



January 2023

Number Seven

*Our u3a has been here in Seaton for 10 years now. During this time we have had changes to our Committee and groups. April this year will see more changes. We now have 170 members, which gives us a broad range of experience and expertise to draw on to fill the posts when they become vacant and new positions reflecting our improved publicity and promotion activities. We appreciate that all who support our u3a do so voluntarily, so if you feel you would like to give your time to share in the running and supporting us, please let Val our Chair, or Fran our Secretary know what you can offer. See Below.*

## FROM THE CHAIR

A belated Happy New Year, hope you all enjoyed Christmas. Since the last Newsletter we have had some interesting and well attended Monthly meetings at the Gateway at which we enrolled some new members. There are several more interesting events to come so please bring along a friend and encourage them to join us.

We have second Book Group so there are now spaces for about half a dozen new members. If you are interested then please contact Jill Watts on [j.67axeview@gmail.com](mailto:j.67axeview@gmail.com) or Maggie Claydon on [maggiclayden@hotmail.com](mailto:maggiclayden@hotmail.com).

We have a wonderful scrapbook with information about our Groups together with photographs of the Committee on show at the entrance to the Gateway. Please do have a browse whenever you can.

Finally, and most important: We need nominations for the posts of Secretary and Treasurer for the next Committee. It's possible that the Secretary post could be split into two - Committee Secretary and Social Organiser – so two nominations would be needed for this. Without these posts being filled we will not be able to continue with Seaton U3A, so please let me know if you or a friend is interested.

Look forward to seeing as many of you as possible at future monthly meetings

Val Nightingale Chairman

## Tuesday 25th April, 2023



This seems like a long way away at the moment, but it will quickly catch up with us! We will be needing new committee members; is this something you could do? We meet about 6 times a year and between us work out what will happen with our u3a. Committee meetings are informal and take less than 2 hours. There is a separate group which organises the speaker programme for the year.

Please think about joining the committee, we always welcome new people and new ideas.

Thank you

Fran Shepherd

## Christmas lunch 2022



On December 1st, more than 40 of us enjoyed a Christmas lunch at The Old Picture House in Seaton. The lovely room was cosy and festive and we were well looked after by the attentive staff at the venue. food was hot and plentiful as well as delicious and I think everyone enjoyed their choice of meal, either traditional roast turkey, roast beef or the vegetarian option of roast pepper stuffed with mushroom risotto all served with plenty of roast potatoes and seasonal vegetables.



The venue was a new one for us but I think we will be back!





Lunching at the Old Picture House

## GROUP NEWS

### THE GROUP COORDINATOR



We no longer have any language groups operating. This is a huge regret as we have had Spanish, French and Italian groups in the past which were well attended. Do we have any budding linguists out there who have even a smattering of another language? You don't need to be an expert, U3A is all about learning and exploring together. Setting up a group is not arduous and I am here to provide support and advise if needed.

I would be happy to meet for an informal chat about setting up a new group  
Please make contact if you feel you can contribute.

Lin Allison. 01297 22384. Mob. 07775696825



### AMBLERS

The aim of the ambling group is to enjoy gentle exercise for about an hour (!) with the wind behind us, with congenial company, always of course followed by a good coffee (and sometimes lunch).

All of the group have various conditions which make running up/down hills/steps impossible but we find on the flat we can keep up a reasonable pace.

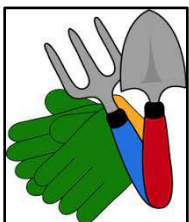
Most of our walks are in Seaton simply because we can find flat walks but we have enjoyed walking round Colyton with Chrissie as our guide and even ventured as far as Axminster where the George tempted us to walk down to the river and up Castle Hill, a short but steep walk.

We are determined to go on ambling accepting that some of us might have to 'peel off' earlier and sit down.

We are planning to be very adventurous in the better weather and do the river walk from Colyton to Colyford! And maybe even further afield – you never know!

Jean Henderson

### GARDEN GROUP.



We have, I hope, enjoyed our very laid-back garden group. The aim was to enjoy each other's gardens where possible and as the weather got more inclement transfer to garden centres with warm coffee shops!

