diverse things that U3As get up to and challenge preconceptions of what being an older adult means. You can find out more about the National U3A Day by clicking on this link - <https://www.u3a.org.uk/u3a-day>.

Culm Valley U3A will be celebrating the day on the 4th of June instead of the 3rd, as the 4th is our usual monthly meeting day.

Why I am becoming involved with leading the Culm Valley U3A national U3A day working party

It was my wife who first brought my interest to a U3A local meeting being held in the Willand Village Hall, feeling a little dubious I went along, but much to my surprise I really enjoyed it. Following on from this I went to another meeting and enjoyed that just as much, and now we are members.

When I looked at the U3A and what it is all about, the range of activities it covers, the friendship it promotes, what has been achieved in a relatively short space of time, and the quick growth in membership, I felt it has such a lot to offer and the future is wide open to further development.

At the last meeting Sue Hooper -Lawrie mentioned the Culm Valley U3A National U3A Day focus is to be held on Thursday 4th June 2020, and she asked if any member would be interested in giving this their support. So with my background of project planning and management I put my name forward, and since that time Sue has asked if I would be prepared to lead and organise this special days activities, and I have agreed.

Bearing in mind that the National U3A Day will be a special day of the year, where everyone can enjoy themselves and join in the celebration, it needs careful planning and execution to ensure that the day runs smoothly and a good time is had by all who attend. To achieve this we need a small team of volunteers to help, and at the moment I am the only member of the team, so if you can give some time to assist with this it would be greatly appreciated.

If you are interested in helping please make contact with me as soon as possible, June the 4th 2020 is only 20 weeks away, and the time will fly by! I can be contacted on ken38wood@gmail.com, via the Culm Valley U3A Facebook page or by mobile on 07792 516366.

Thanks,
Ken Wood.



Interest Groups UPDATE...

Group Name	Convener & Contact	Date/Time	Venue
Art Appreciation	Vicki Woodward vickijwoodward@gmail.com	4 th Friday of month @14:00	Member's Homes
Behind the Scenes	Gill Sole Gill.sole@yahoo.com Moira Wood moira@ruinsfield.plus.com	Tuesday 25 th February	The Royal Albert Memorial Museum, Exeter



Our visit to Plymouth Gin Distillery in December 2019 was very enjoyable, not least because the weather was so kind. The Barbican looked lovely in the glorious sunshine and the Christmas Market lent a festive air. The Gin Distillery tour included an introduction to the history and process of gin making using wonderful original equipment, as well as a visit to the Tasting Room to sample the gins and check out the botanicals used. A lovely day and good opportunity to get to know other members of the group.

The next outing is to The Royal Albert Memorial Museum with an option to visit the Underground Passages in Exeter

Birdwatching	Pete/Lyn Lucey palucey@gmail.com or phone: 07811456417	2 nd Monday of month @ 14:00	
Boules/Petanque	Richard Taylor richard@4bridgestreet.eclipse.co.uk	Weather dependent	
Computer/IT	Vicki Woodward vickijwoodward@gmail.com	Wednesday 15 th January 2020 at 15:00	The Bakehouse, Cullompton
Craft	Vicki Woodward vickijwoodward@gmail.com	23 rd January 2020 @11:00	Willand Village Hall
French Conversation	Chris Gray Jack.gray@tinyworld.co.uk	1 st and 3 rd Monday of month @14:00	Kentisbeare

Please note that due to the need to limit numbers to encourage an inclusive conversational environment, this group is currently full. If you are interested and would like to be put on a waiting list, please contact Vicki Woodward, Groups Co-ordinator as if there are enough people a second group could be started.

