



## TAW THIRD AGE GROUP

### *Newsletter 380*

1st September and 1st October 2023

Website: <https://u3asites.org.uk/taw/home>

Registered Charity No 1026238

## *Welcome to our combined September and October 2023 Newsletter*

### COFFEE MORNINGS

The next Coffee Morning will be on **Monday 4th September 2023** and will be hosted by the **Railway Group**. We will also have a speaker - **Karen Thomas** who will talk about the **Landkey Hedgehog Group**.

October's Coffee Morning will be on **Monday 2nd October**, hosted by the **Garden Days Group**.

The Coffee Morning on **Monday 6th November** will be hosted by the **Badminton and Short Tennis Groups**, and the speaker will be **Mike Dicks** who will talk on the work of **The Calvert Trust**.

All at the **Roundswell Community Centre** at **10:30am**. Admission £1 for coffee/tea, biscuits and a raffle ticket.

**NOTE:** We are unable to pay other Charities so at the back of the room there will be a Donation Box where members can donate if they wish.



### Please Welcome our New Members:

Mrs Eileen Badcock  
Mr John Ballard  
Mrs Jennifer Day  
Mrs Joyce Fowler  
Mrs Elizabeth Gibson



Mr James Goodwin & Mrs Maureen Wilson  
Ms Andrea Scott  
Miss Grace Stanley  
Mrs Janet Stanley  
Mrs June Tollafield

## 2024 Coffee Mornings and Bank Holidays



**2024 is a way ahead** but we have a problem in 2024 with Bank Holidays and our Coffee Mornings. There would be no Coffee Mornings in January, April and May so there would only be nine Coffee Mornings with none between March and June. Roundswell offered us the 4th Monday which seems to be the best option. Please see Page 2 for our revised programme for 2024. This will not affect future deadline or production dates for your Newsletters.

**REMINDER:** If you **move house** or your **email or telephone number changes** *please* let **Veronica McLaughlin**, the **Membership Secretary**, know so that we can continue to keep in contact. It will also ensure you continue to receive the Newsletter by email.

**ILLNESSES and BEREAVEMENTS:** **Carol Griffiths** is responsible for keeping in touch with members who become ill or are taken into hospital. If you become aware of any such cases please contact her. Would Group Leaders please take responsibility for informing Carol of illnesses of their group members. Would the family, Group Leader or any other member please inform Carol of the details of names and dates of deaths. **A single line announcement will be included in the Newsletter unless the family do not want any acknowledgment.** It is for the Group Leader to notify Carol who will notify the Newsletter Editor.

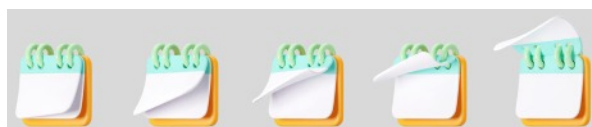
**EQUIPMENT MANAGER:** Gordon Gregory.

*Friendly  
Reminders*

## *Report from the August Trustees Meeting*

The following are the main points from the latest Trustees Meeting:

- The Chairman and Vice Chairman are to take turns in chairing the Coffee Mornings.
- The 2024 Calendar of Events were approved which included dates for Coffee Mornings, speakers at Coffee Mornings, holiday dates for 2024, the 2024 Annual Trip, and a Special Celebration 'Thank You' Coffee Morning on 10th May. More details will appear.
- The Trustees approved an Equality, Diversity and Inclusion Policy and this can be found on our website or a copy can be obtained from the Secretary.
- Our financial situation looks positive.
- Our new Group Co-ordinator hopes to organise a Group Leaders' Meeting in November this year. More details to follow.
- It is hoped to have Carols at the Christmas Coffee Morning.
- Taw U3A have been asked by Barnstaple Town Council to staff a table at their Drop In Events and a Rota of Trustees



