

BARNSTAPLE u3a

NEWSLETTER

MARCH, 2025

Issue 457



www.barnstaple.u3asite.uk

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith Luckhurst*

Business Secretary: *Ian Woodward*

Membership Secretary: *Julia Denton*

Groups Co-ordinator: *Laurence Hillel*

WELCOME NEW MEMBERS

We extend a very warm welcome to the following new members who have joined us recently:

Mr Michael John De Havilland

Mrs Marion Armitage

Mrs Janet Ellis

Ms Aileen Murrae

Mr Cyril Venton

Mr James W Morgan

Mr Tony Evans

SPEAKER

Our speaker is Mick Harrison from Devon and Cornwall Police to speak about Cyber Crime awareness. He plans to bring some information that members can take away with them.

Barnstaple u3a notice of AGM

Notice is hereby given that the 2025 AGM of Barnstaple u3a will be held at our coffee morning on **Thursday 6th 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 and are required to sign in with their name, membership number and their telephone number.** Apologies for absence should be notified before the day to the Business Secretary, Ian Woodward.

A G E N D A

1. Welcome
2. Apologies
3. MoM last AGM 2024
4. Any matters arising
5. Treasurer's report
6. Chairman's report
7. Election of Committee
8. Any other business
9. Date of next AGM meeting
10. Close meeting

Barnstaple Third Age Group							
Account for the year ended 31st December 2024 to be presented at AGM on Thursday 6th March 2025							
	£	£	£		£	£	
Receipts					Payments		
Opening balances at 1st January 2024							
Bank	9898.25			Groups		4555.01	
Cash	3.71		9901.96	Lunches		3458.10	
				Meetings		709.22	
Subscriptions		2964.50		Admin		373.36	
TAM		171.00		Committee		312.65	
Groups		4571.96		Speakers		821.00	
Lunches		3375.00		Third Age		1524.61	
Meetings		687.95		Equipment		114.51	
Gift Aid		359.82		Miscellaneous		24.50	
Miscellaneous		4.50					
Total Receipts			12134.73	Total Payments		11892.96	
				Closing balances at 31st December 2024			
				Bank	10140.02		
				Cash	3.71		10143.73

S Thomas, Treasurer
M Blower, Examiner

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 – 2pm	Venn Valley Vineyard	Nigel Wright
Book Lovers	Last Wed. in month	Various	Tim Toghill
Bridge	Fri. 2.30-4.30pm	Jane's house	Jane Keatley
Canasta	To be arranged	Ann's house	Ann Brand
Coffee morning	1 st Th of month - 10.30am	R'ndswell Comm.Hall	Any Committee Member
Croquet Braunton	Recommence April 2025	Bple Croquet Club	Anne Young
Garden Days (Taw)	Various	Various	Roxanne and Graham King
Geology	2 nd Fri. of month 1.45pm	Fremington Meth Hall	David Dickinson
Heritage Explorer	Various	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	1 st & 3 rd Wed. 10.30-12.30	Fremington Methodist Hall	Doug Joslin
Mosaics	Fridays 10am – 12.30pm	Rhod. Ave, Methodist Church	Jackie Brayley
Nature Discovery	3 rd Wednesday with variation	Nature Trips and some talks	Laurence Hillel Deirdre Johnson
Poetry	2 nd Sat of month, 2pm.	Various	Margaret Ryan
Practical Gardeners	Last Thurs of month, 10.30am normally	Various	Andy Jones
Quarterly Lunch	Th. 27/3 - 12 for 12.30pm	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	1 st Wed 10am-12.30pm 3 rd 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	4 th Thurs. 11am normally	Various	Bob Smith
Table Tennis	Tuesdays 2-3.30pm	Tarka Tennis Centre	Agnes Adams Gabi Engels-Hearn
Trekkers	3 rd Friday of month, 10.30am	Various	Michael Elliott
Wine Group	Last Wed. of month, 2pm	Room 3b, Barnstaple Library	David Rowe

NOTES FROM THE EDITOR

The list of activities on Page 3 of 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 If you have any group photographs please send them to this address.

Group Leaders: Please note that the next edition will be circulated about the 29th March, please submit any articles before the 24th March if possible.

Lynne Dickinson, Editor



ART

We meet at the Methodist church hall in Rhododendron Avenue, between 10 am and 12 noon, every Tuesday apart from the third Tuesday of the month. **This group is now at full capacity. Anyone interested in joining will be put on a waiting list.**

Brian Steward, Group Leader



BONSAI – An introduction. Wed/5th March 2.00pm at the Vineyard.

What fun we had back at former venue 'The Vine', now run by Xen and Ashley purveyors of excellent coffee and buns and lunches and wine etc, etc. The usual wonderful assortment of trees both old and young (and very young) and enormous were brought in for all to examine and pontificate upon.

Our next meeting, WEDNESDAY, 5 March, 2:00 pm at the Vine, we shall be looking at some raw material (yamadori) with a view to looking into the future of what will the tree look like in 5 years' time? Please bring your own materials so we can do the same with yours, along with some possible clipping!

