

Chat from the Chair



Hello Exmouth and District U3A Member

This August edition of the Newsletter is probably my last “Chat from the Chair” as I feel sure you will show your appreciation of our U3A Committee’s hard work by supporting the Annual General Meeting one way or another so that the new committee can be elected. We have previously circulated details of our AGM which takes place on **Thursday 13th August, starting at 10.30 am**. The agenda and the nominations for the committee are attached at the end of this newsletter. Please return the voting form that was circulated by email on 29 July to Keith Phillips, our Secretary, by **11 August**, as this is the preferred method of voting. This can be done either by email or post.

You can join the AGM via Zoom from the comfort of your own home at any time between 10.00am and 10.25am for a 10.30 start. Details of how to join the meeting via Zoom will be sent to you in the Bulletin emailed to you the week before the AGM. When joining the AGM via Zoom, it could be that two members will be using the same computer, or iPad or other tablet, so we will have two people sharing a single screen for voting. This will mean that in this case you will be person 1 or person 2. We have tried to think of everything and I can assure you it will become clear on the day!

All members are encouraged to attend the virtual meeting but you must not vote then if you have already voted by post or email. The AGM will be followed by the Picture Quiz being organised by Nigel and Pam Day, two of our members.

It was suggested at a recent ‘Together on Tuesday’ Facebook virtual cafe chat that some groups might like to meet on Zoom with others of similar interests or on Facebook at a set time. In addition, Lyn Holmes has sent information to all Group Organisers about a new Risk Assessment Form to help with planning new ways to start up meetings now that the lockdown is easing. Lyn has been working as Groups Coordinator for a while now with guidance from Nigel Day (our previous Groups Coordinator) so is ready to take over completely after the AGM.

Enjoy the sunshine, your bubble, or whatever stage you are at in this new way of living.

Best wishes

Sandy
Chair

chair@exmouthu3a.org.uk

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Plus some of your lockdown photos as we venture outside more.

As you will see from our contents list, we have another bumper edition of the newsletter this month. Particular thanks go to Christine Chittock for organising such an impressive range of speakers and presentations every Thursday and for writing articles about each of them. These are great reminders for those of us who were able to join the 'Connect on Thursday' events and also a very helpful description for those who did not join us. The links to the websites shown give a flavour of the outstanding photos many of us were fortunate to have enjoyed seeing.

In June I started a feature called 'Living the Lockdown'. Special thanks to our guest writer this month, Glenda Huggons, for her wonderful article and pictures on '100 Days in Lockdown'. I would also like to thank those who of you have kindly continued to send me your photos. I have featured some of these this month, and there will be more next month.

For future editions I'd welcome any more photos, articles or features from any members, including more on lockdown and more reports of what groups may be up to. Please could you send anything to me by a week before the end of each month in time for the deadline for next month's edition (i.e. **before 24 August** for the September edition). Thank you.

John Hunt, Editor



email: newsletter@exmouthu3a.org.uk

‘Connect on Thursday’ meetings on Zoom



From Christine Chittock, Speakers' Organiser

The ‘Connect on Thursday’ meetings are on Zoom and available for all members. There's no need to let anyone know before. To join, just click or tap on the link which in the weekly bulletin sent to you direct by email every Friday. If you don't get straight through you may be prompted for a meeting ID and a password, also shown in the weekly bulletin. See also <https://sites.google.com/view/connectandlearn/videocalls>.

Here are the details of the Connect on Thursday presentations for August – all by our own members via Zoom at 10:15 for a 10:30 start:

Date	Presenter	Description
6 Aug	Ian McLauchlin	‘Escape from Slovenia’ – Ian writes: “It was June 1991. 'Wouldn't it be relaxing to visit somewhere a bit different?' or so we thought. Slovenia sounds good, with its lakes, mountains, medieval farm buildings, picturesque gorges and wild flower meadows. And not forgetting the Brown Bear Café. Unexpectedly, Slovenia declared Independence and suddenly there were soldiers, tanks and warplanes everywhere. In fleeing to safety, we visited four countries in a day. And we lived to tell the tale!”
13 Aug	Nigel and Pam Day	‘Picture Quiz’ – this follows the AGM . Our annual picture quiz is always popular and has a slightly different format this year. Please remember to have a pen and paper with you.
20 Aug	Ian Bateman FRPS MPAGB AV-AFIAP APAGB http://www.ibateman.co.uk/ian/	Travels in the Pacific North West (Part 1) . The talk covers Ian’s journeys in Southern Oregon, starting in Portland with its exotic gardens and laid-back culture. Ian takes you to the foothills of Mount Hood and the Columbia River gorge. You will discover an exact replica of Stonehenge, before travelling south to Crater Lake and the weird atmosphere of the Oregon Vortex.
27 Aug	John Hunt	“The Arts in Exmouth and Beyond” . If you are interested in art, music, theatre & comedy, literature, film and dance, this informal interactive presentation could appeal to you. We will explore what’s been happening in all these areas of the arts locally (and further afield if there is time), and consider how things could develop in the arts world at these times of uncertainty.

