

Chat from the Chair

This is a special year for us with our 10th Anniversary and we will be having a number of activities and events across the year. Coming up soon are a coffee morning and afternoon tea in the Royal Beacon Hotel. Please see page 5 with thanks in advance to the Social Committee.

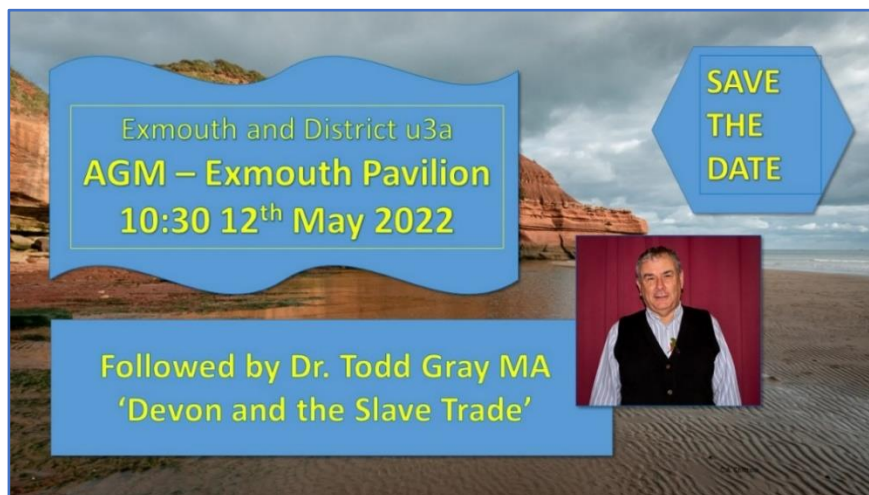
I am most grateful to Wendy Groves, David Hemmings and Linda Parsons who have joined me to plan for our 10th Anniversary celebrations on the morning of **Thursday 9th June 2022** in Exmouth Pavilion. **If you would like to join our planning group do please let me know;** it would be great to share the workload round and I am sure that from our very large membership we have members who are used to organising events and have plenty of ideas.

I would also like to thank Melanie Parker who has very kindly been responsible for our u3a equipment which includes the lap top and projector, loaning out equipment and insuring it is returned. This is an important and essential role and please contact me if you can help by taking on this responsibility after our AGM. Thank you so much Melanie.

Our committee as ever are very busy and this month I would like to extend special thanks to Olwen Smith, our Membership Secretary who does a fabulous job dealing with membership enquiries and sending out information, timely reminders for renewal and dealing with a variety of payment methods, ensuring that records are updated and much more.

Ian McLauchlin, our Secretary, will also be busy as we have our **AGM** coming up on the morning of **Thursday 12th May** in Exmouth Pavilion. So please look out for communications and many thanks to Ian.

Each year at our AGM all committee members stand down and we are in the fortunate position that some of our committee are willing to stand for re-election. We are looking for a Vice Chair (an Officer position) and committee members who would be interested in the roles of Speakers' Coordinator and Database Manager. For information our committee currently meet on the first Tuesday in the month from 13:00 to 15:00 via 'Zoom'. I know that our members have a great deal to offer and if you are interested in finding out ways in which you can help our u3a please contact me in the first instance on chairperson@exmouthu3a.org.uk.

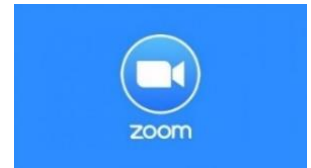


With best wishes,

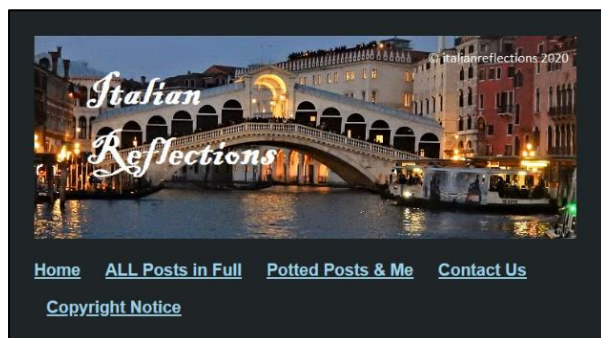
Christine Chittock,
Chair and Speakers' Coordinator

Next monthly meeting: Thursday 10 March 2022 – in Exmouth Pavilion and on Zoom

We are back in Exmouth Pavilion again for our next monthly meeting on Thursday 10 March 2022 from 10:00 for a 10:30 start. We will also be streaming this simultaneously live on Zoom for any members who are unwilling or unable to attend in person and instead wish to join us from home. Zoom connection details are on page 7.



