



Chat from the Chair



It was so good to see a number of our Group Organisers, Meeters and Greeters, committee members and other volunteers at our 'Thank You Tea' in the Royal Beacon Hotel on 18th August. Please see photo collage on page 5. With thanks too to Lyn Holmes our Groups' Coordinator who organised the event with support from Olwen Smith, Membership and Alice Robson, Social Committee. Our numerous and varied Interest Groups are an ideal and supportive way to try new things or to revisit previous activities in a local setting where we can form friendships, explore ideas, challenge ourselves and even push out the boundaries. A huge thank you to you all, especially those who missed the tea as we wanted to acknowledge the role of our Group Organisers who give voluntarily of their time and expertise. Likewise to our Meeters and Greeters who arrive early at the Pavilion each month to welcome our members with a cheery smile and who are there to guide potential new members and answer any questions. Then there are other volunteers, often working in the background helping with technical matters and or helping with a particular skill such as bowling who ensure that things run smoothly and who help to give our members a sense of fulfilment. All part of a fantastic team effort for and by Exmouth and District u3a in this our 10th Anniversary year.

Thanks are also due to Brenda Craig and John Hunt for stepping forward to manage and coordinate our u3a equipment. We are most appreciative of their help and willingness to store equipment in their own homes. For more details please see page 14.

In July I mentioned that I will be stepping down as Chair in May 2023 and Ian McLauchlin our Secretary will also be stepping down. We are both most fortunate to be part of a friendly, interesting and vibrant u3a, and pleased to be able to play our part in helping our u3a move forward. We are sure that from our very large u3a there will be someone out there who can take on these roles. Whilst both roles involve some work it is important to remember that the roles are most fulfilling and rewarding. So don't hesitate to find out more by contacting chairperson@exmouthu3a.org.uk and secretary@exmouthu3a.org.uk

Finally, on the 1st, 3rd and 5th Thursday mornings of the month we hold our 'Coffee and Chat' sessions via 'Zoom'. A superb way of spending part of the morning chatting with u3a friends, sharing experiences and ideas and asking questions. On the 4th Thursday mornings our own members give mini presentations and our next session on Thursday 22nd September at 10:15 for 10:30 will be our opportunity to recall some of the many different activities and ways in which we have celebrated 10 years as an u3a, coinciding with 40th anniversary celebrations for the u3a movement nationally. Please see page 2. So why not join us via 'Zoom'; you are most welcome!

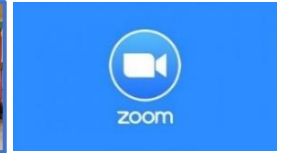
With best wishes,

Christine Chittock
Chair

Our next monthly meetings

Now that our summer break is over, we can look forward to some interesting speakers in the autumn and up to Christmas.

Before we all had August off, however, we had a fascinating talk from Dr Janet Few about daily life in the time of the Mayflower. If you wish to know why Janet referred to her "volunteer" Hazel James as "a star", please see the review of Janet's talk on page 9.



Our next Exmouth Pavilion talk is on **Thursday 8th September**. It's "**Devon Suffrage Activists and What They Did Next**", and will be given by **Dr Julia Neville**. It should be very interesting to find out not only about the movement itself but also about the lives and characters of those involved. She 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.

There is no speaker in October as on the second Thursday of the month on **Thursday 13th October** it will be our **Groups Open Day**. We 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. This is our opportunity to check out all the activities available to us through u3a here in Exmouth. Not to be missed.

On **Thursday 10th November**, **Wendy Richards Wood** will be talking about "**Women of the RNLI**", including reference to remembrance.

Dr Todd Gray will give the talk on **Thursday 8th December** on "**Christmas in Devon**". Todd is well known to members from previous talks and is always very interesting and entertaining.

Lastly, just a reminder that all our talks in Exmouth Pavilion are **on the second Thursday in the month, starting at 10.30**, giving a chance for coffee and a chat beforehand. Any suggestions for speakers are always welcome, especially someone you have heard elsewhere and can recommend personally.



As always 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' 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. There is a special feature about this on page 7. The Zoom connection details are on the next page.

The dates for September are **Thursday 1 September, Thursday 15 September and Thursday 29 September**.

On **Thursday 22 September at 10.30 am** we will be holding a special session on Zoom to reflect on our 10th Anniversary and the events we have held so far this year. It's also national u3a week that week, and so we will also celebrate the 40th anniversary of the national u3a movement. At this session we will be having the premier of our new video and also launching our own special leaflet. So we look forward to seeing you then!

