

## Welcome

October is with us already, where has the year gone? Firstly welcome to all our new members that joined us in September. We have passed the Autumn equinox so the day length gets shorter every day. With less time outside we can look again at what groups and events are on offer. I will leave it to others to give you more news but I would be happy to receive contributions from members for inclusion in future newsletters.

**Brian Webb** – [newslettereditor@sidmouthu3a.org](mailto:newslettereditor@sidmouthu3a.org)

## Chairman's Message

As part of the 40th anniversary celebrations of u3a, last month, Sidmouth u3a held an Open Day and invited members of the public along to discover some of the interest groups we have and the activities we do. The day was very successful with many members and non-members attending and everyone seemed to have a good afternoon. Most groups had new people sign up for their groups.

I would like to thank everyone who was involved with the planning and running of the day. The kitchen team kept us well provided with tea, coffee and cake throughout the afternoon, and Janet Fernley, who was dealing with new member applications, seemed to be surrounded for most of the afternoon. Well done to everyone and a huge welcome to all of our new members. I hope to meet you all soon, please introduce yourselves if you see me around.

A reminder, that anyone is welcome to set up an interest group, all you need is an interest in the subject. Myself and our Groups Co-ordinators are keen to help you if you are interested in doing so.

Our Social Committee is getting busier with suggestions that came in on the open day and we need extra hands on the committee to help get these things set up. Please get in touch if you would like to know more.

We had a very good afternoon on 27th September on a visit to the SS Great Britain in Bristol. Photographs from the day are in this newsletter. Thanks to Paul, Amanda and Jackie for the planning and running of the event.

The next outing is to the Great Hall in Exeter to see the Bournemouth Symphony Orchestra on 24th November. Details later in the newsletter.

U3a is run for the members by the members, so if you would like to get involved in running a group, or being part of the social committee do please get in touch.

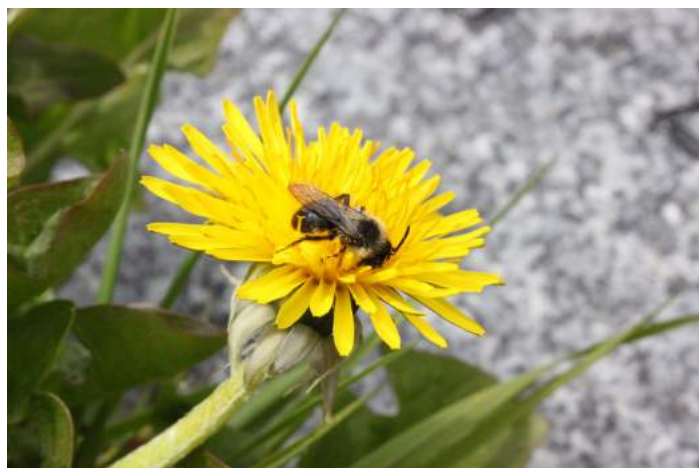
Best wishes, **Janet Bailey** – [chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org)

Tuesday October 11th 2022 Meeting, Stowford Rise Community Centre

Tea/coffee served from 1.30–3.30pm

**DANDELIONS ARE MORE IMPORTANT THAN ORCHIDS?**

A talk by Ed Dolphin from the Sid Valley Biodiversity Group



The Sid Valley Biodiversity Group carried out a survey of the Sid Valley's wildflowers in 2021. There is a rich flora all around us that supports a rich insect fauna, but different flowers support different insects. People devote significant resources to preserving Green Winged Orchids, but might their efforts have a bigger impact if they promote and protect the humble Dandelion?

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## Forthcoming Events

### Friday 4th November at 11am

Skittles and Lunch at The Blue Ball  
£1.50 for skittles and coffee/tea on arrival  
Order and pay for lunch on arrival  
Contact Carla and Martin Scott



### Tuesday 8th November Our "Open meeting"

Talk by Simon Dell, "Lundy Above and Below the Waves"

**In addition to our Open meeting on the 30th November at 2:00pm we are having a, Zoom Talk:**

"Don't You Know Who I Am?" ("45 years being ignored by sports rich and famous") by Peter Slater

### Thursday 17 November, at 2pm, Primley Church Hall, Sidmouth



Drum4Fun African djembe drumming taster, £7 to include instruments and refreshments. Open to members of our u3a . Just a few spaces left so book your place and full details will be sent in a week or so. For more details To book please contact Brenda Birmingham

Thursday 24th November 2022 at the Great Hall, Exeter.

