

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

A Great Start to our Monthly Meetings...



If you joined us on the 3rd October I am sure you will agree that Dr Gavin Haig's talk on the "Trials and Tribulations of a Surgeon" was a great way to start off our monthly meetings.

Not only were we treated to a fascinating insight into the world of NHS medicine, we were given privileged 'behind the scenes' anecdotes, some being gruesome yet amazing, as we travelled through the decades learning about how surgery has developed from some very basic practices and smoking cigars in the operating theatre, to what we all have the privilege of benefitting from today.

A big **Thank you** to all those who turned up to help set up the hall and those who helped with refreshments. Your help is very much appreciated.



For our next monthly meeting on **7th November** we welcome **David T Hawkings** C.Eng., M.I. Mech.E., M.I.Nuc.E., F.S.G. a genealogist. David's talk is entitled "**Family History for Beginners - How to research your family Tree**" David did most of the research for the TV documentary of "*Who Do You Think You Are*" featuring TV personality, Jeremy Paxman! Another interesting and informative afternoon awaits!

For monthly meetings the Willand Village Hall will be open from 13:30.

Steering Committee members:

Peter Morris – Chairman (sirom.g.p@gmail.com)

Carol Mitchell – Vice Chair and Speaker Co-ordinator (acmitchell459@btinternet.com)

Gill Sole – Secretary and Speaker Co-ordinator (Gill.sole@yahoo.com)

Treasurer – Richard Taylor (Richard@4bridgestreet.eclipse.co.uk)

Membership Secretary – Sue Tremeer (stremeer@yahoo.co.uk)

Groups Co-ordinator – Vicki Woodward (vickijwoodward@gmail.com)

Sue Hooper-Lawrie – Newsletter / Website and Publicity (Shlawrieu3a@gmail.com)

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. Henry Ford



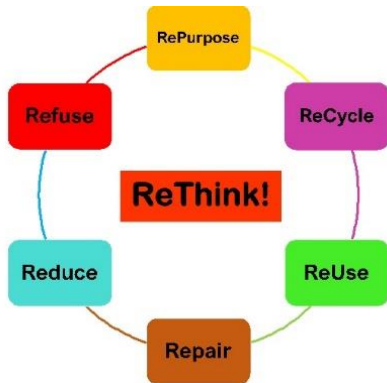
Interest Groups UPDATE...