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 members' edition of this newsletter and are also sent to members direct by email.

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

I hope you have all had a good summer and enjoyed the fabulous weather.

New Groups

We have four new groups starting:

- **Pickleball**

A **Pickleball** group will be starting at the end of September. We will be playing on a Wednesday at Woodbury village hall.

Pickleball – a brief summary

Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. It can be played indoors or outdoors (indoors at the moment) on a badminton-sized court with a slightly modified tennis net. It's played with a paddle and a plastic ball with holes, and can be played as doubles or singles (we will be playing doubles for now). Pickleball can be played and enjoyed by all age groups and skill levels.

If you want to know more and interested in joining this group, please contact Bob Nicholls by email.

- **Quizzes**

The Quiz Group will be resuming on Thursday 20 October at 1:45pm (until about 4pm) in a new venue – The Wings Bar. The third Thursday of the month in the afternoon will become the regular slot. This will be a similar arrangement as we had at The Manor Hotel pre-Covid – please buy a drink as there is no charge for the room. Everyone pays one pound with the winning team scooping the pot. Members are encouraged to take a turn at devising and presenting a quiz.

If you were on the list previously for Quizzes you will need to sign up again as the old list has been deleted. Initially, there will be a limit of 8 tables of 4 max and the list limited to 40 members. If you're interested in signing up, please contact Pam Day by email. Further details will be sent prior to the first session.

- **Solo Diners Together**

Don't feel comfortable dining out alone in the evening or at weekends? This group is suitable for those, who under various circumstances, generally dine alone but would enjoy the camaraderie of members, male or female, in similar situations. Each outing chosen will be within the local areas of Exmouth, Topsham, Budleigh Salterton and surrounding areas. Members will meet once a month, initially on a Thursday, Friday or Saturday evening. It will only be a small group at a time of no more than 6-8 meeting up. If there are enough members interested in this idea, I will set up fortnightly outings so as to accommodate the first 6-8 people out of the group available that evening. The organiser will initially suggest venues but in time, members will reconnoitre suitable venues for members. For further information, please contact Kui Holmes by email or phone.

• Ideas For Your Memoirs Group

An 'Ideas for Your Memoirs' Group starts this autumn if anyone's interested. It would be a small group meeting on alternate Tuesdays at 10am–noon, starting on 27 September for only 6 sessions at my home which is on the No 7 bus route. It might give members contemplating writing their life story some ideas to get started, or to pick up the threads of past jottings. It would be mainly general discussion and idea sharing, helping and encouraging other members. Please contact Leonora Wilson by email.

Groups with Vacancies

- **Current Affairs 1** will start on 27th September at Seachange Budleigh, 2–4 pm. Contact Pete Duke by email.
- **Current Affairs 2** will start 28th September on Zoom from 1–2pm
- **Discussion Group:** we have room for one more person, and usually meet for an hour on Zoom once a month on the second Monday (except for Bank Holidays). The next meeting is Monday 12th September at 3.45 pm for a 4.00 pm start. We're still discussing what to discuss after the summer break!
- **Drawing in Company:** Contact Alison McLaren by email.
- **Italian for Beginners** have vacancies for those with a smattering of knowledge (they are around halfway through BBC Talk Italian Course 1). Contact Carole Blyth by email.
- **Online Book Group.** We've been meeting in each other's homes in Exmouth, Topsham and Ottery in the summer, but will return to Zoom come winter. We usually meet late afternoon on the third Wednesday of the month, and there is plenty of room for more to join us. On Wednesday 21st September we'll discuss *The Manningtree Witches* by A.K. Blakemore, and on Wednesday 12th October *Circe* by Madeline Miller.
- **Urban Sketching:** Contact Beryl Leader by email.

Local Hub Groups

In the last newsletter we announced plans for **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.

