

**u3a in Totnes**  
**THE THIRD AGE TRUST**  
**March 2023**



# Newsletter

Welcome to the March Newsletter. This one has a slight change regarding the monthly talks. The Newsletter goes out very much towards the end of each month so that there is as much time as possible for members and group leaders to submit articles. Therefore, the Newsletters will now refer to the talk for the following month, with some additional information. This will allow members to make plans well in advance should they wish to attend. By the way – Happy Easter!

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# PROGRAMME

## Speaker table for U3A Totnes

THE MONTHLY TALKS take place on the 4<sup>th</sup> Thursday of each month at St. John's Church, Bridgetown TQ9 5AD. Invited speakers, who cover a broad range of interests, can be seen on the list below.

Timing 09.45 for tea and coffee with the meeting starting at 10.15. The talks, including questions for the speaker, usually last for about an hour.

<b>Totnes U3A SPEAKERS 2022/2023</b>		
April 27	Kirsty Peake	Wolves of Yellowstone
May 25	Roger Saunders	A cabinet of curiosities – the original museum
June 22	Robert Hesketh	Festivals of Devon
July 27	Ian Gasper	Refugees and Asylum in the UK - charity DCRS
September 28	Angela White	Hong Kong – life as an ex-pat
October 26	Mike Cooke	Sharpham Rewilding
November 23	Adrienne Hesketh	Christmas themed music presentation

## Speaker Thursday April 23<sup>rd</sup>.The Wolves of Yellowstone

Kirsty Peake is an Animal Behaviourist who has spent over 20 years studying wolf behaviour and ecology. She spent winters in Yellowstone studying the packs and their behaviour. Yellowstone is a unique environment where, surprisingly, it is possible to watch packs, from a distance, and see how they survive. Wolves have a very simple objective in life – survive long enough to reproduce. Over the years scientists' perceptions of wolf behaviour have changed because of Yellowstone. Her talk takes you from the reintroduction programme to the current time.



## ANNOUNCEMENTS & NEWS

### **Coffee Mornings**

Just a reminder that the coffee mornings are at Quayside on the second Thursday throughout the winter months.

### **Totnes u3a AGM and committee members**

Our u3a Annual General Meeting is next month on Thursday 27th April when amongst other things we will need to elect new committee members to replace those standing down. Our rules only allow a committee member to remain in a post for a period of 3 years, but they can stand for re-election for a further period of three years. At the AGM Gillian and Howard Burchell will both be standing down having given outstanding support after serving on the committee as members and previously as secretary and treasurer.

The u3a only functions by members volunteering to help with the organisation and we now need at least two new committee members. Being a committee member is not too onerous and only requires you to contribute ideas and help with organising some of the events throughout the year. We meet approximately every six weeks for a meeting which usually lasts less than an hour and half.

If you think you might be interested, please contact me or one of the committee members for more information, and we can arrange for you to attend one of the committee meetings as an observer to see how it operates.

*Bob Dow*  
*Chairman*

## **Knighthayes visit**

**If you have already said that you are not interested/not able to join us for the visit, then there is no need to reply again.**

For those members who are planning on going, would you please let Jacquetta and I know whether you have National Trust Membership or not. Entry is free for those with National Trust Membership and non members £13.30 each. Jacquetta will be taking names of all those interested, and her email address is:- [outreach@u3atotnes.uk](mailto:outreach@u3atotnes.uk)

If you have already signed up but are unable to go for any reason, please let Jacquetta know in case we have a waiting list.

## **Group Details – a reminder**

Would all group leaders please let Adrian know of changes to names, venues and dates as and when they occur. Also, please inform him if groups have vacancies, or would like to attract new members, or any proposals for potential new groups.

## GROUP NEWS

### Psychology Group

The u3a psychology group meets monthly on a Tuesday morning; currently we are using a space in St John's church.

We have about a dozen members, and a small waiting list.

In the summer there is a consultation with the whole group and from this the years program of topics is drawn up.

So far this year we have discussed;

What do we mean by Love?

Psychological Manipulation: the Nudge Unit.

The Emotional and psychological effects of retirement.

Gender and Sexuality

Habits – help or hindrance?

and still to come...

The influence of the Group.

Menopause and the medicalisation of women's lives: a psychological perspective.

How does our interaction with the natural world affect our psychological wellbeing?

Older and wiser. How easy is it to keep an open mind?

One of the members volunteers to introduce the topic, so some research is needed, and then a general discussion follows,

because of the sometimes sensitive nature of the conversation all sessions are entirely confidential.

The group is friendly and informal, expert knowledge is definitely not required!

## **Music Appreciation Group**

We are currently taking a short break and will meet again in May.

Please note that, starting at 10 am on Thursday 4 May, we shall in future be meeting on the first Thursday of the month rather than the second.

We are keen to welcome new members. If you like the idea of meeting to listen to music but are not sure that you wish to commit yourselves, you are welcome to come along and try us out, with no obligation to return.

*Barry Northam*

## **80 Bites2**

At the end of February, the group met to sample some of the many delights that Turkish cuisine has to offer. It may come as a surprise to know that Turkey is regularly voted to be one of the world's best 'kitchens'. Many of the dishes date back to the days of the Ottoman Empire, often originating in the royal court. So, what did we cook and eat? Baba ganoush, humus, Imam Bayildi ('The Priest Fainted@'), chicken with, courgette fritters. The group finished the meal with lokum, or Turkish Delight, and not one, but two quizzes.

