



Chat from the Chair



YOUR u3a NEEDS YOU! Please read on and find out how you can REACH OUT TO HELP OUT

It was brilliant to see so many of you at our Groups Open Day on 13th October in Exmouth Pavilion. Particular thanks go to Lyn Holmes our Groups Coordinator, our committee, Group Organisers, Meeters and Greeters, Social Committee and volunteers. Olwen Smith, our Membership Secretary, was especially busy with a team on the Membership table (thank you so much) and we were delighted to enrol 60 new members to whom we extend a warm welcome. David Leyland who is the Devon Link Coordinator for all u3as in Devon presented the Devon Shield to our Quizzzy Rascals and he was most impressed with the variety and enthusiasm of our Groups. Please see page 2 with the article I sent to Exmouth Journal which with a few adjustments was printed in the Journal after our Open Day.

Last month I had the opportunity to thank Ian McLauchlin for his excellent service to our u3a as our Secretary, much of the work very evident but some of it unseen but still most necessary, such as proof-reading our newsletters, facilitating our Zoom sessions and editing presentations for our YouTube site. Many of you took the time to personally thank Ian and I know that he was most grateful for your kind comments. Ian continues to administer our Facebook Group and deputises for our YouTube admin helping to raise the profile of our u3a and keeping us involved; so much of interest for us with photos, videos and text. He also continues as an active member of our Thursday morning Zoom sessions. Thank you so much Ian for your dedicated work as Secretary and your continued involvement.

We now have approaching 1,000 members and have recently enrolled our 2,000th member since we started in 2012. Absolutely amazing! We are most grateful to Sheila Clarkson, our New Members Coordinator, who arranges sessions for our new members and ensures that we always have a 'Link Up Table' in the Pavilion Café where new members can meet together before our monthly meetings.

There are many different ways of supporting our large u3a which doesn't necessarily involve being a member of our committee. One such member is Melanie Parker who has recently very kindly taken on the role of Database Administrator, and I know that our committee are most grateful for this and Melanie's support will be especially appreciated by our Group Organisers. So thank you Melanie.

Whether you are one of our long-standing members or a new member please contact Lyn Holmes or other members of the committee if you would like to help in any way; it could be distributing leaflets, proof-reading our newsletter, writing a review, joining our Meeters and Greeters in the Pavilion or helping with technology. As well as sharing your skills it is such a good way to meet new people and form friendships. So don't hesitate to contact us by email on groups@exmouthu3a.org.uk

A first for our u3a is a new Vice Chair which is great news. Lyn Holmes our Groups Coordinator has volunteered to take on this role (in addition to her Groups Organiser work) and this was agreed at our latest committee meeting. This is most helpful as it means that Lyn can deputise for me but importantly will be there to take the lead on succession planning and will support the transition process as we seek a new Chair and other positions at our AGM in May 2023. Many u3as across the country have Vice Chairs who as well as deputising also hold a significant role and I do hope that you will all appreciate that our committee are doing our very best to ensure a sound future for our u3a.

So now it is over to you as one of our very large membership to come forward and say "Yes I would like to help, I have gained so much from being a member that I am happy to help out and give something back." We look forward to hearing from you as it would make such a difference if we knew that the future of our u3a is assured, as from May 2023 we need a Chair, Secretary, Assistant Treasurer, Newsletter Editor, Speakers' Coordinator, Technology Coordinator and other volunteers helping all our committee. We realise that not all of you can commit to a specific role but if you can help out occasionally it really would make such a positive difference. For our part we are happy to meet and answer your questions, so please don't hesitate to get in touch via our website at <https://u3asites.org.uk/exmouth/contact> or via email at groups@exmouthu3a.org.uk

With best wishes

Christine Chittock, Chair

Exmouth & District u3a 'Groups Open Day' – a spectacular success!

Exmouth Pavilion was buzzing with activity on Thursday 13th October as u3a members and visitors visited the many tables set out in the main hall where they could find out about the many different Groups in Exmouth and District u3a. 'Bake and Taste' was tempting with a variety of tasty cakes, or people could find out about the world-renowned Jurassic Coast by joining the Geology Group. Other Groups on offer included 'Art Mixed Media', 'ChatNPatch', 'Pottery' and 'Quilting for Fun'. Alternatively, it was possible to practice moves with 'Latin Line Dancing' or try out the newly formed 'Pickleball' Group.



