

BARNSTAPLE u3a

NEWSLETTER

NOVEMBER, 2024

Issue 453



Tarr Steps

www.barnstaple.u3asite.uk

barnstaplethirdagegroup@rocketmail.com

Chairman: *Keith Luckhurst*

Membership Secretary: *Julia Denton*

Business Secretary: *Ian Woodward*

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 Peter Bissmire

Mrs Sandra Lovering

Mrs Gillian Mainwaring

Mr Barry York

We also welcome Ms Janet Laubscher as an Affiliate Member

SPEAKER

Our Speaker on Thursday 7th November is Phil Wright and he works as an Historic Environment Officer for Exmoor National Parks on behalf of the South West Peatlands Partnership. They integrate archaeology and the historic environment into peatland restoration projects.



CHRISTMAS IS COMING



***WE WILL BE DELIGHTED TO WELCOME YOU AT THE BARNSTAPLE
HOTEL ON THURSDAY 5th DECEMBER 2024***



2-Course carvery lunch at a cost per person of £21.00

TIME 12.15pm FOR 1.00 pm

There will be a raffle plus entertainment.

CONTACT SUE ON 01271 323460 FOR FURTHER DETAILS

Tickets will be on sale at our next coffee morning on Thursday, 7 November. Payment can be by cash or cheque (made payable to Barnstaple third age group) or members can pay by **BACS** quoting "Xmas Lunch" with reservation confirmed once the money is in the bank, when tickets will be allocated.

Bank details: Sort code 30 90 49

Account No: 27598060

BARNSTAPLE THIRD AGE GROUP

As the Christmas lunch is on Thursday, 5 December there will obviously **not** be a coffee morning at Roundswell Hall on that date.

The next coffee morning at Roundswell Hall will be on

Thursday, **2 January 2025** at 10.30am when our speaker will be John Riddington-Young, more details in the next newsletter.

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 -5 th Feb	The Vine	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	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 normally	Various	Andy Jones
Quarterly Lunch	Xmas 5 th Dec.	Barnstaple Hotel	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	4 th Thurs. 11am normally	Various	Bob Smith
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 Rowe

MEMBERS WHO WISH TO RENEW THEIR MEMBERSHIP FOR 2025 EARLY CAN DO SO BY FOLLOWING THE INSTRUCTIONS DETAILED BELOW.

PROCESS FOR RENEWING YOUR U3A MEMBERSHIP

1. Members can renew their membership on-line by completing the renewal slip included separately with this newsletter and then return the completed slip attached to an email to the Membership Secretary, indicating a payment via BACS; - details of our account are on the form.
 2. Members wishing to renew by post can do so by sending the completed form and payment to the Membership Secretary, address on the form.
 3. Members wishing to renew at a Coffee morning can obtain a form from the signing in desk and when completed hand it in to the Membership Secretary.
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TWO POSSIBLE NEW GROUPS

Creative Writing

Hi, my name is Carol and I am proposing to start a New Group that you may be interested in. I am proposing to start a Creative Writing Group to be held on a Mon 10-12noon on the 1st Mon. of each month. Hopefully if there are any takers, starting in the new year.

If there are any budding writers who want to have a go at creating stories in which ever genre they wish, to share ideas or just get something written down on paper without being judged then do come along. Initially this group would meet at my home. I would provide tea and biscuits or cake for a 50p contribution. I am open to ideas!

If this appeals to you and you would like to have a go, please contact me

Carol Young proposed Group Leader

Poetry Writing

Hi, my name is Carol and I am proposing to start a New Group that you might be interested in.

I am proposing to start a Poetry Writing Group to be held on a Tues between 2pm - 4.00pm on the 1st Tues of each month. Hopefully, if there are any takers, we will start in the new year. Perhaps, as a first inspiration, any budding writer could write their first poem loosely based around Winter. Initially this group would meet at my home. I would provide tea and biscuits or cake for a 50p contribution. I am open to ideas!

If this sounds like something you would like try, please contact me

Carol Young proposed Group Leader



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

Thanks are due to Xenia and Ashley the new managers of 'The Vine' bistro at the Landkey vineyard, who are allowing us back into the venue we have grown to like very much.

The details are that we will start our u3a Bonsai group again on Wednesday, **5 February 2025** at 2:00 pm. The food at the Bistro is truly excellent and at a really good price – Chris and I had lunch there the other day – so if we buy a coffee, a cake, or indeed lunch the u3a will not be charged for the venue.