‘Connect on Thursdays’ for September and beyond – from 10.15 am

Your committee have discussed plans for “Connect on Thursday” beyond August. It is likely that Covid 19 restrictions will continue in some form for many more months, and some members may be reluctant to join in meetings indoors where large numbers of people are present (such as the Pavilion) until at least a programme of vaccination has been carried out. In addition, there may be a number of members who may be housebound for other reasons. We therefore feel that where possible we will continue to offer Zoom sessions on Thursday mornings for the moment.

We have had excellent presentations by external speakers on the second Thursdays in the month and we have been so fortunate and very grateful to some of our own members who have given us such a variety of presentations on the other Thursdays. Such talent we have in our U3A!

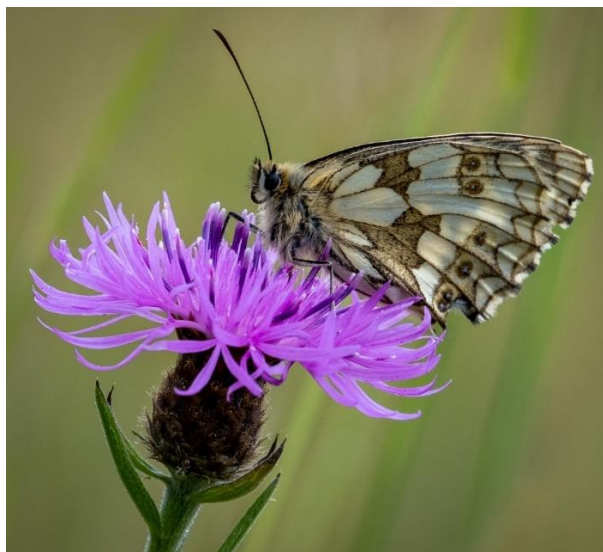
The second Thursday of the month (which would have been the date of our monthly meetings in the Pavilion) will continue to feature a **presentation usually from an external speaker**, but sometimes from one of our own members.

The fourth Thursday of the month will usually be a **structured presentation from one of our members** (who will be supported by a member of the Tech Team if they are uncertain of the technical aspects of presentation using Zoom). Where we cannot secure one of our own members, we will book an external presenter.

For the other Thursdays, we will have **informal open sessions**. It may be that one of our Groups may like to take the initiative in leading a session. Or members may be willing to give an informal short presentation. Perhaps members will just like to share a photo and talk about it, or share other resources (show and tell). Or it may be that members are just happy to chat with each other.

The programme for September is:

- **3 September:** Informal open session
- **10 September:** Monthly meeting: ‘**Incredible India**’ by **Chris Upton ARPS**. A welcome return by Chris from Nottinghamshire - <https://www.chrisuptonphotography.com/>
- **17 September:** Informal open session
- **24 September:** Presentation ‘**Photo Books**’ by **Bryan Webb MA**, one of our own members



Marbled White butterfly in the meadow at A La Ronde by Christine Chittock

Reviews of ‘Connect on Thursday’ presentations from our own members

Sheila Haycox ARPS MPAGB/AV EFIAP:

<http://www.sheilahaycoxphotography.com/>

‘The Fox Brothers’ - 25th June

We were delighted to welcome Sheila back after her superb presentation on Cuba. Sheila’s main hobby is photography which has been an interest of hers since the 1960s. Over the years she has tackled a range of different subjects winning many international photographic awards.

Sheila likes to explore historical themes and we were interested to see her photographs of the Quaker company ‘Fox Brothers & Co’ of Coldharbour Mill near Uffculme, Devon who became one of the largest textile businesses in Britain in the late 19th century, employing about 5000 people. We learnt that the company issued their own bank notes. The Fox, Fowler and Company bank eventually had over fifty branches in the West Country, and issued its own bank notes until 1921, when it was taken over by Lloyd's Bank - itself founded by a Quaker, Sampson Lloyd.