We have many members who have generously allowed us to visit their gardens, poke around, steal cuttings and admire their achievements and we have been from Seaton to Trinity Hill! We managed an early visit to Joan and Ken so we could get to the u3a cream tea. I got lost trying to find Jennie's Garden and explored

rather too much of the narrow lanes above Uplyme for my own comfort! We have also all spent rather too long chatting in garden centres. One of our favourites of these is Burrow Farm gardens where you don't have to pay entrance fee if you are just having coffee. After a Christmas break it is Otter Nurseries this month and then we re-start our members' garden visits in May to admire the view of the sea from Barbara's garden in Beer. After a depressing start to the year weather-wise we hope we start to get out into our gardens again soon and I hope I will be forgiven for forgetting the mince pies this Christmas!

**If you are interested in joining, please contact Jean Henderson**



## JAZZ APPRECIATION

MONTH	YEAR	EVENT
January 10 <sup>th</sup>	2023	<b>Interpretation.</b> interpretations of the same tune. To include: Chet Baker, Joe Stilgoe, Jamie Callum, Kenny Ball, Stacey Kent and Thelonious Monk .
February 14 <sup>th</sup>	2023	<b>Off Beat Women</b> All female programme performing compositions that are not generally found in the standard jazz repertoire. To include: Nina Simone, Miriam Makeba, Lulu, Clare Teal, Pearl Bailey, Melody Gardot,
March 14 <sup>th</sup>	2023	<b>Jazz Videos</b> Selection of video jazz performances
April 11 <sup>th</sup>	2023	<b>The American Song Book : George Gershwin</b> Vocal and Jazz Instrumental versions of George Gershwin songs. To Include: Peggy Lee, Lena Horne, Gerry Mulligan, Stan Getz, Carmen McRea, Tubby Hayes.
May 9 <sup>th</sup>	2023	<b>Fran's Favourites</b> A programme curated by Fran.
June 13 <sup>th</sup>	2023	<b>Bach Meets Brubeck</b> A joint presentation by Jazz Appreciation and Music Appreciation Groups exploring the interface between jazz and classical music. Likely to include pieces by: Beethoven, Gershwin, Shostakovich, Bach and Walton . With performances by: Dave Brubeck, Glenn Miller, The King Singers, Benny Goodman Keith Jarrett.
July 11 <sup>th</sup>	2023	<b>Where Are We Now?</b> <i>Where are we now?</i> Featuring jazz of the 21st Century To Include: Darius Brubeck, Go Go Penguin, Nubia Garcia, Marcus Miller, Hot Sardines,
September 12 <sup>th</sup>	2023	<b>ABC of British Jazz</b> A ride through most of the alphabet of British jazz performers. To Include: Alan Barnes, Clare Teal, Tubby Hayes, Sandy Brown and Martin Taylor
October 10 <sup>th</sup>	2023	<b>Two C's Jazz Programme Two</b> Second programme curated by the Carole's Butler and Spencer.
November 14 <sup>th</sup>	2023	<b>Jazz Videos</b> Selection of video jazz performances
December 12 <sup>th</sup>	2023	<b>Christmas Pudding</b> End of year spicy mix of favourite and requested tracks

Meetings take place in the **Methodist Church Hall** on the 2nd Tuesday of the month.

Contact [clivew40@uwclub.net](mailto:clivew40@uwclub.net) 01297 22720

**NEW MEMBERS ARE WELCOME**



## WINE APPRECIATION

Our group meet the last Friday of each month to learn more about wine.

We usually sample 3 white and 3 red wines each session, discuss and score each one. Members take turns to purchase and present the wine, the cost is re embused using the £5 we charge for wine and room hire. If you are interested and wish to be added to the waiting list **please contact Anne/Sid 07805 451925**

## EXPLORING LITERATURE GROUP



Jan asked everyone for something special to go in the Newsletter. I'm always a bit lazy and casual about this, but I thought I'd try to send in an article this time as we are coming to the end of our reading subject - 'The Place of Women in Society, 1850-The Present Day'. As you can imagine, this has taken a long time, but it has been very enjoyable.

What did we learn about this subject? Big differences, of course - the heroines of Jane Austen, on hearing something upsetting, are prone to flee to their rooms to 'emote' on their own, so as not to express their feelings in public, nor upset their relatives and friends. Today's heroines would react openly and spontaneously, and of course, there are many other contrasts like this.