Group Name	Convener & Contact	Date/Time	Venue
Art Appreciation	Vivienne Marrow vivienmarrow@icloud.com	4 th Friday of month 25 October @ 14:00	Member's Homes
ART APPRECIATION Group - The subject of this months meeting is The Art of Beryl Cook.			
Behind the Scenes	Gill Sole Gill.sole@yahoo.com Moira Wood moira@ruinsfield.plus.com	6 times per year	Northcott Theatre
BEHIND THE SCENES Group are visiting the Northcott Theatre on Wednesday 30 October to go backstage tour and lunch. Cost will be £15 - can be combined with matinee performance of The Lady Vanishes.			
Birdwatching	Pete/Lyn Lucey palucey@gmail.com or phone: 07811456417	2 nd Monday of month @ 14:00	Bowling Green Marsh
Boules/Petanque	Richard Taylor richard@4bridgestreet.eclipse.co.uk	Weather dependent	
BOULES/PETANQUE Group did manage to hold one session on the (now fully renovated) most excellent "terrain" in the gardens at the Walronds House in Cullompton. Great fun, revealing some hidden talents! However, the weather has largely conspired against us, and further meetings of this group are likely to remain "weather dependent" over the next few months. Anyone who wishes to arrange to play a game of "PETANQUE" or "BOULES" at short notice, please phone Richard Taylor on 07816337456 to discuss possibilities.			
Crafts	Vicki Woodward vickijwoodward@gmail.com	4 th Thursday of month @ 11:00–13:00	Willand Village Hall Annexe
French Conversation	Chris Gray Jack.gray@tinyworld.co.uk	Fortnightly on a Monday @ 13:30	Members Homes
Gardening	Margaret Chumbley allerbarton@btinternet.com	2 nd Wednesday of month @ 14:15	Otter Nurseries, Ottery St Mary
GARDENING Group had an enjoyable meeting at Killerton on Wednesday 9th October. Everyone described their garden and gave suggestions as to what they would like the Gardening Group to do. It was agreed that we would look into a visit to Stentwood/Thornhayes nursery, with maybe a talk on pruning fruit trees/bushes, a small plant swap then took place after the meeting. The next meeting will be at on Wednesday 13th November .			
Genealogy	Pete Lucey palucey@gmail.com Moira Wood moira@ruinsfield.plus.com	Monthly @15:00	The Bakehouse, Cullompton
History	Alison Waple alisonwaple@hotmail.com	2 nd Thursday of month @ 14:00	St Andrews Church, Cullompton
Next month's HISTORY Group meeting is planned to be at St Andrew's Church Cullompton. Meeting at 12:30? (Please check time with Group Convener. Group information:			
<ul style="list-style-type: none"> • Monthly meetings - default will be 2nd Thursday in the month at 2:00 pm. • Meeting location will change for visits (see ideas below) and if no visit planned potential different discussion venues to be investigated (see below) • Potential meeting venues are: Paddock Wood, Walronds, Library • Suggestions for visits and trips: Welsh Mine day trip in spring/summer; Cullompton Historical Walk; Bampton Visitors Centre; Spicelands Quaker House. 			

Group Name	Convener & Contact	Date/Time	Venue
Jazz	Sue Tremeer stremeer@yahoo.co.uk Richard Taylor richard@4bridgestreet.eclipse.co.uk	1 st Sunday of month @15:30	Beam Bridge Inn, Sampford Arundel, Wellington.
<p>JAZZ MUSIC APPRECIATION Group have travelled far and wide to attend live music gigs during the latter half of Sept / early October, including a visit to the South Molton Jazz Club at The George Inn at South Molton where John Shillito's Riviera Ramblers gave an excellent performance; then a visit to the Wellington Jazz Club at The Beam Bridge Inn, Sampford Arundel, to be entertained by Pete Allen and his Dukes of Wellington on the first Sunday of the month (followed by an excellent supper in the pub restaurant where 10% discount applied to "jazzers"!); then a small contingent made it to the Saddlers Inn at Lypstone on Friday 11th Oct where the Park Lane Stompers played from 8.00pm, and lastly to Magelake Pavilion in sunny Uffculme for the 3rd Wednesday in the month when Gordon's Jazz Club presented an evening with Gordon's Algiers Strutters. All most enjoyable outings, where a wide range of different styles kept the feet tapping! The next event that members may be interested in attending is to hear jazz violinist virtuoso, Ben Holder, with the Pete Allen Jazz band at The Sidholme Hotel, Sidmouth at 3.00pm on Sunday 27th October. Contact Richard Taylor if interested in possibly car-sharing; tel: 07816337456.</p>			
Lunch/ Eating Out	Peter Morris Sirom.g.p@gmail.com	6 November 2019 @ 12:00	The Little Bakery, Cullompton.
<p>The LUNCH/EATING OUT Group met at the Bluebell restaurant on 2nd October with 13 members present. The next meeting is at the Little Bakery in Cullompton on Wednesday 6th November 12:00 for 12:30</p>			
National Trust	Gill Sole Gill.sole@yahoo.com Sally Hickmott smhickmott@gmail.com .	3 rd Friday of monthly @ 15:00	Shute Barton
<p>NATIONAL TRUST Group will visit Shute Barton, a small medieval manor near Axminster. A private tour has been arranged as the property only occasionally opens to the public.</p>			
Quizzing	Sue Hooper-Lawrie Shlawrieu3a@gmail.com	3 rd Friday of month 10:30-13:00	Willand Village Hall Annex
<p>QUIZZING Group met on Friday 18 October for their first meeting and after 60 questions were still smiling at the end of it! Questions included general knowledge, multiple choice, an "only connect" type round and a round of collective nouns! If you know what a group of Ferrets are known as, perhaps you should think of joining us!! The winning team will now be putting together our next quiz which is on Friday 15 November. We meet at 10.30 to set up the room and then start quizzing! There is a small charge of £2.50 which goes towards the hire of the room and refreshments.</p>			
Reading	Jane Bunting s.bunting@sky.com	3 rd Thursday of month	Hayridge Centre, Cullompton
<p>READING Group first meeting on Thursday 17th October at 2pm. We will meet in reception and decide which part of the library suits us best. Bring along a current/favourite book/poem/play etc. and share it with the group.</p>			
Strollers (up to 3 miles)	Janet/Roy Harrington Roy.harrington2@ntlworld.com	1 st Tuesday of month 5 November 2019 @ 14:00	Killerton Park
Theatre/Cinema	Gillian Evans gillianmayevans@gmail.com Bill Williams	28 October 2019 @ 15:30	The Bakehouse, Cullompton
Walkers (3-6 miles)	Viv Caley Tony Ross rossmchenry@btinternet.com	4 th Tuesday of month 22 October 2019	Blackdown Hills

