



Our Website: www.exeter.u3asite.uk - Visit it regularly to keep up to date with what's new!

Monthly Meetings

Monthly Meetings are held at the **Mint Methodist Church, Fore Street, Exeter** Doors open 10.00 a.m.
u3a Business starts 10.45 a.m. The Speaker takes the floor at 11.00 a.m. approx.
The meeting is streamed live with a recording on Youtube (link emailed to members by Bill Cross)

* **Thursday, 27th March***: **THE ACLANDS AND THEIR ART** A Talk by Robert Meakings,
Collections & House Officer at Killerton House

* **Thursday, 24th April** *



AN AUDIENCE WITH NINA SAVICEVIC -
pianist, and founder and artistic director of the **Topsham
Music Festival**.

An Interview and Performance



Topsham Music Festival
Supporting Young Talent

Nina is a young concert pianist with a very busy schedule but has found time to tell us something about herself and life as a professional pianist. An Exeter girl now resident in Manchester, she organises and participates in the Topsham Music Festival which starts on 25th April. She has won numerous awards already in her young life and has travelled extensively giving recitals in exotic places such as St.Petersburg and Zagreb. It should be a fascinating presentation which will include Nina playing music by Chopin and Schubert. Tickets for the festival available at <https://topshammusicfestival.co.uk/>

* **Thursday, 22nd May** *

ANNUAL GENERAL MEETING

Time to vote for our NEW Committee for 2025-26!

**Celebrate the achievements of the last twelve months,
with a guest slot from our Choir!**

(see more information from Exeter u3a Committee on page 2)



PLUS A PLANT SALE - see **Garden** group in **Group News** on page 8





OUR COMMITTEE 2024-2025



Exeter u3a Committee – Terry, Bill, Rosie, Ian, Ann, Annabel, Anne, MJ, Virginia and Mark

Terry Ancell

Anne Barwell

MJ Morgan

Bill Cross

Mark Hall

Rosie Hydar

Virginia

Rosenfeld

Ian Murray

Ann Harper

Annabel Nater

MESSAGE FROM THE CHAIR

We are currently seeing a very good response from members to renewing their membership for 2025-26. Whilst, at the time of writing this message, we still have some time to go before the end of the financial year, 31st March 2025, I'm pleased to see that our total membership is likely to settle at around the 730 mark. If you have not yet renewed your membership, may I encourage you to do so, even if you read this after 1st April, you can still renew but not at the discounted rate.

The next big event in our calendar is the Annual General Meeting (**AGM – 22nd May 2025**). I know this seems to be a long way off but there are some important steps to take in the lead up to the meeting. Our Committee Secretary will have written to you to set out the process and the actions you need to take. Please do take the time to complete your part of the process. Your attendance at the AGM would be very welcome but if you are unable to attend, please do ensure that your votes for the committee members are submitted. We need to ensure that we are quorate and your online or postal vote will contribute to this. Please also remember that you have one vote for each motion so if you submit your votes online, do not vote at the meeting.

As I mentioned at the monthly meeting in February, we are still in need of additional volunteers to sit on the committee. Exeter u3a may have a committee of twelve plus three co-opted members, all of whom will have equal status on the committee. We have been operating for most of this year with ten committee members. Sadly, Bill Cross, our Committee Secretary has advised that he needs to stand down at the AGM so we are looking for several members to join the committee. I am delighted that the remaining committee members have agreed to stand for another year and between them, agreed to either continue or step into the various roles, so new committee members will start their tenure as Committee Member without a specific portfolio. This allows time to settle into the role and understand how the committee operates. Anyone interested in joining the committee may approach any of the existing committee members for advice, but Mark Hall and Virginia Rosenfeld, both being the most recently appointed members, are very happy to talk to anyone about their unease or queries concerning sitting on the committee. **Live, Laugh, Learn!**

Terry Ancell

EXETER u3a POLICIES

The Committee wishes to remind members that the **Exeter u3a** website is the location where all its policies are filed. <https://exeter.u3asite.uk/committee/>



Members should appraise themselves of these policies from time to time especially as the Committee reviews the content to ensure they remain up to date. With this in mind, the **Code of Conduct policy** has recently been reviewed, with updates paying particular attention to those matters concerning how we relate to each other in order to ensure that our individual and group participation is as constructive and enjoyable as possible. This might include, for example, arriving at a group activity as timely as possible; allowing and encouraging all members to participate with no one individual monopolizing the meeting whilst recognizing that the convenor/guest speaker will inevitably lead and guide the activity; not eating or drinking during the activity unless this is part of the group's aim or a 'coffee break' in proceedings. We trust that it will be obvious that unwanted activities such as these, are disruptive to the smooth running of our groups and enjoyment by us all.

ACOUSTIC PROBLEMS AT MONTHLY MEETINGS

Further to our recent comments concerning issues for those with difficulties hearing the monthly meeting guest speaker, we have agreed to reserve a small number of seats at the front of the seating area so that those with hearing impairment* may sit close to the speaker. In addition, the speaker team will ascertain from which position the speaker will make their presentation so the reserved seats may be appropriately located.