The subject is “Cataclysmic Italy”, by Professor Peter Edwards.



Sitting on the boundary between the African and Eurasian tectonic plates Italy has faced many geological disasters. A welcome return by Peter Edwards who entertained us last March with his illustrated talk on ‘The Death of Venice’ and then in April with his illustrated talk on ‘Greek Temples in Italy’. Peter was a Professor in Engineering Mathematics and is passionate about Italy and visits whenever he can.

Peter’s website is <https://italianreflections.wordpress.com/>.

We look forward to seeing you on 10 March. And if you are attending in person, you are reminded that the Pavilion Café is now operating a loyalty card system, offering a free coffee or tea after 10 purchases. More details and the loyalty cards are available direct from the Pavilion Café.

Covid-19 information

Government website: The latest national information, guidance and support on Covid-19 is on the official government website – <https://www.gov.uk/coronavirus>.

As we now know, the government is removing the remaining domestic restrictions in England, but is advising everyone to take steps to reduce the risk of catching it:

- Get vaccinated
- Let fresh air in if meeting indoors, or meet outside
- Consider wearing a face covering in crowded, indoor spaces
- Get tested if you have Covid-19 symptoms, and stay at home if possible.

Devon County Council website: Guidance on Covid-19 from Devon County Council is at <https://www.devon.gov.uk/coronavirus-advice-in-devon/>.

Hybrid meetings: For those who remain reluctant or aren’t able to join groups which are meeting indoors, the option of running groups as hybrid meetings using Zoom is available and allows everyone to join in. More details are on our Connect & Learn website at <https://sites.google.com/view/connectandlearn/videocalls>.



Reminder for Membership Renewal – 2022/23

We are looking forward to welcoming you back for another year as a member of Exmouth & District u3a.

Your payment for renewal 2022/23 will become due on **1st April 2022**.

Payment at Exmouth Pavilion

Payments can be made **in person at the March meeting (Thursday 10th March)** at the Pavilion either by **cheque or cash**. If possible, please bring a covering note containing your membership number and address.

If you wish to pay in person by Debit/Credit card you will not be able to do that until the April meeting.

Payment by posting a cheque

If you wish to **post your cheque** now, please make the cheque payable to **Exmouth & District u3a**, and post to the address shown below, with a covering note, showing your address and membership number.

Post to: **Membership Secretary**

Please note cheques will not be processed until after 1st April 2022.

Payment by Standing Order

If you wish to change to payment by standing order, forms are available from the Membership Secretary. Details of how to make contact are below.

If in the past you have paid by Standing Order **you do not need to arrange a new standing order**, but we would ask you to check the following items related to your existing one:

1. That you have only ONE Standing Order to the Exmouth & District u3a
2. That your payment date is scheduled for **1st April 2022**.
3. That your Standing Order is for the **correct amount** for the 2022/23 year. The membership payment remains £12 for single membership, £24 for a couple, and £8.50 for associate membership.
4. **And finally**, that your reference details show your membership number and surname.

Subscription rates

The current subscriptions were agreed at our 2021 AGM:

£12.00 (individual) or £24 (joint membership) or £8.50 (Associate membership)

If you have any problems or questions, please contact me either by

- Email: membership@exmouthu3a.org.uk, or
- Telephone



Many thanks & keep safe.

Olwen Smith
Membership Secretary

Group news

By the time you get this all the restrictions will be lifted and hopefully we will be able to get back to normal. We have potentially a few new groups about to start. I will send more details once more information is to hand:

- **Knitting Group:** we are looking for a venue.
- **Drawing Group**
- **Theatre Group**

New Groups

- **Book Group 3 in Topsham:** Meeting once a month in Topsham in the comfort of a home on a mutually convenient day and time, to discuss a chosen book. Library sets for book discussion may be used. Please contact Margaret Read for more details by email or phone.
- **U3A Sailing Group: NEW for 2022:** wide choice of activities, dayboat, dinghy sailing, SUP, kayak, and more. There will be two groups:
 - **U3A Sailing Group: Dayboat sailing.** A large number of the 2021 members will be in this group. Sailing is based on the Hawk 20-foot dayboat, with sails and engine.
 - **U3A Sailing Group: Dinghy sailing and water sports.** The dinghy sailors from 2021 will be members of this group, together with new members who wish to do kayaking, canoeing, SUP and more.

