

BARNSTAPLE u3a

NEWSLETTER

31st JANUARY 2024

Issue 444



www.u3asites.org.uk/barnstaple

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith*

Business Secretary: *Ian*

Membership Secretary: *Julia*

Groups Co-ordinator: *Laurence*

WELCOME NEW MEMBERS

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

Mrs Marie Buckland

Mr Andy Morris

Mr Robert Hoad

Mr Roy Riccard

Mrs Joan Squires

Mr Robert Squires

Mrs Marion Jones and Mrs Jackie Smythe who have both upgraded from Affiliates to full Membership

We also welcome Mrs Silvia Norton as a new Affiliate Member

COFFEE MORNING THURSDAY 1ST FEBRUARY, 2024

Our Speaker is John Puddy who will be talking about the Steamship Freshspring Trust. The Steamship is moored along the quay at Bideford, manned and maintained by volunteers.

Are you interested in exploring our local heritage, visiting museums, industrial archaeology, historical estates and places of general interest?

If so, you will want to sign up for our new Heritage Explorer Group. We are planning four outings a year, travelling by car (hopefully car share and lifts can be arranged), to locations in the South West.

This year the provisional list of places includes Tiverton Museum of Mid Devon life, Buckland Abbey, Coldharbour Mill, and a visit to Exeter's museum and Christmas Market.

Our first trip is on Tuesday 5th March, to the extensive Tiverton Museum of Devon Life. Entry to the museum is £8.50. If you wish to join us, please contact Laurence. A group email will be sent out a week before the visit detailing arrangements for the day such as times, meeting place, parking, refreshments etc.

Jane , an experienced bridge player, has offered the opportunity for a small group of beginners to learn how to play, meeting at her house on a Friday afternoon, between 3.00pm and 5.00pm. There will be a small charge to cover refreshments.

If you are interested, please contact her

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 **27th February**, please submit any articles before the **22nd February**.

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

Lynne , 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	New Brian
Bonsai	1 st Wed of month	Venn Valley Vineyard	Nigel
Book Lovers	Last Wed. in month	Various	Tim
Canasta	To be arranged	Ann's house	Ann
Coffee morning	1 st Thu of month 10.30am	R'ndswell Comm.Hall	Any Committee Member
Craft	2 nd Mon. 10.30-12.30pm	Louise's house	Louise
Croquet Braunton	Thurs 12-3pm	Tarka centre (indoor)	Anne
Garden Days (Taw)	Various	Various	Roxanne and Graham
Geology	2 nd Fri. of month 1.45	Fremington Meth Hall	David
Hikers	Mon 10.30am	Various	Pauline Karen
How it Works	4 th Fri of month 1.45pm	Fremington Meth.Hall	David
Knit and Natter	Second Mon of month	TBC	Sue
Literary Studies	3 rd Tue 2.30pm	Imperial Hotel	Ellie
Local History	2 nd Wed. of month	Barnstaple Library	Jackie Yvonne
Music	1st & 3rd Wed. 10.30-12.30	Fremington Methodist Hall	Doug
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	Jackie
Nature Discovery	3rd Wednesday with variation	Nature Trips and some talks	Laurence Deirdre
Poetry	2 nd Sat of month, 2.15- 5	Various	Margaret
Practical Gardeners	Last Thurs of month, 10.30am	Various	Lynda
Quarterly Lunch	Thu. 21 st March	Williams Arms	Sue
Ramblers	2 nd Thurs 10.30	Various	Karen
Rummikub	Wed, Th 2pm weekly	Ann's house	Ann
Science	2 nd Tue of month 1.45pm	Rhod.Ave, Methodist Church	Austin
Scrabble	1st Wed 10am-12.30pm 3rd Thurs 10am-12.30pm	Pam's house	Pam
Singing for fun	2 nd Wed 10-12.	Fremington Meth.Hall	Patricia
Skittles	Thurs, fortnightly 4-6pm.	The Fox, Fremington	Elizabeth
Strollers	Recommence Spring '24	Various	Pam
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	Agnes Gabi
Trekkers	3rd Friday of month, 10.30am	Various	Michael
Wine Group	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	David



ART

The art group has a new Group Leader – Brian 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.**

Contact Brian

Brian Group Leader



BONSAI – An introduction

First Wednesday of month 2pm.

