

u3a Totnes
THE THIRD AGE TRUST
January 2024

Newsletter

Preparations are already underway for the printing of the next Totnes U3a leaflet. Could all members (especially group leaders) please check to ensure all group details are correct? Any alterations please contact the newsletter, or a group leader. In this way we can avoid errors when the leaflet goes to print. Remember, any mistakes will remain in the leaflet for several months. Also, please note the change of venue for the coffee mornings.

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PROGRAMME



Totnes u3a Speakers 2023/2024

Totnes u3a Speakers 2023/2024		
Feb 22nd	Ken Basterfield	Blackberry Farm. Bees and beekeeping.
March 28 th	John Ellis	The history of the Stover Canal
April 25th	Caz Donovan	The relationship between the landscape, plants and geology
May23rd	Mike Langham	Interactive bird talk
June27th	Dr Sue Andrew	The 3 Hares motif that is found in many Dartmoor churches
July25th	Prof. Peter Edwards	The life and works of Leonardo da Vinci
September 26th	Paul Hawthorne	Isaac Singer and his connection to Paignton
October	Mary Smith	A schoolgirl's war. School life during WW2
November 28th	Dr. Todd Gray	The Cathedral Close fire and other historic buildings of Exeter

Below is a diary of the Totnes U3a events in February

FEB 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02 03
				Music Appreciation Petanque Book Group Gardening 2	Walking	
04	05	06	07	08	09	10
	Folk Group Bridge	Choir Petanque	Coffee at Waterside Womens Interest Group Petanque Luncheon Club1		Play reading1 Playreading 2	
11	12	13	14	15	16	17
Digital Photography Chess Discussion Gardening1	Psychology Bridge	Choir Petanque Gardening3	Petanque			
18	19	20	21	22	23	24
Creative writing	Folk group Bridge French conversation	Choir Petanque	Monthly meeting and talk at St.Johns Petanque 11am		Playreading 2	
25	26	27	28	29		
Creative writing Discussion on zoom	Bridge	Choir Petanque	Petanque			
Note	Date and time vary for these groups	Natural History Geology 80 Bites 1 &3	BLUE- AM meetings	RED- PM meetings		

ANNOUNCEMENTS & NEWS

Important! Monthly Meetings sign in

We ask all members to check in at the door, this is a requirement to comply with Fire Safety Regulations'

Rosemary

Welcome to the following new members;

Peter Fellows, Fran Meikie, Claire Severyn, Sarah Dingley Brown, Linda Mc Donald, Amanda Makin, Michael Dyer, Catherine Gunningham, Lawrence Eastman

Coffee Mornings – change of venue

I have now asked **Waterside Bistro** if the **u3a** could meet there for the **coffee mornings on the 2nd Thursday** of each month from 10.30. They are more than happy to accommodate this, as generally only about 12 members attended them to date.

This will be, as before and not as an organised, structured event, members should turn up if they wish to and buy their own coffee or other refreshment. **The first date is Thursday 8th February from 10.30, followed by Thursday 14th March, Thursday 11th April etc.**

This will be an easier venue to reach for many members, especially for those who don't drive.

Regards,

Rosemary

NEW- short courses

We are always looking for opportunities for u3a members and so are planning to try something new this year. We have a very wide range of groups running in the Totnes u3a and several new ones started in the past few months but thought that there may be an interest in shorter courses on particular topics. We envisage these will probably run for approximately four meetings over a short period of time as an introduction to learn about a new subject. If there was an interest and someone willing to lead, any of the topics could of course subsequently be taken forward as a new group.

To try out this idea we are planning to launch four short courses which members of the committee have offered to run. If you are interested in one of these please contact the appropriate person.

Where is the moon today? - An introduction to astronomy

A short journey through the solar system.

Jacquetta Selley groups@u3atotnes.uk

Who are you? - an introduction to Genealogy

The course will provide advice on where you might look for information about your predecessors. Roger Porkess chess@u3atotnes.uk

What can we do with our tablets? - An introduction to using iPads and tablets

Many of us now have iPads or tablets but may have wondered how to use them effectively. This short course will aim to explain how to use some of the many features. Bob Dow/ Tony Cooper chairman@u3atotnes.uk

Dying well- considering end of life and how to plan to die as well as possible

The four-week programme will look at issues around dying and consider how to die as well as possible. Richard Scheffer treasurer@u3atotnes.uk

Online Courses held during lockdown

Penny Martin Has had previous success in holding online courses and would encourage members to consider doing the same. After being contacted by the events Officer for the national U3a in London, she ran a six week Latin course on Zoom. The course continued for 16 months. Please note that such courses would be independent of the U3a, and she subsequently met with two of them.

