



Exeter

## JUNE / JULY 2026 NEWSLETTER

*- working together and helping ourselves to bring learning to life!*

### 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.  
The meeting is streamed live with a recording on Youtube (link emailed to members by Ann Harper)

Thursday 28 May 10.45am

### ANNUAL GENERAL MEETING

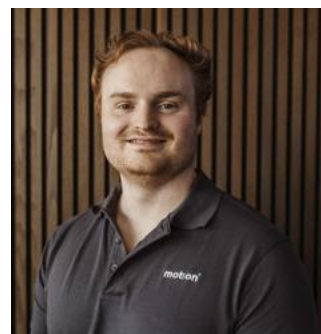
PLUS A PLANT SALE bring cash please

Thursday 25 June

### HARRY GOUGH

#### Setting the Record Straight: Debunking Common Myths Around Exercise, Pain, and Physiotherapy.

Harry Gough is a Chartered Physiotherapist with a strong interest in osteoporosis prevention, strength training, and long-term physical resilience. He will deliver an interactive session including presenting statements and asking the audience to vote on whether they are myths or facts, followed by research-based explanations. The content focuses heavily on maintaining health and mobility in later life.



Thursday 23 July

### DR JOHN DEAN

#### Elsie Knocker, Exeter's forgotten war hero.



Dr John Dean will describe the actions of Elsie and her friend Mairi, two brave and gallant women in WW1, who were both awarded military medals by King George V and were later celebrated on a postage stamp. There is also a blue plaque in Barnfield Crescent, Exeter.

## OUR COMMITTEE 2026/27



**Terry Ancell  
Virginia  
Rosenfeld  
Ann Harper  
Rosie Hydar**

**Ian Murray  
Annabel Nater**

**MJ Morgan  
Anne  
Barwell  
Mark Hall  
Harriet  
Smith  
Sue Spence  
Elaine  
Thornton**

### **Message from the Chair, Terry Ancell**

By the time you read this we will shortly be holding our AGM. I'm confident we will successfully discharge our collective responsibilities concerning Exeter u3a. The main issue remains that of membership involvement, whether that is as a member of the Committee or helping in other ways. In the run up to the AGM, the Committee was concerned that a very low number of members had submitted online their votes on the various proposals, so a reminder email was sent to encourage members to cast their vote and extending the deadline to 25<sup>th</sup> May. I further stressed the importance that members cast their vote, especially with regard to the Constitution which requires a much higher two thirds majority for the resolution to be accepted. I'm hopeful that members will respond so votes will accumulate and we will be able to discharge our statutory duties. Safe to say that it continues to be a significant challenge to engage members to participate in some way to the administration or running of our organisation.

With the summer months soon upon us, I'd like to wish you well for whatever you have planned, whether that be a holiday, family gathering or other exciting event. Our group activities will be continuing so we're all going to be busy in the sunshine.

Live, Learn, Laugh.

*Terry Ancell*

*Chair.*

## **NATIONAL POETRY DAY SAVE THE DAY!**

### **Exeter u3a First Special Event: the Wonder of Poetry for National Poetry Day**

**Thursday 1 October, 2026, 2.30 at the Mint**

There are now three successful poetry groups in our u3a and a large number of the members who attend Creative Writing are also poets. Many people remember poetry from their schooldays, sometimes with affection, but now feel it is difficult to access and a rather specialist interest. We are putting on a presentation to demonstrate that this doesn't have to be the case; poetry can move, intrigue and entertain us and make us laugh.

Come and join us for a celebration for National Poetry Day and we promise that there will be nothing obscure or elitist, just a selection of poetry in all its guises, that you will surely enjoy as much as we do.

*Amrita Mohan and Loran Waite (convenors).*

## **RESEARCH INTO HOW SEEING OR HEARING ABOUT OTHERS FALLING AFFECTS WORRIES ABOUT FALLING**

A current study at Leicester University aims to understand whether witnessing or hearing about other people falling (e.g., friends, family members, or others) influences individuals' own concerns about falling.