Nigel Wright, Group Leader



BOOK LOVERS

Last Wednesday in month 2-4pm.

Please contact Margaret for more information if you are interested.

Tim Toghill, Group Leader



BRIDGE

Fridays 2.30pm to 4.30pm.

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 contact Ann if interested and a meeting can be arranged.

Ann Brand, Group Leader



CROQUET (BRAUNTON)

Tuesdays 2-4pm.

Branton U3A run a croquet group during the summer and invite members from the surrounding U3A's to join the group. This will recommence in April 2025.

Anne Young, Group Leader



GARDEN DAYS

Wednesday April 23rd: Tredegar House, Newport, Wales. The House is one of the architectural wonders of Wales and one of the most significant late 17th-century houses in the whole of the British Isles, situated within 90 acres of beautiful gardens and parkland.

Cost: National Trust members £22, non-Trust members £34.50

Pick up times: Chilpark 09.30, New Inn 09.35, Ellerslie Rd 09.40, Newport Park and Ride 09.45

Booking: via our email. Once your place confirmed, please send cheque (**Taw U3A**) to our home address. Please write pick-up point on back. If we don't already have phone (mob if poss), for security write on separate paper. Must be members, or affiliated members, of Taw U3A.

Need to contact us? Email if

Roxanne and Graham King, Group Leaders



GEOLOGY

Second Friday monthly.

Next Meeting – Friday 14th March at 1-45 for 2-00pm

Our speaker in February was Dr Charles Moon, a consultant geologist who has travelled extensively examining prospective and actual ore deposits. This talk also included the formation and exploitation of the granite deposits in the South West, the mine under reconstruction at Hemedon and the Wavellite from High Down Quarry, Filleigh.

At our **March** meeting, we have Rick Stewart talking on arsenic who writes:

"Arsenic is a mineral mined in conjunction with various other ores notably copper. During the 19th century Devon and Cornwall were the world's major producers of arsenic. In 1870 the Times newspaper recorded that there was enough arsenic on just one mine, Devon Great Consols, to kill every living creature on the planet. Mining Historian Rick Stewart tells the fascinating story of arsenic in the south west; free samples will not be handed round!"

David Dickinson, Group Leader 01598 710480



HERITAGE EXPLORER

Our next visit will be when the weather improves – details will be published later.

Group Leaders - Laurence Hillel & Keith Luckhurst



HIKERS

Monday 3rd March

This month we will be doing a circular walk of between 8-8.5m either around Arlington or Parracombe, both will include footpaths, fields and lanes, possibly woodland and, of course mud and hilly bits.

If you would like to join us, please let us know so that we can ensure you receive the details. New members very welcome.

Group Leaders: Pauline Markey & Karen Wagstaff



HOW IT WORKS

Friday 28th March, 1.45 for 2.00pm

Michael Kelly was our speaker in February giving part 2 on “Church Buildings in North Devon”. If you had wondered when churches were designed and built this was a detailed and fascinating tour of the area and its history from Saxon times.

On Friday 28th March a member of our group, Helen Chugg who has an antiques and collectables store in Barnstaple, will give a talk entitled “My favourite things”. She would like you to bring along an article that is special and means a lot to you, it doesn't need to be an antique. Please think about what you could bring along.

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. Due to limited space this group is now full. Tel: 01271 323460, email:

Sue Thomas, Group Leader



LITERARY STUDIES GROUP

Tue 18th March 2.30pm, Tue 15th April – Imperial Hotel 2.30pm.

Our last book - Desert God by Wilbur Smith - was not enjoyed. We unanimously (yes, all of us!) agreed that it was a disappointment. In our opinion, this novel, one of many in Wilbur Smith's Egyptian series, lacked the substance of his Africa series. Many of us had enjoyed reading his books in our youth, but this we thought was tedious, with no obvious direction, misleading historical facts about Egypt, and characters that were simply not plausible. For us, even though he wrote many popular books, this was not one of his best.

Ellie Bray Group Leader



LOCAL HISTORY

Room 2A Barnstaple Library 2pm

The last meeting for this season will be held on Wednesday, 12th March. Please note another change of Speaker. We have been lucky to get Julian from the Bideford Museum and he will be talking about "The Bideford Witch Trials".

We will have our end of season lunch on Wednesday 9th April. This will be at The Park Hotel this time, 12.30pm for 1pm. Please book a seat at the next meeting in March or phone one of us if you are unable to attend the March meeting.

Group 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).

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

This month's exploration will be a wildflower walk to Bennett's Mouth. Meet on Wednesday 19th March, at 10.30 at Morteohoe car park.

If you are interested in joining our group and being put on the email list, please contact Laurence Hillel on lcfhillel@gmail.com

Group Administrators: Laurence Hillel & Deirdre Johnson



POETRY

Please get in touch if you would like to join our friendly group. Second Saturday of month 2pm. The theme and venue for March are still to be decided. Please contact Margaret for details.

Margaret Ryan, Group Leader



PRACTICAL GARDENERS

Ten members of the Group met for a New Year get together and light lunch, provided by those present, on Wednesday January 29th at Fremington Methodist Church Hall.