The Committee recognizes that this is not a total solution but these arrangements have been agreed with members who would utilize these reserved seats on those occasions when attending the monthly meeting.

*see **STOP PRESS A Word in Your Ear** regarding hearing loss services

NEWSLETTER EDITOR – A NEW CHAPTER BEGINS!

This is my final issue of the **Exeter u3a** Newsletter, as I shall step down from this role at the end of March 2025, having been editor since April/May 2013. I have really enjoyed producing the Newsletter and want to thank you all for your support and the many lovely comments I have received over the years. Your new editor will be **Virginia Rosenfeld** who will be the editor for the **June-July 2025** issue. I wish her good luck as I leave the Newsletter in her safe hands, and I know you will give her the warm and positive support you have given me as she takes on this new role.

Trudi Learmouth

Special Events

UNIVERSITY LIAISON

To register with our database and receive direct emails about all our events, please email us at exe.u3a.uni.liaison@gmail.com, with name and membership number.



NUTRITIONAL INTERVENTIONS TO SUPPORT ACTIVE AGEING

A talk by Dr Alistair Monteyne

Lecturer in Nutritional Physiology, Faculty of Health and Life Sciences

Friday 25th April, 10.30 a.m.-12.00 p.m.,
F20, Exeter Medical School Building, St Luke's Campus.

Ageing is associated with an insidious loss of muscle mass, which impairs physical function and metabolic health. This can negatively impact quality of life, health, and, ultimately, lifespan. Effectively intervening in this process is a pressing concern for both society and researchers alike, especially so given that the number and proportion of older adults is increasing. Mechanistically, ageing is associated with a blunted muscle protein synthetic response to protein ingestion: we build less new tissue for a given amount of protein ingested. As such, nutritional interventions to combat this anabolic resistance to protein feeding form the bulwark of strategies to mitigate age-related muscle loss. This presentation will review the contemporary evidence base for these protein-centric nutritional interventions, with a particular focus on the source of dietary protein. Additionally, we will explore interactions with exercise and potential novel nutritional interventions.

To book a place or register interest, please email us at exe.u3a.uni.liaison@gmail.com, with names, membership numbers and emails of ALL who wish to attend, including the date of the event in the subject line of your email.



UNIVERSITY LIAISON EVENTS cont'd



RECONSTRUCTIVE SURGERY IN LIMITED RESOURCE SETTINGS - PAIN, PERILS & PLEASURES

A talk by Professor Vikram Devaraj,
Faculty of Health and Life Sciences
Thursday, 22nd May, 11.00 a.m.-1.00 p.m.
Room G25, Medical School, St Luke's Campus



Vikram Devaraj worked as a medic for over forty years, almost thirty as a consultant plastic & reconstructive surgeon in Exeter covering patients in both Devon and Somerset.

His work overseas included training surgeons in resource-poor environments in low and middle-income countries. The desire to volunteer and spend time working in limited resource settings, often low- and middle-income countries (LMIC) is not uncommon, whether independently, as part of a local organisation or large charity. Challenges faced by local populations include malnutrition, inadequate shelter, access to clean drinking water and civil insecurity.

Working in these locations can be experientially valuable, educational and personally rewarding but there are keys to optimize value and effectiveness. After multiple visits to countries in Central and East Africa, the illustrated talk reflects important issues when planning to work in these often complex environments from the personal perspective of a plastic and reconstructive surgeon.

The surgical procedures most frequently needed from the reconstructive surgery palette will be considered, what can be achieved, lessons learned and why such activity needs to be sustainable and outcomes examined.

Teaching, training and learning in any healthcare environment requires adaptability and equipoise. It may necessitate remaining neutral in the face of apparent injustice around inequalities in provision or accessibility. Coping with challenging incidents or witnessing distressing events, habitually part of daily life, requires sanguinity and resilience for those involved.

Incredibly enriching particularly the training of local surgeons, it is equally important to emphasize when **not** to operate. Ultimately, we must always respect patient autonomy and **do no harm**. It is a key part of being a good doctor. Small gains can accrue to make large changes.

The talk contains some graphic images of clinical cases included purely for realism and shared with consent that may prove challenging to a non medical audience. No images may be taken during the slide presentation.

To book a place or register interest, please email us at exe.u3a.uni.liaison@gmail.com, with names, membership numbers and emails of ALL who wish to attend, including the date of the event in the subject line of your email.

THE UNIVERSITY OF EXETER'S SPECIAL COLLECTIONS – STIPENDS FOR DEVON WRITERS

Three £2,000 stipends are being offered, funded by the Ronald Duncan Literary Foundation, for writers to engage with its extensive archival materials. Writers at any stage of their career are welcome to apply, **provided they have a strong connection to the South West**. These annual stipends celebrate the spirit of experimental and cross-disciplinary writing. Recipients will produce a unique piece of creative work, sharing their engagement with the archives.