You can help by reading the study information and completing the survey at the link below. Participation is entirely voluntary, anonymous, and confidential. You can access the survey online at your convenience, and there are no right or wrong answers – the interest is only in your experiences and perspectives.

<https://app.onlinesurveys.jisc.ac.uk/s/leicester/how-seeing-or-hearing-others-falling-affects-older-adults-worri>

## **LIFE CHANCE TRUST – Become a Volunteer Mentor**

Life Chance Trust is a registered charity supporting young people aged 16 – 25 across Exeter, Teignbridge, Newton Abbot and the wider South Devon area who have experienced trauma in childhood. Many of the young people we work with are care-experienced, have special educational needs and disabilities (SEND), or are neurodiverse and face significant barriers as they transition into adulthood.

This stage of life can be particularly challenging, as young people navigate the gap between children's and adult services, often without consistent support. As a result, many are at risk of becoming NEET (not in Education, Employment or Training), which can impact their mental and physical health, confidence, self-esteem and long term life chances.

Our approach allows us to work with the young person through one-to-one mentoring, group activities and through workshops around building life skills in settings such as schools, colleges and community groups. At the heart of what we do are our youth board, a proactive group of young people who act as advisors to our staff and Trustees, co-designing programmes, inputting into charity objectives and shaping our day to day activities. This has the added benefit of empowering young people as leaders, autonomous individuals and

**Our Website: [www.exeter.u3asite.uk](http://www.exeter.u3asite.uk) - Visit it regularly to keep up to date with what's new!**

values members of their community whilst ensuring that we truly have young people's interests as our focus.

The majority of our mentors are volunteers and we are always looking for new people to join this team of difference-makers. At a time when life can feel very challenging for young people, having someone to talk to, to help them to identify and work towards goals and next steps and help them to overcome barriers can have a significant impact. We offer training, supervision and support to all of our mentors and they meet up with young people in the community, usually with a time commitment of around 2 hours a week.

It's not just good for our young people either – our volunteers tell us that mentoring has given them new opportunities, enabled them to explore their own development and gives them a huge sense of achievement. Our mentors are invited to attend training courses (both internally and externally run) and offered opportunities to partake in activities throughout the year from First Aid to beach parties, arts and crafts and life skills support, really helping to cultivate a sense of belonging. One volunteer said it feels like we're all part of a big supportive family.



We would love to hear from anyone interested in volunteering with us, either as a mentor, support for our activities and life skills or fundraising. We look for individuals who can give a couple of hours a week. As you will be working with young people you will need to do some basic safeguarding training and complete safer recruitment checks including references and a DBS but applying couldn't be easier – simply email me and I will send you over the application form and some basic starter paperwork. We would love to hear from you!

## UNIVERSITY LIAISON

### FORTHCOMING EVENTS

#### LIFE IN ANCIENT ROME

**A talk by Claire Holleran, Associate Professor,**

**Department of Classics, Ancient History, Religion & Theology**

**Tuesday, 23<sup>rd</sup> June, 11:00 am - 1.00 pm**

**Room 129. Old Library, Streatham Campus**

Claire's research interests lie in Roman social and economic history, particularly urban economies, and the experience of living and particularly earning a living in the ancient city. She has published articles and contributed to, and edited, several books on the city's retail trade, demography, and street life. People in ancient Rome had to deal with issues familiar to us today - the impact of migration, access to training, apprenticeships, and capital. Claire has appeared on [Being Roman](#) with Mary Beard on BBC Radio 4 (Episode 9, *Soldiering for Softies*, and Episode 10, *A Bag of Snails and a Glass of Wine*).

**To register for a place at this event, please email us**

## CONVERSATION CAFE WITH INTERNATIONAL STUDENTS

Informal sessions organised by Jo Hughes of the University of Exeter to help students learning English, talking about British culture and learning about their cultures.