As ever Sheila’s photos were excellent. We saw lovely close up photos of the bobbins and the combing machine. Sheila had captured great photographs of the different tartans produced by the company such as the ‘Devon Green Tartan’ and the ‘Companion Tartan’.

Then a first on our Connect on Thursday sessions as Sheila showed us a trailer of her photos - ‘Asian Travels’. Certainly, a great advertisement for:

‘A Glimpse of Rural Asia’ - 23rd July

We were not surprised to see a presentation, full of magnificent interesting photos, so well composed and technically of such high quality.

Sheila has visited 44 countries and covered a few on her trip to Cambodia, Laos and Vietnam in 2011. Along the Mekong Delta we saw the incredible stilt houses resting on tall bamboo poles. Also the floating homes on pontoons or empty oil drums completely independent of land.

Sheila’s wonderful atmospheric Audio Visual (AV) of Angkor Wat in Cambodia, the largest religious monument in the world included the ‘giant strangler trees’ with their huge roots, gripping and strangling the sculptured temples.

Rickety bamboo bridges, children brushing their teeth in a river, a young child carrying a machete, people chewing beetle nuts, motorbikes and bicycles with massive loads and enormous fishing nets we saw it all. Different methods of rice growing with rice submerged in water in the lower lying areas were shown so well by Sheila with people busy harvesting the crop. Then the stark contrast of the rice terraces in northern Vietnam, created over many generations and forming beautiful patterns across the landscape.

Throughout Sheila had captured amazing photos of the working animals, particularly the water buffalo and beautiful expressive portraits of the people. Altogether another session of excellent photography which captured the ‘feel’ of the places she visited.

Thank you Sheila.

Ian Bateman FRPS MPAGB AV-AFIAP APAGB: 'Hidden France' - 2nd July

<http://www.ibateman.co.uk/ian/>

A welcome return visit by Ian, an accomplished and award-winning photographer and International Judge. In his presentation Ian took us across France, showing us unusual features and interesting stories. Each one of these stories was fascinating and well-illustrated by Ian's wonderful photographs.

Always on the lookout for something unusual Ian had come across the small French village of Caylar in the Larzac region of south-central France. It has long been a tradition in Larzac villages to plant elms in the village squares for shade and as a symbol of life and longevity, but as elsewhere their elm had succumbed to Dutch elm disease. As Ian told us in his superb Audio Visual (AV) the villagers and town council came up with a unique solution: the tree would be kept and transformed into a monumental sculpture by Michel Chevray. Ian's excellent photographs definitely did justice to the intricate and astounding work of Chevray with shepherds, local animals and plants depicting the rural life and legends of the surrounding area. As ever, it was apparent that Ian sees the details that others might miss. This was just one example from a mesmerising presentation.

The 'chat' function was much used by members to congratulate Ian on his stunning presentation: "Many thanks, much enjoyed."; "Thank you Ian. Thoroughly enjoyed your presentation."; "Excellent presentation today. Great photos, excellent talk with a variety of delivery, interesting topic and just the right timing."; "So enjoyed that presentation. I don't know France, so a real education. Thank you Ian."

Julian Elliot: 'A Japanese Autumn' - 9th July

<https://www.julianelliottphotography.com/>

Once again on what would have been our monthly meeting in the Pavilion, we had a 'Zoom' lecture and on this occasion from the Loire Valley where Julian lives. Julian, a professional landscape photographer is well travelled organising photographic workshops in different countries but during Lockdown he has diversified delivering numerous Zoom lectures.

For his work Julian likes to use a tripod, but he recommended having a table top tripod to get around the no tripod rule experienced in some places. He definitely recommended a 'Lenskirt' to go round your lens when taking photos through glass where reflections are a problem. This had certainly paid off for his superb city scapes of Osaka.

Thorough preparation for trips such as Japan is all important. Julian consults the photographer's 'Ephemeris' to see how the light will fall for any location in the world at any time of day. He also finds Google street view and Instagram useful in addition to all the usual guide books. Learning a little of the local language is helpful and or Google translate on your phone which as we learnt helped him secure an early morning walk around a temple before all the crowds appeared.

Through Julian's photography we marvelled at the different temples he visited set against the stupendous autumn colours. The distinctive shapes of temples with their visually impressive roofs such as 'Sumiyoshi-taisha' were well captured sometimes looking up to focus on details.