Once again, a veritable feast was enjoyed by the group as the empty plates in the photograph will attest to. In other words, we forgot to take any photos during the meal!

Next month we are all off to Peru!





## U3a Walking Group

### U3a walk March 2023

Eleven of us set out on Friday 3rd for Fingle Bridge just outside Drewsteignton. It is a rather slow, winding drive but worth it. There was plenty of free parking just above the bridge and we were soon booted up and on our way. We had decided to walk on the south bank of the river first and return via the Hunter's Path high on the ridge. That way those who did not want to climb the hill could have simply returned via the river path.

The river path is a sound road and has beautiful views of the river bubbling along, sadly we saw no dippers this time. Just after the Turbine House, built to serve Castle Drogo on the hill, we climbed over a stone stile and crossed back over the river. The stile proved to be the most challenging obstacle on the walk but we all managed it. As we had done nearly half the walk by then once back over the river, we stopped for our refreshment break.

The climb starts at that point. All 11 of us decided to try the climb to the upper path and so set off slowly. In fact, it is a very gentle slope and we all kept talking all the way - with a couple of little breaks to admire the view and get our breath. And what a view it was to admire. Spectacular colours in the trees, strutting their stuff in their winter plumage. The lichen growing on the bare branches looked in the distance like early greening there is such a profusion of it. And the odd patches of purple bark, bright yellow gorse, with the browns of the leaf mould on the floor set it off beautifully.

We had another few stops along the path for picture taking and drinking in the scene before the drop back to the car park, which is quite steep, but we all managed without a hitch. There is a pub at Fingle Bridge and we all decided to stop for a light lunch. It was surprisingly busy for a winter's day, but they managed to find us a table. To our amazement the very slick system meant we only had a short wait before we were all fed and watered ready for the drive home.

This walk was just under 5 miles, and we took it slowly. Please do think about coming along and joining us. We would love to see you. The first Friday of the month. You need to make contact either [richard.scheffer@btinternet.com](mailto:richard.scheffer@btinternet.com) or

079661782789 and we will get the details of the next walk to you. If you do not have transport we will find a way to get you to the start.

See you on 7th April (which will be an easy local walk to avoid travelling over the Easter weekend.)





*Richard Scheffer*

## **Luncheon Club**

We met in January at The Albert Inn for an excellent meal and were all well looked after in their cosy lounge. An open fire, a good meal and Giles was a lovely host, what more could you ask for on a wet day.

In February I booked The King Bill where a number of us had their excellent roast lunch. It was very busy when we arrived but that didn't prevent them from providing very good service.

We are due to meet in March at The Waterside Bistro and return visits to the Tally Ho and the Cott Inn are in my sights too.

*Rosemary Gillam*

## 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 2	Monthly meeting in members' houses
Around the World in 80 Bites 3	Monthly meeting in members' houses
Art History	3 <sup>rd</sup> Wednesday of the month 2.00p.m. Dartmouth Inn, Totnes
Book Club	First Thursday 2.30p.m. in a member's house
Bridge	Tues weekly 1.30 p.m.
Chess	2 <sup>nd</sup> Monday 2.30 p.m. Quayside
Choir	Alt. Weds 10.00 a.m.
Circle Dancing	Thursdays 2.00 p.m. at the Social Club, Station Rd, Totnes. TQ9 5HW
Digital Photography	2 <sup>nd</sup> Monday 10.30 a.m. Dartmouth Inn, Totnes
Discussion Group	2 <sup>nd</sup> Monday p.m. & 4 <sup>th</sup> Monday on Zoom
Folk Band and Recorders	Tues fortnightly 10.00 a.m.
French Conversation	3 <sup>rd</sup> Tuesday 2.30 p.m. Quayside
Gardening 1	2 <sup>nd</sup> Mon p.m.
Gardening 2	1 <sup>st</sup> Thursday at 2.30 p.m.
Gardening 3	2 <sup>nd</sup> Wednesday
Geology	Dates variable
Luncheon Club	2 <sup>nd</sup> Thurs lunchtime
Music Appreciation	2 <sup>nd</sup> Thurs 10.00 a.m. Quaker Centre
Natural History	
Petanque	Wed & Thurs 11:00 a.m.
Play Reading	2 <sup>nd</sup> Fri a.m.
Play Reading 2	2 <sup>nd</sup> and 4 <sup>th</sup> Fridays from 1030-1230 at Quayside
Psychology	2 <sup>nd</sup> Tues 10 30a.m – 12p.m. St. John's Church, Bridgetown
Walking	1 <sup>st</sup> Fri?
Women's Interest Group	2 <sup>nd</sup> Thurs at 11.00 a.m. Various venues

# TOTNES u3a GROUPS & Group Leaders

## STUDY/SOCIAL

Around the World in 80 Bites 1  
 Around the World in 80 Bites 2  
 Around the World in 80 Bites 3  
 Art History  
 Book Club  
 Bridge  
 Chess  
 Choir  
 Circle Dancing  
 Digital Photography  
 Luncheon Club  
 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  
 Women's Interest Group

## LEAD

Helen Barbera  
 Wendy Green  
 Sue Collyer  
 Adrian Addington  
 Alison Sale  
 Howard Burchell  
 Roger Porkess  
 Jeremy Doyle  
 Susannah Maurer  
 Bob Dow  
 Rosemary Gillam  
 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  
 Eric Adams  
 Ros Hills

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[circledance@u3a.totnes.uk](mailto:circledance@u3a.totnes.uk)  
[photography@u3atotnes.uk](mailto:photography@u3atotnes.uk)  
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