### *TAW U3A - Programme for 2024*

<b>Monday 22nd January</b>	Coffee Morning with talk by <b>Tim Steer</b> on the work of a <b>Barnstaple Town Ranger</b> Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 26th February</b>	Coffee Morning without speaker, and Trustees Meeting Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 25th March</b>	Coffee Morning with talk by <b>Rt Hon Ann Widdecombe</b> - PRE-BOOKING REQUIRED Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 22nd April</b>	Coffee Morning without speaker, and Trustees Meeting Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Friday 10th May</b>	Celebration 'Thank You' Morning with Coffee and Cake, Barnstaple Hotel
<b>Saturday 18th to Wednesday 22nd May - Taw U3A Holiday to the Isle of Wight</b>	
<b>Monday 27th May</b>	<b>NO COFFEE MORNING DUE TO BANK HOLIDAY</b>
<b>Wednesday 12th June</b>	<b>Annual Trip to the Welsh Folk Museum, Cardiff</b>
<b>Monday 24th June</b>	Coffee Morning and AGM without speaker, plus Trustees Meeting Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 22nd July</b>	Coffee Morning with talk by <b>Driving Miss Daisy</b> Roundswell Community Centre - <b>Host Group:</b> To be confirmed Followed by <b>Group Leaders Meeting</b> - Roundswell Community Centre
<b>Monday 26th August</b>	<b>NO COFFEE MORNING DUE TO BANK HOLIDAY</b>
<b>Friday 30th August</b>	Trustees Meeting 2:30pm, venue TBC
<b>Monday 23rd September</b>	Coffee Morning with talk by <b>North Devon Hospice on Volunteering</b> Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 14th October to Friday 18th October - Taw U3A Autumn Holiday to Mid Wales</b>	
<b>Monday 28th October</b>	Coffee Morning without speaker, and Trustees Meeting Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 25th November</b>	Coffee Morning with talk by the <b>Fire Brigade on Safety in the Home</b> Roundswell Community Centre - <b>Host Group:</b> To be confirmed
<b>Monday 23rd December</b>	Christmas Coffee Morning without speaker, and Trustees Meeting Roundswell Community Centre - <b>Hosts:</b> Trustees

## Our Groups

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

**REMEMBER** - Contact details are in the tables on the last two pages of this newsletter.

**Those two pages are not available on our Website!**

**AFTERNOON TEA** - Jill Chappell. Come and join us for a chat over cake and tea. We're a friendly group that meets on the **4th Tuesday of the month at 2:30pm** in the **Queen Ann cafe on The Strand**. Our next meeting will be **September 26th** and then again **October 24th**. Only contact me if you are unable to attend. ~Jill

**ALLOTMENT 21** - Jackie Ward. Mill Road site, Barnstaple. Next meeting **15th September, 2:30pm, Barnstaple Coffee Shop**. For **October** meeting contact Jackie. The allotment has a coded entry. Using the code each member can enter the allotment when they please and stay as long as they like. The soil is like black sand, our little oasis and just a short walk from the centre of Barnstaple. You can come and have a look before deciding to join us, we know you will be pleasantly surprised. We have room for 2 more members. Contact Jackie. ~Jackie

**AMBLERS** - Trish Lilley, Lyn Bonewell. We will meet at the **Williams Arms lower car park at 11:00am on 12th September** for a walk to Braunton led by **Joy and Sylvia**. Can any member who wishes to join us for coffee/lunch on our return please let **ME** know by **10th September** and I will book a table. ~Trish  
On **10th October** we will meet at the **'Haunted House' free car park Westward Ho!** for a flat walk along the beach depending on the tides and weather. We will meet those coming by bus in the town centre. ~Ann

**ART** - Derek Seymour. The Art Group meets on the **1st and 3rd Thursday** each month from **9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall**. We currently have an exhibition of our work in the X-Ray Corridor of the North Devon District Hospital. See Contacts List for contact details. ~Derek

**BADMINTON** - Alex Ferguson, Carol Griffiths. **Tarka Leisure Centre 09:30am to 10:30am TUESDAY and 2:00pm to 3:00pm THURSDAY**. Carol and I trust everyone has had an enjoyable break and are looking forward to our new autumn term. Please note that as from the **5th September we are now located in the tennis section of the centre and not in the sports hall**. It will be interesting to see how quickly, or not, as the case may be, we settle into our new home. We still have vacancies for players to join us on either the Tuesday morning or Thursday afternoon session. Why not come along and take advantage of a free taster session before making a decision on joining. We are a friendly group of mixed abilities so why not give it a try. For further information just call Alex or Carol. ~Alex & Carol

**BOOK CLUB** - Barbara Vercoe. Book Club takes place on the **4th Monday of every month at 10:30am**. At present we do not have a permanent venue. ~Barbara

