

Chat from the Chair

Across this our 10th anniversary year we are holding a number of events and so hopefully you will be able to attend at least one event if not more. It was so good to celebrate in the Pavilion on June 9th and please see the review on pages 5–7. Having some of our first Steering Group there was so moving as without their efforts and dedication we wouldn't have an u3a. Over those ten years there have been so many beneficial developments and it was just wonderful seeing some of our most recent members helping out.

We are so fortunate to have the opportunity to socialise and make new friends, to try out new activities, revisit previously learnt skills, share ideas, attend monthly meetings and participate in some of our many Interest Groups and organised events. For every one of our members who participates there are others making sure that Groups are organised and events can take place and so it is a two-way process; taking part but helping too. **We do need more help** and one way you could help is to volunteer to be our **Equipment Coordinator**. This is not too onerous but if you have some spare space (please see the photo on page 11) and are able to loan out equipment such as the projector we would be delighted and relieved. Melanie Parker has helped us with this over the last few years and it is definitely time for someone else to step forward. **From our 900 members there must be at least one of you with the room and the time to help. If you think you could help, please contact me via email at chairperson@exmouthu3a.org.uk.**

At one of our Thursday morning Zoom Coffee and Chat sessions Ella Young, came forward with a super idea of how we could meet members from our local area. Knowing that not everyone drives and with increasing fuel costs she thought it would make such a positive difference if one person came forward to act as a facilitator for each of the villages in our district and for the different parts of Exmouth. This would mean that members could get together without travelling too far, get to know each other, go for a stroll, and enjoy a coffee or whatever suits.

Lyn Holmes our Groups Coordinator sent out an email asking for facilitators and has had a very good response (see page 3). So thank you to Ella and all those who have stepped forward. I am looking forward to hearing how these Groups develop. There are still areas that need covering such as Exmouth Town, Littleham, Ebford and Exton and Lympstone so if you would like to help, please contact Lyn on groups@exmouthu3a.org.uk.

314 days! This is the length of time until our next AGM on 11th May 2023. Plenty of time to consider if you would like to step forward as our **next Chair** and ideally now as **Vice Chair as a co-opted committee member**. Plus we will be looking for a **Secretary** as well. Ian McLauchlin our current Secretary will be stepping down and I will be stepping down as well. We both love what we are doing and feel it is important for the future of our u3a that the transfer of roles is as smooth as possible and not rushed. We know from other u3as who have experienced difficulty in filling these Officer roles how detrimental it can be if these roles cannot be transferred and we don't want that to happen. So over to you. If you are interested in finding out more about these positions, please contact us on chairperson@exmouthu3a.org.uk and secretary@exmouthu3a.org.uk.

Finally last month, I was so pleased to be able to join a **New Members session** (please see photo on page 4) organised by Sheila Clarkson, our New Members Coordinator and also attended by Lyn Holmes, our Groups Co-



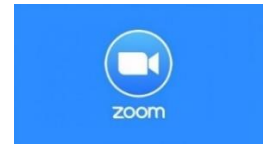
ordinator. Thanks Sheila and Lyn! Such enthusiasm and keenness to find out about the many different benefits of our u3a with on this occasion a particular interest in languages and sailing. I am definitely looking forward to seeing some of our newer members at monthly meetings, at our organised events, in Interest Groups and maybe at one of the locally organised sessions.

With best wishes,

Christine Chittock
Chair

Our next monthly meetings

After a very successful 10th Anniversary in June, we now have two very interesting speakers to look forward to in July and September. There is no meeting at the Pavilion in August.



On **Thursday 14th July**, **Dr Janet Few** will give a talk with the intriguing title of *"Coffers, Clysters, Comfrey and Coifs: life at the time of the Mayflower"*. She will be introducing us to various characters from the period and providing the answer to such questions as: "What colour were carrots in the C17th?", "What did the Pilgrims use for deodorant?" and more. It should be a fun morning.

