

BARNSTAPLE u3a

NEWSLETTER

29th FEBRUARY 2024

Issue 445



www.u3asites.org.uk/barnstaple

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith Luckhurst*

Business Secretary: *Ian Woodward*

Membership Secretary: *Julia Denton*

Groups Co-ordinator: *Laurence Hillel*

WELCOME NEW MEMBERS

We are delighted to welcome the following new Members who have joined us recently:

Miss Mary Brooks Ms Sheena Bruce Mrs Lynn Gill Mrs Lorna Pearse

Mr Christopher Robbins Mrs Anne Seward Mrs Karen Jupp

Mrs Margaret Ann Ellis, and Mr Andrew & Mrs Sheena Natt as Affiliate members

We also welcome Mr Christopher Smyth who has upgraded to full membership from Affiliate membership.

Barnstaple u3a notice of AGM

Notice is hereby given that the 2024 AGM of Barnstaple u3a, will be held at our coffee morning on Thursday 7th March at 10.30am at the Roundswell Community Hall.

Members wishing to vote at the AGM must provide evidence of their eligibility to vote by showing their membership card on entry to the hall. Apologies for absence should be notified before the day to the Business Secretary, Ian Woodward.

AGENDA FOR BARNSTAPLE u3a ANNUAL GENERAL MEETING

10.30AM THURSDAY 7th MARCH 2024

- 1. Welcome**
- 2. Apologies.**
- 3. MoM last AGM 2022**
- 4. Any matters arising.**
- 5. Treasurer's report.**
- 6. Chairman's report.**
- 7. Election of committee.**
- 8. AOB**
- 9. Date of next AGM meeting.**
- 10 Close meeting**

COFFEE MORNING THURSDAY 7th MARCH, 2024

Our speakers are Sue and Ivan Godfrey who will be presenting their 'African Adventure' which includes a Tanzanian Safari and visit to Mount Kilimanjaro.

NOTICE 1

Following the excellent talk last month on the Steamship Freshspring moored at Bideford, if anyone would be interested in making up a group to visit the Steamship, please let me know. We would be the only members of the public there that afternoon, and they would lay on refreshments for us in the form of tea and cake at a cost of £5 per person.

Contact Linda Southgate if interested

NOTICE 2

We are hoping to start a new **craft group** and are looking for anyone who might be willing to take the lead on this. It could be home based, but, if necessary, the committee is able to help with suggested locations for meeting and with any start-up costs with regards to materials etc. If you are interested and would like to discuss this further, please contact Laurence Hillel.

NOTES FROM THE EDITOR

The list of activities on Page 4 this edition is to help members by showing the venue, day, time and contact numbers.

Please keep communicating by emailing the Editor at barnstaplethirdagegroup@rocketmail.com

Group Leaders: Please note that the next edition will be circulated about the **24th March**, please submit any articles before the **22nd March**. **As Easter falls at the end of March, I would like articles as soon as possible please.**

I would be delighted if anyone has any group photographs, I could put in the newsletter.

Lynne Dickinson, Editor

Barnstaple u3a Contact List – see groups entry for more details

Group	Date and Time	Venue	Contact Details
Art	Tues 10-12am	Rhod. Ave. Methodist Church	Brian Steward
Bonsai	1 st Wed of month	Venn Valley Vineyard	Nigel Wright
Book Lovers	Last Wed. in month	Various	Tim Toghill
Bridge	Fri. 2.30-4.30pm New	Jane's house	Jane Keatley
Canasta	To be arranged	Ann's house	Ann Brand
Coffee morning	1 st Thu of month 10.30am	R'ndswell Comm.Hall	Any Committee Member
Croquet Braunton	Thurs 12-3pm	Tarka centre (indoor)	Anne Young
Garden Days (Taw)	Various	Various	Roxanne and Graham King
Geology	2 nd Fri. of month 1.45	Fremington Meth Hall	David Dickinson
Heritage Explorer	Various New	Various	Laurence Hillel
Hikers	Mon 10.30am	Various	Pauline Markey Karen Wagstaff
How it Works	4 th Fri of month 1.45pm	Fremington Meth.Hall	David Dickinson
Knit and Natter	Second Mon of month	TBC	Sue Thomas
Literary Studies	3 rd Tue 2.30pm	Imperial Hotel	Ellie Bray
Local History	2 nd Wed. of month	Barnstaple Library	Jackie Brayley Yvonne Partington
Music	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	Doug Joslin
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	Jackie Brayley
Nature Discovery	3rd Wednesday with variation	Nature Trips and some talks	Laurence Hillel Deirdre Johnson
Poetry	2 nd Sat of month, 2.15- 5	Various	Margaret Ryan
Practical Gardeners	Last Thurs of month, 10.30am	Various	Lynda Wren
Quarterly Lunch	Thu. 21 st March	Williams Arms	Sue Thomas
Ramblers	2 nd Thurs 10.30	Various	Karen Wagstaff
Rummikub	Wed, Th 2pm weekly	Ann's house	Ann Brand
Science	2 nd Tue of month 1.45pm	Rhod.Ave, Methodist Church	Austin Philp
Scrabble	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	Pam Harman
Singing for fun	2 nd Wed 10-12.	Fremington Meth.Hall	Patricia Hayhurst
Skittles	Thurs, fortnightly 4-6pm.	The Fox, Fremington	Elizabeth Howson
Strollers	Recommence Spring '24	Various	Pam Harman
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	Agnes Adams Gabi Engels-Hearn
Trekkers	3rd Friday of month, 10.30am	Various	Michael Elliott
Wine Group	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	David