Application deadline: Sunday, 15th June (midnight).

Find out more & apply at: [https://libguides.exeter.ac.uk/archives/Duncan Stipends](https://libguides.exeter.ac.uk/archives/Duncan_Stipends)



EXETER u3a 30TH ANNIVERSARY BOOKLET

Steph Ward has created a wonderful record of **Exeter u3a's** thirty years, incorporating a selection of photos and a number of contributions/quotes from members.

The booklet is available for download on the **Exeter u3a** website - <https://exeter.u3asite.uk/welcome/>

The Committee is considering whether a small print run should be undertaken, so if you wish to purchase a copy, should they be made available, **please let me know**. We anticipate the cost to be between £10 and £15. We will correspond further on this if the decision is to proceed, in which case we will confirm a firm price and the arrangements for making payment.

Terry Ancell



Notices

INVITATION FROM CREDITON U3A CHAMBER MUSIC GROUP

I have recently set up a chamber music group as part of the **Crediton u3a** offering. We would like to invite any of the **Exeter u3a** to join us on an associate membership basis. We are seeking competent musicians (at least intermediate standard) who would like to play classical music in a friendly chamber group. If anyone is interested in joining us, please contact me, **Fiona Humphreys, Crediton u3a**.

INVITATION FROM TOTNES U3A LONGER WALKS GROUP

If any of **Exeter u3a** members are interested in coming along to one of our walks, they would be most welcome to do so. We have a walk every month, usually on the third Thursday of the month. The walks are for people who like a longer walk so they are all day.

We have walks on the coast, on Dartmoor and exploring the estuaries and countryside of South Devon. The walks are usually between 7 and 10 miles over moderate to difficult terrain. We go at a moderate pace of 2+ miles per hour so these walks are not suitable for very slow walkers.

Usually we take a packed lunch but occasionally there's an option of a cafe or kiosk at lunchtime.

We also usually stop during the morning and afternoon for a short coffee/tea break. Bring your own or sometimes there's a cafe or kiosk. Usually there's a cafe or pub at the end.

We usually start somewhere that's accessible by bus or train from Totnes but people are also welcome to make their own way to the starting point by car. If anyone is interested in coming along to a walk, please contact **Bob Carpenter, Totnes u3a** for further details.

Special Reports

DROP IN DRINKS SOCIAL EVENING

Just to say thanks to everyone who turned up for the Drinks Evening at the **Leonardo Hotel** last month - twenty in total! It was a really nice evening, much like it used to be. I met some really interesting, fun, people and learnt a lot.

I learnt what Design Technology is - from a teacher who spent many years teaching it. It is basically about how things are made, starting with how and why they are designed. Well, I never knew that. I have just googled it actually in case I have misrepresented the teacher:

"All primary schools are required to teach children design and technology and this continues into secondary school, where the subject might be split more obviously into woodwork and food technology, for example. Even in early years education, your child will be acquiring design and technology skills to take with them into more formal lessons, such as exploring with materials and choosing technology that suits their needs."

It was interesting to hear from someone else who taught English to Japanese students about how in their culture it is quite common for the grandparents to spend several years looking after their grandchildren - they actually live with them! The same lady had also taught Russians who had escaped the KGB.

Interestingly, a number of us had returned to education later in life (being fed up with our chosen careers) getting degrees as mature students.

One lady had recently returned from living in Australia and told us about the different laws of the road (or Highway Code). She plans to take a UK Driving Test here soon, and has to bear the differences in mind!

I enjoyed hearing about what was going on in the various interest groups people were in - be it Pickleball or a walking group. I am now tempted to join the Genealogy group, which sounds really fascinating and much more fun than I had envisaged.

I have Pankhursts in my background so should I find out more?

The evenings are a fun way to find out about other activities, but it never ceases to amaze me what interesting and often funny lives people have led. What a lovely bunch of people.

I know there are various reasons why people cannot always make it - other commitments, or it clashes with another activity - but you don't know what you are missing!

Hope to see you next month. Will come up with a date and venue soon.....

Elizabeth Vousden



UNIVERSITY LIAISON REPORTS

Wills as windows onto past lives in Tudor and Stuart England

At the end of February, twenty-six [u3a](#) members gathered for a presentation by **Dr Laura Sangha** regarding a research project on the material culture of wills from 1540 to 1790. This research will involve the transcription of 25,000 wills.

Firstly Laura showed us a will from 1591 noting particular interest in date, name, gender, place and occupation. We could see a commonality in the layout of the wills giving the detail of bequests. It should be noted that approximately 20% of people were literate at this time, so these wills would either be written by lawyers, clergymen or anyone literate. Men were more likely to make wills as they were the main property owners of this time, but also spinsters and widows might have money in their own right that they might have wanted to bequeath. Some wills have the words 'This is the last will', to revoke earlier versions.

The researchers have been studying documents in the National Archives held at Kew in London, although many of these manuscripts are stored underground in a salt mine in Cheshire. The lengths of wills varied, but were commonly two to three pages. Older wills were often written on paper made from old clothing. A 1608 will for Bess of Hardwicke was over 100 pages long.