On **Thursday 8th September**, **Dr Julia Neville**, representing the Devon History Society, will give a talk entitled *"Devon Suffrage Activists and what they did next"*. Julia Neville will present a picture of members of the movement of votes for women in Devon, described by one writer as "a powerful body of earnest and able women". She traces the work of both the non-militant and militant wings of the movement and shares new research that helps answer what women did after the vote was won in 1918.

On **Thursday 13th October**, we will be holding our *Groups Open Day* and would like you to share what your group does either as a display or just to be there so that our members and more importantly the public can ask questions and see what you do. More information will follow but if you could save the date that would be good.

Doors for all these events open at **10:00**, and the meetings start at **10:30 until approx. 11:45**. They are held in **Exmouth Pavilion**. Everyone is very welcome to use the Pavilion Café either before or after the meeting, and we have a 'Link Up' table in the café for new and recent members; a chance to get together and have a chat and find out more about our u3a. Our Social Committee is in the main hall and you can find out about forthcoming activities and outings.

We do hope that as many of our members as possible will be able to join us for both these very interesting talks and for the Groups Open Day.



Once again there is the opportunity for members to join via Zoom for anyone who is unwilling or unable to attend in person and instead prefers to join us from home (or from anywhere else in the world!). Zoom connection details are on the next page.

Ann Newby
Speakers Organiser
speakers@exmouthu3a.org.uk

Meetings on Zoom

On **Thursday 7th July**, **Jared Rapson**, from **Devon & Somerset Fire & Rescue Service** will give us a presentation on **'Fire Safety'**. Jared is a firefighter based at Exmouth Fire Station and will be offering members home fire safety advice and the possibility of free equipment such as safety alarms. This is a really important topic, and we very much hope that many of you will be able to join us on Zoom for what will be a very interesting and very important talk. **It starts at 10.30**, but we suggest everyone logs in from 10.15, and it will be for about an hour. Zoom details are on the next page.



Then at the same time **every Thursday** for the rest of July and the whole of August, we will continue to hold **our Zoom Coffee & Chat sessions**. They are open to all our members and are a good opportunity for a chat. You may have something you would like to share on a 'show and tell' basis, particularly any activities you have participated in as a group member. So why not make yourself a cup of coffee or tea and join us then; you will be most welcome. The Zoom connection details are on the next page.

The Zoom connection details for the monthly meetings, for the Zoom presentations, for our Zoom Coffee & Chat sessions and for our other u3a Zoom meetings are in the edition of this newsletter that goes direct to members, and also in emails circulated direct to members.

This is for u3a members only, so please don't share these Zoom details with anyone else. If you experience difficulties, email John Hunt at johnh@exmouthu3a.org.uk. In the unlikely event that we are having problems with this link at the time, please keep an eye on your email inbox at the time for further information.

Group news

We have started plans for **the Local Circle/Hub groups**. Here, below, are the contacts for you with the areas they are covering. If you would like to start a Local Circle because your area isn't covered do contact me.

- Budleigh Salterton and surrounding areas: Alice Robson.
- Exmouth – Dagmar Road area (bordered by The Beacon, Louisa Terrace, Trefusis Terrace and Rolle Road): Sally Parnell.
- Exmouth – Mount Pleasant area: Anne Howard.
- Exmouth – Rivermead Road area: Nicola Antoni.
- Exmouth – Shelly Road, Camperdown Terrace and The Marina: Victoria Newhouse.
- Exmouth – Withycombe area: Jan Collett.
- Topsham area: Chris Ponsford.
- Woodbury, Woodbury Salterton and East Budleigh: Lin Milsom–Ashby.

New Groups

- **A Quizzes Group** is in the planning stage and hopes to start at the end of September. I know a lot of you quizzers have missed them. Pam Day is organising it and would appreciate any help. Contact Pam Day by email.
- **Chat & Patch:** I was delighted to welcome new members to the group which now has a great mix of beginners, intermediate and experienced quilters. We are going to progress by learning various techniques of patchwork and learning the stages of making a quilt through guidance, hints and tips, resulting in members being able to achieve making their own quilt. They will be able to apply this knowledge to all kinds of sewing projects in the future. We will have fun on our quilting journey and certainly a lot of 'chat' will take place. Contact Ruth Leysinger Harris via email.