- Budleigh Salterton and surrounding areas: Alice Robson.
Budleigh Salterton's first meeting is at Wesley's Cafe (on the site of Temple Methodist Church) at the lower end of Budleigh High Street on Friday 9th September from 10.30 – 12noon.
- Exmouth – Dagmar Road area (bordered by The Beacon, Louisa Terrace, Trefusis Terrace and Rolle Road): Sally Parnell.
- Exmouth – Littleham area – a new hub: Susan Hall.
- Exmouth – Mount Pleasant area: Anne Howard.
- Exmouth – Rivermead Road area: Nicola Antoni.
Nicola and Anne have joined together and their next meeting is at Greenfingers Garden Centre Cafe on Tuesday 6th September at 10am
- 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 6th September from 2–4pm, then fortnightly.
- Ottery St Mary area: Ronnie Harwood.
- Topsham area: Group Organiser still to be found
Topsham and area is meeting on Wednesday 21st September at The Globe at 2.30 pm
- Woodbury, Woodbury Salterton and East Budleigh: Lin Milsom–Ashby.
Woodbury's next meeting is at The Maltsters on Tuesday 13th September at 10.30 am



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



Photo collages by Christine Chittock



Social Committee News

Although our **July Boat Trip along the River Exe** was, unfortunately, not able to continue to Exeter Quay as originally planned, those of us who were on board enjoyed an extremely pleasant day. Stuart Line were very accommodating in their response to this change of plan, as they brought everyone back to Exmouth Dock without any further charge and also included free drinks and ice creams. The reason for the inability to reach Exeter was due to engineering problems with the Swing Bridge at Countess Wear – something not even our u3a could resolve!

After a much-appreciated break in August – although discussions and forward planning were ‘still on the agenda’ for the Social Committee – plans for the next group of activities are well under way. Final arrangements are being made to ensure our forthcoming **10th Anniversary Evening Boat Trip**, planned for **Thursday 15th September**, will be another enjoyable and memorable occasion. Final numbers for this trip have already been agreed and therefore there are no tickets available for sale at our next u3a meeting on 8th September.

There will, however, be tickets for sale for **October’s trip to Tiverton on Wednesday 19th October** which will include lunch at the Fisherman’s Cot restaurant, and an afternoon ride on the horse-drawn barge along part of this very peaceful canal. If this event (which is a repeat of one which took place prior to Covid) is as successful as previously, a very pleasant day can be anticipated. Members will of course be transported to and from Tiverton by coach, leaving and returning to Exmouth Station Car Park. Tickets for this are priced at £37.50 each which are fully inclusive of all arrangements. Details of food will be available to pre-order for lunch and will be sent by email to all members shortly. **

November hails our very popular **Evening Fireworks Cruise** along the River Exe on **Saturday 5th November**, and again hot pasties, with a choice of meat, vegetable or gluten-free will be available to pre-order through the Social Committee. Price for tickets £11 each plus £4 for a pastie. Also there will be a full range of drinks on board for members to purchase. This is a wonderful opportunity to view some of the displays that otherwise would not be able to be seen from inland Exmouth. **

Lastly, and as mentioned in the July newsletter, our **Annual Celebratory Lunch** this year takes place BEFORE Christmas and has been booked for **Thursday 8th December, 2022**. Something for members to anticipate with pleasure over the next few weeks. This information is given to you early in order that members wishing to attend will be able to make a note of the date in advance. Much more detailed information will of course be made available when it is to hand.

** Tickets for the Tiverton Canal and the Fireworks trips will be on sale at the next u3a Monthly Meeting on Thursday 8th September. Alternatively, tickets can be purchased on line by contacting Lyn Holmes.:

1. Send a cheque to Mrs L. Holmes – made out to ‘Exmouth & District u3a’ and please send a stamped addressed envelope for your ticket to be sent to you.
2. Pay via internet banking
3. Buy your tickets at the Monthly Meeting – we would prefer cheques, but we do have a card machine, and of course, cash will always be accepted if that is your preferred method of payment.
4. If you have already pre-booked please just notify the committee.

As usual, the Social Committee will be present at the next u3a Monthly Meeting and will be happy to answer, or at least make enquiries about, any questions you may have. See you all on Thursday 8th September.



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

Make Room for Zoom

I've had an email from a regular Thursday morning Coffee and Chat attendee saying how much they value our sessions on Zoom. I thought that the majority of our u3a members may not realise the worth of these sessions so decided to write a bit about them.

Our Coffee and Chat meetings first arose because of lockdown, with the aim of providing an informal forum for those who couldn't get out and meet others. There was no particular structure but anyone who wanted to have a chat could join in and, most importantly, they could do it from home. They needn't stay for the whole session and could come and go as they pleased.

These meetings have turned out to be much more than that, as the email pointed out. There are a number of regulars and over the months, we've become good friends and feel very comfortable with each other. This has allowed participants to share their thoughts on a huge variety of topics which wouldn't otherwise be possible. We feel secure in each other's company and we're finding out what a lot of hidden talents we all have.