Land and property was not always shown on wills as this might be found on other documents. Furniture, textiles, kitchenware and other valuables such as jewellery and silver coins featured as well as livestock and foodstuffs.

The study of wills is used in genealogy, for biographical study and in local history as well as to investigate beliefs and religious change, women's lives, occupational structures and consumption.

Another interesting feature of wills is the large quantity showing lesser items that do not survive for long. They also give an insight into why bequests are made.

The will of Elizabeth Bricknell an Exeter widow in 1659 had an entry for her 'Third best petticoat (dress)' to go to her friend. Another will showed a man bequeath a death-head ring to his sister 'for all her unkindness'. This demonstrates the role objects play in people's lives. There are often caveats, such as inheritance on 'coming of age', or what should happen to children or siblings should one die before the bequest is made.

Farmland and animals are prominent in wills of this period bequeathing pigs, sheep and cows (often named). Again there might be a caveat that the (usually young) person must be able to recite a given passage of common prayer before receiving the bequest. Helen Spratt in 1726 bequeathed fashionable items, clothing and a wedding ring to her niece, no doubt in the hope that she would marry.

The work of researchers in producing the collection of the material culture of wills, currently takes forty-five minutes to transcribe a will. With 25,000 wills to transcribe, they are now using text recognition technology using the AI 'Transkribus' system. Volunteers work through some of the images that this AI can't cope with. Further volunteers are now required using the 'Zooniverse' platform

<https://www.zooniverse.org/projects/hjsmith/the-material-culture-of-wills-england-1540-1790>

Laura went through some slides of finger rings, posthumous rings (mourning ring), hair rings, seal and cygnet rings and rings with stones (a global item) and wedding rings (that would only be worn by women). Finally we were given the transcript of a will of a business woman who had both debts and debtors.

A thoroughly fascinating talk on a project that we could all get involved in. Please see internet link for the 'Zooniverse' platform above.

Andrew Mackay

Robert Hooke's Experimental Philosophy

There was a good turn-out for the University Liaison presentation on the 5th March, provided by **Felicity Henderson**, Senior Lecturer in Archives and Material Culture. The topic of her talk was a subject that she is clearly expert in following the recent publication of her book of the same name.

First out of the blocks, though, was our very own Dave Parsons who provided a very useful historical contextualisation of the period that Hooke was operating in; an epoch that Dave very helpfully referenced as a 'world turned upside down'. This tellingly pointed to a cultural framework of rapid changes in politics, religion, and social structure. Most importantly, for our purposes, there were major advances taking place in the acquisition of knowledge, and, as Felicity went on to explain, Robert Hooke was a major player in this regard on a par with other, perhaps better known, scientific luminaries such as Isaac Newton, Robert Boyle, and Christopher Wren.

In line with the intellectual culture of the time, Hooke was a considerable polymath and his interests were wide-ranging in ways that demonstrated the enthusiastic sense of wonder of the early Enlightenment. This

/cont'd



UNIVERSITY LIAISON REPORTS cont'd

had been fuelled by the new understanding of humanity's relation to the world that they inhabited as engendered by the 'New Science' following the Copernican Revolution of the previous century. Felicity portrayed this emerging intellectual fervour most skilfully illustrating how the more hardline boundaries between disciplines that developed later with increasing specialisation were much more porous with considerable crossover, not only between different scientific pursuits, but also with the arts, humanities, and early industrial capitalism. That someone like Hooke, from a relatively lowly class background, was able to shine as an experimentalist, theoretician and graphic artist tells us a good deal about the increasing 'cultural flexibility' of the period following the disruptions of the English Civil War. Hooke was able to take advantage of this increasing liberalism and go on to be both a resident Professor of Geometry at Gresham College and an important player in the newly emergent Royal Society. Disaster provided further advantages as he was in a position to earn himself a considerable number of pennies as a surveyor and architect following the Great Fire of London of 1666.

Hooke's contributions to British intellectual culture are numerous. Wikipedia, for example, lists twenty-two important developments that he was known for, including the tin-can telephone which Felicity didn't tell us about but I found moderately exciting on the basis of youthful reminiscence. But there were some important standout achievements that Felicity did share with us for which Hooke deserves wider recognition from the general public. Amongst these are his work on vacuum pumps with Robert Boyle; his contribution to Newtonian physics through his recognition of the 'inverse square law'; his explorations in microscopy resulting in the detailed observations in his book 'Micrographia' (where he also made a seminal contribution to cellular theory); and his emphasis on the key methodological aspects of modern science concerning record-keeping, replication, and experimental verification. On top of all that, he also made an early contribution to proto-evolutionary thinking on the matter of the age of the earth and the possibility of species-extinction.