Members and visitors in the hall



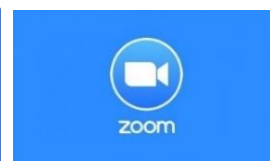
Antony Cline, the Geology Group Organiser

All these possibilities for a membership fee of only £12 a year, and more than 60 new members thought so as they joined on the day. Christine Chittock, Chairperson, was delighted with how well the morning had gone. "Due to the enthusiasm and hard work of the committee and many volunteers the morning exceeded all expectations as there was so much to see; a really good advertisement for what u3a is all about. Being by and for the members, the opportunity to meet new people and make friends, try a new activity, develop new interests and importantly enjoy yourself whether learning Italian, playing the ukulele or building a model railway."

Photos by Maurice Chittock

Our next monthly meetings

With the winter approaching and many new members, this is a good time to remind all of us of our monthly meetings on the second Thursday of each month at the Pavilion. This is an opportunity not only to hear interesting speakers, many on local topics, but also to meet up with old friends over a cup of coffee in the café and make new ones. Our meeting itself starts **at 10.15 for 10.30**, for an hour or so.



On **Thursday 10th November**, **Wendy Richards Wood** will be talking about **"Women of the RNLI"**, including reference to remembrance. Wendy lives in Newton Abbot. She is the Volunteer Community Presenter and Publicity Officer for Teignmouth RNLI and currently the only presenter in the region offering a talk on the role of women in the RNLI. George Hislop from Exmouth RNLI will also be present to answer any local questions.

On **Thursday 8th December**, **Dr Todd Gray** will give the topical talk on **"Christmas in Devon"**, a look at the customs practised in Devon at Christmas. Todd is well known to members from previous talks and is always very interesting and entertaining.

Looking further ahead into the New Year, our talk on **Thursday 12th January 2023** will be given by **John Walters** and is entitled **"Devon's Wildlife – Shore to Moor"**. John has been giving natural history talks for 20 years to, amongst others, Devon Wildlife Trust and Dartmoor National Park Authority. There will be a combination of field sketches, photographs and video clips. Wildlife includes dancing adders, giant slugs, roe deer and roosting long-tailed tits.



As always there is the opportunity for members to see our speakers 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.

I do hope to see as many of you as possible at these talks and to hear from you if there are subjects that you would especially like to hear about.

Ann Newby
Speakers' Coordinator
speakers@exmouthu3a.org.uk

Meetings on Zoom

In addition to streaming the monthly meeting on Zoom, everyone is very welcome to join us on other Thursdays **for our Zoom Coffee & Chat sessions and members' presentations**. They start at 10.30, but we suggest everyone logs in from 10.15, and it will be for about an hour. 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 dates for November are **Thursday 3 November** and **Thursday 17 November**.

Date and Time	Presenter	Member's Presentation – Title and Description
Thursday 24 th November: 10:15 for 10:30 – 11:30 via Zoom	Ian Bateman FRPS MPAGB AV- AFIAP APAGB	'A Tale of Two Cities' – Delivered by one of our own members. Ian is a master of superbly illustrated story telling, captured so well in his audio visuals (AVs) This is the story of how two cities came to be linked; Bath in the UK and Alkmaar in the Netherlands. A fascinating tale featuring, invading armies, last minute escapes, good fortune, bitter tragedy and international friendship. Concentrating on the incredible story of Eli Prins in the Second World War. A session not to be missed.

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 **changed last month**. The details are in the newsletter sent direct to members and also in emails sent direct

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.

Group news

On 13th October we held our Groups Open Day. The Pavilion hall was very busy and our Group Organisers did a splendid job of showing what their groups do in Exmouth and District (and more details are in the article on page 2). We signed up over 60 new members and will be holding a coffee/tea morning for them on 2nd November. I would like to thank all that were involved for making it such a success.