A group was missed from the Group List

- **Ukulele Group:** Meeting at home, all levels welcome, Wednesdays at 10.30. Please contact Francesca Osbourne by email or phone.

Groups with vacancies

- **Book Group 2:** Last Wednesday of the month. Contact Anne Howard by email.
- **Canasta:** Fortnightly on Friday pm at The Great Western Railway Club. There is a charge. Contact Christine Bradshaw by email.
- **Indoor Bowls:** at Budleigh Bowls Club Tuesday am & pm. Contact Antony Mackness by email.
- **Mahjong (Chinese rules):** Weekly on Fridays 10-12 at Budleigh Bowls Club. Contact Leo Williams by email.
- **Singing:** Fortnightly on Monday 10-12 at Glenochy Hall. Contact Wendy Bishop by email.
- **Zoom Short Films:** usually Tuesday evenings online every 3-5 weeks. Contact Lesley Stacy-Marks by email.



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

Social Group News

The highlight of last month was the deferred **Christmas Lunch** which appeared to having been enjoyed by all who attended. Tables were very nicely prepared – even having Christmas Crackers to help decorate them. We are all keeping our fingers crossed that next year's lunch will be able to be arranged, proceed on time and not be restrained by other factors.

Our first **birdwatching trip** will have taken place by the time you read this newsletter and if this proceeds as well as the others we have enjoyed – hopefully another pleasant and successful outing.

The first **coffee morning** is due to be held, at the Beacon Hotel, at **10.30 am on Thursday, 17th March** and an **afternoon tea**, again at the Beacon, at **2.00 pm on Monday 21st March**. Details of how to book for these events are being sent direct to members. We're looking forward to seeing as many members as are able to join us.




It is anticipated a more detailed list of outings will be available at the March monthly meeting and going into spring it will be so nice to have pleasurable events to which we can look forward.

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

17th February 2022

Special thanks to Alice Robson, Clare Dawson, Lyn Holmes and Jenny Comben for their tremendous hard work in organising a wonderful u3a 'post' Xmas meal at the Royal Beacon Hotel. It was clear that they had spent a great deal of time to ensure that the occasion was a great success. It was a colourful, cheerful and friendly event. The place cards were lovely and the crackers were such a well considered choice. Everyone I spoke to said how much they had enjoyed the meal and the opportunity to get together.

*Best wishes from Christine Chittock
Chair, Exmouth and District u3a*

C.A. Chittock 2022

Group News – Online Discussion Group

We'd like to welcome more members to our online Discussion Group. We usually meet at 4 pm on a Monday afternoon, though it's not always the second Monday in the month.

In February we all voiced our appreciation of the BBC and Channel 4, and Sheila Clarkson led us through several potential ways they might be funded after the ending of the licence fee.

Maybe our next topics will attract you?

- **Is there gender equality in this country? – 28th March**
Are women reaching the promotion they deserve? We have about 5 high women in high profile roles – are they making a difference? Are trans people accepted by society?
- **Is prison a place of reform or a school for scoundrels? – 25th April**
Is our sentencing /prosecution making a safe society?

For more details, please contact me by email.

Ella Young
Group Organiser

Group News – Walking Group 1

During February we managed only one walk instead of our usual two due to the poor weather.

On the 3rd February Jenny led a group of twelve of us to Dawlish. After getting the train to Starcross we walked into Dawlish via the seawall as far as we could as the final section was closed due to the continued works. This meant a diversion just outside the town over the railway and down the main road into the centre having walked approximately four miles.



Penzance bound train on the sea wall taken from the footbridge near Dawlish.



Black swan nesting at Dawlish

Photos by Christine Chittock

After taking a look at the nesting black swans we had a two-mile circular walk around the back of the town. This was the first time I have seen the back of Dawlish as opposed to the town centre and I was surprised how big and interesting the "old" part was. We also had a good lunch towards the end.

Mike Holbrook
Group Organiser

Monthly meetings for 2022 – our 10th Anniversary Year


You are most welcome to join us for our monthly meetings at **10:00 for a 10:30 start to approx. 11:45**. These are held in **Exmouth Pavilion**. When we meet there, we have a 'Link Up' table in the Pavilion 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 will keep you informed of any changes (see our website at <https://u3asites.org.uk/exmouth/events>), and we have a most interesting programme for our anniversary year including many references to Devon.