**THURSDAYS 1.35pm-2.55pm, 4<sup>th</sup> June, 11<sup>th</sup> June, INTO Centre, Streatham Campus**

**For more information, contact Jo Hughes direct:**

## REPORTS ON PAST EVENTS

### AI and ARISTOTLE: WHAT MAKES US HUMAN

In March, nearly fifty members attended a lecture on this subject by **Gabriele Galluzzo, Associate Professor of Ancient Philosophy**, who has given several talks to us over the years. The number of attendees, and their enthusiastic questions and comments at the end, showed how engaged everyone was with this topic. As always, Gabriele's talk was excellent in explaining how relevant the ideas and insights of so-called 'ancient' philosophers are to the important issues we face today, and how studying them can help us to manage our contemporary problems.

Gabriele started off with contemporary cultural references to the films *The Matrix* and *Bladerunner*, which deal with humans' attitudes, hopes and fears in relation to machine intelligence; fears that the created artefacts might become more powerful than their creators.

He then focused on three philosophical questions raised by our relationship with AI:

1. Can machines think?
2. Can they perform intelligent activities associated with humans?
3. If yes, is their intelligence the same as or different from ours?

Aristotle's response to these questions would be that machines only mimic the activities of humans; their perception, understanding and thinking are not genuine (from Latin, 'genus' – natural, not acquired) in the same way as those processes in humans.

Comparing Nature and Technology; Aristotle believed:

Machines are created artefacts, not naturally occurring as a result of the processes of nature.

Natural things are active in ways that artificial things are not.

Natural things are living, like plants and animals, with humans being superior.

Natural things have an internal principle of motion and rest, and are autonomous, whereas artificial things have an external principle and are not autonomous.

Gabriele then explored whether these distinctions were still valid today, the age of sophisticated AI. While obviously not familiar with 21<sup>st</sup> century computer technology, Aristotle did have knowledge of elaborate machines known as automata, which were found in the ancient world such as in theatres or ornaments and amusements for the rich, and would have understood the mechanical principles behind them making them seem life-like.

Aristotle also compared animal behaviour and movement to that of humans, believing animal motion to be like that of automata but essentially different in that it is goal-directed and thus psychological and not just physiological. Animals perceive something which triggers a bodily motion, like humans.

Aristotle's hypothetical artefacts, *organa automata*, robot-style self-moving machines, can replicate psychic, intentional functions and perform their work as ordered or even be able to

anticipate and think what to do in advance. Gabriele likened this to how ChatGPT works. This made me think of my washing machine which can weigh the washload, determine the level of dirtiness and adapt the programme accordingly (allegedly!)

Aristotle rejects a behaviour-based approach which says that because machines *behave* like us, that is, they can *copy* us, they must *be* like us. The key issue is, do machines have a mind? In humans, intentions are important, not just behaviour. Can machines develop a mind? The source of what humans do and how they behave, is *internal*, part of their nature as natural beings. Thoughts, aims and intentions are ours alone.

A thoroughly rewarding afternoon, engaging with classical wisdom and applying it to modern times, not just for our members but for Gabriele too who wrote afterwards: "It is always a pleasure for me to collaborate with U3A Exeter, and I am flattered by the success of the talks we have organised in terms of participation and the level of discussion. It is so refreshing for me to be able to have a such an open discussion and explore ways of showing the relevance of what I study for our society."

*Trudi Learmouth*

## **PART TWO - THE EYE: HOW IT WORKS**

In March, **Dr Conor Ramsden** finished off his talk on the eye and the complaints we might experience as we age. This time the focus was on Macular Degeneration, Glaucoma and the 'dry eye' condition. Afterwards there was time for members to ask questions about their own conditions and experiences.

In the second half of the session Conor held a PPIE session (Patient and Public Engagement and Involvement) on the retina – his particular area of research. He firstly explained the research study – to design and use computer software to detect retinal tears. Although OCT scans, experienced by many of us, can detect many other eye diseases, they cannot as yet detect retinal tears. He talked about how many people experience both floaters and flashes which can be just a normal part of ageing. With some patients, however, they can be a sign of a retinal tear, which, if not treated, can lead to a retinal detachment and permanent vision loss if not treated quickly.