New groups

- **Dyslexia Self Help Group**

I am 76 years old and have had to deal with being an undiagnosed Dyslexic until my late thirties. I have no expertise or qualifications to offer, but when I discovered that there is no Dyslexia Association based in Devon, which is a large county, I decided to start a self-help group. This might appeal to people who have struggled at school or college and perhaps in life. My wife and I only became fully aware of Dyslexia when our son was 2 years behind with reading and needed extra tuition. I believe it would be beneficial to meet up with like-minded people in order to share knowledge or experiencing similar problems, as often Dyslexics can feel isolated. I plan to meet on a Wednesday at 14.00 hrs, every 2 weeks or monthly. Contact me, Ian Upton, via my email address or by phone.

- **Play Reading Group**

The potential group will start in the Autumn and take place once per month on a weekday afternoon (day/dates tbc). Sessions will be 1.5–2 hours in the Limelight Bar of The Blackmore Theatre, Bicton Street. Plays will be of various genres and sourced from Exeter library. There will be a small cost (amount tbc depending on numbers) to cover the hire of scripts, refreshments and a donation to the theatre for use of their facilities. Interested parties should contact Rosalind Ford by email.

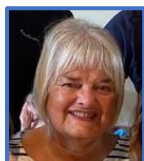
Groups with vacancies

- **Cook and Share** meets monthly. Contact Chris Ponsford by email.
- **Making Music Having Fun** have vacancies for new members. Contact David Leigh by email.

Local Hub Groups

Listed below are our local hub groups where you can go for a coffee and chat and meet local u3a members. Please contact the local organiser for information or just go along to the meeting where you will be made very welcome. If you would like to start a new hub group please contact me.

- Budleigh Salterton and surrounding areas: Alice Robson
Meets the 2nd Friday monthly at Wesleys.
- Exmouth – Dagmar Road area (bordered by The Beacon, Louisa Terrace, Trefusis Terrace and Rolle Road): Sally Parnell
- Exmouth – Littleham area: Susan Hall
- Exmouth – Mount Pleasant area: Anne Howard
- Exmouth – Rivermead Road area: Nicola Antoni
Nicola and Anne have joined together.
- Exmouth – Shelly Road, Camperdown Terrace and The Marina: Victoria Newhouse
- Exmouth – Withycombe area: Jan Collett
Withycombe's next meeting is at Bumble and Tee in Phear Park on Tuesday 2–4pm fortnightly.
- Ottery St Mary area: Ronnie Harwood
- Topsham area: We are planning to meet on the first and third Fridays of the month at Nancy Potter House, a short way up Nelson Close from the High Street, from about 10.30 am for a coffee and chat, with the option of staying on for lunch.
- Woodbury, Woodbury Salterton and East Budleigh: Lin Milsom–Ashby
The next Woodbury meeting is at The Maltsters on Tuesday 8th November at 10.30 am.



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



Photo collage by Christine Chittock

Social Committee News



Tiverton Canal Trip on 19 October – photos by Lyn Holmes

After what I feel must be thought to have been a successful, interesting and varied year of events so far, we now are at the stage of 'winding down'. November sees the **Fireworks boat event**, actually taking place on the 5th and tickets for this have already been sold out.

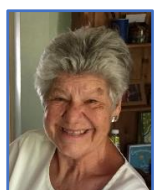
The final celebration will be that of the **Christmas Lunch**, already well into the planning stages, which is due to take place on **Thursday 8th December** following our regular monthly meeting. Members who are attending will be able to go straight to the Royal Beacon Hotel when the meeting has finished and gather together in the bar. The time of arrival is 12.30 for 1.00 pm lunch. There are still some tickets remaining and full details regarding payment are as follows:

1. Send a cheque to Mrs. L Holmes, made out to 'Exmouth & District u3a'. Please enclose a stamped addressed envelope in which your ticket will be sent.
2. Pay via internet banking. Once you have done this, please email Lyn Holmes – groups@exmouthu3a.org.uk – to confirm your payment and your ticket will then be sent to you.
3. Buy your ticket at the November monthly meeting in Exmouth pavilion on 10 November where we would prefer cheques or there will be a credit card machine available. We will however accept cash if that is your preferred payment method.

