

Welcome

Let us hope for some warmer weather this month and finally get to turn off the central heating. I thought a picture from Keukenhof park in Holland might brighten things up. I was there last week but the weather was colder than the UK!

So back in Sidmouth we have a lot going on this month, the open meeting is all about Otters. There are two social events, the first a new 'Meet up and Chat' session and another Skittles morning has been arranged. Our new singing group gets started this month but if you would like to try out your voice then there is still time and space to join them before the 23rd May. We still need a few more members before our debating group can get going. So instead of shouting at the TV, sign up and air your views in a civilised manner! Full details of all these events further on in the newsletter. Best wishes, **Brian Webb** - newslettereditor@sidmouthu3a.org



Chairman's Message

I'm delighted to welcome back to the committee, Norma Pearce in the role of Speaker Finder. Our long standing members will remember Norma for her previous roles as Chairman and Secretary. Norma takes over from Brian Fernley. Many thanks to Brian for all the interesting talks he has organised for us over the years. I'm sure Norma will welcome any recommendations for speakers from the membership. Contact details on the back page.

I'm equally delighted to welcome Chris Pike to the committee in the role of Front of House. You will recognise Chris from the role of Refreshment Lead in the kitchen which is now taken over by Rosemary Walker. Thank you to all of our volunteers in whatever they do to help. Please see Chris at the next meeting if you would like to help out on the chair rota.

We have many events planned for you this year, all details are in this newsletter. Drink and chat evening and a skittles morning in May as Brian has already mentioned. An evening tree walk in June and an observatory walk in July. Also this summer we have our three day garden visit to Trentham Gardens, RHS Bridgewater, Arley Hall and David Austin Roses. Contact Janet on address below for details and booking forms. Then in the autumn we will have two theatre visits depending on the level of interest. Keep your eyes on the social table at our monthly open meetings and each month's newsletter for details.

Roles available on the committee are Groups Coordinator and Vice-chair. Please contact me for details and maybe come to a committee meeting as a guest.

If you're celebrating Coronation Day I hope you have a very enjoyable weekend.

Best wishes Janet Bailey chairman@sidmouthu3a.org.

Forthcoming Events

Tuesday May 9th 2023, Stowford Rise Community Centre.

Open to membership from 1.30 when refreshments are served until 2pm.
Meeting starts at 2.10p.m.

“Otters – Coming to a River Near You” by Stephen Powles



Otter enthusiast Stephen Powles will give an insight into the secretive lives of otters, the signs to look out for and then go on to discuss their decline and subsequent recovery. Formerly a vet, he changed career to pursue a lifelong passion for wildlife, wildlife photography, filming and conservation.

Tuesday June 13th Monthly meeting

'Women of the RNLI' by Wendy Richards Wood.

Social Events

Meet up and Chat

We are having a social evening for members to join us for a drink and a chat at a local pub.

Tuesday 16th May 2023 7–9pm at The Balfour Arms, Sidmouth

Open to all u3a Sidmouth members. You don't have to book a place, just turn up for the evening. Looking forward to seeing you there. If successful, we will have further events at different venues.
Best wishes, Marian and Kate

Skittles morning

You are invited to a skittles morning on **Wednesday 31st May at the Blue Ball Inn Sidford**. Cost £2 to include coffee/tea on arrival – 10.45 for 11am. Members who wish to stay for lunch are asked to pre order on arrival. **At the u3a meeting on Tuesday 9th May we will be taking names and collecting money.** There will also be a lunch menu available.

Evening Tree Walk.

Join Ed Dolphin for an evening of trees on Monday 19th June at 5.30pm., for a walk around the Knoll followed by an evening meal at The Woodlands. Sign up at the next monthly open meeting or email Janet Bailey, details on the back page. No charge for the walk, £30 for the meal (2 courses).

Observatory walk.

Join Neil Morley for a walk around the Lockyer Observatory on Thursday 6th July starting at 11a.m. Sign up at the next monthly open meeting or email Neil, details on the back page.

Groups Galore

NEW Discussion group:- This House believes! (Zoom only)

We need a few more members before we can start. It will be modelled on the *Oxford Union Debating Society*. The group will have an opportunity to debate current and ethical issues with the meeting ending with a vote of members, after hearing the debate between those for and against "*what this house believes*". Our time together will be via Zoom, so you will need access to this facility.

NEW Group:- "Find Your Voice"

Good news:- we have enough members to start the group but we can accommodate more!

"The only thing better than singing is more singing" – Ella Fitzgerald.