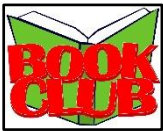
So what shall we observe now? A difficult decision to make. In the end, we have decided to go backwards, rather than try something new, and we are going to repeat 'Children and Education'. It made sense since it will be new to most of our current group members (not to mention that it will be easier for me).

I did try to get a photograph of our group to go with this report, but I'm afraid there was 'operator error' at the time. Hey Ho!

**Contact: Barbara Cooper**



## SEATON u3a 2<sup>nd</sup> BOOK GROUP



If you are interested in joining the new u3a Book Group, we would be pleased to see you!  
We will be meeting once a month on the first Thursday at 2pm – 4pm, at: **5, Royal Observer Way,**

**Seaton, EX12 2FB**

If you would like more information please email: [maggiclayden@hotmail.com](mailto:maggiclayden@hotmail.com)

**Mobile:07805 674980**

## ART APPRECIATION

In this group we look at all types of art, mostly for the enjoyment of it, but maybe also to learn something new or to see things in different way. Sometimes we look at the work of a particular artist (Caravaggio, for instance), and the characteristics of his or her paintings that make them stand out from others of their time.

At other times we look at a variety of art based around a theme, such as 'dance' or 'the seaside'. This enables us to look at a variety of styles from different periods and perhaps be introduced to lesser-known artists.

We meet once a month at Marshlands on the fourth Wednesday of the month at 2pm.

Jan Young, group leader ([janyoung17@gmail.com](mailto:janyoung17@gmail.com))



## CURRENT AFFAIRS



This is a lively group of people interested in sharing their views, and hearing those of other members, on any current topics of interest. These topics can be from the international, national, or local situation and are generally 'in the news'. The format is ad hoc in that individuals who have been prompted by something arising currently, and which piques their interest, raise and discuss the topic. We usually have more topics than we have time to discuss, and discussions can on occasion digress to related matters of mutual interest. The group ethos is tolerance of others' views and avoidance of partisan politics – although the behaviour of politicians or policies are fair game. You do not have to contribute to the discussions if your wish is simply to listen to the views of the others. **3<sup>rd</sup> Thursday @ 10:30, Methodist Church, rear room. Contact Jean Henderson**



## CRAFT



The Craft Group continues to thrive with around 10 - 12 regular members. We have settled well into our new venue at the Methodist Church hall which is comfortable and well ventilated.

We still have space for any new members that might like to join us.

Lin Allison 01297 22384



## PLACING HISTORY

New year and a new fascinating subject, 'Runnymede'. How did the Great Charter get signed at this quiet island in the Thames and what have been the results of this document existing?

The simple story most of us heard at school misses much of the most important issues.

Next session **Thursday 9<sup>th</sup> February at Seaton Methodist Church 10.00 am – 12.00 noon**. Was John a bad man? Did Magna Carta start us on the road to democracy? Spoiler alert – yes, no.

In March and April our subject was Britain, 1945-1950. Obviously a very significant 5 years as Europe sought to recover after the Second World War. So much turmoil, so much hardship and yet so much hope. It is always strange studying the history of a time which some of us lived through.

Placing History meets on the second Thursday of each month at 10.00 am at Seaton Methodist Church..

**David, 01297 625045**

## MUSIC APPRECIATION



Do you remember the excitement of going into your local record shop, selecting a record or two and the proprietor playing them for you to listen to and settling down in the listening booth? How times have changed, you cannot do that now and you need very specialist shops to even buy records (CDs are nearly as difficult). At least you can find music online if you know how (I don't). Nevertheless, we are very fortunate that music of all genres is available to us

either broadcast or recorded. Before the advent of radio and records you could only enjoy music at live performances, and these were only available to those that could afford them and lived close to the venue. The exception was, of course, church music but that does not appeal to everyone. Folk music was readily accessible but only the music of the local area and each region would have its own particular style. Adjoining areas' music could be experienced but not from much more than a day's walk away.

What we call "classical" would be totally unknown to the majority. Despite popular belief, Classical music has a widespread appeal and if you like to dabble, immerse yourself in it or somewhere in between, maybe the Music Appreciation Group is for you. We meet on the third Thursday of each month at 2.30pm in the Methodist Church lounge for two hours mainly to listen to recordings but also to talk about the accompanying notes if there is anything to say or maybe to reminisce about performances that we have heard or even participated in. There is a wealth of material available, and each meeting has a theme. For instance, the October meeting was about music written by American composers or by composers influenced by American music. November was about the music of the Stuart period and December we had a winter/Christmas flavour.