**BOOKWORMS** - Linda Tyrrell. We meet at the **Library** on the **last Tuesday of each month at 10:00am**. We still have space for two more members. ~Linda

**BREAKFAST CLUB** - Wendy Walmsley. This group is usually held on the **1st Wednesday of the month at 9:15am**. The **6th September** meeting is at **Green Lanes Cafe**, the **4th October** at **Queen Anne's Cafe**, and the **6th November** at **Grumpy's in Joy street, Barnstaple**. If you are UNABLE to attend please let Wendy know. If you would like to join this friendly group for a chat over breakfast, please contact me. ~Wendy

**BUS PASS** - David and Jill Baker. The Bus Pass trip for September is to **Porlock or Minehead on Thursday 28th September**. Bus times are as follows:

**9:48am** Barnstaple Bus Station, Bus No 309

**10:50am** arrive Lynmouth

**11:40am** leave Lynmouth

**12:40pm** arrive Minehead

Return trip:

**3:00pm** leave Minehead

**4:00pm** arrive Lynmouth

**4:10pm** leave Lynmouth

**5:25pm** arrive Barnstaple Bus Station

Names to David Baker by **Thursday 21st September**. Numbers are limited so first-come-first-booked.

The October trip is to **Croyde on Thursday 26th October** with lunch booked at The Thatched Barn at 12:30pm. Bus 21C, Stand G, **11:40am** arriving in Croyde at **12:15pm**. Returning at **1:51pm or 2:51pm**.

**Please Note** that when booking please check with Kim that the times are still the same. Names to **Kim Conibear** by **Thursday 19th October**.

The November trip is a lunch at the **Williams Arms, Wrafton on Thursday 23rd November**. Names to **Alison Clayton** by **Monday 6th November**. ~David & Jill

**CANASTA** - Linda Lee, Yvonne Geary. The Canasta Group will meet on **September 18th and October 16th** in the **Annexe of Fremington Parish Hall at 2:00pm**. The group is full at the moment but if you are interested in playing do get in touch as our waiting list is very short.

~Linda & Yvonne

**CHAIR PILATES** - Susie McCrum. This group is suspended until further notice. ~Susie

**CHATTERBOX** - Sheila Jennings. We meet on the **3rd Monday of each month at 11:00am to 1:00pm** in the **Barnstaple Museum**. Please come and join us. ~Sheila

**COFFEE MUGS AND TEAPOTS** - Jackie Ward. Meeting in the **Museum Café, The Square, Barnstaple**, the **3rd**



**Wednesday morning of each month, 10:30am** until **12:30pm**. You will be very welcome to join this happy group, we look forward to meeting you. Contact Jackie.  
~Jackie

**CREATIVE WRITING** - Sue Boyd. I will put a notice in the Newsletter if we have any spaces available, but please do not hesitate to get in touch with me by email if you would like your name put on the waiting list.  
~Sue

**CRIME AND PUNISHMENT** - Jane Bellworthy. In August our subject was Forensic Science and some of the many other aspects of forensics. In September our topic is Racism. We meet on the **2nd Tuesday of the month** at **Fremington Parish Hall Annexe**.  
~Jane

**CURRENT AFFAIRS DISCUSSION 1** - Paul Bate. The next meetings will be on **Thursday 7th September** and **Thursday 5th October** at **10:15am** at the **Fox Inn in Fremington**. The group meets on the **1st Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub.  
~Paul

**CURRENT AFFAIRS DISCUSSION 2** - Paul Bate. The next meetings will be on **Thursday 21st September** and **Thursday 19th October** at **10:15am** at the **Fox Inn in Fremington**. The group meets on the **3rd Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub.  
~Paul

**CYCLING** - Steve Coppel. We aim to ride once a week, normally on a **Wednesday**, but everything depends on the weather. We are fair weather cyclists who always stop for brunch! We usually start the rides at **10:30am**, but that too can vary. The rides start mainly from **Barnstaple**, but the **last Wednesday of every month** we depart from **Bideford**. New members are always welcome.  
~Steve

**DANCERSIZE** - Hilary Newing, Sue Fogarty. We have broken up for the summer! Return:

**September 12th, 19th and 26th**

**October 3rd, 10th, 17th and 31st, NO CLASS on 24th**

**November 7th, 14th, 21st and 28th**

We have a few new members, but still a short waiting list. Please contact us if interested.  
~Hilary & Sue