After reviewing some of their 2024 successes and failures, conversation turned to Spring seed sowing and general dissatisfaction with peat-free compost currently available on the market.

The proposed programme for the first half of 2025 was then distributed. Previously it had been agreed that we would extend the range of visits and activities under the new leadership, and the programme received a warm welcome, despite an awareness that some visits could lead to extra personal expenditure.

Finally, it was agreed by all those present that the get together was a positive start to the gardening year and there was enthusiasm for a similar event towards the end of the year.

We are always happy to welcome new members, AND you may be interested to know that **our first visit is a behind-the-scenes visit to Gardeners' Delight Nursery on Thursday 27th March.**

Contact Andy for further information.

Jackie Smyth, David Green, Andy Jones, Group Leadership Team



QUARTERLY LUNCH

Our next quarterly lunch will be on Thursday 27th March 12noon for 12.30pm at The Williams Arms, Wrafton. The cost per ticket for a carvery lunch will be £14.00 and they will be on sale at the coffee morning on Thursday 6th March. Any queries contact Sue.

Sue Thomas, Group Leader



RAMBLERS

Thursday 13th March

We do hope you will join us for our walk from Bideford to Appledore along the SWCP which is about 3m and offers some nice views of the estuary and surrounding area. Fairly flat with some slopes.

We hope you will join us for lunch after which there is the option to get the bus back to Bideford or join Pauline and I to walk back.

New members are always very welcome.

If you would like to join us, please let us know so that we can ensure you receive the details.

Karen Wagstaff and Pauline Markey Group Leaders



RUMMIKUB

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

Ann Brand, Group Leader



SCIENCE

Rhododendron Ave Methodist Hall. Tuesday 11th March 2025 2-4pm

Unfortunately, we've had no offers to take over leadership of this Group, so March will be our last session.

Geoff Grandy will enlighten us with his knowledge of Communications. His light hearted presentation **"From Bugles to Bits"** will lead us through history to the present computer logic.

There will also be time for a few more **"Interesting Science Facts"** as this has proved popular in the past. If any Member has a fact to share, please let me know. There will be no entry fee for this meeting.

I thank everyone who has supported this Group over the last 10 years.

Austin Philp, Group Leader 01271 373488



SCRABBLE

March 2025 Wednesday 5th 10-12.30pm, Thursday 20th 10-12.30pm.

We now have a waiting list for new members who may be interested in joining. For further information contact Pam.

Pam Harman, Group Leader



SINGING FOR FUN

Second Wednesday 10-12noon

We had another enthusiastic gathering in February, where we added new songs to our repertoire, plus going through various tunes recommended by group members.

With her usual skill, Sue guided us through our efforts and everyone seemed to enjoy the session.

Thank you so much for taking part and helping everything to run smoothly.

I look forward to seeing you again on 12 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

BICKINGTON Thursday 27th March. 11am.

Meet at the OLD BARN INN (parking in their car park or opposite is a public pay and display Car Park).

Walk down TEWSLANE (towards Liddicleave/Roundswell). Turn left at new school and take walk along stream to left and Roundswell housing estates on right till meet main road. Turn right and walk slightly uphill to old Bideford Road. Turn right here and proceed along pavement till reach road on right that leads to Queen Elizabeth playing field. Round latter on path and return to pub. 2.1 miles.

Please email me if going - in case circumstances force a last-minute cancellation.

Bob Smith, Group Leader



TABLE TENNIS

Tuesday afternoon from 2.00 to 3.30pm at the Barnstaple Tarka Centre.

The Table tennis group has continued to play weekly. Good, competitive, but friendly games seem to be enjoyed by everyone.

Attendance has been high and this is okay now as the Tarka Centre is providing us with an extra (new!) Table. Thus, we play on three for the one and a half hours. The waiting list is gone and new Members are again welcome.

Gabi & Agnes - Group Leaders



TREKKERS

After a wet and windy February Walk on the coordinator's birthday, complete with birthday cakes, the next Trekkers Walk will be on Friday the 21st of March. We will follow the postponed January walk: Meet at St Mary's church Molland, postcode EX36 3NG, near the pub, the London Inn. 10:30 am start for a seven-mile walk led by Peter. As usual bring snacks, lunch and plenty to drink, and be ready for any weather.

If you would like to join the group, please let me know so I can add you to the list.

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.

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

Possible New Group – Evening Diners



Maureen Penny and Mary Young are starting a new evening dining out group. The first venue will be the Fullam Chinese Restaurant opposite the cattle market in Barnstaple on Tuesday 11th March 2025 at 6.30pm. Diners will be responsible for settling their own bill and the end of the evening.

If you are interested, please phone Mary or email

Maureen.

This is our first u3a venture and further venues will be decided by the group during the evening.

Nature Discovery – January, Wistlandpound reservoir.



Trekkers – February Walk, Exmoor on the Co-ordinators birthday



Blowing out the candle

Hikers – February Walk at Hartland.





Nature Discovery, February at the Skern