Gardening	Margaret Chumbley allerbarton@btinternet.com		
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Group Name	Convener & Contact	Date/Time	Venue
A couple of photos of lovely plants, taken at The Well Garden Centre.			
Genealogy	Pete Lucey palucey@gmail.com Moira Wood moira@ruinsfield.plus.com	Wednesday 26 th February 2020 @14:00	The Hayridge Centre, Cullompton
For our first meeting of the year, Moira will give a presentation featuring aspects of the history of her village, Sheldon, and its people, making use of a variety of records.			
History	Alison Waple alisonwaple@hotmail.com	Thursday 13 th February 2020	TBA
Following on from our visit to St Michaels Church, Cullompton in November, we each shared the results of our follow up research. This included information about William Froude (a historically significant engineer who helped with 19th century restoration of the church); where the building stone came from and the charitable donations to the parish in 1660. We also discussed possible outings for this year. Many thanks to Carl who very kindly provided refreshments of tea, coffee and festive pastries for us all.			
Jazz	Sue Tremeer stremeer@yahoo.co.uk Richard Taylor richard@4bridgestreet.eclipse.co.uk		
Lunch Out	Vicki Woodward email: vickijwoodward@gmail.com mobile: 07966391042	Wednesday 5 th February 2020 @ 12 noon	The Keeper's Cottage
National Trust	Gill Sole Gill.sole@yahoo.com Sally Hickmott smhickmott@gmail.com .	12 th February 2020	Dunster Castle/village (via Snowdrop Valley)
The National Trust group had a lovely visit to Knightshayes and are now busy planning events for this new 'decade' (OK, just 2020 for now). We are hoping to make a visit to a NT properly once a month, usually the 2nd Wednesday if that is feasible, and will be circulating plans very soon. Proposed visits are Dunster Castle/village (via Snowdrop Valley) on 12th February, Tyntesfield near Bristol on 11th March and Montacute on the 8th April (tbc). If you'd like to join the National Trust group please contact us, all are welcome.			
Quizzing	Sue Hooper-Lawrie Shlawrieu3a@gmail.com	17 th January 2020 10:30-13:00	Willand Village Hall Annex
Another great quizzing session was held to round off 2019. Big thanks to Linda Le Milliere and Jenny Hodgson for an enjoyable set of quiz rounds which included Authors, People and Places, a Picture round and a festive round on Christmas! Thank you too to Linda for the yummy mince pies and clotted cream! Next meeting is on Friday 17 th January 2020 when the quiz will be delivered by the December 2019 winners Steve Fletcher and Martin Williams. Look forward to seeing you all there.			
Reading	Jane Bunting s.bunting@sky.com	Thursday 16 th January 2020 @14:00	Hayridge Centre, Cullompton
Reading for Dec/Jan is 'Those who are Loved' by Victoria Hislop Reading for Jan/Feb is 'The Binding' by Bridget Collins			
ReThink!	Sue Hooper-Lawrie Shlawrieu3a@gmail.com	Thursday 30 th January 2020 @14:00	Costa, Cullompton
Strollers (up to 3 miles)	Janet/Roy Harrington Roy.harrington2@ntlworld.com	2 nd Tuesday in month @10:00	
Eight of us met at the Car Park by the canal footbridge at Halberton, the weather wasn't so kind, although it wasn't too cold it was pretty wet everywhere and was threatening rain. The water in the canal was very high but we were able to walk and talk quite easily to each other. The walk is a circular one, the first part is all by the side of the canal, it will look beautiful in the summer, but at the moment it is a bit bedraggled. Nevertheless it was good to get out in the fresh air. We left the canal at the second bridge we came to, called Greenway bridge, and made our way a short distance on the road to the Halberton Court Farm Shop to have a cup of coffee and talk about our next walk. We left the coffee shop and crossed the road to go uphill to a new off road pathway back to			

Group Name	Convener & Contact	Date/Time	Venue
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the start. The strong wind kicked in here and drizzly rain but it wasn't far to complete our walk. A very enjoyable choice, thank you Eileen.

Theatre/Cinema/Music	Margaret Chumbley allerbarton@btinternet.com	4 th February 2020	David Copperfield at the Odeon, Taunton
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We have now had four successful and very enjoyable outings; Les Miserables, Cats, Andre Rieu and Little Women. Forthcoming events are:

- 4th February - David Copperfield, Odeon Taunton Time TBC
- 22nd February - An Evening of Marvin Gaye at The Venue, Uffculme
- 28th March - Made in Tennessee. The soundtrack of American Country At The Venue, Uffculme
- 16th April - Only Fools and Horses An intimate evening with Only Fools and Horses actor John Challis at The Venue, Uffculme
- June - MaMa Mia Here We Go Again Bristol Hippodrome.

As we obviously need to pre-book tickets for The Venue and Bristol Hippodrome please contact me ASAP if interested so I can try and get seats together! Some seats have already been booked so if interested I can tell you the seat numbers.

Walkers (3-6 miles)	Gill Sole Gill.sole@yahoo.com	28 th January 2020	Clatworthy Reservoir
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6 walkers enjoyed an easy walk to Culmstock Beacon on the last Tuesday in November 2019, led once again by Tony. The weather was surprisingly kind to us as you can see and the views were well worth the non too arduous climb to the top.

Our next walk is on 28 January 2020 to Clatworthy Reservoir, a 5 mile circuit.

Interest Groups please send in photos of what you have been up to, we would all love to see what you have all been doing!

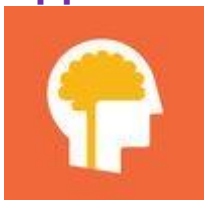
If you have an idea for an interest group please get in touch with Groups Co-ordinator - Vicki Woodward.

Are you able to help?

Bookstall Convener – We need someone or maybe a small team of people to manage our bookstall. You will need to be able to store and transport the books and create some kind of display at monthly meetings. Please contact Sue Tremeer if you can offer help.



App of the month



Lumosity is a free brain training app available for Apple and Android devices. It features daily brain games, workout modes, detailed training insights, and mindfulness training. It is available in several languages.

Find out more here - <https://binge.co/apps/lumosity>

Let us know the App or Apps you are using that you think CVU3A members should know about!!

You can contact the editor of **UPDATE** on cvu3aupdate@gmail.com



Culm Valley U3A **UPDATE**

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Culm Valley U3A **Website**

<https://u3asites.org.uk/culm-valley/home>