**DAY TRIPS BY COACH** - David Baker. The **October** trip on **Thursday 19th** is to **Padstow** and **Port Isaac**. This should be a most interesting day out without travelling too far. There will be a coffee stop on the way to Padstow and plenty of time in Padstow before we move on to Port Isaac. THERE ARE STILL A FEW SPACES LEFT ON THIS TRIP, COST £16 for an excellent day out. First-come-first-served. Pick up points and times:

Park and Ride, Barnstaple **8:45am**; Bus stop on North Walk opposite Tuly Street, Barnstaple **9:00am**; Bus stop opposite Car Park in Bickington **9:10am**; Bus stop by The Fox in Fremington **9:15am**; Bus stop opposite Chilpark **9:20am**; Bideford, Kingsley Statue **9:30am**.

Names, money and pick up point to **David Baker**. First-come-first-booked. Cheques made out to **Taw U3A**. See

Contacts List for contact details. This is the last trip of the year.  
~David

**DESIGN & MAKE I & II** - Jim Pinn. Meet on the **29th September** and **27th October**, usual times. I now have spaces for two. So if you would like to make items in many media, please let me know.  
~Jim

**DEVON HISTORY** - Ken Bonewell. Our last field trip this year will be a History walk in **Torrington**. Meet in the **car park in Torrington, Thursday 7th September**, for a **2:30pm** start. Look for the lady dressed in Civil War costume. There will be a voluntary collection for the guide at the end. On **Thursday 5th October** we are back in the **Castle Centre, Barnstaple** for a **2:30pm** start where we welcome back **Janet Few** for a talk entitled 'Comfrey, Coffers and Coifs'.  
~Ken

**FOOD, FARM, ENVIRONMENT** - David Baker. September meeting is a trip to **Pickwell Barton** on **Monday 25th September, 10:00am** for coffee followed by a Farm Tour. Please wear wellies or walking shoes. We are welcome to bring our own lunch and sit in the barn and eat it. Names to **David Baker** by **Monday 18th September** so that we can make transport arrangements.

The October meeting is on **Monday 23rd October** at **2:30pm** in **The Shambles, High Street, Barnstaple**. The Shambles is the the first room on your left going into the Pannier Market from the High Street. The Subject is a talk By **Charles Bradfield** on **Bees and Beekeeping**. New members welcome.  
~David

**GARDEN DAYS** - Roxanne and Graham King. **Wednesday 25th October: Stourhead, Wiltshire**. NT property, with fine and extensive parkland and gardens, renowned for its autumn colours.

Cost: NT members £16.00, non-NT members £31.

Booking: via our email. Once place confirmed payment to our home address (cheque to **Taw U3A**) by end September or October coffee morning. Please write trip and pick-up point on back of cheque and, if we don't already have these, new U3A membership number (Barnstaple members need to affiliate to Taw), email and phone number (mobile if possible) on separate paper. Last year's supporters 1st-come-1st-served, others on waiting list (are often places). Pick-up times: Chilpark **9:30am**, New Inn **c.9:35am**, Ellerslie Road **c.9:40am**, P&R **c.9:45am**.

**Wednesday 27th September**: Slimbridge, Glos, Wildfowl and Wetlands Trust. Bring your bins, but it's much more than only birds - excellent landscaping and stunning views over the Severn Valley. A fine venue.

Pick-up times: Chilpark **9:30am**, New Inn **c.9:35am**, Ellerslie Road **c.9:40am**, P&R **c.9:45am**. Cost: £28.00

**November**: No trip this month. ~Graham & Roxanne

**HOLIDAYS** - Lynden Davies. No report this month. ~Lynden

**ITALIAN FOR BEGINNERS** - *Italiano per i principianti* - Graham King. For beyond immediate beginners. Couple of places available for anyone who has done a little Italian before. Please email me. Le prossime sessioni alla Volpe

sempre mercoledì alle 11.00: settembre il 6, ottobre il 4 e il 18, novembre, spero, il primo, il 15 e il 29. ~Graham

**KNITTING** - Sheila Jennings. Both groups meet at **10:30am** on the **2nd Thursday** and **4th Friday** of **every month** in the **Museum**. Please come along and bring your knitting. Gentlemen would be welcome. ~Sheila

