

Welcome

Into June and the Summer stretches ahead. The new 'normal' seems to be changing again with some people seeming to completely disregard any precautions or restrictions. I must admit I am more cautious and wear a mask if I think it is prudent. We can all travel abroad again albeit with some restrictions. I went to Europe for a special occasion but found the travel experience chaotic and stressful so I will be restricting myself to the UK for the foreseeable future, except if it is to visit the family. We are fortunate that there are many beautiful places to visit on our doorstep or just a few hours away.

If you want a change and some new activities there are lots of interesting groups with vacancies you could try out. Perhaps we can get a flavour of abroad by joining 'Around the world in 80 bites'. Details below. Sounds good to me! This edition covers until the end of July as I am on holiday at the end of June (in Devon) and cannot get to my computer to publish then. So enjoy the next couple of months.

Brian Webb – newslettereditor@sidmouthu3a.org

Chairman's Message



It was good to see so many people out in town on Thursday enjoying the Queen's Platinum Jubilee. There were tables all the way down Church Street, Old Fore Street and Cross Street. Thank you to everyone who attended the u3a tables and made them look so good.

While we're in celebration mood, don't forget that it's the 40th anniversary of u3a in Britain and we'll be using our open meeting in September to celebrate that occasion and promote Sidmouth u3a to the community. If anyone would like to take part in the day please contact any of the committee. Further details will be in the August Newsletter.

Best wishes **Janet Bailey** – chairman@sidmouthu3a.org

Membership News. We currently have 487 members. One thing we can all do is help publicise our U3A Sidmouth. Tell your Friends and Neighbours about the monthly meetings and really good speakers that we have presenting to us. We regularly have 70-80 people turning up for our meetings. Then about our Groups and the wide variety of subjects they cover, from Art & Astrology through Mah-Jong & Modelmaking to Wine & Yoga. Some Outings are now being arranged as confidence returns. In fact an all round good U3A to be a member of.. More details on our Website. Membership is currently £1 per month, paid annually, what better value than that can you find?

All the Best Chris Ward – membership@sidmouthu3a.org

Groups Galore

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

Groups with vacancies

Around the World in Eighty Bites:- If you like good food and travel, this is the group for you. Each month we choose a country and take a dish from that Country to whomever is hosting that month. This month was Morocco. The main dish was chicken tagine with a starter and side dishes followed by baklava and ghibia. We talked about our experiences of Morocco and one of us produced some stunning images from their holidays. This is not Bake Off! But if you like to try out dishes from other countries, and would enjoy cooking a dish yourself, why not join our monthly lunches for mouth watering experiences? For more information, contact 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

Musical Appreciation:- With our new venue we can accommodate a lot more members. The group meets on the 3rd Wednesday of the month at 2.00pm. We listen to a broad range of mostly classical music, suiting all tastes and using all the facilities that modern technology can provide. Please contact Mike Drew.

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

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 Goodman–Payne.

Here is the full list of Groups with vacancies,

Around the World in 80 bites, Another Mah-jong, Aviation, Bridge, Canasta Beginners 1, Canasta Players, Circle Dancing, Cribbage, Curry Club, Curry Club fish/vegetarian, Evening Book Group, Exploring Art, Family History, Geology, German Conversation, Heritage, Jigsaw Swap, Life Stories, Mahjong, Modellers, Music Appreciation, Painting for pleasure, Recorders, Samba Band, Scrabble, Science, Engineering & Technology, Sidmouth Nature Explorers, Table Tennis, Writing for Fun, Yoga, 20th Century History.

To find out more, please contact the **Group Leader**, contact details can be found on the **groups list**.

What's Going On?

Tuesday June 14th 2022 Open Meeting, Stowford Rise Community Centre

Tea/coffee served from 1.30–2pm

Helen Baggott – Posted in the past



Using a genealogist's toolbox, Helen reveals the stories behind postcards sent more than a hundred years ago. Families who emigrated across the Atlantic to America and Canada, those who returned, and those who found tragedy aboard RMS Empress of Ireland in an event that could only be eclipsed by that of Titanic's, are remembered through postcards.