Robert Hooke came across as very important and interesting man, who made considerable contributions to our understanding of the world which we inhabit, and whilst his relationship with his niece might not exactly pass muster (even then, let alone now!), Dr. Henderson's presentation provided a fuller picture of an individual who is worthy of high regard for his contributions to the furtherance of human knowledge. A brief question and answer session followed, in which Felicity added a bit more detail to points raised by the audience. All in all, it was a splendid informative talk which was much appreciated. A very satisfying way to spend a weekday morning.

Simon Borrington

Group Matters

SEE END OF NEWSLETTER FOR EXETER u3a GROUPS TIMETABLE

FOR CONTACT DETAILS FOR GROUPS, SEE PAGE 12

FOR MORE INFORMATION ABOUT EACH u3a GROUP, VISIT THE GROUP PAGES ON THE WEBSITE:

<https://exeter.u3asite.uk/groups/>

GROUPS IN PAID-FOR VENUES: All members (including group convenors) attending groups in paid for venues pay **£1.50 for each session of each group they go to, payable in arrears. This includes members attending by Zoom or any other online method.**

Rosie Hydar, **Exeter u3a** Treasurer, e-mails all relevant members after the end of each quarter to advise how much they owe and how to pay it. Payment by bank transfer is preferred but for members who do not use on-line banking, payment can be by cash or cheque to Rosie at monthly meetings or by post. **Please note that Paid For Venue fee statements will be coming out shortly. Please make sure that all payments are carefully labelled with your name so that they can be allocated correctly. Thank you.**

JOINING A GROUP: members should always contact the convenor before attending a group for the first time.

Policy on Taster Sessions for Non-Members: Non-members of **Exeter u3a** who might like to 'try' a group before registering with us, can now attend **two groups**, either **two meetings of one group or one meeting of two different groups**. The Convenor must be contacted before attending and 'visitor'



marked against the non-member's name. The visitor's name and also the name of the group should be given to the Treasurer, Rosie Hydar, for tracking purposes (details in List of Contacts).

Groups Meeting In Members' Homes: Please remember that it is customary to make a contribution to the host in respect of refreshments.

Car Sharing Policy: The following practice is recommended: the **trip organiser** is responsible for informing group members of **the total estimated fuel cost for the journey, outward and return**. Each car group should then divide this total cost by **the number of passengers plus the driver** and each person should pay this sum.

Risk Assessment Advice: **Individual members are responsible for their own safety.** Make sure you are aware of, and take into account, any warnings about risks like steep steps or uneven paths and advice about appropriate footwear or clothing. Group convenors will be responsible for advising members if a site is not suitable for those with mobility problems.

GROUPS STARTING

Mindfulness: I am planning to set up a new group based on the practices from my *JustBE Mindful Guidebook*. The focus of each class would be learning the essence of Mindfulness (awareness) through mindful breathing, seated grounding movements, learning how mindfulness can benefit everyday activities, and how to share these practices with others.

Each class would be one hour. No prior experience is necessary. I plan to hold them in my home in Pinhoe once a month, with a maximum of ten people. If there is more interest, I could open it up to two classes a month. If you are interested or would like more information, please contact me.

Nicole Levine

Reading: This is a call to anyone who is interested in joining a **Reading** group. We are in the process of setting up a new group and would very much like to hear from you if you would like to join the list.

When we have a few more names I will send everyone on the list, the details of a meeting where you can all decide where and when to meet and how you'd like the meetings to be run. I'll come along with details of possible venues and will try to answer any questions you may have.

If you are interested please email me.

*Anne Barwell, convenor of a
Reading group and assistant Groups Coordinator*

GROUPS LOOKING FOR NEW MEMBERS



Canoeing: Our 2025 season starts at the end of April and we are looking for new people. We paddle from the Quay in Exeter down into the canal as far as 'the Double Locks Pub' for a break and then back again. This happens on the last Friday of each month. We hire all our equipment from 'Saddles and Paddles' on the Quay. The cost works out at about £18 per head (last year's prices) and all equipment is included in this. **You must though be able to get in and out of a canoe unaided and swim 25 yards.** Our trips out will be at 10.30 a.m. Friday mornings as follows: **25th April, 30th May, 27th June, 25th July, 29th August, 26th September.**

All these dates will be weather dependent. The activity will last for approximately two hours. Do feel free to contact me, if you would like to join the group for this year.

Sue Kidd

News from Groups

Gardening: No photos of gardens or plants for this newsletter, as the group has remained indoors during January and February. However we have still got together. In January, over twenty-five members came to the Mint to hear local horticulturalist and researcher Caradoc Doy give an informative and interesting illustrated talk on *Wonderful Winter Interest*, highlighting the garden plants which can still bring pleasure in the darker, colder months through their flowers, berries, bark and leaves. Notes were made! In February a smaller group met for coffee, chat and more seed-sharing. Soon we'll be off visiting gardens once more.



Advance notice: The group will again be running **a plant sale at the AGM at the Mint**. The date will hopefully already be in your diary: **Thursday, 22nd May**. If you have any spare plants as you are thinning your seedlings/splitting perennials etc, please do bring them along on the day for the stall. And everyone please put some cash in your pocket or purse – there's bound to be something interesting to buy, even if you only have a yard, balcony or door step. Group members will be around to offer advice on what to plant where.