Groups with Vacancies

- **Botany Group:** contact Sheena Paterson by email.
- **Mahjong in Budleigh Bowls Club** have space for new members: any standard from new to experienced, tuition will be given. Contact Leo Williams by email.
- **Transport Group** are looking for members. Contact Jim Barnes Phillips by email.
- **Railway Modelling** have a few spaces. Contact Les Edwins by email.
- **Ukulele Group** are on a break until September but will be looking for members from then. Contact Francesca Osbourne by email.



I hope you all have a good summer and enjoy all of your group activities.

Lyn Holmes,
Groups Coordinator – groups@exmouthu3a.org.uk

Social Committee News

Our **July boat trip along the Exe** is almost here (22nd July) but as previously mentioned this has already been fully booked. Hopefully the wonderful weather we are enjoying at present will stay with us or at least be accompanying our boat into Exeter. The boat leaves Exmouth quay at 11.00 am but boarding will take place at least 30 minutes before sailing time. As a reminder, the coach bringing members back to Exmouth will leave Exeter Quay at 3.30 pm. In previous years this has been a most enjoyable outing and it is anticipated that July 22nd will also prove to be a 'repeat performance'.

The next occasion is our **10th Anniversary evening river cruise on Thursday 15th September**, for which tickets, which are £18.00 each, will be available at our next monthly meeting at the Pavilion on 14th July. As has also been mentioned when first advertised, this boat trip will include a full buffet, appropriate music and of course great company. Any questions members may have regarding this, or any of our trips, can be asked of the members of the Social Committee who will be pleased to answer (or if not find an answer) and you will find them at our named table at the meeting.

We then come to **October** and this trip is a **coach journey to Tiverton for lunch at the Fisherman's Cot restaurant, followed by a horse-drawn barge along part of the Tiverton Canal** and again, this is a repeat, due to its popularity, of a previous outing which u3a arranged prior to the Covid period. More specific details of this, including times and the cost will be available as soon as these are to hand.

When I first drafted this write up for the Newsletter, it was anticipated that our **firework canal trip due to take place on 5th November** – again more detailed information to come – would be our last for 2022 but this is not now the case as our final Anniversary Celebration this year will be our **annual Christmas Lunch** which has again been booked at **the Beacon Hotel to take place on 8th December!** Much discussion has taken place regarding the lunch being arranged before, as against after, Christmas. The result of these discussions was that as 2022 is such a special year for Exmouth & District u3a, it would be a wonderful way to finish our Celebratory Year. Also hotel bookings, particularly for Christmas events, need to be made as early as possible, and in fact we were only given two dates which were available, and the 8th December was the one we chose. Much more detail will of course be given later in the year but at least this is an advance "heads up" for our members.



As previously mentioned, our team will be available at the monthly meetings and we look forward to meeting you then.

Alice Robson, Lyn Holmes, Clare Dawson and Jenny Comben
Social Committee

New members

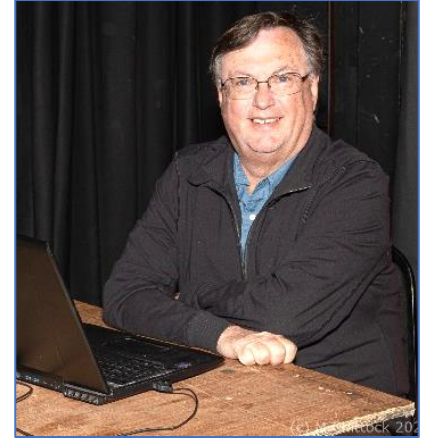
This photo was taken by Christine Chittock at a New Members session in The Ocean on Tuesday 21st June 2022, organised by Sheila Clarkson, New Members Coordinator, and attended by Christine and Lyn Holmes, Groups Coordinator.

Front from left to right Joy, Jill and Allison.
Back from left to right Cynthia and Tony.



10th Anniversary Celebration for and by Exmouth and District u3a in Exmouth Pavilion on June 9th 2022

With a clear ring of the bell and a tremendous voice Roger Bourgein, Exmouth's Town Crier opened a special 10th Anniversary celebration on the theme of 'Friendship' for Exmouth and District u3a in Exmouth Pavilion on 9th June 2022.