The group will be held at the United Reform Church Hall, Primley Rd, starting on Tuesday 23rd May and thereafter on every 4th Tuesday of the month at 2pm – 4pm. It will be led by Lorna Bryant who is an experienced singer and performer. Alongside performing Lorna has enjoyed leading various vocal workshops and informal singing groups over the years. She has helped children and adults of all ages to discover their voices through singing and by using fun alternative (non classical) techniques. Lorna is delighted to be joined and assisted by the lovely Sue Nicholson. Sue is passionate about singing and has attended many voice workshops and performed in community choirs and vocal harmony groups. Lorna and Sue have become good friends in the last couple of years and regularly enjoy breaking into song at the local swimming pool. No one has complained yet !

Singing is everyone's birthright, regardless of musical experience or ability." – The Natural Voice Network. Come discover, share and experiment with your voice in a relaxed, friendly environment where the focus is most definitely on having fun fun fun!!!

The sessions will be very informal and mostly acapella rather than piano-led. We will explore a range of entertaining vocal and breathing exercises, rhythm games, easy rounds, and basic arrangements of a variety of songs from different genres with some simple harmonies thrown in occasionally to spice things up. You'll be surprised at what you can do!

Everyone is welcome. No previous experience necessary – just a willingness to have a go. Our motto is 'If you can talk you can sing!' Collective music making connects people on so many levels and is one of the most positive forms of human activity, supporting physical, mental, emotional and social health. Singing in particular improves breathing, posture, muscle tension and always engages the emotions. It promotes self confidence and a general sense of wellbeing enabling people of all ages and abilities to come together successfully to create something special.

Please contact Sue for further details.

Sunday Lunch Group:- Come and join our friendly group of diners who visit upmarket restaurants in the local area. We meet on the 2nd Sunday in the month and so far, have enjoyed a wide variety of dining experiences. Please contact Gail Richmond.

Another Mah Jong Group:- This group started again on Fridays at 2 pm, We use the book "Improve your MahJong" by Patricia A Thompson & Betty Maloney.

Alternative Vegetarian Curry Club:- There are limited spaces left for now on the 1st Monday of each month from 1.00–3.00. Please contact Helen & Anthony for more information and/or to book your place. Thank you.

Cribbage group:- The Cribbage group welcomes all levels of players from complete novices to experienced players. We are a small friendly group, many of whom learned how to play from their grandfathers or grandmothers (and may not have played much since). We use a rotation system so that everybody gets to play everyone else, eventually. We don't currently play the 'muggins' rule, so

don't worry if your counting skills are a little rusty. We meet on the 3rd Friday of the month from 10.00 to 12.00 in a large, light and airy room with toilet facilities, a kitchen and (limited) parking. For more information contact: Chris Powell, webmaster@sidmouthu3a.org

Exploring Art :- The Exploring Art group's project "**Our Town**" is now completed and the poster is now up on the billboard in the East Ham car park by the swimming pool.. Please go and take a look if you haven't already seen it. You can also see a video of the making of the artwork here:-

📺 **Our Town - a celebration of Sidmouth**

More pictures and information about the WallSpace billboard can be found on the [Sidmouth School of Art website](http://www.sidmouthschoolofart.co.uk).

A2 size prints of the *Our Town* poster will be available to purchase from the Information

Centre next to the swimming pool from the beginning of May. Photo reproduced courtesy of www.sarahhallphotography.co.uk



Sidmouth Recorder Group

We meet on the first Wednesday of the month, at the United Reformed Church hall in Primley Rd, Sidmouth, and we play a wide repertoire including folk songs, arrangements of baroque, classical and modern music. We welcome experienced players as well as musically literate u3a members who would like to work on their recorder-playing skills. If you're interested in joining us, please contact Amanda Haste.

Scrabble Group:- We have moved to the Leigh Browne room which is in the **Dissenter Centre, located at the junction of All Saints Rd, Sidmouth, EX10 8ER**. For further information, contact Jack Richmond, Group Organiser.

Urgent Requirement For New Group Leaders

A Group Leader is urgently required to run the once monthly newly named **Wanderers** group.

If you think you might be interested in this role please contact Ed Dolphin on groupsed@sidmouthu3a.org

Groups with vacancies and Groups List:- Full details can be found in the link on the newsletter email.

Chairman:- Janet Bailey – chairman@sidmouthu3a.org
Vice Chairman:- (vacant)
Secretary:- Christina Isis – secretary@sidmouthu3a.org
Treasurer:- Vera Arnold – treasurer@sidmouthu3a.org
Membership Secretary:- Neil Morley – membership@sidmouthu3a.org
Groups Co-ordinator 1:- Ed Dolphin – groupsed@sidmouthu3a.org
Groups Co-ordinator 2:- (vacant)
Social Committee Chairman:- (vacant)
Newsletter Editor:- Brian Webb – newslettereditor@sidmouthu3a.org
Speaker Finder:- Norma Pearce – speakerfinder@sidmouthu3a.org
Front of House Manager:- Chris Pike – frontofhouse@sidmouthu3a.org

u3a
Committee
Contact
Details