**PRACTICAL GARDENING** - Jackie Ward. Meeting the **2nd Thursday of each month, 10:30am to 12:30pm**. **The Annexe, Fremington Parish Hall**. Sharing our knowledge of successfully growing flowers and vegetables or asking for advice to help save a struggling plant. All this information is over a cup of coffee/tea and biscuits. Why not join us? We have room for 2 more members. Contact Jackie. ~Jackie

**PSYCHOLOGY OF EVERYDAY LIFE** - Jane Bellworthy. We meet on the **4th Tuesday of each month**. At our August meeting we looked at Gender. We meet at **2:00pm** at **Fremington Parish Hall Annexe**. Currently the group is full but please let me know if you would like to join our waiting list. ~Jane

**RAILWAY** - David and Jill Baker. The September Railway trip is to **Weston-Super-Mare** on **Wednesday 13th September**. Times:

**8:35am** Barnstaple  
**9:42am** arrive Exeter Platform 1  
**9:55am** leave Exeter Platform 5  
**10:45am** arrive Weston-Super-Mare

Return:

**2:27pm** train leaves Weston-Super-Mare  
**3:23pm** arrive Exeter Platform 4  
**4:18pm** leave Exeter Platform 3  
**5:28pm** arrive Barnstaple

Names to David Baker by **Friday 8th September**.

The October trip is to **Teignmouth** on **Wednesday 11th October**. Times:

**9:35am** Barnstaple  
**10:41am** arrive Exeter St Davids Platform 1  
**11:00am** Leave Exeter Platform 3  
**11:17am** arrive Teignmouth

Return:

**2:44pm** Leave Teignmouth  
**3:10pm** arrive Exeter Platform 1  
**3:19pm** leave Exeter Platform 3  
**4:25pm** arrive Barnstaple

Names to David Baker by **Friday 6th October**. New members welcomed. ~David & Jill

**RAMBLING** - Pauline Newbound, Barbara Hewis. **Monday September 11th**. The walk starts at **10:30am** from the **Cattle Market CP in Bideford**. £2 parking all day, cash or card. Walk to Raleigh and across fields and lanes to the Pig On The Hill, then to Westward Ho! and Appledore. Return by bus. Approximately 7 miles. Some people may prefer to leave the walk at Westward Ho! and catch the bus there. BYOFAD and don't forget bus pass. Leader **Brian Tilbury**. **Monday October 9th**. The Taw Ramblers walk is a fairly short circular walk of about 5 miles starting from the **Seagate bus shelter in Appledore** at **10:30am** or when the

next bus arrives shortly thereafter. Buses are every 30 minutes or so on a good day! The added bonus is the offer of a celebratory birthday hot drink and cakes back at my place for anyone who would like it. Please eat and drink responsibly. The U3A cannot be held responsible for waistline inflation. BYOFAD for coffee/lunchtime stop. Leader **Arthur**. ~Pauline & Barbara

**READING SHAKESPEARE ALLOWED** - Bob Godfrey. An ALERT! Before our restart on **September 20th** we would like to recruit new members. If you are reading this and are interested please don't hesitate to contact me any time between now and then. Reading together is a most rewarding and supportive activity. No special knowledge of Shakespeare is necessary. All necessary reading material is fully provided. We meet on the **3rd Wednesday of the month 2:00pm to 3:30pm** at **Fremington Methodist Church, Old School Lane, Fremington**. Our first date in the autumn is **20th September**. For prospective new members that could be regarded as a 'taster' session. ~Bob

**ROAMERS** - Harriet Croft. **Monday 25th September** a walk of 4.5 miles led by Harriet Croft. Meet at **10:30am** at the **National Trust car park in Croyde EX33 1PA** (OS 432396). This is the car park for Baggy Point, free to NT members with membership card, otherwise Pay & Display. The walk will take us via Baggy Point to Putsborough on the coast path and return over fields and lanes. Some inclines and good views if the weather is kind. BYOFAD.