**Join us if you are at all interested and you may be surprised.**

16<sup>th</sup> February – Suites

16<sup>th</sup> March – The month of Madness

20<sup>th</sup> April – Listeners' choice (Bring a Disc)

18<sup>th</sup> May – A Taste of France

15<sup>th</sup> June – Simply Strings

20<sup>th</sup> July – In holiday mood

**Denis Long (01297 22900 / ([denis.long1@btinternet.com](mailto:denis.long1@btinternet.com)))**

## QUIZ GROUP

The Quiz Group is still thriving. If you wish to join in the entertainment please phone me on 625478. All are welcome no matter your ability to know trivial facts

Contact Helen at 01297 625478

## BRITAIN FROM ABOVE (BfA)



Well, we are now meeting regularly again, albeit at my home. We have taken to exploring themes with the aim of using photo's from BfA to illustrate and provide evidence for the subject in hand. We supplement this with use of the National Library for Scotland's (NLS) splendid collection of Ordnance Survey (OS) maps of Britain, plus clips from You Tube and other sources available on the Internet.

If you've found this intriguing and would like to come along, do give me, John Cavell, a call on 07961 145780.

## RUMMIKUB & SCRABBLE GROUP (Board Games)



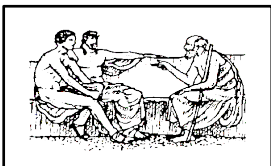
We will be meeting upstairs at The Gateway on the 1st and 3rd Tuesdays of each month, 2.30 - 4.30 p.m., commencing on Tuesday 7th September.

We are a friendly bunch, have players of various abilities and are not overly serious. At the moment we have spaces available so if you are interested in joining us please drop me an email with any questions you may have or just turn up at one of our gatherings and have a go. Both Rummikub and Scrabble are very easy to play. Subs are usually in the region of £2 per afternoon but may vary according to numbers attending.

Chrissy Stevens (Group Leader) email : [chrissy.stevens73@gmail.com](mailto:chrissy.stevens73@gmail.com)



## PHILOSOPHY



New year and a new fascinating and important subject. After the past few years with events over elections in the United States and the happenings in our own country, we are all asking questions about the basis on which politics can happen and governments can function. Lots of philosophers have explored these issues – a cool, calm, rational way to look at what are

often, very heated issues.

**Our next session is on Tuesday 21<sup>st</sup> February at the Gateway – 10.30-12.00 noon.** Important rule for the group – everyone **can** speak – no one **has to** speak (just sit and listen).

Enquiries 01297 625045

Philosophy meets on the third Tuesday of each month at 10.30 am at Gateway.

David

David, 01297 625045

## PEOPLE IN HISTORY .



What is History? Is it, as some eminent person once surmised, the essential narrative and development of mankind through the ages? Or is it, as somebody else bemoaned, just one thing after another? You probably recall doing History at school and can remember the vital stuff like Alfred and his over crisp cakes, Harold receiving an eyeful, Henry VIII chopping and changing. But then there are the other bits that failed to stick in the mind. Why? Was it difficult? Boring? Pointless? All of the above? Ok, let us cut to the chase. I believe that History is all things to all people, it is ours to share, but it is also too easy to make it dull and inaccessible. History can only

mean anything to us if it is informative, interesting and fun. That is the aim of the People in group and if you come along and join us you can receive the odd nugget of knowledge wrapped up in friendly surroundings among smiling colleagues. And if that was not enough there is a break for tea, coffee and biscuits.

2022 was an interesting year as we lost some stalwart members through migration and health. However, some new people turned up and we ended the year in healthy fettle. Since we moved to the Methodist Church Hall there is extra space so if you would like to give us a go, there is room to spare.

Group members are encouraged to give a presentation if they wish to, and they are certainly vital in providing ideas for topics. But let me be quite clear, if you just want to sit there and be entertained then you are more than welcome to do so.