Our monthly meetings in the Pavilion are now also streamed live on Zoom simultaneously for any members who don't want to or are unable to attend in person and instead wish to join us from home. Zoom connection details are below.

In addition to our monthly meetings in the Pavilion and on Zoom, we also have presentations on the fourth Thursday in the month, and these are at 10:15 for 10:30 to 11:30 via Zoom only.

The Zoom connection details for the monthly meetings and for the Zoom presentations and for all our other u3a Zoom meetings have been sent 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.

Date	Presenter	Description
Thurs 10 th Mar	Professor Peter Edwards https://italianreflections.wordpress.com/	'Cataclysmic Italy': Sitting on the boundary between the African and Eurasian tectonic plates Italy has faced many geological disasters. A welcome return by Peter Edwards who entertained us last March with his illustrated talk on 'The Death of Venice' and then in April with his illustrated talk on 'Greek Temples in Italy'. Peter was a Professor in Engineering Mathematics and is passionate about Italy and visits whenever he can.
Thurs 24 th March	Ella Young: Members Zoom presentation	'Winter holidays in India': Ella has given us some excellent presentations in the past (see page 10 for the review of her February presentation), and this time she is talking to us about two winter working holidays in India, teaching science in a children's home. 
Thurs 7 th Apr (please note the earlier date)	Maggie Duffy http://www.maggieduffy.co.uk/	'Devon Historical and Hysterical' Folksinger/song writer/poet Maggie will entertain us with her legends /poetry/dialect /songs and stories of Devon along with her guitar. Some of her songs have gained National recognition. Writing 'Peace for the Child', earned her a meeting with Sir Terry Wogan, and a session at the fabulous Maida-Vale Studios in London.
Thurs 28 th April	Members Zoom presentation	Would any member like to volunteer to give a short presentation or talk at this Zoom meeting?

Christine Chittock, Chair and Speakers' Coordinator – speakers@exmouthu3a.org.uk

Zoom Coffee & Chat

These sessions are via Zoom and usually on 1st, 3rd and 5th Thursday mornings from 10:15 for 10:30 to 11:30.



Zoom Coffee & Chat sessions 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; you will be most welcome. The Zoom connection details are the same as shown at the top of the previous section on page 7. *(Photo by Christine Chittock)*

Dates for March and April 2022:

3rd March, 17th March and 31st March; 14th April and 21st April.

If you would like a reminder by email (with the link) the day before each of our sessions, please let me know and I will add you to our Zoom Coffee & Chat email circulation list.

John Hunt, Newsletter Editor

newsletter@exmouthu3a.org.uk

Review of 'A Photographic Journey Around the South West Footpath' by Gary Holpin – Thursday 10th February 2022



Gary started his presentation by asking members if they had walked part of the South West Coast path and the vast majority of our members raised their hands. When asked if they had walked the entire way no hands were raised which isn't surprising for the longest of England's national trails at 1,014 km or 630 miles. However it was obvious from the excellent questions at the end that some of our members had walked some of the more difficult stretches and were keen to walk more of the South West Coast path. We were grateful to Gary for allowing us to 'live stream' his presentation and indeed one of the questions came from one of the 42 members who had logged on from home.

Having moved to Devon for work Gary was determined to find out more about the South West area he had moved to and what better way to experience the landscapes, seascapes, towns and villages by exploring the walks of the South West Coast path starting in Minehead, Somerset and ending in Poole, Dorset visiting much of Devon and Cornwall as he trekked up many steep paths. Indeed as Gary explained the total height climbed at just over 35,000 metres is almost four times the height of Mount Everest.





A first walk along the entire trail is a real achievement but being bitterly disappointed with his photographs Gary set out to walk the trail again, this time in a clockwise direction with the aim of completing all sections and improving his photography along the way. The record for running the entire length is just over 10 days but most people complete the trail by walking different sections over a number of years as Gary did.

As well as wonderful photographs we were shown a photo of plasters, very necessary as Gary soon found out when he developed blisters. However this didn't deter Gary as he continued with his walks.

We were treated to some stunning well composed photos and it was clear that Gary was determined to secure those definitive shots whatever the weather or the time of day or night including standing on Paignton beach in a blizzard, facing the Beast from the East in Sidmouth and then an inspirational shot of the Milky Way over Sidmouth at 03:00!