Patience was key for Julian as he related how he would wait for anything up to 2 ½ hours for that definitive shot. Shown so well by his photo of a traditional bridge amongst the lovely autumn colours. His research had paid off as we could see in his various photos of the classic vibrant torii gates such as those in Kyoto once the capital of Japan. To visit the beautiful 'floating' torii gate of Itsukushima Shrine on the island of Miyajima had involved a trip on the bullet train from Hiroshima and a ferry to the island's location but was well worth it to secure a great shot.

Altogether a fascinating session with beautiful photography. Thank you Julian.

Nick Ricketts: ‘Is the Climate of Exmouth Unique?’ - 16th July

Nick’s career had included 20 years as a weather forecaster at the Met Office in Exeter. He is the Organiser of our U3A Weather group. Nick was the first Chair of our U3A and together with a hardworking and committed committee he helped to set strong foundations for our U3A.

With numerous colourful and informative charts Nick set out to show us what influences the weather here in Exmouth. For example a topographical chart showed the surrounding hills: Dartmoor, Exmoor and the Blackdown hills. Interestingly, Nick explained that the high ground of the Welsh hills gives us protection. From Nick’s diagrams, it was helpful to see how the windward side of mountains and hills experience more precipitation than the leeward side. We were beginning to see that Exmouth is in a fairly good position. Whilst we might think that we have plenty of rainfall in the winter we only had to look at Nick’s charts to discover that other areas in Devon experience far more rainfall than us, even Exeter given that it is on the leeward side having a slightly higher average than Exmouth. Amongst the different charts it was great to see that Nick and Marion are keeping detailed weather reports.

Nick’s talk generated much conversation with references to the Otter Valley Weather station <http://ottervalleyweather.me.uk/liveweather/liveweather.htm> and Exmouth Coastwatch <http://www.exmouthcoastwatch.co.uk/2-uncategorised/440-weather-station>. Well worth a look!

Thank you Nick.

Reviews by Christine Chittock, Speakers’ Organiser



Walking down to the sea in the wild, windy days of late March - Sarah Dean



Whilst out and about locally, I passed this historic street, but where? - Dave Hole

Your Membership Matters!

The start of the new U3A membership year was April 1st. Notices have been given repeatedly since February, so we have to conclude everyone who wanted to renew has now done so. All non-renewed members have now been marked as “Lapsed”, and therefore cannot take part in the AGM, in voting or other U3A activities. Please contact membership@exmouthu3a.org.uk if you do want to renew, but at this late stage I cannot guarantee being able to do so in time for you to take part in the AGM.

Maurice Chittock, Membership Secretary

'Together on Tuesday', our virtual U3A cafe, every week from 10.30 am



Together on Tuesday Welcome to our virtual café

As you will know from the last newsletter and from the weekly bulletins, we have been running 'Together on Tuesday', our virtual cafe, every Tuesday from 10.30 am over the past couple of months. From the feedback we have received, those who have joined in or who have been observers have very much appreciated this, but sadly in spite of all our efforts to publicise this the numbers of members involved have remained very small. So only a tiny number of us end up on the virtual table!

So, in view of our experience with this recently and also with lockdown now easing, we have decided that the format of this should change from the beginning of August. We will still devote this hour to 'Together on Tuesday' every week at the same time of 10.30, but we will no longer be actively facilitating the discussion ourselves. Instead we will be very democratic and invite you, the members, to participate in any way that you wish. This is a golden opportunity for more members to seize this initiative and shape the conversation. And if anyone else wishes to help facilitate this, we would be delighted to hear from you.

So please try to join our Facebook Group at this time every Tuesday and see what happens! There's a great opportunity to have an hour of chat and to share things - perhaps some comments, some ideas, a short video, some photos or something else of interest. You can join our Facebook Group by first joining Facebook, if you haven't already, visiting the Group pages at <https://www.facebook.com/groups/exmouthU3A> and clicking the Join button just below the banner photo heading. You will find a variety of intriguing topics there!

John Hunt and Ian McLauchlin

Computer and related problems: Our Tech Team

Our U3A Tech Team remains on hand to help members with any technical problems or issues you may have with the use of your computer, tablets or mobile phones or the use of any software or apps. The team have successfully dealt with over 60 queries so far. It doesn't matter how trivial the problem may be, the team are happy to assist. Please contact John Hunt at johnh@exmouthu3a.org.uk or on the phone number in the Bulletin.