Urgent! Membership Secretary

Carolyn will be stepping down at the next AGM having been in role for three years plus one as a co-opted member. An urgent replacement would be needed for the role of membership secretary and to submit data on the number of TAM magazines required each month. In the meantime, I am sure that we would all like to thank Carolyn for all her hard work whilst in this role.

Parkrun in Totnes

Have you heard that we now have a parkrun in Totnes? It takes place at 9 am every Saturday morning. The course is exactly 2½ kilometres out along the (largely) tarmac footpath to Sharpham, and then 2½ kilometres back. It has the official title of the Sharpham Estate parkrun. It is hilly and has beautiful views across the Dart. It is free to enter and usually about 100 people take part, including some u3a members. They vary from serious runners to people who are treating it as a walk to start their weekend. All ages take part from babies in buggies to over 80s. It is not a race.

Runners need their personal barcodes which can be obtained free of charge from ParkrunUK. When you complete the run you are timed and given a position token which is then scanned together with your barcode and entered on a national database.

Parkrun started in 2004 at Bushey Park in Teddington. A group took a friend, who was depressed following a recent terminal diagnosis, out for a run; 13

people in all. Since then, it has grown into a massive organisation with over 2200 events every Saturday in 23 countries around the world.

Our parkrun in Totnes is one of over a thousand in the UK; many of them, particularly those in urban areas, attract very large numbers. Ours started in April 2023 so is just coming up to one year old.

All parkruns are run by unpaid volunteers. According to Parkrun UK, research has shown that the biggest health and well-being gains are felt by those who volunteer or who volunteer in addition to walking or running. At Sharpham Estate we need 14 volunteers every week to run effectively, including course marshalls, timers and barcode scanners. The team is very varied: u3a members, students doing their Duke of Edinburgh award and people who just want to give a little of their time to help others. You don't have to volunteer every week. After the run is over, many of the runners and volunteers go for a social at the Steam Packet Inn, with a coffee and a snack. Is there an opportunity here for you, whether walking, running or volunteering? To find out more about our parkrun, look online under Sharpham Estate parkrun. Alternatively do feel free to contact me; my u3a e-mail address is chess@u3atotnes.uk

Roger Porkess

GROUP NEWS

Folk band

Hello, folk band will be on 6th and 20th February - we do now have a couple of spaces - could you let people know, perhaps put something in the newsletter, for anyone interested please email me. Thanks, Jess.

Jess Price

Longer walks group

There's a new longer walks group. It will meet on the 3rd Thursday of each month and the walks will be all day. Most walks will be 7-10 miles; a few may be a bit more. All walks will be easily accessible by public transport from Totnes and some will start in the town itself. You can drive or car-share if you prefer but may need to get a bus back to the start if it is a linear walk. Full meeting and transport details will be given when the walks are advertised. Most walks will have somewhere such as a cafe to get refreshments at lunchtime but you are welcome to bring your own lunch if you prefer and eat it nearby. Most walks will end at a teashop or pub. If interested, email Bob at longerwalks@u3atotnes.uk

Bob Carpenter

Additional lunch club (Luncheon Club2)

There's also an additional lunch club. It will meet on the 3rd Friday of each month, probably 12pm. Initially all venues will be in the town itself though later we will aim to visit venues further afield. If interested, email Bob at lunchclub2@u3atotnes.uk

Bob Carpenter

Natural History Group

Our December and January Events, influenced by the expected and actual inclement weather, were two excellent presentations in the Dartmouth Inn by Caz Donovan.

In December she addressed the topic: The evolution of plants from the creation of planet Earth to today. Which were the first plants? How did plants move from water to land? The first trees. The first flowering plants. Which fossil plants are still living today? Find out in this talk which includes a display of fossils of some of our ancient plants.

In January it was a view of the plants and plant communities on the South Coast between Bolt Head and Start Point, which are different from nearby localities because of both the local geology and a long-lasting influx of non-native plants from the major port of Plymouth.