NOTE: If you have pre-booked as above would you please let us know – many thanks. The menu was printed in last month's newsletter and there will also be menus on display at the meeting where you can make your choices in advance: The cost of tickets is:

Two courses – £22.00 each; Three courses – £26.00 each.

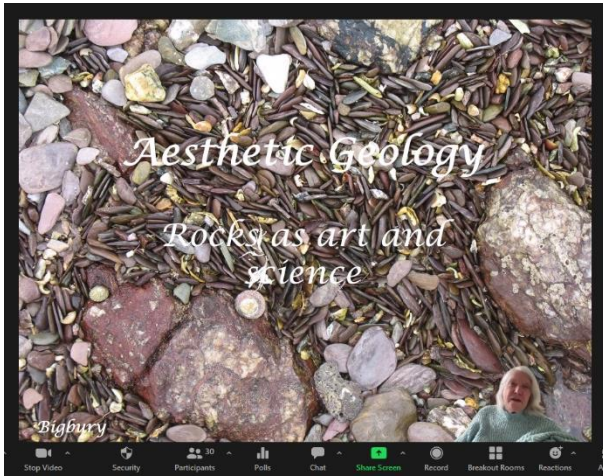
Members of the Social Committee will be available at the November meeting to help and will be pleased to answer questions and/or offer help should you require this. We always take pleasure in 'putting a face to a name' and it is such a nice way to meet other members. See you there on 10th November,



Regards from the Social Committee,

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

Review of 'Aesthetic Geology' by Margaret Mackintosh Thursday 27 October via Zoom



The fourth Thursday morning in the month is always something to look forward to at our 'Connect and Learn' sessions via Zoom. This is when our members give a presentation of any length up to an hour. Margaret's presentation was very well timed at just over 30 minutes, capturing and maintaining our interest allowing plenty of time for discussion which took us up to the full hour.

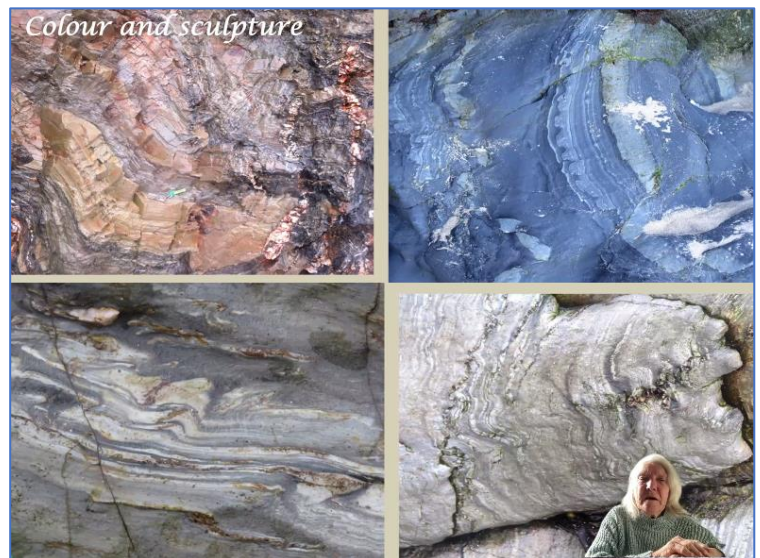
Beautifully illustrated we were given questions and descriptions to think about as we watched the different photos and illustrations on the screen. "Is my interest in geology scientific – igneous, metamorphic, sedimentary, palaeontological, structural – or artistic/ aesthetic or both?"

Margaret had studied geology at Exeter University and undertaken practical research in Cornwall, having to make her own thin sections or slides of folded rocks, and process all her own photographs before modern technology made these skills unnecessary.

It was clear that Margaret had been a dedicated and committed structural geologist who has continued with her passion for all things geological helping us to see striking patterns, incredible folds, differing colours and much more if only we took the opportunity to look up, along, close up and down at amazing formations both here and abroad.