Connect & Learn website

Have you looked at our Exmouth & District U3A Connect & Learn website recently? Just click or tap on this link: <https://sites.google.com/view/connectandlearn>. The most popular page remains the home page and this features our current topic which is music. Other popular sections are our Ideas page, our Guide to Computers and Technology and our Guide to Videocalling. Plus you can access all 14 of our main topics via the Topics section from this link: <https://sites.google.com/view/connectandlearn/topics>.

100 Days in Lockdown - The Challenges & Gifts

Glenda Huggons



What pushed me to my edges

The first few weeks of information overwhelm, trying to sift through what is accurate, necessary and useful and balancing it with less mainstream thought and perspectives.

Struggling to find my personal limits and boundaries with regard to remaining open hearted to all those suffering yet not being brought to my knees by the enormity it.

The resultant tiredness from feeling a responsibility to keep knowledgeable but also to remain hyper-vigilant about distancing myself appropriately from any collective fear, anxiety and suffering. Having to suspend my voluntary role supporting “end of life” patients and their families and feeling uncomfortable with not being able to do more.

What kept me sane

Finding a way to help and support others practically (food deliveries) and psychologically by phone. Socially distanced chats from spontaneous meetings on walks and “clap nights” with neighbours. Humorous banter as well as deep sharing of comparative experiences with friends. Creative culinary experimentation, concocting “interesting” meals. Occasional TV, lots of radio plus special interest podcasts and inspirational TED talks with positive and uplifting themes. Reading books I’d acquired but hadn’t yet read. Revisiting abandoned musical instruments I want to learn to play. Singing (like nobody’s listening). Dancing (like nobody’s watching). Self-consolation when BoJo’s hair definitely looked worse than mine. Prioritising getting adequate fresh air, exercise and sleep. Vaguely monitoring input and output hoping to exit lockdown the same size and weight, or a bit less even. Result! High fives please.....when we’re allowed to touch, of course.

New challenges and experiences

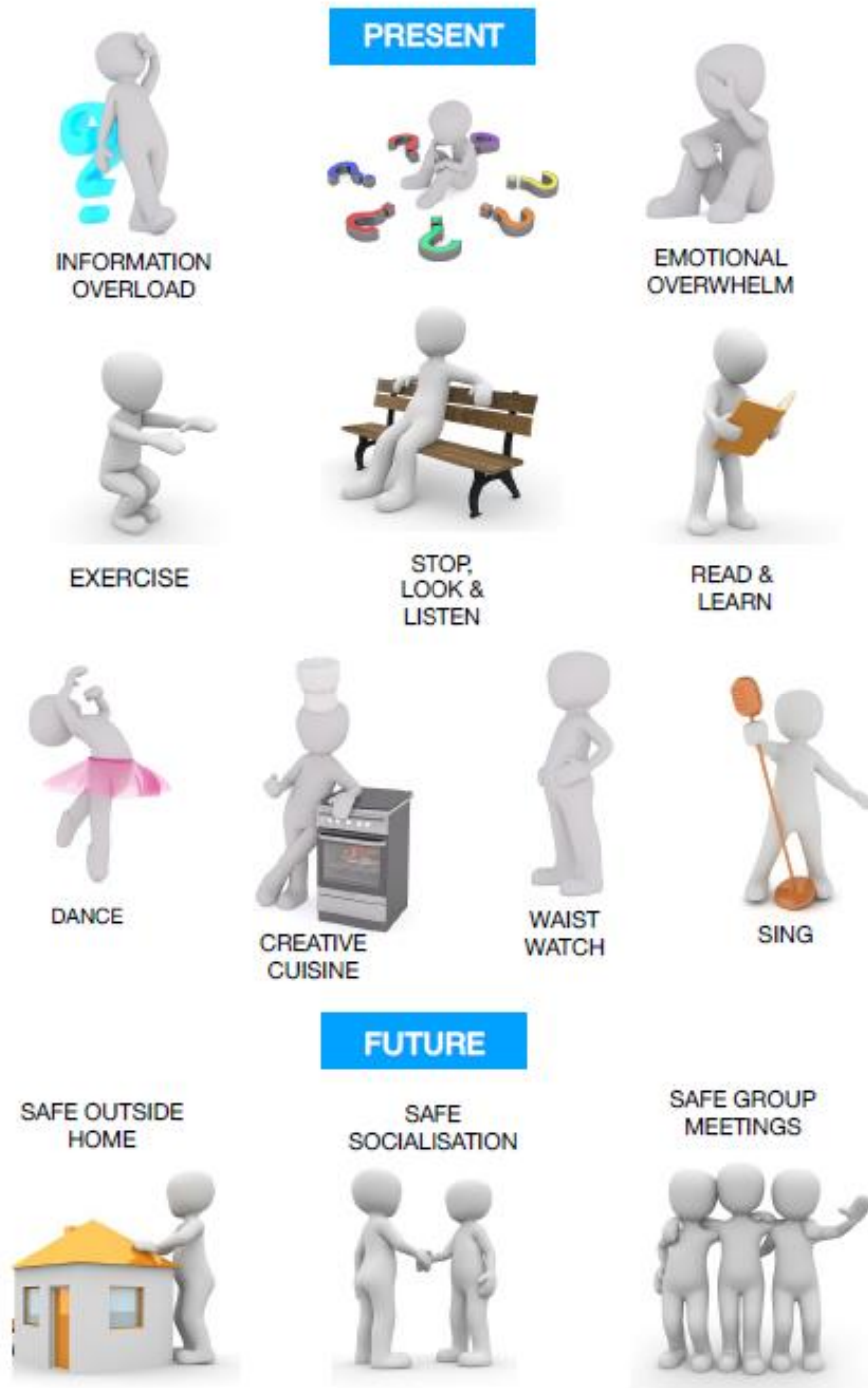
So much more “me time” to fill. Living life “in the slow lane”. Overcoming mild technophobia. Eventual successful engagement with Zoom for several shared interest communities I belong to (driven by FOMO - Fear Of Missing Out). Investment in Bluetooth earbuds for my devices to enable privacy, freedom of movement and to prevent bodily tension. Spending more time indoors, and negotiating shared spaces. Living with uncertainty. Swinging like a pendulum between extremes of emotions.