Our format will be the same as before in that you bring in your own trees so we can have a chat about them and I will have a theme to demonstrate on my trees. We need to finish and be away by 4:00 pm.

It will be great to have us all back together again.

Nigel Wright, Group Leader



BOOK LOVERS

Our meetings are normally the last Wednesday of the month from 2pm to 4pm. Please note our group starts at 2pm and let me know if you are unable to attend.

Margaret Ryan acting leader

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 phone her if interested and a meeting can be arranged.

Ann Brand, Group Leader



CROQUET (BRAUNTON)

Tuesdays 2-4pm.

Braunton 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 Roxanne and Graham King

No visit in November.

At time of writing, Wed Dec 11th is still up in the air. We'll contact this season's most supportive participants if we're able to organise something, as this trip will be highly subsidised by the balances that have accrued from their support this season.

Roxanne and Graham King, Group Leader



GEOLOGY

Second Friday monthly. Next Meeting - Friday 8th November at 1-45 for 2-00pm

The October meeting was a talk by Dr Robin Shail regarding the Cornubian Granite which underlies Cornwall and part of Devon. This was an incredible insight into the geology of this area by a talented speaker who captured our attention with his enthusiasm, knowledge and incredible rock samples.

In November we have David Dickinson discussing the second part of his interactive talk about the evolution of life over the last 2 billion years, how we evolved as a recent civilisation on this planet. Tunnocks dark chocolate biscuits will be available to assist with your concentration.

David Dickinson, Group Leader



HERITAGE EXPLORER

On Thursday 28th November we are planning a visit to Exeter Christmas market and museum. Details will be sent via the group mailing list. If you would like to be included on that list, and have not been in touch before, please contact Laurence

Group Leaders - Laurence Hillel & Keith Luckhurst



HIKERS

Monday 5th November

This month we will be doing a circular walk of 7.25m from Croyde towards Saunton and returning over the downs. Fairly easy going with one steep, stepped ascent.

Please come prepared for all weathers and mud. BYOFAD

Please let us know if you will be joining us so that we can send further information.

Look forward to seeing you soon Karen and Pauline

Group Leaders: Pauline Markey and Karen Wagstaff



HOW IT WORKS

Friday 22nd November, 1.45 for 2.00pm.

In October Michael Elliott gave an insight into theory and operation of a Hydrogen Bomb. We now have an idea of the complexity and fearful power of this Bomb with at least 10 countries having a number of them in their arsenal. Let's hope they are never used.

The November the speaker will be Marjory Keefe talking about the Design and Construction of the Panama Canal, this was initially developed by France however its cost and complexity was in excess of the country's resources. Eventually the USA took over and finished this remarkable feat of engineering. All are welcome to come and hear this talk.

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.

Sue Thomas, Group Leader



LITERARY STUDIES GROUP

Tue 17th Dec. – our Christmas Meeting

Tue 19th Nov. – Imperial Hotel 2.30pm:

Tue 21 January 2025 – Imperial Hotel 2.30pm.

The Cut-Out Girl, by Bart Van Es, is the true story of a young Jewish girl in Holland during WW II. Delivered by her Jewish parents into the care of a non-Jewish Dutch family, Lien became one of the 'Hidden Children' – those who were openly or clandestinely hidden from the Nazis in the homes of an underground network of foster families, one of them the author's grandparents.

We did not enjoy this book in the traditional sense because the subject matter was so sad and disturbing in places. But it was absorbing and enlightening, and we appreciated Bart Van Es' thorough research into the places Lien lived and hid and his honesty in confronting the part his own grandparents played in her disturbing story.

Van Es weaves together the historical context and Lien's recollections to tell the story of her traumatic childhood. It is a moving account of Lien's life which also serves as the author's journey into the history of his family and his country's treatment of the Jews.

We have something a little 'lighter' to read next month!

Ellie Bray Group Leader



LOCAL HISTORY

Room 2A Barnstaple Library 2pm

On November 13th the Speaker is Richard Bass with The American Invasion (North Devon and the D Day landings).

There is no meeting in December.

We meet again on 8th January, 2025 and our speaker is Sharon Snell with Part 4 (and final part) of the amusing Braddicks Story.

We look forward to welcoming everyone. Please contact one of us to book your seat.