Join us for an evening of **Classical music** by the Bournemouth Symphony Orchestra on



Why not let the BSO soothe away the stresses and strains of everyday life in an evening featuring some of the most beautiful and relaxing symphonic music ever written. The magic of the violin is featured with performances of slow movements from some of the best violin concertos ever written by Mendelssohn, Bruch and Tchaikovsky as well as Beethoven's charming Violin Romance No.2. There are also miniature masterpieces including Shostakovich's Romance from The Gadfly, Marietta's Lied by Korngold and Massenet's Meditation from Thais. There is also a selection of soothing orchestral favourites – Grieg's Morning from Peer Gynt, Clair de Lune by Debussy, Offenbach's Barcarolle, the Nocturne from Mendelssohn's A Midsummer Night's Dream and Faure's Pavane amongst others.

The coach will take us from various points in Sidmouth and surrounding areas to the Great Hall in time to enjoy a meal in the Terrace Restaurant before the performance starting at 7.30pm. Then the return coach will leave the Great Hall at around 9.40pm.

Tickets are available in the Main Hall or the Balcony.

Price of ticket to include return coach journey, a meal and the concert will be between £30 and £40, tickets for the Main Hall and will be around £5 less than for the Balcony.

Please contact Janet Bailey for tickets. [chairman@sidmouthu3a.org](mailto:chairman@sidmouthu3a.org)

### U3a on tour to the SS Great Britain in Bristol:-



On the 27th September we travelled by coach and enjoyed a very interesting visit to the SS Great Britain in Bristol. It was fascinating to discover how life was for the passengers onboard on the way to America and on the 60 day voyage to Australia. Such cramped conditions in Steerage are hard to imagine. The ship was then completely changed to a cargo vessel and ended up in the Falkland Islands. This linked in well with the talk we had some time ago about how the ship was floated and brought back to Britain and restored to its present state. As well as looking around the ship there was a museum and an exhibition about Brunel. A very enjoyable day. Thanks to Jackie, Amanda and Paul from our Social Committee.

## SIDMOUTH u3a 2023 CALENDAR

As well as being a useful and attractive adornment to your home, the Sidmouth u3a 2023 Calendar will also make a wonderful Christmas gift to friends and relatives, reminding them of just what a beautiful part of the country we are all lucky enough to live in.



The calendar is produced by the Sidmouth u3a Digital Photography Group, using photos that have been taken in & around the East Devon area by the photography group members.

The format is similar to previous years and the price per calendar is just

**£6.25** without an envelope or **£6.50** with an envelope.

**Calendars can be collected and paid for at the October, November or December u3a general meetings.**

To reserve your calendars, send an email to [u3a2022@gmail.com](mailto:u3a2022@gmail.com)

Please include your Name, Address, telephone number and email address, together with the number of calendars you require and the number of envelopes (if any). It would help if you could also let us know which meeting you are likely to be attending.

**If you are unable to attend the October, November or December u3a meetings:-** An order form **is attached to this newsletter or** can be downloaded from the Sidmouth u3a website [www.sidmouthu3a.org](http://www.sidmouthu3a.org) under the

'**2023 Calendar**' menu item, using the 'SIDMOUTH u3a 2023 CALENDAR ORDER FORM' link. Your calendars will be delivered to your home as soon as possible after receipt of payment. **Payment** Payment is by cheque (made out to 'u3a Sidmouth') or cash only.

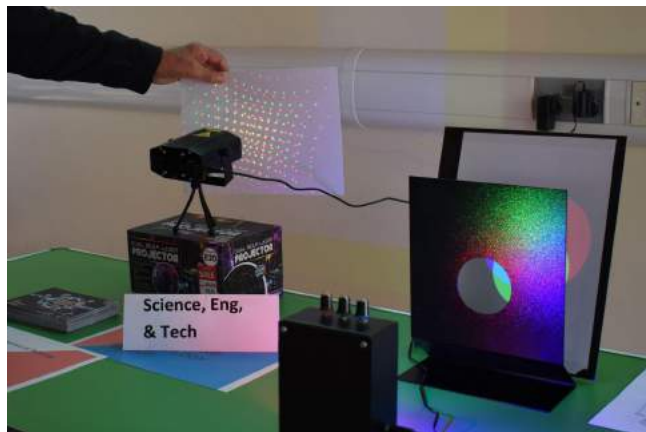
## Group Artwork

The **Exploring Art Group** needs your **help!** We are making a group artwork called "**Our Town**" which is designed to be displayed eventually on the large billboard in the car park by the swimming pool. We have painted lots of pictures of the beautiful buildings in the town, and also our own houses. However this is intended to be a community artwork involving as many Sidmouth U3A members as possible, not just those who are in groups related to art. We would like people to draw their own house, and if possible to paint the picture. The artistic quality of the picture is not important, it's the community involvement that counts. You can find out more on the Sidmouth U3A website by clicking on Our Town, <https://u3asites.org.uk/sidmouth/page/123525> or email me, Maureen Hawkrige (group leader, Exploring Art) or Chris Powell