MJ Morgan & Phil Slater

Poltimore Social: The usual social on the **fourth Sunday of the month** will take place in the **Branches cafe on from 2.00 p.m.** All members welcome for a sociable get together.

Frances Berry

Science: Our next meeting will be on **Wednesday, 2nd April, at 2.00 p.m. via Zoom**. The subject will be



Zoonoses – Past, Present and Future. Zoonoses are infectious diseases, caused by viruses, bacteria or other pathogens, that are transmitted from animals (livestock, pets and wildlife) to man either directly or through vectors or food. In this talk, **Diane Newell, from Test Villages u3a**, will explain that, of the 1400+ infectious diseases known in man in 2001, over 60% were

zoonotic. Covid 19 is the most recent, but many, such as plague, flu and malaria are old and well known. However, over 75% of new and emerging diseases are zoonotic. The control of such disease emergence is essential if we are to prevent future pandemics, but progress is hampered by man's encroachment on wild life habitats, global travel and food production, and the loss of biodiversity.

Shakespeare's Cat



Schrödinger's Cat



At the following meeting, on **Wednesday, 7th May, at 2.00 p.m. via Zoom**, we will be looking at

Quantum Mechanics, which has come a long way since its formulation in 1925 in the Matrix Mechanics of Heisenberg and the Wave Mechanics of Schrodinger. 2025 has been designated by the UN as the International Year of Quantum Science and Technology. A member of our **Exeter u3a** Science group, *James Semple* will review the concept as well as some aspects of its application to industrial chemistry such as drug development. The phrase "quantum mechanics" was coined by the group of physicists including Max Born, Werner Heisenberg,

and Wolfgang Pauli, at the University of Göttingen in the early 1920s, and was first used in Born's 1925 paper "Zur Quantenmechanik".

The word quantum comes from the Latin word for "how much" (as does quantity). Something that is quantized, such as the energy levels of electrons in an atom, can only take specific values, and cannot take values between them. Hence the famous 'Quantum Jump.'

David Northrop

Walkie Talkies: It was a chilly but sunny day for Walkie Talkies on 6th February, with clear skies and the bare trees looking lovely against the blue. Ten of us gathered for a four mile walk from Killerton to Danes Wood and back. We were pleased to be joined by three new walkers who were trying the group for the first time. Despite recent disappointing weather we found the paths were mostly firm underfoot. Some birdlife in the woods, most notably a wren, and drilling sounds from a woodpecker. There were distant views of Killerton House and evidence of recent tree planting in nearby fields. Newly felled tree trunks, conveniently placed, provided seating for our lunch, in the sunshine too. We came across a number of dog walkers and at one point during the lunch break, had to stay completely silent, difficult I know, to allow a nervous puppy to summon up courage to scuttle past us!

After the walk there was tea or coffee and snacks for those who wished in the cafe at Killerton.

JanRolf

Walking Group: Here we are again fast approaching the first quarter of the year and thank goodness, we have been busy doing some boot stomping, regardless of some very dank and truly miserable weather in January and February. However, I am really pleased to say that we, WG members, are not backward in going forward. So much so that I can report that there has been a very positive approach this year to get out and meet up with friends, old and new. We so like to keep in our happy walking bubble!



This is perfectly exemplified by our Doddi walk at the end of January. I had a circular route planned starting at Doddiscombsleigh and linking up with Christow and then Lower and Higher Ashton. The Met forecast was horrendous from early morning to late evening - double drops of heavy rain every hour! Yet, thirteen brave souls turned up. We must have used up all our brownie points, because the deluge never arrived!! Maybe a five minute spell of light showers. Your leader was so relieved! It seemed most fitting that at the end of the walk, The Nobody Inn was just across the road from the bus stop and we had just cause to celebrate. WG 1 Huge Storm 0!



Coming into February, we had a splendid walk led by Shelagh, around old Newton Abbot, the quay and river and some high hills overlooking the town. We found a very wise old bird at our lunch spot at Decoy Lake and perhaps you will be able to spot the said interloper in the above pic. A very popular addition - and made us smile.

From Teignbridge, we stepped out and into mid-Devon territory by "Chasing down The Lowman". Starting at Sampford Peverell, we headed inland to the pretty village and hamlet of Uplowman and Crazelowman via quiet country lanes and fields. The River Lowman zigged and zagged from Uplowman and accompanied us all the way to the bottom end of Tiverton, our finishing point. Our pic below has the river flowing behind the group, by the way.





Come March and our first walk of this month.....Haldon and one of the most stunning views of the River Exe and Exmouth with its beaches in the background. What a fabulous place to eat al fresco with rare and ready-made tables and benches for us! Just try and beat this for a panorama.



Lunch over and everyone in good spirits plus an extra spring in our step, we all enjoyed some downhill exercise through more lovely country scenes around Higher and Lower Dawlish Water. We finished in Dawlish via the lesser known north part of the town.