ART

The art group has a new Group Leader – Brian Steward. We meet at the Methodist church hall in Rhododendron Avenue, between 10 am and 12 noon. **Spaces are available. The group meets every Tuesday apart from the third Tuesday of the month.**

Brian Steward, Group Leader



BONSAI – An introduction

First Wednesday of month 2pm.

Our next meeting will be on Wednesday, 6 March where I will be seriously dismantling the Xmas tree I was given, to try to create a thing of beauty and pleasure! Please bring any of your material so we can all discuss and learn from the lovely variety that is brought in by you all.

Nigel Wright, Group Leader



BOOK LOVERS

Our meetings are normally the last Wednesday of the month from 2pm to 4pm.

Three of the books chosen had a medical theme including *This Is going To Hurt* by Adam Kay about the secret diaries of a junior Gay Dr in gynaecology; it contains much gallows humour which tends to pall after a while and inspired a TV series. *Enbury Heath* by Stella Gibbons deals with the death of a GP who was an alcoholic and womaniser in the 1930's (soon after the death of his wife) leaving behind three children. The author draws from her own life experiences-selling her father's practice, his funeral and her relationships with her siblings and unbearable relatives. *A Very Peculiar Practice* by screenwriter Andrew Davies is a savagely funny satire of a GP practice on a university campus set in the 80's during Margaret Thatcher's premiership. Other books included *Seasonable Weather* by Lionel Smith comparing plant growth-rates between 1913-1942 and containing lots of old sayings. Also chosen were *Fair Stood the Wind of France* by H E Bates set in WW2 and *Sheltering Rain* by JoJo Moyes about three generations of women, A compendium of happy poems for each day and *Doctrine of the Christian Church* set in the fourth century including confessions of St Augustine. Our thanks to Margaret Ellis for kindly hosting. Next month Jo March has kindly offered to host.

*Margaret Ryan - Temporarily standing in for Tim.
Group Leader*

Tim Toghill,



BRIDGE

Fridays 2.30pm to 4.30pm.

This is a **new group** which is now up and running. Members meet at Jane's house and if you are interested please contact her for details.

Jane Keatley, Group Leader



CANASTA

If anyone is interested in learning to play canasta Ann will hold sessions at her house. Please phone her if interested and a meeting can be arranged.

Ann Brand, Group Leader



CROQUET (BRAUNTON)

We will begin again outdoors on the 30th April 2024. More details will be given in the next newsletter.

In the meantime, we will continue playing indoor croquet at The Tarka Leisure Centre, 7 Seventh Brethren, Barnstaple, EX31 2AS this winter, and welcome everyone to join us. This is on Thursdays from 12noon to 3pm and the charge is £8. All equipment and tuition are included.

*Anne Young,
Group Leader*



GARDEN DAYS

Wednesday 24 April: Dunster Castle and Water Mill, Nr Minehead. Ancient castle and comfortable country home with dramatic vistas, subtropical gardens and fine village

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

c.9:45am.

Cost: £16.00 National Trust members, non-members £32.50

Booking: via our email. Once place confirmed payment to our home address (cheque only, to Taw U3A) by end March. Please write trip, pick-up point and new **Taw U3A** memb' number on back. If we don't already have this, phone (mob if poss) on separate paper. Last year's supporter's 1st come 1st served, others on waiting list (are often places).

~Graham & Roxanne

Need to contact us?

Roxanne and Graham King, Group Leader



GEOLOGY

Second Friday monthly

Friday 9th February at 1-45 for 2-00pm

Our speaker in February was David Dickinson who discussed the formation of the Earth and its subsequent bombardment with meteorites. Two examples of craters plus the largest metallic meteorite in existence were shown.

The March speaker is Prof. Malcolm Hart from Plymouth University who will talk about the setting up of the Torquay area Biosphere Reserve especially the rock outcrops along the south Devon Coast. Malcolm is able to explain complex geology in simple terms and will stimulate audience interaction. Why not join us for coffee/tea and Tunnocks chocolate biscuits.