## Pictures from the Open Meeting in September

The Open Afternoon and the publicity surrounding it produced a good turnout on the day. It has produced a large increase in our membership numbers, more than 40 New members have signed up. This takes us over 540 members for our u3a Sidmouth. Thanks to everyone that made this such a good event. [Chris Ward - membership@sidmouthu3a.org](mailto:membership@sidmouthu3a.org)



## Groups Galore

### 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

**Cryptic Crossword Group :-** Have a fun time solving cryptic clues! All levels welcome including beginners. We meet on the first Monday of the month at 2pm. For further information contact Carla Scott

**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

**Life Stories:-** Do you like to chat? The Life Stories group meets on the fourth Thursday of the month to talk about our life experiences. The group is run in a structured way so that everyone gets a turn to choose a topic, and everyone gets a chance to talk at every meeting. Our topic at the last meeting was "Work tales" and we heard about the adventurous life of a milkman, saw the results of an art teacher's work in pictures, and also learned about what it's like to be a phlebotomist or a doctor's receptionist. The next meeting is on Thursday October 27th at 10am. If this sounds interesting, to find out more please contact Maureen Hawkridge

**Latin Music Group (formerly the Samba Band)** After its first year, the 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 as outlined in September's newsletter. The aim is to play drums and percussion and have fun, as well as improving coordination and learning new skills. No previous experience required. Due to other commitments amongst existing Group Members the Group will start fully in the Winter term January 2023 i.e. no meeting October or December.

In the meantime we'll repeat the very successful Drum4Fun African djembe drumming taster on Thursday 17 November, starting 2pm, Primley Church Hall, Sidmouth. £7 to include instruments and refreshments. Open to existing members and those thinking of joining u3a Sidmouth. Just a few spaces left so book your place and full details will be sent in a week or so. To book please contact Brenda Birmingham

**Musical Appreciation:-** On September 22nd we had a successful first meeting at the Primley Road URC Hall .All Group meetings are on the fourth Thursday afternoons of each month with the next meeting on Thursday 27th October. 1.45 for 2.00 pm.Potential Group members are always welcome for a couple of taster visits prior to joining. Contact Mike Drew

**Painting for Pleasure:-** 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. There are still **a few vacancies this** Autumn term. 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 for further details.



**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.

**Scrabble Group:-** We will be reconvening on Thursday the 6th October after our summer break. We will be meeting at 10.15am at the Anchor Inn as before in Old Fore St, Sidmouth. We have use of the upstairs room, grandly called the Captain's Table. Hope to see as many of you as possible for an enjoyable morning's game. The dates for the last two months of the year are Thursday November 3 and December 1. Jack Richmond Group Co-ordinator

**Seated Yoga:-** For those members who want the advantages of Yoga without getting up and down from the floor then this is for you. This takes place on the 2nd Friday of each month at Stowford Community Hall between 11.30am and 12.30pm. There is a cost of £3 per session. Contact Helen for further details.

**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.

### Leaders Required!

**Monday Strollers Group:-** The group leaders Vanessa and David Royse have led this very popular group tirelessly but are now leaving the area for pastures new and will be sadly missed. Sincere thanks to them both and best wishes for the future. However we now need a new leader to coordinate things going forward.

**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](mailto:groupsm@sidmouthu3a.org) or Carole Turner on [groupsc@sidmouthu3a.org](mailto:groupsc@sidmouthu3a.org)

### 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, Digital Photography, Exploring Art, Family History, French Conversation, Geology, German Conversation, Heritage, Jigsaw Swap, Latin Band, Life Stories, Mahjong, Modellers, Music Appreciation, Painting for pleasure, Play Reading, Quiz Group, Recorders,, Scrabble, Science, Engineering & Technology, Sidmouth Nature Explorers, , Yoga, Yoga Seated..

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

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

**u3a**  
Committee  
Contact  
Details

# SIDMOUTH u3a CALENDAR ORDER FORM



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Please complete the form below and return to the Leader of the Digital Photography group.

Payment by cheque (made out to 'u3a Sidmouth') or cash only please.

I wish to purchase .....calendar(s) @ £6.25

I wish to purchase .....envelope(s) @ £0.25

I enclose £.....\*by cheque (made out to 'u3a Sidmouth')/in cash\* (\*delete as appropriate)

NAME: .....

ADDRESS: .....

..... Postcode: .....

TEL: .....

EMAIL: .....