We were privileged to see some of Gary's favourite places as he developed his passion for photography such as Vendor Falls near Ashburton, Kennick Reservoir for the reflections and Emsworthy for the bluebells all in the Dartmoor National Park.

By the end we knew that long coastal walks had helped Gary 'really see' the beauty and drama of the fabulous area covered by the South West Coast path, a favourite being a view overlooking Salcombe visited 30 times by Gary since his walk there in 2009. Finally, Gary recommended the South West Coast Path Association to us <https://www.southwestcoastpath.org.uk/> Their website is informative and interesting with details of the walks and plenty of help in planning an itinerary.



Thank you Gary.

Photographs Copyright – Gary Holpin

Review and photo of Gary Holpin by Christine Chittock, Chair and Speakers' Coordinator

Gary kindly allowed us to record his presentation, and the full recording is available for you to look at (or look at again) any time on our YouTube channel, and particular thanks go to Ian McLauchlin for making this happen through his skilful editing of this video. The link to our YouTube Channel is https://www.youtube.com/channel/UCC_Wy5Vkb2C1tp1JhKtxAA, and to see this recording just tap or click on this direct link: <https://youtu.be/-n6NSlyDP4A>

Gary's own website is at <https://www.garyholpin.co.uk/>.

Review of Ella Young's 'A Walking Holiday in the Sahara'– 24th February 2022 on Zoom



Since we started using Zoom in the spring of 2020 Ella has given us a number of presentations and they have all been most interesting and entertaining. Ella who is a member of both our u3a and Exeter u3a missed their monthly meeting to give her talk but kindly agreed that we could record her session as she knew a number of her friends would miss her presentation and her excellent session is available for you to look at (or look at again) on our YouTube site, thanks to the excellent work that Ian McLauchlin has done in recording and editing this video. The direct link to this is <https://youtu.be/Qq5cB2q81cg>.

Through Ella's stunning photographs and Ella's well-chosen words we were transported to a different way of living. In 2004 Ella enjoyed a holiday with a difference, walking in the Sahara with camels carrying your luggage in the Republic of Tunisia, the northernmost country in Africa. On the week long holiday you were only allowed one ride each on a camel unless you had trodden on a scorpion as one holiday maker had. You were asked to take minimal luggage and Ella certainly achieved this with her compact sleeping bag and a bivy bag. The only problem was that on her first night her male camel was most reluctant to allow her to retrieve her luggage and she decided not to argue with the camel.



We were fortunate that Ella had been careful with her camera equipment so that we could picture the scenes of cooking unleavened bread over an open fire, the loading up of the camels, gathering at a well and sleeping in a tent at night with clear star lit skies. Others on the holiday suffered from sand in their cameras resulting in camera failure which must have been a major disappointment.



Since 2004 there have been many changes in the region and The Republic of Tunisia is currently in 'a state of emergency' and travel is not advised to many areas. However with an area of 9,200,000 square kilometres the Sahara spans eleven countries and 'Adventure' holidays in the Sahara are still available in 2022.

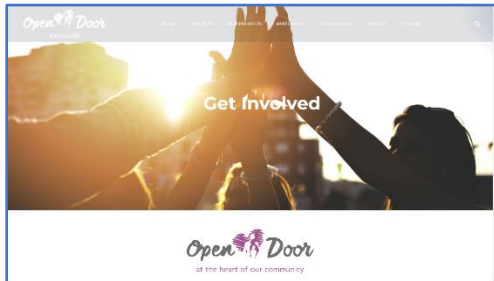
Thank you Ella for another wonderful presentation.

Review by Christine Chittock, Chair and Speakers' Coordinator
Photos courtesy of Ella Young

Exmouth Community

This is a new feature giving us the opportunity to highlight various community initiatives in Exmouth and the surrounding area.

Local charities – Open Door Exmouth: Community Café welcomes you



Did you know the staff and volunteers at Open Door Exmouth Community Café welcomes anyone and everyone, not just those in need? Why not pop in one afternoon when we are open, (Monday, Wednesday or Friday) and enjoy good quality food and drink at extremely competitive prices. A copy of our menu can be downloaded on our website at

<https://www.opendoorexmouth.org.uk/newsite/wp-content/uploads/2021/06/Menu-2021.jpg>

For those who are in need, we have a team of volunteers who can offer time to listen or chat or even play a boardgame. We also have trained support workers should you need any advice or support regarding benefits or financial difficulties, housing or homelessness issues, addictions, domestic abuse or any other issues, and a counselling service for those who cannot access NHS or private counselling. If we are unable to help, we will try to suggest an alternative organisation that may be able to. We also have showers, clothing including sleeping bags, and laundry facilities available for those who are homeless.