Data will be collected from patients' routine OCT scans for researchers to try to find out if they can be used to help identify retinal tears. We were asked to give our opinions on the research idea and unsurprisingly members were mainly concerned about who would have access to our data. Conor explained that our information would be 'pseudonymised', meaning that names and identifying details would be removed when the data was being analysed. As with all research, ethics approval has to be sought.

We were then asked to discuss some questions in pairs relating to our experiences of eye problems and to talk about our attitudes to the idea of Conor's research.

It proved to be a very interesting session for us all and yet again u3a members proved to be a fully engaged audience.

It was a perfect example of the keywords of our Memorandum of Understanding with the University of Exeter – 'mutually beneficial – I think we all agreed that it certainly was.

*Carol McCullough*

## **CENTRE FOR RURAL POLICY RESEARCH and SUPPORTING HEALTH AND WELL-BEING**

At the end of March, twenty u3a members attended a talk by **Matt Lobley** and **Rebecca Wheeler** of the Centre for Rural Policy Research. Matt Lobley, director, introduced us to the work of the Centre and its evolution from the department of Agricultural Economics in the 1960s to today's broad-focused centre, looking at the land, the environment and the agricultural community as a whole. As well as farmers and academics, there are representatives from industry and key landowners such as Clinton Estates on the Centre's board,

Research projects cover not only the UK but also the US, parts of Europe, and Japan where relevant such as the *Farm Transfers Project*, an issue of concern at the moment to farmers in the UK due to the proposed Inheritance Tax. *Agri-environmental Management* is another important project in modern farming, for example bringing back wild flowers and managing hedgerows to provide a variety of habitats.

Matt emphasised the constant need to apply for external funding for all the projects, requiring reports to be written for research councils, local authorities, the government, charities, local benefactors etc. Indeed, a key report was due to be handed in by the end of the day of our visit and so we greatly appreciated their giving up their time for us.

Rebecca explained the findings of her research among the farming community into their health and well-being (or living well), focusing on particular aspects which affect farmers more than people in general: the intergenerational aspect of farming; the hard physical labour leading to greater and earlier onset of pain; the increasing demand for sophisticated computer skills in managing finances, crop planning and management, and driving high-tech machinery. Rebecca looked particularly at the issues of concern to women in farming, whose level of mental health is lower than the UK average, and 41% of whom report arthritis and other muscular-skeletal problems.

On the plus side, farmers cite the outdoors and the natural environment, their animals, and the fact that farming is a good environment for bringing up children. While many feel that outsiders do not understand farming issues, 61% reported that they feel valued. The Farm Community Network offers a lot of support such as 'accidental' counsellors, but there are some barriers to seeking help due to the farming tradition of being strong, stoic and independent.

The talk stimulated a lively discussion with members asking a range of interesting questions, and Matt and Rebecca thanked us for being such an engaged audience.

*Trudi Learmouth*

## **THE MEANING OF SCHOLASTICIDE: COLONIAL STRATEGIES AND PALESTINIAN RESISTANCE**

In April a talk on this very important issue was given by **Dr. Nadia Naser-Najjab**, Senior lecturer in Palestine Studies and attended by a large group of Exeter u3a. Nadia was passionate about this subject and keen to publicise what is going on in Palestine; she has generously made available her detailed presentation and supporting papers to those who attended on request to our administrator:

*PHOTO.* Dr Naser-Najjab (centre) with a small group of members who stayed behind for further discussion and questions.



## GROUP MATTERS

**SEE END OF NEWSLETTER FOR EXETER u3a GROUPS TIMETABLE  
AND CONTACT DETAILS FOR GROUPS  
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 come out quarterly. Please make sure that all payments are carefully labelled with your name so that they can be allocated correctly. Thank you.**

### GROUPS' CUSTOM AND PRACTICE

#### 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 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 LOOKING FOR NEW MEMBERS

#### CURRENT AFFAIRS GROUP

The new Current Affairs group met for the first time on May 5th and despite small numbers the 75 minutes passed very quickly with animated and informative discussions on the Iran war and a brief look at how a change in government in Hungary might affect other European countries and the EU.