Along the way Margaret introduced us to the work of Peter Randall-Page RA, a British artist and sculptor who lives near Drewsteighnton, Devon, known for his well-executed stone sculpture work, inspired by geometric patterns from nature. His website is <https://www.peterrandall-page.com/>

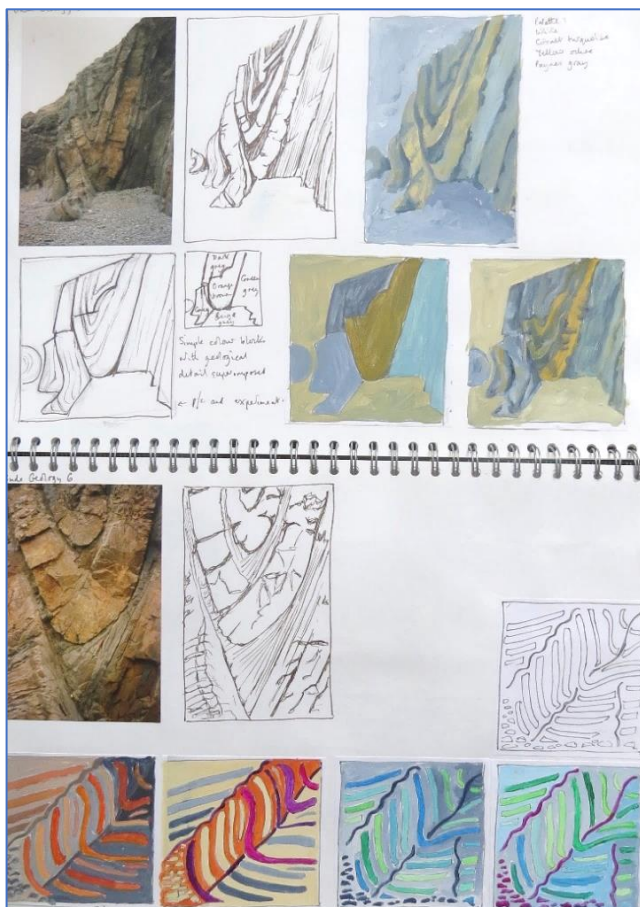
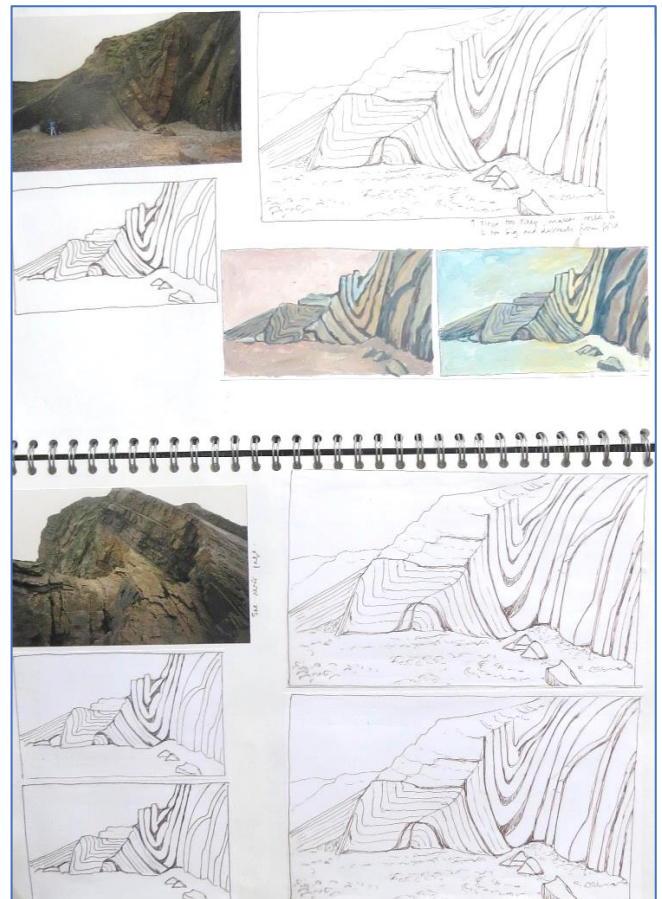
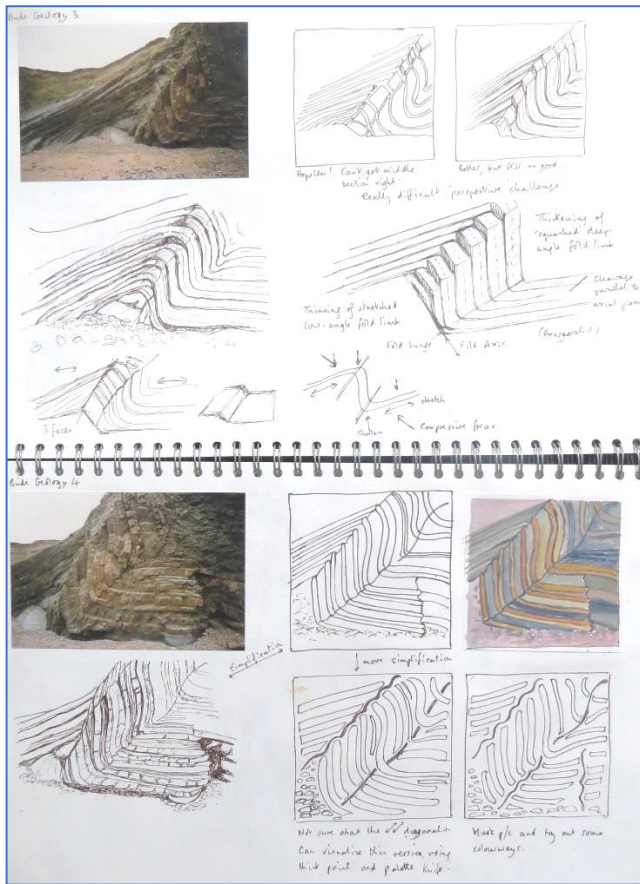
Margaret too has been inspired by the many patterns she has seen, often close to home in Budleigh Salterton, on the Stuart Lines Exmouth to Brixham trip, and abroad including aerial photography which reveals fantastic shapes and patterns seen, for example, when flying over the Sahara desert. Indeed Margaret keeps a journal showing some of her geological observations of patterns and colours illustrated so well through her exquisite artwork.