Shortly, Mike will be leading folks in a car-share situation to the fringes of Dartmoor and near Gidleigh , to allow us to venture onto the moors around Scorehill , while Andrew has a cunning plan later in the



month for a Sidmouth coastal canter across Otterton and Ladram Bay. I then have an April Fools' walk taking on Woodbury Salterton and trails over Woodbury Common to Bystock Pools and Exmouth. Lots more fun ahead for the rest of the year. .Mike and I thank you for your continued support.

Dave Bassett and Mike Arstall

List of Contacts

Committee

Chair	Terry Ancell
Vice Chair	<i>Vacancy</i>
Treasurer	Rosie Hydar
General Secretary	Bill Cross
Minutes Secretary	Ann Harper
Groups Coordinator	Annabel Nater
+ Accessibility Officer	
Membership Secretary	Ian Murray
Committee Member	Anne Barwell
Committee Member	Mark Hall
Committee Member	MJ Morgan
Committee Member	Virginia Rosenfeld
Newsletter Editor	Virginia Rosenfeld

Contacts for Non-committee Officials

University Liaison Project	Carol McCullough
Rolling News	Keith Shaw
Web Admin	Bob Cottis
Beacon Admin	Dave Parsons
	Mark Hall
Speaker Team	Frances Berry
Convenors' Cafe	Shivaun Gammie
Safeguarding Officer	Harry Ellis

Contacts for Groups- **REMEMBER** to contact the member named below before attending a group

Anthropology	Penny Amraoui
Art and Artists	Andrew Staley
Birds, Trees and Bees	Colin Johnson
Books for Life	Nichola Watson
Bridge	Ruth Sanders
	Liz Batten
Canoeing	Sue Kidd
Chinese and Japanese	Eric Bransden
Brush Writing	
Choir	Julie Crichton-Smith
Cinema	Jane Chappell
Circle Dance	Jill Ashby
Classical Music	Colin Farlow
Crafts	(temporarily suspended)
Creative Writing to Share	Loran Waite
1 & 2	
Crosswords	Marion Ricketts
Cycling	Ian Murray
Devon & Exeter Local	Derek Smithers
History	
Discussion Circle	Chris Grundy
Discussion 2	Annabel Nater
Drawing for Everyone	Loran Waite
Drop-In Drinks	Steph Ward
Economics	Jacqui Barnicoat
Exercise	Penny Matthews



Food Matters	Jonathan Peat
French Conversation	Annabel Nater
Advanced	Marie-Laure Despres
Games for Fun	Liz Batten
Gardening	Phil Slater
	M.J. Morgan
Genealogy	Shivaun Gammie
Genealogy – short term introduction	Shivaun Gammie
German Conversation	Alan Caig
History	Mark Hall
History on the Move	Leslie Moss
Italian (Avanti in Italiano)	Linda Cowey
Italian Conversation	Stephanie Barnes
Italian (Lower Intermed.)	Stuart Jackson
IT	Dave Parsons
Joy of Performing	Linda Lewis
Joy of Poetry	Amrita Mohan
Language	Joyce Burgess
Latin (Intermediate)	John&Joyce Burgess
Les Francophones	Marie-Claude Arstall
MahJong	Steph Ward
	Gillie Collyer
Modern Western Square	<i>(temporarily suspended)</i>
Dancing	Anne Staley
Parliamo Inseime	Marie-Claude Arstall
	Alice Lemaitre
Parlons Francais (Advanced)	
Parlons Francais (Intermediate)	Alice Lemaitre
Patchwork, Applique, Quilting	Nichola Watson
Philosophy 1	Daphne Andrews
Philosophy 2	
	Trudi Learmouth
Philosophy 3	John Browne
Photography	Philip Ralli
Pickleball	Simon Borrington
	Kris Frank
Play Reading	Minna Egan
Quilting Bees	Ian Murray
Quizzes	Stephanie Barnes
Reading Group III	Amanda James
Reading Group IV	Jane Chappell
Reading Group V	Ruth Sanders
Reading Group VI	Marion Ricketts
Reading Group VII	Anne Barwell
Saturday Supper Club	Faith Wood
Science	Frances Obee
Scrabble	Brian Cousins
Short Weekly Walks	David Northrop
Spanish	Marcia Hampson
	Janie Smallridge
Still Life Drawing	Paul Mattausch
Table Tennis	Burrows
Tennis	Mirren Baglin
Transport	John Swain
Travel	Kay Mathews
Ukulele	Paul Palin
Walking Group	Ian Murray
	Chris Durbin
	Dave Bassett
	Mike Arstall



Walkie Talkies

Mike Arstall
Jan Rolfe

Forthcoming u3a Events

Please check your emails for information about zoom meetings and other online opportunities. For Group meetings, see the individual Group entries in [News from Groups](#) or contact the convenor.