The bonsai group continues to expand and our next meeting will be on Wednesday 7th February at the vineyard at 2.00pm. Please bring along any tree that we could discuss as a group.

Any queries email or phone the Group Leader.

Nigel , Group Leader



BOOK LOVERS

Our meetings are normally the last Wednesday of the month from 2pm to 4pm. We discuss any book we have read personally, and this can be on any subject. We enthusiastically welcome people to join the group. Please contact Tim for more

information.

Tim 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 , Group Leader



CRAFT

Please contact the Leader if you are interested in this Group. There are spaces available. All welcome .

Louise , Group Leader



CROQUET (BRAUNTON)

The outdoor season has now finished. We will begin again in March 2024.

We will be 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 Group Leader



GARDEN DAYS

January/February: no visit these months. The programme will start again in April 2024 - 4th Wednesday.

Roxanne and Graham , Group Leaders



GEOLOGY

Second Friday monthly

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

Our speaker in January was Prof. John D Mather who enthralled us with moments from his life in geology, a career that included visits to exotic islands and territories around the world.

The February speaker is now recovering from a visit to hospital and his talk will now take place in May. David will talk about the formation of the earth and some of the meteorites that have altered its surface. Why not join us for coffee/tea and Tunnocks chocolate biscuits

David , Group Leader



HIKERS

Monday 5th February

We are looking forward to seeing you all for our first walk this year which will be a circular walk of approximately 7m from Lynton via Valley of the rocks and Lee Abbey. Overall, a gentle walk with slight inclines and a steep ascent towards the end - spectacular coastal views. We will meet in Bottom Meadow car park, Lynton (EX35 6AR) for a 10:30 start.

Please come dressed for all weathers and BYOFAD

If you hope to join us, please let us know so that we are able to let you know of any changes ~ Thank you

New members always welcome.

Group Leaders: Pauline and Karen



HOW IT WORKS

Fourth Friday of Month 1.45 for 2.00pm.

In January we had a talk by David following his research into the evolution of Lighthouses around Europe including Hartland Point. The lighthouse was decommissioned in 2012 and a new replacement light installed. The members present received a Fresnel magnifying lens to illustrate their new knowledge regarding lighthouses.

At the meeting on 24th February Keith will present his guide to “Britain’s, Iconic Buildings and Structures”. Come along and listen to the presentation visiting these heritage icons. New members always welcome.

David , 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 if you are interested.

Sue , Group Leader



LITERARY STUDIES GROUP

Tuesday 20th February 2024 – Imperial Hotel 2.30pm

Tuesday 19th March 2024 – Imperial Hotel 2.30pm

Clan of the Cave Bear is the first of six novels in the Earth's Children series, written by Jean M Auel. Set circa. 30,000 years ago, this is a work of pre-historic fiction where the author has cleverly woven a speculative story, supported by well researched and detailed analysis of botany, herbology, herbal medicine, archaeology and anthropology. Although we all agreed that this was thoughtfully written from a factual perspective, it was also a masterclass of imagination, and was, as is so often the case, immensely enjoyed by some, but not all. Some found it tedious and questioned the credibility of the storyline, whilst others were totally immersed, finding it interesting and enjoyable. Suffice to say, it caused plenty of discussion!

Ellie Group Leader



LOCAL HISTORY

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

The speaker at our meeting on the 14th February is Colette Hall and she will talk about the history of the Penrose Almshouses.