We cover all sorts of subjects, British, foreign, ancient and modern. Anything that may be of interest is on the agenda. If you want to try us out then my contact details are on the website. I am usually at the monthly meetings in the Gateway and would also be happy to have a chat there. **Sandy Caple via my number on the web page**

### PHOTOGRAPHY GROUP

We are a group of around 10 photographers of a wide range of skills (and equipment) who like to meet twice a month. A day out to a pre-arranged location on the first Tuesday of each month is both a photo opportunity and a social occasion - we usually end the day in a café or bar for a drink and chat before heading back home again. All levels of photographers are welcome, for information, **please contact Derek Thompson**, group leader.

### MOTO



In the last six months we have gained some new members and managed several get togethers. I think we are learning to live with the dreaded COVID and have started to go out with more confidence. Most of our monthly meetings have been held at the Pisani who kindly reserve us a table and who allow us to expand to bigger tables when more members come along.

We are hoping as the weather improves, we will enjoy some days out shopping, visiting places of interest and more events at the Gateway. We have plans to visit Forde Abbey and Gardens and Salisbury when the better weather comes.

If any of you are interested in joining us then please come along to the first Tuesday of the month and have a good natter. **Next meeting is February 7th 10.30am at the Pisani.**

Val Nightingale

MOTO Group Leader

### ART GROUP



Our art group is going from strength to strength! We now have a solid core of members who turn up every month and a steady stream of new members too! We all enjoy doing our own thing in the company of other like-minded folk. There's always plenty of chat and laughter as well as helpful support and advice. If you enjoy painting, drawing etc amongst a cheerful bunch of people, then do come along and join us. We meet on the first Wednesday of each month, 10 am at Marshlands. We look forward to seeing you there! If you would like a chat or further information, give me a call:

Fran Shepherd 01297 691395 or email: [franshepherd48@gmail.com](mailto:franshepherd48@gmail.com)



### RAMBLERS WALKING GROUP

We have enjoyed a number of good walks over the last few months, but we also cancelled two because of the weather – the August walk would have taken place on one of the hottest days (remember the heatwave?) and October's due to a forecast for heavy rain (which never happened).

September saw us walking to Beer and Branscombe and returning by a different route to Seaton Hole where ice creams and drinks were enjoyed at Jurassic Bites. October saw seven of us on a longer walk starting at Kilmington, walking along the river Yarty to Beckford Bridge where we took a break before tackling the hilly section and returning back to our cars. Mince pies were enjoyed on our break in the shorter December walk round Salcombe Regis, a section of the coast path and a return to the Donkey Sanctuary where we enjoyed lunch.

January started off with a walk up the river Otter from Tipton St John to Ottery St Mary. We didn't see any otters but the sight of a kingfisher flying along the river made up for that.

We are now walking on the 3<sup>rd</sup> Tuesday of each month. February will see us starting out from Colyton, and in March Helen is planning a walk from Blackbury Camp. Walks are generally six or more miles and vary in speed according to the leader. They are mostly morning walks allowing those of us who have afternoon commitments to be back in Seaton by 1pm. Car sharing is encouraged, so non-drivers are able to enjoy our walks. New walkers are very welcome; if you are interested in giving us a try, please give me a call on 07591 848105 or speak to me at one of our monthly talks in the Gateway.

Tim Hopson



Old year passes, new one begins  
[some were tempted by too many gins!]  
Winter sets in, days short and dark.  
Nature sleeps, no sign of a lark

Garden bulbs reach for the sky  
Leaves dress trees, birds rush by  
Building homes as they sing.  
All this, longer days will bring.

Trees stand naked, clothes blown away  
By a breeze; tis windy today!  
Leaves blanket a woodland floor,  
Frost clings to an outer door.

Nature never sleeps, do not fear.  
She makes a new world every year.  
Brings us joy with flowers and trees.  
Fills our plates with food and treats

Forest quiet – sound muffled – nature sleeps.  
Beneath the blanket, tendrils creep.  
On bare branches, buds grow.  
Nature's progress is achingly slow.

How can we fail to admire her toil.  
Such beauty all erupts from the soil!  
Incredible diversity of all that grows  
On earth. Her total mastery shows  
That nature never sleeps!