We also provide free hot meals during school holidays to children and their families who find themselves in need due to financial crisis, and free hot meals as part of our support work for those who find themselves sleeping rough. If you are in need of this support, please visit the cafe on a Monday, Wednesday or Friday and speak to one of our support team.

To find out more about any of our services, contact us on 01395 224218, email info@opendoorexmouth.org.uk or pop into the Community Café on a Monday, Wednesday or Friday between 9:30am and 3pm.

Local artists – Angie Seaway

Angie Seaway is an Exmouth artist who is arranging an exhibition at The Ocean in the summer and is looking for volunteer stewards. Here are the details:



Painting East Devon's Jurassic Coast

Angie Seaway

28th May - 23rd July 2022



1 Exhibition@ the Ocean, Exmouth 😊

4 Plein air workshops 😊

3 Illustrated talks 😊 28 paintings 😊

1 book 😊.... but I need

volunteer stewards

please can you help? 🙏🙏

I can promise £5 off a book, talk or workshop as a thank you and an invite to the private view!

Priority times/days, 11am -3 pm, Thurs-Sundays

Please contact me if interested

angieseaway13@gmail.com

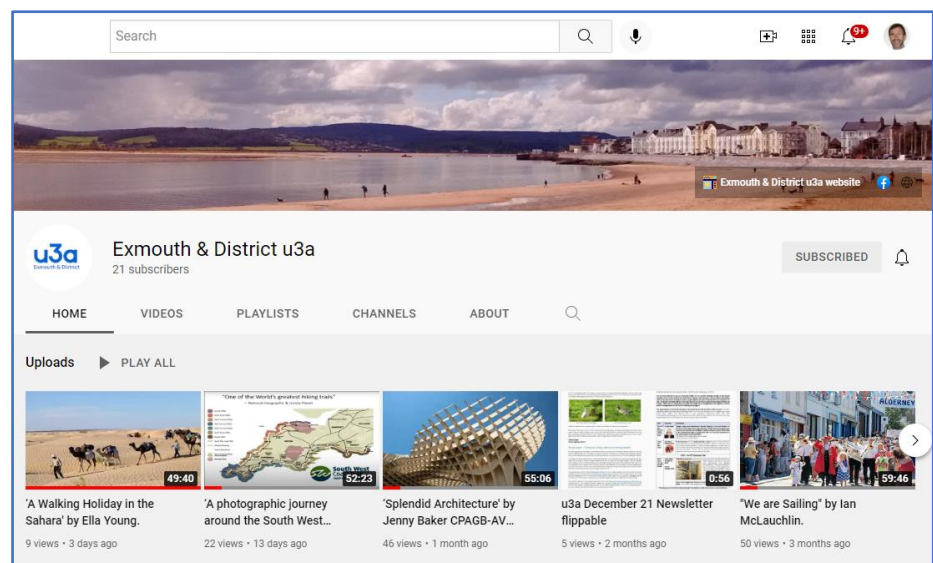
Exmouth & District u3a online – our digital world

With winter still with us, when you are not actively involved in our u3a meetings there is always a lot to see and do online at any time that suits you – and from the comfort of your own home (or wherever else you happen to be in the world!). There are a number of ways we can connect with each other (as well as email):

- 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>).

Which of these do you look at? Which is the most useful or the most interesting? Are there any ways we can improve what we offer? Your comments are always most welcome!

Here is our YouTube channel. As we come up to the first anniversary of the setting up of our very own YouTube channel, we have managed to post 42 videos there – in just 12 months! When did you last look at this? And how many videos have you seen? Do take a look by tapping or clicking on the link shown above or on this image of our home page:



Our next edition

I hope you have enjoyed reading this newsletter, and thank you to our contributors this month. What other things would you like to see in future editions of the newsletter?

Do you have any views or comments about this newsletter? Does it meet your needs? Can you suggest any ways in which it could be better?

Would you like to contribute anything for the next newsletter in April?

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 next month's edition is **Thursday 24th March**.



Thank you very much.

John Hunt

Newsletter Editor

newsletter@exmouthu3a.org.uk