So recently, we've all learned of the fact that our landlines are due to be converted to digital, that the mobile 3G network is due to be closed down, that at least two of our regulars are artists and one regular joined us from Italy. Someone even categorised these as 'unknown unknowns'. In other words, many don't easily know what it is they need to find out about. Our Thursday Zoom sessions have helped point out a few of these things.



The ability to share our screen has allowed some of us to give short talks on a pet subject. In turn, this has encouraged others to think about what it is they know that would interest others. So we have a full programme of short talks lined up by our Zoom members who've gained the confidence to have a go. So a recent session on Antony Gormley's sculptures prompted the offer of a talk on Aesthetic Geology. I'm sure that this wouldn't have happened without the feeling that we're among friends and it doesn't matter at all if there are slips, pauses or mistakes during a talk.

So please add to our numbers and join a thriving, chatty, laughing group of friends on Thursday morning. To encourage you, here are some comments from our members:

"Comments about individual's lives and interests are really powerful, really enabling and very welcome."

"Long may Thursday's Coffee and Chats continue and develop."

"It's become a weekly meeting of friends."

"One feels that all are friends who welcome you with interesting topics, thoughts and ideas. There's always something to look forward to."

"I can completely recommend the Thursday morning coffee and chat sessions. I haven't missed very many since they first started. They are great fun and so informative and friendly – and all from the comfort of your own armchair! What could be better now that winter is just around the corner."

Ian McLauchlin, Secretary

Fire Safety in the Home



On 7 July we had a talk at one of our regular Thursday Zoom talks by Jared Rapson Firefighter, Green Watch, Exmouth Fire Station, Devon & Somerset Fire & Rescue Service. Jared covered 'Fire safety in the home' emphasising that many fires are easily preventable suggesting preventative steps we can all take. He kindly let us record this, and you can see his talk on our u3a YouTube channel at <https://youtu.be/iAdiRZ1pzcQ>

Included in the advice was information on:

- **Extension leads** – Extension leads will go into one socket which has a limit of 13 amps. So check the amps of your equipment. Never use extension leads for high-powered items. These include kettles, heaters, hair straighteners and large appliances such as washing machines, dishwashers and tumble dryers.
- **Avoid using block plug adapters** – many of them are not fused and are a fire risk.
- **Charging devices** – Always use the charger that came with your device. Charge devices on hard surfaces and never on a carpet or bed (and definitely never under a pillow). Never leave a device charging alone including when you are asleep.

After his excellent talk Jared offered our members the option of a visit at home to talk about home fire safety advice and the possibility of fitting long lasting free smoke alarms which some of our members had fitted following a home visit.

Request free home fire safety visits

Although our firefighters are very busy, they do want to keep our communities safe from the risk of fire. So if you are interested, services are free of charge and free fire safety equipment can be provided:

- Phone 0800 05 02 999
- Email firekills@dsfire.gov.uk
- To request a home fire safety visit <https://www.dsfire.gov.uk/safety/home/home-safety-visits>

In addition, there's lots of home safety advice on this website at <https://www.dsfire.gov.uk/safety?home>

Christine Chittock, Chair

Antony Gormley's 'Angel of the North'- a new perspective



At our Zoom Coffee & Chat session on 18 August, Ian McLauchlin gave us a wonderful talk on an intriguing aspect of Antony Gormley's impressive statue Angel of the North. He said "When I first saw Antony Gormley's statue 'Angel of the North', something jumped out at me. I wonder whether it jumped out at you?". Are you intrigued? If so, and if you were not able to be at this session, Ian had kindly agreed to record his talk, and it's on our own u3a YouTube channel. Just click or tap on this link to watch this 16-minute video – https://youtu.be/8v_vujslYX8. Fascinating!

Review: Coffers, Clysters, Comfrey and Coifs: Life in the Time of the Mayflower Dr Janet Few: 14th July 2022



This presentation by social historian and author Dr Janet Few gave us a fascinating, amusing and informative insight into the domestic life of our 17th century ancestors. Janet herself appeared in the contemporary guise of Mistress Agnes, servant of Sir Frances, together with Master Christopher, barber surgeon. The talk was illustrated throughout with artefacts, many original and displayed for us, and other slides and was given to an audience both in the Pavilion and on Zoom.