David Dickinson, Group Leader

HERITAGE EXPLORER



New Group. Our first trip on Tuesday 5th March is to the extensive Tiverton Museum of Mid Devon life. Entry is £8.50. If you wish to join the group, please contact Laurence
Laurence Hillel, Keith Luckhurst, Group Leaders

HIKERS



Monday 4th March

This month we will be following a circular route of just over 5m from Countisbury over green fields and along the South West Coast Path through woodland with amazing views of our beautiful coast and, if we are lucky, we may spot some Exmoor ponies. Some inevitable ups and downs but well worth the effort. Sturdy footwear and poles essential. BYOFAD including lunch.

If you would like to join us, please contact us so that we can send you further details.

New members are very welcome.

Group Leaders: Pauline Markey and Karen Wagstaff



HOW IT WORKS

Fourth Friday of Month 1.45 for 2.00pm.

Keith Luckhurst presented his guide to "Britain's, Iconic Buildings and Structures". Some of these we liked and some, a small number, did not meet with the audience's approval. Architectural design cannot please everyone but some outstanding examples excelled in their elegance. Stunning photos enhanced the intricate detail not normally seen by the tourist.

In March we have Michael, Gil and Chris giving a PowerPoint talk on Electric Lighting. In 80 years, we have jumped from gas lights to LED. Come along on 22nd March and listen to the presentation from these heritage icons. New members always welcome.

David Dickinson, Group Leader



KNIT AND NATTER

Second Monday at 2pm-4pm

Bring your current project with you and exchange tips and ideas over a cup of tea. There are places available, so please contact Sue Thomas, *Group Leader* if you are interested.

LITERARY STUDIES GROUP

Tue. 19th March, Tue 16th April - Imperial Hotel 2.30pm

It is not often that I can use the word 'unanimous' in our review of a book, but Big Little Lies by Lianne Moriarty has proved to be an exception! We agreed that this was an easy read which at first left us bemused and perhaps tempted to leave, but proved to be a cleverly crafted novel. The story, sometimes told with humour and always demonstrating superb observational skills, was interwoven with school-gate politics and cliques, family life, divorce, bullying and domestic violence. The author kept us engaged by including parents' voices commenting cryptically and amusingly about developing events. The ending was unpredictable, yet resulted in a well-rounded finale to a book that we all enjoyed.

Ellie Bray Group Leader



LOCAL HISTORY

Second Wednesday of month in the Henry Williamson Room on the second floor of Barnstaple Library at 2pm.

On the 13th March, we have Jess McKenzie from the National Trust on Arlington Court and the Chichester Family.

This will be our last meeting at the Library until September but on the 10th April, we will have our end of season group meal at The Royal and Fortescue. We will need names and £5 deposit per person by, or at, the March meeting.

Leaders: Yvonne Partington & Jackie Brayley



MOSAICS

We meet at the Methodist Church Hall in Rhododendron Avenue on Friday Mornings from 10 to 12.30 (apart from the last Friday in the month).

If you are interested in joining us or just want to 'have a go' please contact me.

Jackie Brayley, Group Leader



MUSIC

We meet on the first and third Wednesday of the month 10.30am – 12.30pm. at Fremington Methodist Hall. Please contact the group leader for more details.

Doug Joslin, Group Leader



NATURE DISCOVERY

Our March excursion will be a visit to Halsdon Devon Wildlife Trust Reserve near Great Torrington, on Wednesday 20th March. We will follow a stretch of the river Torridge and explore local woodland. More details to follow by email.

For more information about the group please contact Laurence Hillel

Group Administrators: Laurence Hillel & Deirdre Johnson



POETRY

We honoured poets who had died in 2023 including the brilliant Palestinian Professor of English, Refaat Alareer, killed in December during an Israeli airstrike in Gaza; his poem *If I Must Die* foretold his own death using a white kite as a symbol of hope and love referring back to the children who had earlier flown many thousands of kites in Gaza to break the Guinness Book of records. Also remembered were American Children's Laureate

Mary Ann Hoberman who wrote more than thirty children's books to encourage literacy, Reggae poet Benjamin Zephaniah and Linda Paston. Julie has kindly offered to host next month. Our subject is Flowers. We meet every second Saturday of the month to start at 2.15pm. There is still room for one or two new members.

If you need more information, please contact *Group Leader Margaret Ryan*



PRACTICAL GARDENERS

We are a sociable group who like gardens, growing things, and giving advice when asked for it. After a date and time have been agreed we usually visit one of our member's gardens. There we have a tour of the garden and see the interesting plants etc. that they have. Then there is the all-important cuppa and biscuit while we discuss the plants in their garden or any other matters we want to chat about.