STOP PRESS:

A WORD IN YOUR EAR

As we all know, hearing difficulties not only make life difficult but are increasingly recognised as contributing to other problems, such as isolation, depression and dementia. Many of us suffer from some level of hearing loss and many members, like me, have been using **CHIME NHS**, based at the RD&E Wonford and in Queen Street. (This not-for-profit company was formed in 2011 – mainly by NHS audiology staff – when it was decided that audiology services should be contracted out and no longer come directly under the NHS). In partnership with the NHS they have been providing free assessments, free hearing aids and repairs, and free batteries

In light of a disagreement with NHS Devon in relation to funding, **CHIME is closing wef 31st March 2025** and their staff declared redundant.

For any **repairs**, *provided your CHIME hearing aids have been supplied within the last 3 years*, you should contact: drss.helpdesk@nhs.net.

Batteries will be available from Southwest Audiology Services, Tor View Clinical Rooms, Exeter EX2 5AZ or Southwest Audiology Services, The Senate, Southernhay Gardens, Exeter EX1 1UG.

www.southwestaudiology.com

Batteries will also be available from M & S Opticians, (First Floor, Marks and Spencer store), 212-219 High Street, Exeter EX4 3QA.

If anyone wishes to have further information or to complain about the decision leading to CHIME losing the contract, please contact NHS Devon patient experience team:

email d-icb.patientexperience@nhs.net or post Patient Advice and Complaints Team, NHS Devon, Aperture House, Pynes Hill, Rydon Lane, Exeter EX2 5AZ or phone 0300 123 1672

Trudi Learmouth



EXETER U3A GROUPS TIMETABLE (see Newsletter List of Contacts for convenor details)

- ALL AMENDMENTS TO GROUPS COORDINATOR - groupscoordinator@exeteru3a.org.uk

Day	am	pm
Mon	Pickleball - weekly Discussion Circle – 1st of month Reading Group 6 – 3rd of month Convenors Café – 2nd of month (bi-monthly) Crosswords – 3rd of month IT – 4th of month Parlons Francais (Intermediate) – alt weeks Parlons Francais (Advanced) – alt weeks Chinese and Japanese Brush-Writing	French conversation (adv.) – 1st & 3rd of month Quilting Bee – 1st of month Art & Artists – 2nd of month Bridge – 2nd & 4th of month Reading Group 4 – 3rd of month Creative Writing 1 – 3rd of month Creative Writing 2 - 4th of month Anthropology – 4th of month Italian (Avanti in Italiano) – 2nd & 4th of month Latin – 4th of month Circle Dancing – 2nd and 4th of month Devon and Exeter Local History – 4th of month
Tue	Scrabble – weekly Short Weekly Walks - weekly Choir – 1st & 3rd of month Italian Conversation – 4th of month Walking Group (7-10 miles) – 4th of month Joy of Performing – 1st and 3rd of month Still Life Drawing – 3rd Tuesday	Drawing for Everyone – 1st of month Patchwork, Applique & Quilting – 2nd & 4th of month Travel – 2nd of month Play Reading – 2nd of month Reading Group 7 – 2nd of month Philosophy 1 – 3rd of month Reading Group 3 – 3rd of month Table Tennis – usually 1 per month Ukelele Group – alt. Tues
Wed	Exercise - weekly Cycling – 4th Wednesday Parliamo Inseime - weekly Still Life Drawing – 3rd of month Les Francophones - weekly Philosophy 2 – bimonthly	Science – 1st of month German Conversation – 1st & 3rd of month German Beginners Conversation – 1st and 3rd of month Italian Conversation(lower intermediate) – 2nd & 4th of month Language – 3rd of month (autumn & winter only) History – 4th of month Philosophy 3 – 4th of month Reading Group 5 – 4th of month Quizzes – 5th of month Drop in Drinks – usually 2nd of month (evening) Food Matters – 1st of month Joy of Poetry – 1st of month
Thu	Philosophy 2 – 1st of month (alternate months) Walkie Talkies – 1st of month Walking Group (5-7 miles) – 2nd of month Economics – 2nd of month History on the Move – 3rd of month Monthly Speaker Meeting – 4th of month Discussion 2 1st of month	Spanish – 1st & 3rd of month Circle Dance – 2nd and 4th of month Table Tennis – Usually 1 per month Photography – 4th of month Books and Life – 4th of month History on the Move – 3rd of month
Fri	Tennis – weekly Genealogy – 2nd of month Canoeing – last of month (May-Sep only) Topsham Social – 1st of month	Mahjong – alternate weeks Board Games for Fun – alternate weeks Transport – 2nd of month
Sat		Saturday Supper Club – 2nd of month (evening)
Sun		Poltimore Afternoon Tea – 4th Sunday



The following groups meet at different times:

Birds, Trees and Bees – different short walks each month

Cinema – depends on film showings

Gardening – varies depending on season, activity, garden opening times or host availability

This table is intended as a guide only and may be subject to change at short notice.

Check details direct with convenors – see Newsletter for Contact Details. More information available at <https://exeter.u3asite.uk/groups/> from which you can also contact the Convenor.