

Welcome

August is here and it is very busy in Sidmouth. Many of you may have family or friends visiting making you a free B & B for some weeks. Others may just hide away until the tourists have left. However don't forget we do have a meeting this month and there will be an interesting talk by John Lowe.

Our Group's Display meeting has been put back to September to coincide with the 40th Anniversary Events of the u3a.. The u3a National office have issued some new 'branding' guidelines and the new heading hopefully reflects their suggestions. Most of us have little idea what 'Head office' does or how they can be of use to our u3a. One thing useful for instance, is if you are a potential leader they have lots of advice on running a group and there are more than 100 subject advisers drawn from other u3a groups where you can get advice and support. Enjoy the rest of the summer!

Brian Webb – newslettereditor@sidmouthu3a.org

Chairman's Message

This year u3a celebrates its 40th anniversary in this country. Sidmouth u3a will be joining in the celebrations by opening up the September meeting to organisations and individuals within the town. The meeting on 13th September will include some of our Group Leaders showing the activities of their groups, with demonstrations by some. If you would like to be active in helping to organise or advertise this event please get in touch with me or either of your Groups Co-ordinators.

Many groups, but not all, take a break for August, so there are still activities to keep you active and entertained. Our August open meeting on the 9th will have a speaker rather than the usual groups display, see later in the newsletter for details. We also have new groups starting up so do have a look at the groups list attached with this mailing. There will be another inter u3a quiz in the autumn to be held in Honiton. Would you like to be part of a team? Details are included in this newsletter.

I had the pleasure of joining the Walking Group as a guest last month for their walk around Colyton and then for lunch at a local pub. Many thanks to the Group Leaders; Jill and Rita, and to David and Vanessa who organised the walk. It was a very enjoyable day out. If any other group leaders would like me to see the activities of their groups I would be delighted to attend. Please get in touch 07877 381804.

Have a great summer and I look forward to seeing you at the August Open Meeting.

Best wishes

Janet Bailey – chairman@sidmouthu3a.org

Group Coordinators message

With two of us sharing the position we have divided the coordination tasks between us. Marilyn is looking after groups A to L and Carole groups M to Z. We are keen to have suggestions from members about events or groups that they would like to see offered. Please contact one of us or put your suggestions on the board at our next open meeting. Thanks,

Marilyn Burton (groupsm@sidmouthu3a.org) and **Carole Turner** (groupsc@sidmouthu3a.org)

What's Going On?

Tuesday August 9th 2022 Open Meeting, Stowford Rise Community Centre

Tea/coffee served from 1.30–2pm

"2The Boys" by John Lowe

On the late evening of Friday, 21st March, 1941 an RAF Hampden bomber crashes on Dartmoor, the spot is marked with a memorial stone for future generations to observe. Our speaker found the stone whilst he was out walking and decided to discover more about these young who had died for their country.

John tells the story of each member of the crew of this aircraft, who, like all other RAF aircrew, were not conscripts but volunteers. They came from widely differing backgrounds and from all parts of the Commonwealth and beyond.



This presentation captures the mood of 1941 and relates the story that lies behind the stark granite memorial that now honours the final resting place of the Royal Air Force Hampden aircraft that crashed on the moor.

U3a Sidmouth asks all members to self-assess for Covid19 symptoms prior to attending any u3a meeting, activity or event and not to attend if they have symptoms. If any member feels they may have Covid19 symptoms, it is advised that they get tested - lateral flow or PCR - or contact the NHS helpline by dialling 111

Events, Groups, Newsletters & IT

At this meeting there will be facilities to record your suggestion on Events or Groups you would be interested in our u3a making available. So do let us know.

Next regarding the newsletter, some of you have reported that you have not received the newsletter for May, June or August. For technical reasons we have changed the method of delivery, mainly to improve security and to ensure everyone can read it regardless of device (PC, Laptop, Tablet, IPad or Phone) or software. If the Newsletter has not appeared in your Inbox then your email provider's software may have put it in 'promotions' or 'spam'. So look around and when you find it transfer it to your 'inbox' then in future it will arrive there. If you have any IT queries then note them at the meeting and if there is a straightforward answer it will be published in the next newsletters.