On **Monday 23rd October** we will meet at the **Westward Ho! Haunted House** (OS 424291) at **10:30am** for a circular walk of about 5 miles inland and along the coast path, led by Arthur Pinder. The 21 bus arrives in Westward Ho! at 10:18am which means you have 12 minutes to get to the Haunted House. There is a Pay & Display car park opposite the bus stop. BYOFAD. (Please note that if you wish to enjoy tea and cake at my house in Appledore you should ensure that you turn up two weeks earlier on **Monday 9th October** for the Taw U3A Ramblers walk instead! ~Arthur). For both walks it will be helpful to know if you are coming. New members welcome. ~Harriet

**SHORT TENNIS** - Yvonne Geary, Sue Morley. We play **every Wednesday morning** from **10:30am** until **11:30am** at the **Tarka Leisure Centre in Barnstaple**. We start again after our summer break on **Wednesday 13th September**, when we will be **moving from the Sports Hall to the Tennis Centre**. Our group is now full but please let us know if you would like to go on our waiting list. ~Yvonne & Sue

**SIGHT SUPPORT** - Jill Baker. The next meeting is on **Monday 11th September** in **The Shambles, High Street, Barnstaple** (NOTE: new venue) at **10:30am**. Age Concern will be attending. The October meeting is on **Monday 9th October**, same time and venue. New members with a sight problem are very welcome. Contact Jill. ~Jill

**SKITTLES** - Julie and Patrick Kift. Our next Skittle evenings will be on **1st September** and **6th October, 7:30pm** start. ~Patrick & Julie

**STROLLERS** - Maureen and Peter Penfold. **5th September** walk - meet at **Williams Arms car park** at **12:00 noon**. Our walk will be around Wrafton, returning to the Williams Arms for lunch approximately 12:30pm. Should it be too wet to walk, we will meet in the pub 12:30pm.

**October 3rd** - meet at the **big car park, Appledore 12:00 noon**. Walk around Appledore. Approximately 12:30pm we will return to Seagate for lunch. If too wet to walk we will all meet in the Seagate restaurant at 12:30pm.

If you are not able to attend either of these walks please contact **Maureen and Peter**. Our group is full (sorry) but we would be happy to add you to our waiting list.

~Peter & Maureen

**SUNDAY LUNCH** - Susan Covington. Next lunch will be on **Sunday 10th September, 12:30pm**, at the **Park Hotel, Barnstaple**. Please let me know if you are attending and choice of menu by **1st September**.

**October 8th** will be at the **Stags Head Inn, Filleigh** at **12:30pm**. Group full but I have a waiting list. ~Susan

**TABLE TENNIS** - Janice and Bob Godfrey. We meet **every Thursday morning, 9:30am to 12:00 noon** at the **Tarka Centre**. The group is full at the moment. However people do move on from time to time and anyone wishing to be on a short waiting list please ring Janice and Bob. Some experience of playing is desirable. ~Janice & Bob

**TEN PIN BOWLING** - Brian Tilbury, Jan Hartshorne. We now meet **every Wednesday at 1:15pm inside the Bowling Alley on the Braunton Road**, except during the school holidays. We hope that everyone had an enjoyable summer break and we start bowling again on **September 6th**. This year

we have re-established our competitive format and will be presenting trophies in the New Year. Any present or past members are kindly requested to return previously awarded trophies to the Ten Pin Bowling Group. Thanking you in anticipation. ~Brian & Jan

**TUESDAY LUNCHEON GROUP** - Trish Lilley. The regular venue is now **The Williams Arms** with your own choice of menu and paid for individually, but please ensure that you pay for everything you order! The **September** lunch is on **Tuesday 19th** and the **October** lunch is on the **17th**. You can book for the lunches either by email or telephone. ~Trish

**WANDERERS** - Chris and Lesley Wade. Short walk around River Taw **12th September**. Meet at **Town Square** at **11:00am**. If raining meet for meal at Queen Anne's Restaurant for 12:30pm. Requests for lunch by **5th September**. Ring **Connie** or **Mo**. ~Connie & Mo

**WINE APPRECIATION** - David Rowe. The Wine Group continues to meet on the **1st Friday of each month**, in **Room 3B** of the **Barnstaple Library**. The subject for the last meeting was Wines of Serbia, which may sound a little unusual but was of interest to the group as many had not tasted wines from this country before. The subject for the next meeting on the **1st September** will be a selection of Rosé wines from across the world including a Rosé Port. If anyone is interested in trying out the group the meetings on the **1st September** and the **6th October** will have a couple of spaces due to holidays etc. ~David