Gratitudes

To be living where I do. For all that I can see from my windows and access on my local walks. The time of year. The mostly very benign, if not glorious, weather. For time spent in absolute stillness and silence, and listening to and observing nature with awe. Having some culinary herbs in pots in the garden to jazz up “interesting” meals, and plenty of stale dried herbs and spices in the cupboard needing using up. TV, radio and the internet and all those who provide and maintain them. To all the people in my own social circles who have been supporting me in one way or another. The local shops and all in the supply chain keeping us fed and watered. The NHS and all essential community support workers, seen and unseen, serving us and keeping our lives ticking over in ways that we may never know or acknowledge.

Hopes

That our world leaders emerge from this pandemic crisis recognising that our social, economic and political systems and structures are outdated, ineffective and unsustainable and that new ones will need to emerge rapidly. That every single person will have learned at least one thing that will result in a change of at least one behaviour that will help pave the way towards a cleaner and more egalitarian world.



Created by Glenda Huggons using free images from <https://pixabay.com/>



Exmouth & District U3A

EXMOUTH AND DISTRICT U3A

ANNUAL GENERAL MEETING: 10.30am, 13th AUGUST 2020 BY ZOOM

AGENDA

1. Apologies for absence
2. Approval of minutes of 2019 AGM - previously circulated and on website.
3. Matters arising
4. Trustees' report 2019/20
5. Treasurer's report and accounts for 12 months ending 31 March 2020
6. Subscription 2021/22 - to remain at £12.00 pp.
7. Election of Committee Members
8. Election of independent examiner
9. Any other previously notified business

Nominations for Committee 2020

Nomination	Proposer	Seconder	Post
Christine Chittock	Kristina Adamson	Ian Bateman	Chair
Ian McLauchlin	Katherine Wilcox	Ken Clayton	Secretary
Richard Morgan	Jan Harper Shea	Geoff Shea	Treasurer
Camilla Benyon	Barbara Clarke	Pam Capon	Committee
Maurice Chittock	Elaine Bateman	Peter Hyett	Committee
Sheila Clarkson	Allan Jerram	Sue Jerram	Committee
Jan Collett	Rosemary Walsh	Terry Walsh	Committee
Lyn Holmes	Alice Robson	John Robson	Committee
Anne Howard	Leonora Wilson	Jan Harper Shea	Committee
John Hunt	Susi Aubrey	John Robson	Committee
Olwen Smith	John D Smith	Trevor Reynolds	Committee
17/07/20			

Notes:

1. All nominations, proposers and seconders are paid up members for this year.
2. The above nominations were received by the closing date of the 14th July 2020.
3. The committee can comprise between 5 and 12 members. Eleven nominations have been received.
4. A ballot will not be necessary but the nominations need to be approved at the AGM.