HONITON u3a

Invite you to the second
Inter u3a quiz at the

MACKARNESS HALL (EX14 1EP)
ST PAUL'S CHURCH - HIGH STREET
HONITON

2.00 PM TO 4.00 PM
On 20th SEPTEMBER 2022

EACH U3A MAY ENTER UP TO 3 TEAMS OF 4

6 ROUNDS OF 10 QUESTIONS

Cost:- ONLY £10 PER TEAM OF 4

(REFRESHMENTS AVAILABLE)

PLEASE CONTACT – JUNE BROWN TO REGISTER YOUR TEAM/S
CLOSING DATE FOR ENTRIES – FRIDAY 3RD SEPTEMBER
01404 46028 / junekeith38@btinternet.com

SIDMOUTH U3a. TABLE TENNIS GROUP



Join us on the third Thursday of the month 2-4pm

For further details contact
Hilda Hoepelman 01395 568908
hhoepelman@yahoo.co.uk

Tuesday 27th September 2022 – COACH TRIP to SS GREAT BRITAIN



Come and join us for a fun day out in Bristol to see the SS Great Britain on September 27th 2022. The day includes a return coach from Sidmouth and a guided tour around the SS Great Britain. Please note one tour will consist of single members only. This will give members a fun day out and an opportunity to make new friends. We will leave at 9.30 and arrive back at 18.00, spending approximately 5 hours at the venue where there are numerous activities and eating establishments. It should be an interesting day out. Total cost for coach, tour and entry is £30. Limited places available so book soon.

For any further information or to reserve your place please contact Jackie Cox

Proposed New Group?

Wondering what to do over the weekend?

Come and join the **"SUNDAY LUNCH CLUB"**

2nd Sunday in the month starting **September 11th.**

A time for a good meal and a chat with friendly people at a local restaurant.

Contact. Gail Richmond

Groups Galore

Sidmouth U3A Geology group managed to keep going throughout the pandemic – by organising Zoom sessions twice a month. This year we also arranged two field trips for members – the first for three years!

In May, the first field trip was to the coast near Dawlish. In the morning, we visited Langstone rock – the remains of a spur of Permian sandstone and breccia, sliced through by Brunel for his railway. The rock contains deposits left by flash floods coming off the Variscan mountain range – located in what is now the English Channel and northern France – some 280 million years ago. It also displays caves and a rock arch – testament to the sea's erosive power.



Then walking along the railway line towards Dawlish, we could see the splendid exposures of fossilised sand dunes – from when this area was a desert and located just north of the equator.

After lunch we explored the much more recent sandy spur of Dawlish Warren, formed after the last ice age, with material both moved eastwards by waves along the shoreline, and brought down by the River Exe.



In June, the second trip was to the Meldon area on the north west corner of Dartmoor – where massive geological forces of mountain building and volcanism in the Carboniferous period (over 300 million years ago), have left a legacy of folded and metamorphosed rocks, and veins of rare and valuable minerals. Highlights included the view from Meldon viaduct, exploring a former limestone quarry at Meldon Pool, and the visit to the small quarries where a vein of the rare and useful mineral *Aplite* had been forced between the rocks, consequent on the superheated igneous intrusion of what is now the granite of Dartmoor.



Thanks to Colin Boynton and Roger White for leading these trips and providing a well-informed and interesting commentary, and to Mike Pincock for the photos.

Carol Pearce

Groups with vacancies

Around the World in Eighty Bites:- Are you an adventurous cook ? Would you like to meet like minded people for a culinary journey across the world exploring different cuisines ? Would you like to share your experiences of the countries or regions that we choose each month?

We are a friendly monthly cooking group who cook and bring a dish from the chosen country or region to one of our members' homes. We are aiming for about 8 participants and currently have some vacancies. We usually meet on the third Tuesday every month around 1pm .

So do some cooking and enjoy other members' dishes!

For further info email Chris Hall

Bridge:- We have space for a few more members to join our friendly Group on the fourth Thursday morning of the month. If you haven't played for a while and would like to brush up your skills, our happy group will help you to do just that. Contact Susan Clarke

Canasta for Beginners:- We currently have a few vacancies for this enjoyable game, we meet on the 2nd and 4th Thursday afternoons of the month. Contact Coral Escott

Cribbage :- We would welcome new members. The members range from beginners to experienced players, but no experience of this old and interesting card game is required. We meet in the Guide Hut, on the edge of the Byes, from 10.00 to 12.00 on the 3rd Friday of each month. Crib was, at one time, the only game you could legally play for money in pubs, but I'm not sure about Guide Huts so we don't. We also do not currently play muggins – so don't worry if your counting is a bit rusty – and certainly not skunking, double skunking or triple skunking! Contact Chris Powell