**WOODCARVING** - Marion Choules. **Weekly, Wednesday mornings 10:00am to 12:00 noon**. ~Marion

**Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.**

## **CALENDAR - September/October/November 2023**

### **Coffee Mornings:**

Monday 4th September (Railway Group, with speaker)	- 10:30am - Roundswell Community Hall
Monday 2nd October (Garden Days Group)	- 10:30am - Roundswell Community Hall
Monday 6th November (Badminton and Short Tennis Groups, with speaker)	- 10:30am - Roundswell Community Hall

**November Newsletter Deadline:** Deadline for entry of events occurring **after Wednesday 1st November - THURSDAY 19th OCTOBER.**

Group	Day	Date			Time	Venue/Information
		September 2023	October 2023	November 2023		
			(Subject to Change)			
Afternoon Tea	Tuesday	26	24	28	2:30pm	Queen Anne’s Cafe, The Strand
Allotment 21	Friday	15	TBN	TBN	2:30pm	Barnstaple Coffee Shop
Amblers	Tuesday	12			11:00am	Williams Arms lower car park
			10			Haunted House free car park, Westward Ho!
				14		TBN
Art	Thursday	7; 21	5; 19	2; 16	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	5; 12; 19; 26	3; 10; 17; 31	7; 14; 21; 28	9:30am	Tarka Leisure Centre
	Thursday	7; 14; 21; 28	5; 12; 19	2; 9; 16; 23; 30	2:00pm	
Book Club	Monday	25	23	27	10:30am	TBN
Bookworms	Tuesday	26	31	28	10:00am	Barnstaple Library

# CALENDAR - September/October/November 2023 (Continued)

Group	Day	Date			Time	Venue/Information
		September 2023	October 2023	November 2023		
			(Subject to Change)			
Breakfast Club	Wednesday	6			9:15am	Green Lanes Cafe
			4			Queen Anne's Cafe
				1		Grumpy's. Joy Street, Barnstaple
Bus Pass	Thursday	28			9:48am	Barnstaple bus station, bus 309, for Minehead
			26		11:40am	Bus 21C, stand G, for Croyde
				23	TBN	Williams Arms, Wrafton
Canasta	Monday	18	16	20	2:00pm	Fremington Parish Hall Annexe
Chair Pilates	TBN	TBN	TBN	TBN	TBN	TBN
Chatterbox	Monday	18	16	20	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	20	18	15	10:30am	Museum Cafe, The Square, Barnstaple
Creative Writing	Thursday	14	12	9	10:30am	TBN
Crime and Punishment	Tuesday	12	10	14	2:00pm	Fremington Village Hall Annexe
Current Affairs Discussion 1	Thursday	7	5	2	10:15am	The Fox Inn, Fremington
Current Affairs Discussion 2		21	19	16		
Cycling	Wednesday	TBN	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	12; 19; 26	3; 10; 17; 31	7; 14; 21; 28	10:00am	Church Hall, Fremington
Day Trips By Coach	Thursday	21			9:15am	Bernaville Garden Centre
			19	No Meeting	8:45am	Padstow and Port Isaac
Design & Make I - Ladies	Friday	29	27	24	9:30am	Group members know venue
Design & Make II - Gents					2:00pm	
Devon History	Thursday	7			2:30pm	Torrington car park
			5	2		Castle Centre, Barnstaple
Food, Farm, Environment	Monday	25			10:00am	Pickwell Barton
			23		2:30pm	The Shambles, High Street, Barnstaple
				27	TBN	TBN
Garden Days	Wednesday	27			9:30am	Slimbridge, Glos
			25	No meeting		Stourhead, Wiltshire
Holidays	TBN	No Meetings			TBN	TBN
Italian for Beginners	Wednesday	6	4; 18	15; 29	11:00am	La Volpe
Knitting	Thursday	14	12	9	10:30am	The Museum, The Square, Barnstaple
	Friday	22	27	24		
Practical Gardening	Thursday	14	12	9	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	26	24	28	2:00pm	The Annexe, Fremington Parish Hall
Railway	Wednesday	13			8:35am	Barnstaple Station for Weston-super-Mare
			11		9:35am	Barnstaple Station for Teignmouth
				8	TBN	TBN
Rambling	Monday	11			10:30am	Cattle Market car park, Bideford
			9			Seagate bus shelter, Appledore
				13	TBN	TBN
Reading Shakespeare Allowed	Wednesday	20	18	15	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	25			10:30am	National Trust Car Park, Croyde
			23			Haunted House, Westward Ho!
				27	TBN	TBN
Short Tennis	Wednesday	13; 20; 27	4; 11; 18	1; 8; 15; 22; 29	10:30am	Tarka Leisure Centre
Sight Support	Monday	11	9	13	10:30am	The Shambles, High Street, Barnstaple
Skittles	Friday	1	6	TBN	7:30pm	Plough Inn, Bickington
Strollers	Tuesday	5			12:00nn	Williams Arms car park
			3			Appledore big car park
				7	TBN	TBN
Sunday Lunch	Sunday	10			12:30pm	Park Hotel, Barnstaple
			8			Stags Head Inn, Filleigh
				12	TBN	TBN
Table Tennis	Thursday	7; 14; 21; 28	5; 12; 19; 26	2; 9; 16; 23; 30	9:30am	Tarka Tennis Centre, Barnstaple