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

Sun, 27 Oct at 13:16

On Wednesday 20th November we will visit Fremington Quay for a bit of bird spotting and lunch! Meet at Fremington Quay car park at 10.30 am

If you are interested in joining our group and being put on the email list, please contact

Laurence Hillel

Group Administrators: Laurence Hillel & Deirdre Johnson



POETRY

There is no report for October, but our thanks go to Julie for kindly hosting and providing refreshments. Our theme for November is Autumn and the venue is yet to be decided. Please contact the group leader on 01271 321089.

Group Leader: Margaret Ryan



PRACTICAL GARDENERS

GOOD NEWS! The group has a new leadership team, namely Jackie Smyth, David Green and Andy Jones.

Our final meeting of the year is on Thursday, 31 October, when we shall discuss our activity programme for 2025, which we hope will include garden visits, locally and perhaps further afield, talks on gardening issues, etc. We will then take a break until Spring next year. Our grateful thanks go to our predecessor, Lynda Wren, for her sterling work for the past few years. Please contact Andy for further information. Tel: 07805 941537, email:

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



QUARTERLY (XMAS) LUNCH

Our Xmas lunch will be on Thursday 5th December at the Barnstaple Hotel. **See Page 2 for the main advertisement.** Any queries, contact Sue.

Sue Thomas, Group Leader



RAMBLERS

Thursday 14th November

This month we hope to follow a circular route around North Molton of 3m incorporating road and pastures with a long, steady ascent back towards the village where we plan to have lunch for those who would like to.

Please let us know if you plan to come along so that we can send you further details. New members very welcome. Look forward to seeing you.

Karen Wagstaff and 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 November, 2024. 2-4pm

Our meeting in November will be **'OF SCIENTIFIC INTEREST'** where everyone who wishes will have the opportunity to share information on items or facts that they have found of interest. Maybe new or existing discoveries/inventions/innovations etc.-- anything goes!

The projector or flipchart will be available to anyone wishing to speak, --or simply come along to hear about the many varied items already collected over the last 12 months.

Our December talk will include a session on the History of Sound Recording. New Members are always welcome. Entry remains at £3

Austin Philp, Group Leader



SCRABBLE

The dates for November are as follows:-

Wednesday 6th 10-12.30pm

Thursday 21st 10-12.30pm

Only one meeting in December: Wednesday 4th 10-12.30pm

We now have a couple of spaces 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

At our October gathering, we went through some well-known songs plus some new ones, & Sue started us off on some Christmas related songs. As usual, the 12 Days of Christmas prompted quite a few laughs!

Before 13 November, I'll be putting my £6.50 in the kitty, & remind members that I'll be collecting their subs to... My thanks as always to accompanist Sue for her invaluable help, and to all those who come to take part. I look forward to seeing you on 13 November.

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

Thursday 28th November 11am. Meet at Barnstaple Museum

Walk along River Taw towards Rock Park. Proceed along river to the top of Rock Park (next to Iron Bridge). Turn left towards Park School; turn left along road beside Rock Park. Proceed along road (or path in Rock Park if dry) to new tarmac path following that along right side of Rock Park till the road from Newport. Cross this road, veering right then onto path through Trinity Graveyard past Trinity Church and along Trinity Street to the bus station. Go past the bus station, along Queen Street to Boutport Street. Go along this street to Mermaid Cross, down and past the Council offices, through its car park to the Tarka Trail. Take a left here and go along the TARKA Trail to The Watergate pub for lunch. Distance 2.8 miles; about 90 minutes.

Please reply to Bob Smith if you intend to go on this walk.

Bob Smith, Group Leader

TABLE TENNIS



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

The Table Tennis Group is going from strength to strength with us becoming athletes of the highest calibre - just kidding - but we are all of a standard that is noteworthy and individually pleasing. Spirits are high and social in between games.

We are now 30 members and potential new members may have to go on a waiting list.

We will be celebrating Christmas with a meal at the Williams Arms on the 17th December.

After that there will be no play until we resume on 7th January 2025.

Gabi & Agnes Group Leaders



TREKKERS

Normally third Friday of month, 10.30am.

There will be no Trekkers Walk in November, but look out next month for news of the December Walk.

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

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 November, please submit any articles before the 23rd November.

Lynne Dickinson, Editor

Action shots from the skittles group:



Looks like a good time was had by all

Various shots from the hikers, ramblers, trekkers and nature discovery groups:



The Ramblers Stop-over



Geology meeting with Dr Robin Shail



A Drill sample of Lithium from 5000 metres below ground level