Janet started by explaining the historical background to give the context of her talk. The 17th century was dominated historically by the Civil War and then the restoration of the monarchy. Charles II brought back from exile foreign ideas, furniture and food, so this talk concentrated on the earlier part of the century. Written records, such as inventories, letters and diaries, show life among the gentry, whereas few written sources are available for the lives of their servants, although they comprise by far the largest percentage of the population. However, parish records, surviving cottages and domestic artefacts are available and formed the basis of her talk.

It would be impossible to do justice to the fascinating factual information contained in this presentation but I shall try to give a brief taste and provide an explanation of the title of the talk.

Daily domestic life was considered by moving from the building comprising the home to the interior, food, clothing and the garden. Although most homes by then had a chimney and a second floor, the building material was mud (cob) and the floor was earth, covered with straw. Water had to be fetched from the well, pump or pond. Candles were homemade of animal fat or beeswax from the home's own beehive. The fire in the kitchen, the hub of the home, had to be kept alight at all times. Furniture was minimal, storage being a large coffer.

Only the rich could afford to import food. For the poor, a single pot boiled on the fire, with meat and vegetables added, regularly provided meals. An illustration of social differences was shown by different drinking vessels, wooden beakers for the poorest rising through leather, horn, clay and pewter to glass for the wealthiest.

Drink was mainly small beer, watered down several times. Potatoes were expensive, white bread considered best and the homegrown carrots white or purple. An hour a day would be spent grinding flour. Food was served on a square platter, hence the expression "a square meal".

Although Mistress Agnes and Master Christopher were themselves appropriately dressed for their times, they showed us how to fit in with the able assistance of model Hazel James. Elbows and ankles should not be shown. The basic garment was a shift, changed once a week on Sunday. A bum roll came next to accentuate the good child bearing hips, then a petticoat, with a bodice and apron on top. The bodice could be cross laced or straight; the Puritans preferred straight, hence the expression "straightlaced". Whilst an unmarried woman wore her hair long, a married woman wore a kerchief or coif.

Everything grown in the garden would be useful, either for culinary purposes, to ward off bad luck or for medicine. Whilst a physician would diagnose illness, an apothecary provided herbs and Master Christopher, as barber surgeon, would operate. A clyster was one of his unpleasant instruments, used to administer an enema.

We were given examples of cures and remedies, many of which made you extremely glad to be living now, some of the more interesting being mint as viagra, holes made in the head to release ill humours and wild rocket as a deodorant.

Whilst Janet's references to the contrast with our own lives were few and often humorous, she gave a lasting impression of how hard life was in the 17th century. We are very grateful to both our presenters and especially Janet for this most enjoyable talk.

Ann Newby
Speakers' Coordinator

(Photo from Dr Janet Few's website – <https://thehistoryinterpreter.wordpress.com/>)

Group news – Transport Group Outing to Bodmin & Wenford Steam Railway

On Friday 1st July 2022 five members of the Exmouth & District u3a Transport Group visited the Bodmin and Wenford Steam Railway. After an hour and a half drive down the A30 to Bodmin in Jim's new electric KIA EV6 we arrived at Bodmin General Station well in time to enjoy a coffee break before boarding the 11:50 steam train, and our reserved compartment, to Boscarne and back to Bodmin.



The Bodmin steam railway has two branch lines with Bodmin General station in the middle. This first branch took about 40 minutes and got us back for a 45-minute lunch break and what better at a cafe in Cornwall than a tasty Cornish Pasty. The second trip on the branch line in the opposite direction, to Bodmin Parkway station, took just over 45 minutes and here we could feel the engine struggling with the steep inclines of the old tracks. Another 90 minutes' drive back to Exmouth saw us home well before 4pm.

It may be 75 miles away, but as we have, in the past, experienced many of the closer-to-home heritage railways, it was good to visit another railway in the South-West. Here above is a photo taken at Bodmin Station by a very helpful volunteer, Jamie, who had looked after us on each journey.

Jim Barnes-Phillips
Group Organiser

Group News – Walking Group 2



This photo was taken by Sue Hall on a recent 6 mile walk between Parke and the lovely village of Lustleigh where the group enjoyed a picnic lunch on the Orchard green. The walk follows part of the old railway line, then along narrow lanes and finally by the River Bovey.

Keith Phillips
Group Organiser

Group News – Walking Group 3

Newton Poppleford was the start of the August walk for Walking Group 3. The walk led by Sandy Moreton and Alex McDiarmid (who took one of these photos) was about 4.5 miles mainly on the level to Southerton and then Venn Ottery for an unexpected treat. Homemade banana cake and tiffins!! This was at "Bowhayes Trees" café. Alex and Sandy had spotted the café on an earlier walk and the owners prepared the cake especially for the group. Full of cake and coffee the walk continued via Tipton St. John back to the start.