Through the concluding questions and discussion it was evident that members had been fascinated by Margaret's presentation so enthusiastically given. Thank you Margaret.

Review by Christine Chittock, Chair

Margaret very kindly allowed us to record her presentation. This is now on our u3a YouTube channel, so that you can view this video at any time. Just click or tap on this link: <https://youtu.be/4WA-B6p3lsw> She has also kindly shared some pictures of her wonderful sketchbooks that you can see on the next page.



Group news – Bird Watching Group 2: Axe Estuary: 21 September

Martin Ash kindly stepped in to lead the walk at Axmouth on Wednesday 21 September because the original organiser was ill. We walked up the River Axe shore to Axmouth and back.



Martin, Debbie, Shirley, Stefan



Seaton Harbour

We saw the following species: Black-tailed godwit, oystercatcher, black-headed gull, little egret, redshank, mallard, herring gull, cormorant, carrion crow, mute swan, curlew, grey heron, wood pigeon. The cormorant was fighting to swallow a large fish; the little egret came to join in! Watching this was one of the highlights of a very enjoyable visit.

Martin Ash, Member

Photographs are from Sara-Jane Sperrin

Group news – Walking Group 2

On a recent 5-mile circular walk from the Dartmoor National Park centre at Haytor, the group pauses for a coffee break sheltering from the strong wind and threatening clouds.

Keith Phillips, Group Organiser



Photo by Sue Hall

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. Our next newsletter is a combined December/January edition and will be published on 1 December. Would you like to contribute anything for this next newsletter? Photos and articles about anything that has happened in your groups during the year and also any items on a Christmas and New Year theme would be especially welcome! Please contact me using the email address below. Photos, art, short articles and stories and poems from more members would be really appreciated. The deadline for receipt of copy for this bumper edition is **Thursday 24th November**. Thank you very much.



John Hunt

Newsletter Editor

newsletter@exmouthu3a.org.uk