We are meeting on the 1st and 3rd Tuesdays of each month from 10.30 to 12.00 at the Cosy Club in Southernhay Gardens. If you would be interested in joining the group or learning more please email

*Mary Wormington*

### READING GROUP 3

We meet once a month on the third Tuesday afternoon in the month in members' houses. We choose books (mainly fiction) at the beginning of the year and the person who chose the book introduces it. We then go round the group seeking opinions from all members of the group. We have our best discussions when we disagree. Then we have tea and cake. We are a friendly group. We currently have a membership of six women and two men and can manage up to ten members. We are open to new members. We'd really like more men to support our two, but will take women. If you want to know more, please ring me.

*Ruth Sanders*

### BRIDGE GROUP

We meet twice a month in members' houses (Pinhoe and Pennsylvania) on the second and fourth Monday of the month. We play Chicago as opposed to ordinary rubber bridge, which allows players to maximise scores. We have up to 3 tables (12 players) and this allows members to play with and against different members of the group. Play is informal – no directors – and very friendly. Standards are variable. We've lost a few members recently and we are interested in enrolling new members. If you are interested, please ring me for more details

*Ruth Sanders*

### CANOEING SEASON 2026

Our canoeing season will run again this year and is much in the need of new members.

We meet once a month (weather permitting) on the last Friday of the month, at the Quay in Exeter and enjoy a leisurely paddle down to the 'Double Locks' for refreshment before returning.



We hire all our equipment from 'Saddles and Paddles'. The cost works out at about £20 per head and all our equipment is included in this cost.

You must be able to get in and out of a canoe unaided and swim 25 yards. Our trips out will be at 10:30am. and the activity will last for approximately two hours.

The dates for this coming season are as follows: 29<sup>th</sup> May; 26<sup>th</sup> June; 31<sup>st</sup> July; 28<sup>th</sup> August; 25<sup>th</sup> September.

Do contact me, if you would like to join the group for this year.

*Sue Kidd*

### NEW ITALIAN GROUP

Looking for members. Approximately intermediate level (give or take). To develop and practise our Italian skills in a relaxed atmosphere.

*Di Pitkeathly*

## CIRCLE DANCE

Undeterred by the closure of our Hall for voting, some members of the Thursday Circle Dance Group met instead, in Mary and Dave's garden to dance and eat cake.



Thank you to Dave for the photos, Mary for the tea and Pam for the delicious cake.

Our next garden dance will be in Penny's garden at the beginning of July, an annual celebration on

World Circle Dance Day, but before that we will be meeting fortnightly in Exwick Parish Hall.

Care to join us? Contact Jill Ashby.

*Jill Ashby*

## NEWS FROM GROUPS

### GARDENING

The gardening group has been celebrating spring with a number of trips out:

Visit to Andrew's Corner

In mid March we were treated to an amazing garden on the northern edge of Dartmoor near Belstone. The enthusiastic owner, Robin, gave us an informative talk on the garden, which has been open for 50 years, and the specialist plants he cares passionately about. He has an interesting approach which allows, more or less, for the plants to take precedence, even over paths in some areas. Most interesting are the erythroniums, trilliums and meconopsis which are quite difficult for most of us to grow but he does so in profusion. Also maples, rhododendrons and other unusual shrubs to enjoy. And if that is not enough there was tea/ coffee and the inevitable cake, and views of Dartmoor.



### Visit to Spring Lodge

In early April we visited Kenton, to see an unusual garden attached to one of the four gatehouses of the Oxton House estate. The garden itself is quite small but has some fascinating features, not least a hermit's cave hewn from the 'Heavitree Stone' rock behind the house! The owners have put in a huge amount of work building various garden features almost entirely from recycled material.