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

Culm Valley U3A – ReThink!



We are living in a time where we are constantly being encouraged to think about our planet and our attitude towards both it and how we live on it. We are encouraged to consider how we can save power / reuse things we would usually dispose of / recycle rather than trash. We are also asked to consider what kind of world we are leaving for future generations.

Consider how, as a U3A, and as individuals within Culm Valley U3A, we can contribute to making a difference in the way we view and treat 'waste', whether plastic cartons, cans, cardboard, fabric/clothes/soft furnishings, water, bags and what we usually take to the tip, etc. the list

is virtually endless.

Rather than seeing this as negative pressure I like to see it as a positive challenge to **ReThink** what I do, with what I have been conditioned to believe is waste.

What is meant by ReThink?

ReThink = Do you need it? Can you make it last longer? What can be done with it when it is no longer needed? Do I have to throw it into the landfill bin?

Instead -

- **RePurpose** = Can it be adapted for a different purpose?
- **ReCycle** = Can it be converted into a reusable material?
- **ReUse** = Can it, or parts of it be reused?
- **Repair** = Can it be mended or a part replaced?
- **Reduce** = Can less of it be used?
- **Refuse** = Can a decision be made to refuse to use it and perhaps use something more ecologically sound instead?

ReThink! is more than an Interest Group, it is a challenge. A challenge to anyone who wants to join me in thinking creatively about how we behave as consumers. This is not about beating ourselves up, it is about looking for positive and creative answers and alternatives.

For example What can you do with clothes you no longer wear? Here are some ideas ...

<p>What can I do with clothes I no longer wear?</p>	➤ Be your own designer and create new items of clothing by mixing 3 or 4 items together.
	➤ Wash, iron and pass on or swap
	➤ Cut up and use as dusters, make-up removal pads, pet blankets, cushion covers, memory blankets/cushions, stuffed soft toys, washing up cloths, cleaning cloths.
	➤ Cut off the buttons, cut out zips and either save them to replace lost or broken ones.
	➤ Give to charity shop or a homeless shelter
	➤ Wash, iron, photograph and put on ebay or a free give away site.
	➤ Cover books/boxes, create jewellery, make beads, cover buttons, make doll clothes, drinks coasters,

You don't have to be an expert or professional to do these things. We can learn by experimenting, looking for ideas on internet sites like Pinterest, asking friends, neighbours or family members for advice or help, or joining a group of like minded individuals!