Latin Music Band (formally the Samba Band) :- After its first year, the Samba Band Group has taken a break over the Summer to review the best way forward. The Group will now include more styles of world music related to the Latin beat. It'll go back to meeting monthly on the third Thursday, in 3 terms: Autumn, Winter and Spring. It'll cover all styles of Latin rhythms and music and main influences; including Brazilian Carnival samba, Northern Brazilian samba, Cuban, New York club scene, contemporary pop, jazz, African djembe, Far East, South Africa. There will be a range of relevant instruments to play. Either with guest leaders workshop-style, original songs, or play along to recorded music loops or songs. The aim is to play and have fun, as well as improving coordination and learning new skills. No previous experience required. Due to other commitments amongst existing Group Members we'll probably start fully in the Winter term 2023. But it's hoped to repeat the very successful Drum4Fun djembe workshop in November when there'll be the chance for any member to come along as a 'taster' with a view to joining the Group. If you're interested, please contact Brenda Birmingham

Musical Appreciation:- The August 17th meeting will be the last at the Sidmouth Methodists Hall. Effective from September, meetings will be at the United Reformed Church Hall, Primley Road Sidmouth. The meeting dates are also changing, switching from the current Third Wednesday to the Fourth Thursday of each month, so the September meeting will be on the 22nd of the month , but timings will remain unchanged with a prompt start at 2.00 pm. and finishing around 4.30 pm. Contact Mike Drew



Painting for Pleasure:- We will have 4 or 5 vacancies when we restart in September. As an open art group there is no formal teaching but the group is suitable for both experienced and those wanting to try out art for the first time. We meet every Wednesday at 2.00 pm at the Sidbury Parish rooms in school term time and there is a charge of between £15/£20 per term to cover the hall cost. Contact Martin Scott.

Play Reading:- Have you ever fancied going on the stage, but are too scared to take part in a play? Now is your chance! Come and spend an evening once a month, reading through a play: a drama, comedy or thriller – with like-minded people! It's an entertaining evening – without any stage-fright! 4th Thursday in the month. Contact Gail Richmond

Quiz Group:- We meet on the second Monday afternoon of the month in my flat in central Sidmouth. We take it in turns to set 50 questions on a variety of topics. It's a very relaxed atmosphere. Contact: Anthea Cridlan

Yoga:- Yoga sessions enable us to take time away from our busy lives.... To stop and observe our bodies, our breathing, our minds and our soul..... To find some space and inner peace where we can just Be..... We use gentle movements, breathing techniques, meditation and relaxation. Why not come and try a session.....give yourself the gift of Yoga... We run sessions on the 3rd & 4th Fridays 10.30–11.30 (Please note there is a cost of £3.00 per session) Contact Helen

New Group

Seated Yoga:-

For those members who want the advantages of Yoga without getting up and down from the floor then this is for you. We hope this will take place starting September on the 2nd Friday of each month at Stowford Community Hall between 11.30am and 12.30pm. We need a minimum of 5 members to run it and would be a cost of £3 per session. Contact Helen for further details.

Leaders Required!

Rummikub Groups – New leader needed

Singing for Pleasure – Leader needed.

We are looking for a new leader for each of these groups.

If you think you might be interested in one of these roles please contact Marilyn Burton on groupsm@sidmouthu3a.org or Carole Turner on groupsc@sidmouthu3a.org

The u3a at Forty continued –

Last time I looked at history but how are we today? There are now over 1000 u3as with over half a million members. The median size of a u3a is between 400 /500 members but there are some as low as 100 and a few above 2000 (Sheffield1). Head office consists of around 10/12 employees with a board of 12 trustees made up of members from around the U.K. They provide lots of support for group leaders and the committee. Given the constraints of Charity status and the u3a operating guidelines there are significant differences between u3as. But at the end of the day it is what you and I want out of it! To paraphrase a 50s comedian, your u3a is like life 'what you get out of it depends on what you put into it!' **Next time – u3a going forward?**

Chairman: Janet Bailey – chairman@sidmouthu3a.org
Vice Chairman (vacant)
Secretary: Christina Isis – secretary@sidmouthu3a.org
Treasurer: Vera Arnold – treasurer@sidmouthu3a.org
Membership Secretary: Chris Ward – membership@sidmouthu3a.org
Groups Co-ordinator 1: Marilyn Burton – groupsm@sidmouthu3a.org
Groups Co-ordinator 2: Carole Turner – groupsc@sidmouthu3a.org
Social Committee Chairman: Andrea Talbot – socialchair@sidmouthu3a.org
Newsletter Editor: Brian Webb – newslettereditor@sidmouthu3a.org
Open Meetings: Brian Fernley – speakerfinder@sidmouthu3a.org
Front of House Manager: Jo Fox – frontofhouse@sidmouthu3a.org

u3a
Committee
Contact
Details