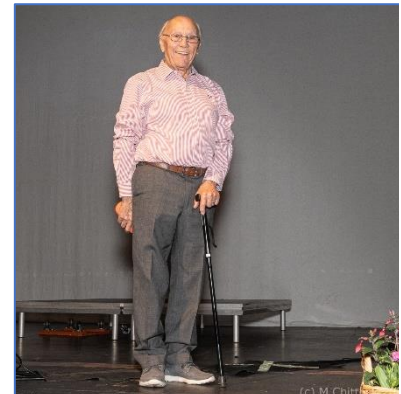


Up on the stage, Ian Bateman was there with his control panel making sure photos and words appeared on the screen and everything worked seamlessly, hiding the fact that a great deal of preparation had been put in. Ian's technical experience came to the fore thus ensuring that all went smoothly with perfect timing.

It was a very moving event, particularly as original steering group members and all the previous Chairs could join us at this memorable event, skilfully compered by David Hemmings. Streamed simultaneously for our members at home by John Hunt in the Pavilion and Ian McLaughlin at home we were thrilled to be joined by one of our members in Florida where it was five thirty in the morning.

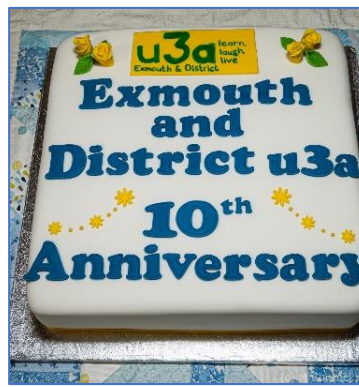


Highlights included the enthusiastic 40-strong 'Singing Group' brilliantly led by Wendy Groves and accompanied so well on the piano by Jill Govier. With his 'Musical Contrasts' Harry Atkinson played a wonderful melody of contrasting tunes to get everyone in the party mood. The Latin Line Dancing Group led by Rosemary Walsh with very clear instructions paved the way for an exuberant performance with audience participation. Whether in step or not it didn't matter as 'enjoyment' was the order of the day.



It is always good on such occasions to have an unexpected and positive surprise and this came in the form of a certificate marking the planting of a copse of 100 trees in our tenth anniversary year in a u3a woodland in the Brecon Beacons National Park generously donated by one of our members and so well told by John Hunt. Please see page 8.

Members were captivated by a fun and demanding quiz organised by Linda Parsons and David Hemmings. After which members could enjoy a magnificent celebratory cake and a variety of cakes by the Bake and Taste Group led by Pam Day. Nick Ricketts as the first Chair of our u3a posed for a photo alongside former Chairs Jan Harper Shea and Sandy McQueen together with our current Chair Christine Chittock. <https://www.exmouthjournal.co.uk/news/u3a-celebrates-10th-anniversary-9037532>



Whilst enjoying a drink and celebratory cakes members watched our very own 'Contraband' led by John Smith and recorded by Ian and Elaine Bateman and Maurice and Christine Chittock and edited by Ian Bateman. So good to see and hear the talent of one of our Groups.

A visually stunning geometrically patterned 10th Anniversary quilt by the 'Quilting for Fun' Group led by Clare Dawson was one of many spectacular quilts on display for members to admire. The 10th Anniversary quilt is being raffled to raise funds for improved accessibility for u3a members.



The finale of a kaleidoscopic audio-visual montage by Christine Chittock showcased members enjoying themselves over the last ten years and brought the event to an uplifting close.

As ever our Meeters and Greeters arrived early, got set in, helped throughout and were there after the celebrations had ended helping to clear up, all with a smile! Helped too by other members including some of our newer members.

To ensure that the event was recorded Maurice Chittock was there taking still photos and Terry Walsh videoed a great occasion. With thanks to everyone who participated and special thanks to Wendy Groves, Linda Parsons and David Hemmings who joined me in planning and organising the event starting last year and working right up to June 9th thus ensuring that we could join in but also sit and watch and look back with fond memories. Thanks too to the Pavilion staff who met with us in advance and helped on the day and who definitely enjoyed the cakes made by our Bake and Taste Group.