This photo shows the group at the café which is well worth a visit by anyone who happens to be in that area.



Our group has now been together for several years and is still currently full with a short waiting list.

Martin & Mary Clook
Group Organisers

Group News – Weekend Walking Group



Here is a picture of some members of the Weekend Walking Group enjoying a break halfway round a circular walk from Branscombe in August.

David Wear, Group Organiser

Group News – Bird Watching Group 2: Axe Valley, 14th August 2022

In warm, bright and still conditions, the Axe Valley looked suitably picturesque as 21 keen wildlife watchers (*including some from Bird Watching 2*) spent the final two hours of daylight aboard the Birdwatching Special Tram. *Soon after we left the tram shed, we were greeted with a murmuration of starlings, flock of chattering starlings and a flock of goldfinches twinkling like yellow stars as they flew.*

With exposed mud flats during the northbound journey, wading birds were well represented along the whole route. The usual Lapwing, Oystercatcher, Curlew, Redshank and Black-tailed Godwit were joined by Whimbrel, Greenshank, Common Sandpiper, Dunlin, Ringed Plover and, best of all, a Bar tailed Godwit – an infrequent visitor to the Axe Estuary. Many of these birds were sporting fresh juvenile plumage and looking particularly stunning in the warm evening light.

The rarity of the trip came at the very north end, with a lone Cattle Egret sat conveniently on the edge of Colyford Scrape, with two Little Egrets not too far away allowing for a useful comparison. The smaller size and yellow bill being the diagnostic features of this increasing but still irregular visitor.

Another highlight of this trip were the frequent Kingfisher sightings, with at least four but possibly as many as six noted during the two hours. Although many views were of the typical 'blue flash', during the journey back, two were watched for several minutes fishing from Estuary-side posts just north of Riverside Halt. A real treat for all on board.



Bar-tailed Godwit



Cattle Egret



Little Egret



Greenshank



Shelduck



Kingfisher



Starlings and goldfinches

In total 50 different species of bird were recorded during the trip.

Steve Waite (Seaton Tram Guide) – with some additions by Debbie Wright (Group Organiser)
Photos are courtesy of Steve Waite and Keith Urwin

Group news: Art Appreciation 2 – Visit to Exeter University

On 24th August a group from Art Appreciation 2 had a very interesting day at Exeter University. Some of us spent the morning at the Bill Douglas Cinema Museum, a comprehensive collection of artefacts relating to the history of the moving image, pre- and post-cinema. Bill Douglas, a Scottish film director and his friend, Peter Jewell donated over 50,000 items to found the museum and this has now grown to over 86,000 items. "The Lower Gallery explores the development of pre-cinema visual culture up to 1910 and the Upper Gallery celebrates cinema from 1910 to the present." A great time to learn, play and reminisce.

After a picnic beside Ed Crumpton's 'Mariners Way II', we were joined by more of the group to follow the University's Sculpture Trail (available from the University's web-site). Apart from the stunning Barbara Hepworth sculptures shown, there were another 38 sculptures, mosaics and other forms of art around the grounds and inside buildings. Some of the sculptures were installed this year. We also happened across some art work not in the trail – a special treat.



Debbie Wright, Group Organiser
Outdoor photo by Paul Gudan

Equipment loans to groups



We are very pleased to welcome Brenda Craig as our new Equipment Coordinator. She has very kindly volunteered to take responsibility for the loan of our u3a projector and extension cable to any group organiser who wishes to borrow this. To borrow this equipment, please email her on equipment@exmouthu3a.org.uk. It is advisable to give as much notice as possible.

I am currently storing most of the rest of our u3a equipment in my loft. This includes a laptop computer for off-line work only (e.g. to use in conjunction with the projector or for word processing), a public address speaker and microphones, a laminator, and a stand for the projector or other purposes. Any group organiser who wishes to borrow any of this should email me at newsletter@exmouthu3a.org.uk

We would like to thank Melanie Parker for all her help in looking after this equipment for such a long time.

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. Would you like to contribute anything for the next newsletter in October? 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 October edition is **Saturday 24th September**. Thank you very much.

John Hunt

Newsletter Editor

newsletter@exmouthu3a.org.uk