If you are interested in joining this challenge please email me – shlawrieu3a@gmail.com

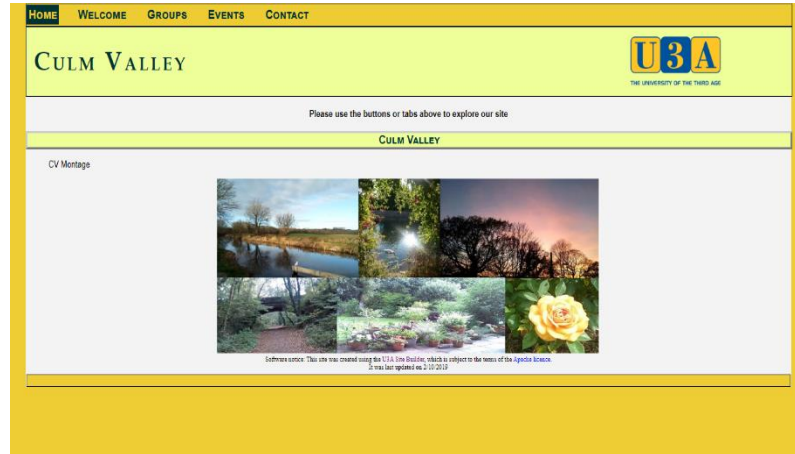


If you have an idea for an interest group please get in touch with Groups Co-ordinator - Vicki Woodward.



The Culm Valley U3A website is now live.

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



Photographs of the Culm Valley. If you have any photos taken in and around the Culm Valley, we would love to use some on the website. They must be 1500 Pixels or less and can be either portrait or landscape. We are happy to credit you on your photos when we use them on the website. Please email Photos with your name and where each photo was taken to cvu3aupdate@gmail.com.

Announcements:

Steering Committee needs you ...

If you would like to play an active part in the development of Culm Valley U3A why not join the Steering Committee. We would love to hear from you as we need to fill various roles.

Roles are:

- **Monthly Meetings Co-ordinator**
- **Publicity Co-ordinator**
- **Bookstall Convener (See below)**
- **Assistant Secretary**
- **Assistant Treasurer**
- **Assistant Membership Secretary**
- **Assistant Group Co-ordinator**
- **Assistant Website and Newsletter Editor**



Please contact the Chairman - Peter Morris (sirom.g.p@gmail.com) if you are interested in any of the above roles on the Steering Committee

Bookstall Convener – We are planning to have a bookstall at monthly meetings and need someone or maybe a small team of people to manage this. You will need to be able to store and transport the books and create some kind of display at monthly meetings. Please contact the Chairman – Peter Morris sirom.g.p@gmail.com if you are interested in helping with this.

Are you able to help?

You may not feel that the Steering Committee is your cup of tea or glass of wine but we do need volunteers to help in other ways too, including:

MONTHLY MEETING

Can you help with setting up and clearing away the Willand Village Hall for the monthly meetings? You would need to be there as soon after 13:00 as possible, on the day of the meeting, and/or stay behind after the meeting to help clear away tables and chairs.

Could you help with refreshments? This requires getting all cups and saucers ready, making tea and coffee and then washing up and putting everything away afterwards.



If you could help please let us know. Thank you.

If you have a few minutes check out our App of The Month...

For those of you into Apps, we plan to highlight one in each edition of **UPDATE**. This can be a useful App, an App you enjoy using, or just a fun App.

This month we bring you ... **What3Words**

You can find out more about it here <https://what3words.com/about-us/>

What is what3words?

what3words is a really simple way to talk about location. We have assigned each 3m square in the world a unique 3 word address that will never change.

For example filled.count.soap marks the exact entrance to what3words' London headquarters.

3 word addresses are easy to say and share, and are as accurate as GPS coordinates.

People use what3words to find their tents at festivals, navigate to B&Bs, and to direct emergency services to the right place.

Why not try it out!

Let us know which App or Apps you are using that you think everyone else should know about!!

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

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