Looking forward to more 10th anniversary events organised by our Social Committee of Alice Robson, Clare Dawson, Jenny Comben and Lyn Holmes. Onwards and upwards.

Review by Christine Chittock, Chair
Photos by Maurice Chittock



10th Anniversary: the Exmouth & District u3a Woodland Copse



If you travel due north from Exmouth for about 120 miles, you come to the Welsh town of Abergavenny. If you continue north for a further four miles there is a plot of land in the Brecon Beacons National Park near the England/Wales border, near a place called Crucorney. This plot of land is very special because this year we are planting there our own copse of 100 two-year-old saplings of native trees on our own Exmouth & District u3a designated land. There will be a plaque on display there which reads "Exmouth & District u3a 10th anniversary",

and we have our own certificate (see below). So 100 native trees – 10 for each year of our existence, and we have asked for them to be a mix of Cherry, Rowan, Crab apple, Hazel and Oak.

So why are we planting these trees in this location? Well not only are we celebrating our own anniversary this year, but also the national u3a movement is celebrating another anniversary – its 40th. As part of this, u3as up and down the country have been encouraged to plant trees in what will become the national u3a woodland – and so far this year, this u3a anniversary woodland has a total of 8,200 trees by the end of this year's planting season.

The funds for planting our own copse have been donated by one of our members, and so this will not cost our u3a anything. And how better to have a lasting way to commemorate our u3a for hopefully many decades – or even centuries – to come, and help the environment at the same time.

You may have seen an article about this in the current issues of 'Third Age Matters'. Richard Lewis from Abergavenny u3a said 'the site is on steep, rough grazing land near the top of Blaenawey farm with wonderful views over the undulating farmland to the Skirrid mountain and beyond.... It's close to one of the main footpaths up the Sugarloaf'. Here is a photo that this u3a took:



Photo by Abergavenny u3a



Photo by Andi Fairhurst via Google Maps

John Hunt
Newsletter Editor

Group News – Walking Group 1

During June we had two walks, the first lead by Philippa around Stover Country Park attended by a smallish group probably because the weather was not great. It was a walk in nice surroundings and enjoyed by those who could make it.

Our second walk on 21st June was around a familiar area of ours, Newton Poppleford. We have done several walks starting from there and this time we headed north through Harpford. The weather was perfect for walking and we had our highest turn out yet of seventeen members. A small number of us had lunch after at the Golden Lion in Tipton St John which never disappoints, although we did have a last-minute glitch this time of needing to pre-order on the day. Apologies to those who had to wait at the start of the walk while we had to sort that out.



Walking Group 1 leaving Newton Poppleford on 21st June – photos by Maurice Chittock



Photo collage by Christine Chittock

Our next walks are with Ann on Thurs 7th July and Martin on Tues 19th July.

Mike Holbrook, Group Organiser

Group News – Bird Watching Group 1: River Otter and Fluxton area: 20th June

Nine of us (including one visitor from the Sidmouth U3A Bird Group) assembled at the main car park in Tipton St John for a walk up the River Otter towards the Fluxton area and return taking about two hours. We saw and heard circa 30 species – some of the highlights were numerous Grey Wagtails (incl. juveniles), Dippers, good sightings of Swifts, House Martins and Sand Martins, Kingfisher, Cetti's Warbler (as usual heard, but not seen!), a male Kestrel obligingly hovering quite close to us and latterly, a Little Egret posing in front of the old railway bridge over the river just north of the cricket pitch.



Male Kestrel



Moorhen



Dipper



Little Egret



Grey Wagtail



Mallard Family

Six of us then stopped off in Newton Poppleford on the way home to take a look at Sand Martins along the river opposite Harpford. Plenty of Sand Martins were seen plus more Grey Wagtails and a Mallard family.

A very successful morning's outing in beautiful weather.