The Practical Gardeners Group meet up once a month during spring, summer and autumn. Meetings and emails will take place in the morning on the last Thursday of the month, unless there is a problem and then times/ days can be changed. I hope that gives you some idea of our group and if you want further information, please contact *Lynda Wren, Group Leader*

QUARTERLY LUNCH



Our first quarterly lunch of the year will be on **Thursday 21st March** at the Williams Arms, Wrafton. Cost per ticket for a carvery lunch will be £13.00 and will be on sale at the coffee morning on Thursday 7th March. Any queries, please contact

Sue Thomas, Group Leader



RAMBLERS

Thursday 14th March

We hope you are able to join us for a circular walk around the Arlington Estate. We will meet in the car park for a 10:30 start (free to NT members) The paths are well maintained and the route fairly gentle although a rather long but very steady uphill slope at the end.

We plan to have lunch in the tearoom afterwards and hope that many of you will join us. Please let us know if you will be coming so that we can send you further information and let you know if there are any changes.

New members always welcome.

Karen Wagstaff & Pauline Markey Group Leaders



RUMMIKUB

Ann holds weekly sessions every Wednesday and Thursday at 2pm. Everyone is welcome but please contact Ann first. Venue: 11 Andrew Road, Sticklepath.

Ann Brand, Group Leader



SCIENCE

Rhododendron Ave Methodist Hall, Tues. 12th March, 2024. 2-4pm

This month Peter Smith will be giving a talk on his career as an Electrical Engineer at East Yelland and Aberthaw Coal Power-stations and more recently at Hinkley Point.

Come along and find out what goes on in our Power Stations from someone who held a Senior position in our nearest nuclear site.

New Members are always welcome. Entry remains at £3

Austin Philp, Group Leader



SCRABBLE

In March 2024 we will meet on: Wednesday 6th 10 to 12.30pm
Note change of day - Wednesday 20th 10 to 12.30pm.

NEW MEMBERS WELCOME to join but please contact Pam as the group meets at her home, and for table planning.

Pam Harman, Group Leader



SINGING FOR FUN

Second Wednesday 10 - 12noon.

Two new members joined us for our Feb 14 meeting, so it looks like the group is still growing one year after restarting last February. Some love songs were included, then we tried 'The Sound of Silence' for the 1st time. Was it this that upset the men, who failed to come in for their 'male only' bits in the song from 'South Pacific' that followed?

With the help and support given by our accompanist Sue, and the friendly contributions from those who attend, 'Singing for Fun' goes marching on...

My sincere thanks to everyone, and I look forward to seeing you again on 13 March.

Patricia Hayhurst, Group Leader



SKITTLES

Second and fourth Thursday of the month. 4 - 6pm

The skittles is going along very well, and we still have room for more players. We meet at The Fox at Fremington and all newcomers are welcome.

Elizabeth Howson, Group Leader



STROLLERS

There will be no Strollers until spring 2024.

Pam Harman, Group Leader



TABLE TENNIS

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

Table Tennis continues to be enjoyed every Tuesday afternoon at the Tarka Centre. So much so that the group has grown to maximum capacity for the available tables in the venue. Everyone appears to enjoy the lively, busy atmosphere.

To keep this going for all the existing members we have decided that for the time being we are not accepting any new members.

If there is demand we will open a waiting list.

Gabi & Agnes Group Leaders



TREKKERS

Third Friday of month, 10.30pm.

The next Trekkers walk will be from Instow on Friday 15 March, led by Peter who advises: "Walk lanes, tracks and footpaths along the beach and through the sand dunes. All the while good views of the Taw and Torridge estuary. Visit Instow Town, West Yelland and Instow Barton Marsh. Two moderate hills and expect mud.

Meet, 10:30, at large lay-by just outside Instow on B3223, by Rectory Lane, Grid Ref SS479312. Approximately, 7 miles.

New members are always welcome, so if you are interested in joining the group, please let me know.

Michael Elliott, Group Coordinator

WINE



The group continues to meet on the last Wednesday of the month in Room 3b of Barnstaple Library at 2pm. We are an open and welcoming group with a wide range of knowledge and interest in wine from beginners to those with in depth knowledge of specialist areas. For the December tasting we looked at "The back Riads of Portugal" tasting some of the lesser-known wines from this fascinating wine country. The subject for January the 3rd will be Syrah – New World V Old World, in which we look at a range of wines made from Syrah/Shiraz from, for example South America, South Africa, Australia and France. If you fancy giving the group a try just to see if it would be of interest to you, please drop me a line

David Rowe, Group Leader

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Hikers: Lynton to Lee Bay



Trekkers: Downhill to Parracombe passing unexpected animals on the footpath



Ramblers – Woolacombe to Putsborough