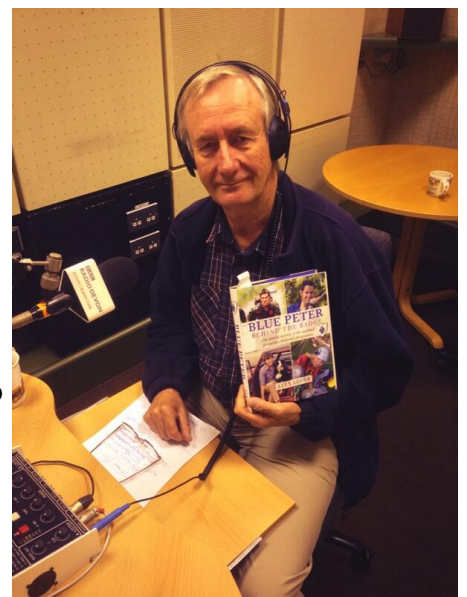
The safe arrival of a precious grandchild, a train delayed by the first national rail strike, bad weather, good luck – messages that go beyond 'wish you were here?' and open the door to the past. Weavers, button makers, butlers, motor bus drivers, a fitter of sanitary appliances and even the owner of a steamship – industrious employment from mills to the sea and all revealed in *"Posted in the Past"*.

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

Tuesday July 12th 2022 Open Meeting, Stowford Rise Community Centre

Alex Ledger – Connecting with the viewers

This is a return visit for Alex who spoke to us sometime ago about producing "Blue Peter" for the BBC. In this talk Alex gives us a brief description of how one BBC programme was organised and how key elements in the content came about. In this serendipitous process fire-fighting next to a collapsing building gave a lesson on the necessity for proper research, and deep in the African bush a missed opportunity with an isolated community, many of whom had never seen a white person, were among the lessons learned. To complete the spectrum, we recall near death experiences with presenters, such as with Matt Baker who was learning to fly a hang glider, and Helen Skelton who was tickled by a beard of bees.



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 or Groups Coordinators.



The u3a is celebrating its 40th birthday by having a series of events around the country during September. The main ones being from the 17th to 25th September.

We will be joining in by having our monthly meeting on the 13th as an event open to both members and non members. We hope to have a number of our groups demonstrating their activities as well as group leaders available to answer questions. Further details will be available in the August issue of the newsletter.

Is the U3A 40 years old?

It was 1982 that the first u3a was founded in the UK. However for our new members, a bit of history. Ten years previous at the Toulouse University in France they started "Universite' du Troisieme Age' " where the professors led groups for local retired people. This spread across France to other Universities. This formula was then adopted in several other European countries.

In 1981 a university academic in Cambridge, Peter Laslett organised a conference to discuss the possibility of bringing the 'University of the Third Age' to Britain. Their decision was that the UK version would be different, acknowledging that retired people have a lifetime of experience, skills and knowledge. Therefore there would be no formal teachers but Group leaders would be there to facilitate the teaching and learning process. Each u3a would be different depending on the interests and abilities of the members. Each u3a would be an autonomous entity, self financing and self managing. Importantly it was to be run *by the members for its members*. This formula has worked, as of today there are over 1000 groups with more than 430,000 members.

But how is the U3A doing in France? In 1990 the name changed to 'UTA - université tous âges' (University for all ages) or *Université du Temps Libre* but maintaining the academic connections. So currently there is no separate organisation for older people in France.

However if you drive south and west from Toulouse within a couple of hours you come to a region of France called 'Pyrenees Orientales'. There you will find a typical British u3a run by expats but with other nationalities involved. Anyone from Sidmouth would feel at home there but with the weather warmer and the wine cheaper!

To be continued.....