John Swain, Member, Bird Watching Group 1 (who also took the photos)

Group News – Bird Watching Group 2: Tipton St John, 15th June

On what turned out to be a very warm day 7 members of our group enjoyed the walk along the River Otter. No sooner had we arrived at the car park and a moorhen was spotted in the river, then a raven was seen circling in the distance. Once we reached the bridge we were disappointed that there was no evidence of the sand martins which frequent this part of the river bank however, a dog walker kindly said there was a dipper under the bridge and we saw this at quite close quarters.

During our walk along the river the following birds were seen: magpie, wood pigeon, a swallow in flight, mallard, jackdaw, a kestrel in flight, hovering and perched on a telegraph wire. We were also lucky to see the following butterflies: meadow brown, small tortoiseshell, small heath and a red admiral as well as several beautiful demoiselle damselflies; all spotted thanks to Martin.

After approximately an hour we left the river and took the public footpath along the route of the old railway line and saw robin, little egret in flight, blackbird, blackcap, a pair of grey wagtails by the bridge and long tailed tits in trees in the open field near the car park.

Although a particularly warm day when everything appeared quiet, we were surprised at just how much was seen by the group.

Paul Collas, Member, Bird Watching Group 2

John Petty's presentation on car seat belts – 23 June

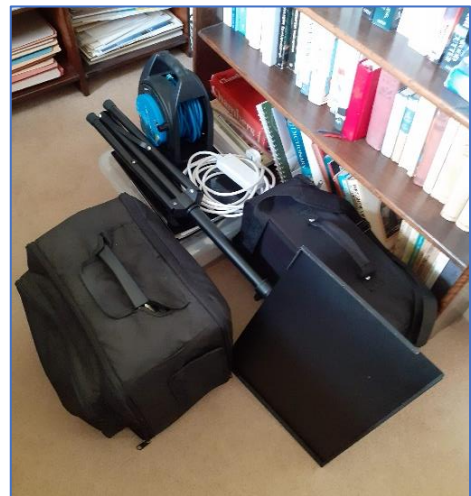


Our member's presentation on Zoom on 23 June was given by John Petty. John gave us a fascinating presentation drawing on his own unique experience on the subject of 'Belt Up: A personal involvement in the development of car seat belts'. We seem to take car seat belts for granted, and John explained the history of these seat belts in a very informative and amusing way, and we learnt about the key role that he played in their development. He very kindly agreed that his talk could be recorded and this is now on our Exmouth &

District u3a YouTube channel. Just tap or click on this link – https://youtu.be/V5JKQ_-8aQs. Well worth watching (or watching again!). Thank you very much John.

Please help us

Would you be willing to help us by volunteering to be our **Equipment Coordinator** (as Christine mentioned on page 1)? This is not too onerous but if you have some spare space (see the photo on the right) and are able to loan out equipment such as the projector we would be delighted and relieved. Melanie Parker has helped us with this over the last few years and it is definitely time for someone else to step forward. From our 900 members there must be at least one of you with the room and the time to help. If you think you could help, please contact Christine via email on chairperson@exmouthu3a.org.uk



Exmouth & District u3a online – our digital world

Here's a reminder of all our online resources. We have such a lot to offer all members, so why not find time to take a look! What do you think? How can you contribute? Please let me know (email address below).

- Our Exmouth & District u3a website: <https://u3asites.org.uk/exmouth/home>
- Our u3a YouTube channel: https://www.youtube.com/channel/UCC_Wy5Vkb2C1itp1JhKtxAA
- Our u3a Facebook Group: <https://www.facebook.com/groups/exmouthU3A>
- Our u3a Connect & Learn website: <https://sites.google.com/view/connectandlearn> (and especially our Ideas and news page – at <https://sites.google.com/view/connectandlearn/ideas>).

Our next edition

I hope you have enjoyed reading this newsletter, and thank you to our contributors this month. We will not be publishing a newsletter in August, but would you like to contribute anything for the next newsletter in September? Please contact me using the email address below. Photos, art, short articles and stories and poems from more members would be especially welcome. The deadline for receipt of copy for the September edition is **Friday 26th August**. Thank you very much.



John Hunt
Newsletter Editor
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