Tony Cooper

German Conversation

Tony Cooper is trying to start a **German Conversation Group**. Details of frequency and venue to be agreed when/if there is a group. If interested, please contact Tony at webmaster@u3atotnes.uk

Tony Cooper

TOTNES u3a GROUPS

&

Meeting Dates

TOPIC	MEETING DATE
Around the World in 80 Bites 1	Monthly meeting in members' houses
Around the World in 80 Bites 3	Monthly meeting in members' houses
Book Club	First Thursday 2.30p.m. in a member's house
Bridge	Tues weekly 1.30 p.m.
Chess	2 nd Monday 2.30 p.m. Quayside
Choir	Alt. Weds 10.00 a.m.
Digital Photography	2 nd Monday 10.30 a.m. Dartmouth Inn, Totnes
Discussion Group	2 nd Monday p.m. & 4 th Monday on Zoom
Folk Band and Recorders	Tues fortnightly 10.00 a.m.
French Conversation	3 rd Tuesday 2.30 p.m. Dartmouth Inn
Gardening 1	2 nd Mon p.m.
Gardening 2	1 st Thursday at 2.30 p.m.
Gardening 3	2 nd Wednesday
Geology	Dates variable
Luncheon Club	2 nd Thurs lunchtime
Luncheon Club2	3 rd Friday at 12pm
Music Appreciation	1st Thurs 10.30 a.m. Quaker Centre
Natural History	
Petanque	Wed & Thurs 11:00 a.m.
Play Reading	2 nd Fri a.m.
Play Reading 2	2 nd and 4 th Fridays from 1030-1230 at Quayside
Psychology	2 nd Tues 10 30a.m – 12p.m. Quaker Meeting House, Ticklemore St.
Walking	1 st Fri
Longer Walking Group	3rd Thursday
Women's Interest Group	2 nd Thurs at 11.00 a.m. Various venues
Writing Group	4 th Monday of the month 1030. Dartmouth Inn

TOTNES u3a GROUPS
&
GROUP LEADERS

STUDY/SOCIAL

Around the World in 80 Bites 1
 Around the World in 80 Bites 3
 Book Club
 Bridge
 Chess
 Choir
 Digital Photography
 Luncheon Club
 Luncheon Club2
 Discussion Group
 Folk Band and Recorders
 French Conversation
 Gardening 1
 Gardening 2
 Gardening 3
 Geology
 Music Appreciation
 Natural History
 Petanque
 Play Reading
 Play Reading 2
 Psychology
 Walking
 Longer Walking Group
 Women's Interest Group
 Writing Group

LEAD

Anne Eames
 Sue Collyer
 Alison Sale
 Howard Burchell
 Roger Porkess
 Hazel Lewis
 Bob Dow
 Rosemary Gillam
 Bob Carpenter
 Keith Smith
 Jess Price
 Marie Moore
 Mavis Schindler
 Liz Allen
 Jane Smith
 Caz Donovan
 Barry Northam
 Tony Cooper
 Gillian Burchell
 David Wilks
 Edwina Ratcliffe
 Amy Summers
 Richard Scheffer
 Bob Carpenter
 Ros Hills
 Rita Trotman

email address

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choir@u3atotnes.uk
photography@u3atotnes.uk
lunch@u3atotnes.uk
lunchclub2@u3atotnes.co.uk
discussion@u3atotnes.uk
folkband@u3atotnes.uk
frenchconversation@u3atotnes.uk
gardening1@u3atotnes.uk
gardening2@u3atotnes.uk
gardening3@u3atotnes.uk
geology@u3atotnes.uk
music@u3atotnes.uk
nature@u3atotnes.uk
petanque43@u3atotnes.uk
playreading@u3atotnes.uk
playreading2@u3atotnes.uk
psychology@u3atotnes.uk
walking@u3atotnes.uk
longerwalks@u3atotnes.uk
women@u3atotnes.uk
writing@u3atotnes.uk

YOUR COMMITTEE

Officers (ex officio):

CHAIRMAN	Bob Dow	chair@u3atotnes.uk
TREASURER	Richard Scheffer	treasurer@u3atotnes.uk
MEMBERSHIP SECRETARY	Carolyn Nash	membership@u3atotnes.uk
GROUPS CO ORDINATOR	Jaquetta Selley	groups@u3atotnes.uk
SECRETARY	Rosemary Gillam	secretary@u3atotnes.uk
WEBMASTER	Tony Cooper	webmaster@u3atotnes.uk
COMMITTEE MEMBER	Roger Porkess	chess@u3atotnes.uk
COMMITTEE MEMBER	Roy Williams	committee1@u3atotnes.uk
COMMITTEE MEMBER	Maureen Wilmott	committee2@u3atotnes.uk

The committee is ably assisted by:

NEWS EDITOR	Tim Marsh	news@u3atotnes.uk
SPEAKER COORDINATOR	Caz Donovan	geology@u3atotnes.uk
MEET & GREET	Sue Webster	meetandgreet@u3atotnes.uk

Web <https://u3asites.org.uk/totnes.home>

Facebook www.facebook.com/u3atotnes

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