### SOME THINGS OF INTEREST - by Jan Young

These are from some of the world's most iconic paintings – still recognisable when you only see a small portion. Can you name them or the artist? **Answers at the end**

1



2



3



4



5



6





## Lord Woolton Pie

With the current cost of living being a problem for many, perhaps it's a good time to take another look at this World War 2 recipe which was created when many items of food were rationed.

1 lb diced potatoes  
1 lb diced carrots  
1 lb diced cauliflower  
1 lb diced swede  
Leek or an onion, chopped  
Fresh parsley, chopped  
1 or 2 teaspoons Marmite (or stock powder)  
1 heaped tablespoon oats  
Shortcrust pastry (with wholemeal flour)



1. Dice up all the vegetables, place in a saucepan and just cover with water. Mix in the Marmite and oats and stir. Bring to the boil and simmer for 15 minutes until the vegetables are soft.
2. Drain, then season with plenty of salt and pepper, adding a teaspoon of margarine.
3. Place the mixture in a pie dish.
4. Roll out the pastry to the desired shape and then place over the pie dish. Pierce the top in several places with a sharp knife. Glaze with a little milk.
5. Place in the oven at 180C for 20-30 minutes until the pastry is golden brown. Serve with thick gravy.

## Some Weather Folklore

When winter begins early, it ends early

When there is a spring in the winter, or winter in the spring, the year is never good

Long winter and late spring are both good for hay and grain, but bad for corn and garden.

Onion's skin very thin,

Mild winter coming in;

Onion's skin thick and tough

Coming winter cold and rough

A dim or pale moon indicates rain; a red moon indicates wind.

Three frosts in succession are a sign of rain

If on the trees the leaves still hold

The coming winter will be cold

Cloudy mornings turn to clear evenings

*And for the coming months:*

After a rainy winter follows a fruitful spring

When the oak comes out before the ash

The summer will only bring a splash

But if the ash precedes the oak

Then the summer will be a soak

.....AND BEFORE WE GO

## NEW YEAR GREETINGS FROM CANADA

January in Ontario, and we are just beginning another winter snow storm, expecting around 20 cm around the overnight period.

At the moment it is light fluffy stuff, softly falling, but who knows, later if the wind gets up, it could make travel difficult. My elder daughter is travelling from PEI (Prince Edward Island) to Ottawa tomorrow for a two week stay with us, so it could be a troublesome journey.

Many of you may wonder what everyday life is like over here, and as I am staying with my younger daughter and her family in a small country community called Russell village, I will try to give you a brief description.

Ours is a typical small subdivision of modern homes, together with a large community centre, doctors' offices, churches, shopping areas, and a library.



Much the same as the facilities in Seaton.

However, although the community is surrounded by many large farms, the same as Seaton, there the similarity ends.

This is a vast province, one that the whole of England would fit into comfortably, and as most of it was developed on a grid system, everything is square and neatly surrounded by long straight roads, with few hills.

There is a large collection of activities for people to be involved with, such as the 55+ group, that offers fitness sessions, indoor games and craft activities, along with luncheons and bus trips, and also a well-supported horticultural society, while at the local library, reading and writing groups are available.

They have an active Women's Institutes, and churches for most persuasions.

Outdoor and indoor sports centres, and an adequate supply of restaurants and coffee shops.

More than enough to keep a person busy.

I hope to return to the UK and Seaton in the spring, and although I will miss my many new friends over here, I look forward to meeting up with those in my homeland.

Canada is a huge country of extremes, very hot in summer and comparatively cold in winter.

I read my digital copy of the "i" each day and this keeps me in touch with what you are contending with.

So, I urge you to keep warm, keep well and keep smiling.

Afterall, that is the British way of doing things, isn't it?



*Sylvia Manning*

[sylvia.manning6@gmail.com](mailto:sylvia.manning6@gmail.com)

### Photos:

1. Me on my mobility scooter, in summer.
2. looking out at the recent snow.

*1. Picasso, Guernica 2. Botticelli, The Birth of Venus 3. Leonardo da Vinci, Mona Lisa 4. Vermeer, Girl with a pearl earring 5. Van Gogh, Starry Night 6. Michelangelo, Creation of Adam (Sistine Chapel)*

**Edited and published by Jan Young and Clive Wormleighton NB This newsletter consists of TEN sides of A4 . To print you can save paper by double –side printing – see your printer settings – set to double side or duplex printing .**