## CALENDAR - September/October/November 2023 (Continued)

Group	Day	Date			Time	Venue/Information
		September 2023	October 2023	November 2023		
			(Subject to Change)			
Ten Pin Bowling	Wednesday	6; 13; 20; 27	4; 11; 18	1; 8; 15; 22; 29	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Luncheon Group	Tuesday	19	17	21	12:30pm	The Williams Arms
Wanderers	Tuesday	12			11:00am	Barnstaple Town Square
			10	14	TBN	TBN
Wine Appreciation	Friday	1	6	3	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	6; 13; 20; 27	4; 11; 18; 25	1; 8; 15; 22; 29	10:00am	Fremington

### Answers Given by Children in a Bible Knowledge Test

1. The first book of the Bible is Guinness's. In the book of Guinness Adam and Eve were created from an apple.
2. Adam and Eve were created from an apple tree.
3. Noah's wife was Joan of the Ark.
4. Noah built the ark and the animals came on in pairs.
5. Moses went to the top of Mount Cyanide to get the 10 Commandments.
6. The first commandment was when Eve told Adam to eat the apple.
7. The seventh commandment is thou shalt not admit adultery.
8. Lot's wife was a pillar of salt by day and a ball of fire by night.
9. Samson slayed the Philistines with the axe of the apostles.
10. The greatest miracle in the bible is when Joshua told his son to stand still and he actually obeyed him.
11. Unleavened bread is bread made with no ingredients.
12. A Christian should have only one wife. This is called monotony.
13. Solomon had 100 wives and 700 porcupines.
14. The epistles were the wives of the apostles.
15. When Mary heard she was the mother of Jesus, she sang the Magna Carta.
16. When the three wise guys from the east side arrived they found Jesus sacked in the manager.
17. The people who followed the Lord were called the 12 decibels.
18. St. Paul cavorted to Christianity. He preached holy acrimony, which is another name for marriage.

### *Mother Knows Best*

*The following was written by a mother about things that she has learned from being the mother of small boys.*

1. A king size waterbed holds enough water to fill a 2000 sq ft house, 4 inches deep.
2. A 3-year old boy's voice is louder than 200 adults in a crowded restaurant.
3. If you hook a dog lead over a ceiling fan, the motor is not strong enough to rotate a 3 stone boy wearing batman underwear and a superman cape. It is strong enough, however, if tied to a paint tin, to spread paint on all four walls of a 20x20 ft room.
4. You should not throw baseballs up when the ceiling fan is on. When using a ceiling fan as a bat, you have to throw the ball up a few times before you get a hit. A ceiling fan can hit a baseball a long way.
5. The glass in windows (even double glazing) doesn't stop a baseball hit by a ceiling fan.
6. When you hear the toilet flush and the words 'Uh oh', it's already too late.
7. Brake fluid mixed with bleach makes smoke, and lots of it.
8. Certain Lego's will pass through the digestive tract of a 4-year old boy.
9. Play dough and microwave should not be used in the same sentence.
10. No matter how much gelatine you put in a swimming pool you still can't walk on water.
11. Bin bags do not make good parachutes.
12. Marbles in petrol tanks make lots of noise when driving.
13. Always look in the oven before you turn it on; plastic toys do not like ovens.
14. The spin cycle on the washing machine does not make earthworms dizzy. It will, however, make cats dizzy. Cats throw up twice their body weight when dizzy.
15. 80% of men who read this will try mixing the bleach and brake fluid.
16. Women will pass this on to almost all of their friends.