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

Thank you, Jackie and Yvonne

Group Leaders: Yvonne Jackie



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, 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 , Group Leader



NATURE DISCOVERY

Our next outing will be an exploration of the woodlands around Lee Bay. We may see some snowdrops and early wild daffodils! Meet on Wednesday February 21st at Lee Bay car park, near the sea front, at 10.30 am (please note later start time!)

For more information about the group please contact Laurence

Group Administrators: Laurence and Deirdre



POETRY

Due to unforeseen circumstances our meeting in January had to be cancelled. Details of the subject and venue for our February meeting will be confirmed soon.

We still have two or three spaces left for newcomers.

If you need more information, please contact Margaret.

Group Leader Margaret



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 members 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.

We generally meet for a garden visit once a month in good weather. During winter time we are going to email about gardens so that we are still 'In Touch'. 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 give me a call.

Lynda , 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 coffee mornings on Thursday 1st February and 7th March. Any queries, contact Sue.

Telephone 01271 323460.

email: susanthomas1010@yahoo.co.uk

Sue Thomas, Group Leader



RAMBLERS

Thursday 8th February

We hope that you will all be able to join us and enjoy Woolacombe and Putsborough while it is quiet and parking is free. We will be walking on the coast path and beach, a gentle walk with only slight ups and downs. Please meet in The Esplanade Car Park Woolacombe for a 10:30am start. We hope to stop for a coffee break at Putsborough Beach Cafe and will then arrange lunch afterwards for those who would like to join us, venue tbc. Please come prepared for all weathers.

If you would like to join us, please let us know so that we are able to notify you of any changes. New members always welcome.

Karen and Pauline

Group Leaders



RUMMIKUB

Ann holds weekly sessions every Wednesday and Thursday at 2pm. Everyone is welcome but please phone Ann first.

Ann Group Leader



SCIENCE

Rhododendron Ave Methodist Hall, Tues 13th February, 2023 2-4pm

We start our 2014 talks in February with **THE DISCOVERIES OF MICHAEL FARADAY** 1791-1867

Thanks to our speaker, Michael who writes:

"The son of a blacksmith with only a basic education, Faraday made fundamental discoveries in chemistry, electromagnetism and electro-chemistry and is still considered the *greatest experimental scientist of all time*. Never interested in fame or reward, he turned down a knighthood and has a memorial plaque in Westminster Abbey near that of Isaac Newton."

New Members are always welcome. Entry remains at £3

Austin, Group Leader



SCRABBLE

In February 2024 we will meet on: Wednesday 7th 10 to 12.30pm
 Thursday 22nd 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 , Group Leader



SINGING FOR FUN

Second Wednesday 10-12noon.

Although we couldn't meet until the 4th Wednesday (24/01) we had an excellent turnout for our first session in 2024, with lots of songs revisited plus discussions about many new suggestions. Sue Trick guided us, helping to improve our skills, and as a result I have 7 new songs to print off for our next meeting scheduled for 2nd Wed in February: 14th!

Thank you so much, everyone!

Patricia , 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 , Group Leader



STROLLERS

This will be no Strollers until spring 2024.

Pam , Group Leader



TABLE TENNIS

Tuesdays 2.00- 3.30 at Tarka Tennis Centre

Table Tennis group meetings continue weekly every Tuesday afternoon at the Tarka tennis Centre. The standard of play is pretty good and competitive. Always fun. New members welcome.

Gabi Agnes Group Leaders



TREKKERS

Third Friday of month, 10.30pm.

The February Trekkers walk will be on Friday 16 February starting at Parracombe car park EX31 4QL, located at the top of the village where there are toilets and a cafe/shop. An eight mile walk with the climbs mostly gradual over tracks, moorland and quiet lanes. Meet at the car park for a 10:30 start, bring snacks, lunch and plenty to drink, and be ready for any weather.

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

Michael 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 Group Leader

Ramblers walk and lunch 24th January 2024



Nature Discovery

Photos taken on birdwatching stroll along Fremington Quay in December.



Table



Tennis Christmas Lunch