### Walk around Trews Orchard, Exe Valley

We followed up a talk from one of our winter speakers about the FLOW project (<https://floworchardexeter.uk/>) with a walk around one of its community orchards near Trews Weir, to admire the spring blossom of the various apple, pear, quince and crab apple trees which have been planted. If you are ever on a walk in along the Exe close to the city centre, there are similar plantings in a variety of locations. In the autumn the resulting fruit is free to harvest by any member of the public.

### Visit to Haldon Grange

Later in April, on a lovely sunny Monday afternoon we enjoyed a visit to the spacious gardens (19 acres) at Haldon Grange. Rhododendrons, azaleas, magnolias, acers, camellias in profusion, all out in their multi coloured spring best. Stunning. A very large garden with mature and rare trees, a lake and cascading ponds, Many large trees in the arboretum, an interesting lilac circle and wisteria pergola. What more could you want, except a slice of home-made cake with your tea/ coffee.



### Visit to Exeter University grounds

With spring arriving ever earlier, we chose the first week in May to view the University's standard wisteria beds at Reed Hall (handily, this has a coffee bar in which to meet up). After admiring the show and then walking around Reed Pond, some of the group set off to explore further afield in the University's 300-acre estate, which yielded an opportunity to admire the splendid *Davidia involucreta* (aka Handkerchief or Dove Tree) in the Taddiforde Valley.



*M.J. Morgan & Phil Slater*

## **HISTORY ON THE MOVE**

HOTM 19 March “Get Rich Quick - Banking Adventures and Misdeeds by Professor D.J. Moss

Moss’s presentation was, frankly, elegant - an inspiration to all us “young-old’s” and to us “old-old’s”. We were in for a merry ride throughout the history of the British financial system; how the notion of credit became established. From the lecturer’s collection of 100 books on banking (more like 200, after all I dust), the evolution of money/profit was explained ever since the glory days of Pompeii. Mosaics amongst the ruins extoll its virtues: “Lucrum laudate, Salve Lucrum. (Hail money).

How did coins, payment in kind, and scrips (scraps of paper) morph into the future paper bank note of today? Regarding the minting of coins, we learned of the consequences of Henry VIII’s Great Debasement Act (1544). The Act was intended to pay off war debt, and earned him the derogatory name, “Old Copper Nose”. Moss emphasized throughout the themes pertaining to reputation, and respectability of what exactly makes a banker. Alongside these virtues, unfortunately, were the pitfalls such as recklessness, risk taking and speculation. As trade expanded, up popped joint stock security businesses. The early ones were located in coffee houses in London. Rosee’s Coffee House in Exchange Lane was the first in 1652. For one pence the customer got a seat, access to newspapers, and horrid

coffee, "burnt break & puddle water". Upon entering Rosee's, one could land up in ruin or make a fortune, speculating. Daniel Defoe described these 'houses' as "Dens of iniquity". "The seeds of outright fraud occurred perhaps in the 17<sup>th</sup> century"? mused our lecturer. Enter government regulations on how banks and the joint stocks ought to operate. By the late 18<sup>th</sup> century it was a wonderful time to open up a bank. 100 country banks grew to around 900. Nevertheless, even with restraints and stipulations on setting up a bank, dangerous external factors were at play. For example, in 1797 a loud bang resounded when a corpulent MP in The Houses of Parliament rose from his old, rickety wooden bench. The sudden loud crack of the bench caused a run on the banks. Fellow MPs wrongly mistook the sound for a rifle shot fired by an invading French army! Also included in the talk was the establishment of the Exeter Banks (much later than those already in Cornwall). "Men of substance" i.e. prosperous cloth, or wine, or drapery merchants opened banks. 1777 was the very first John Baring Bank on the site where The Ivy is now. The Quakers who exuded 'reputation' such as the Sanders and Sparkes families, were very successful. They soon established London connections. Many Georgian style neighborhoods were built by them, and of course, The Barings. The Crash of 1929 was discussed. Banking in the 1950's – 1970's was regulated, and therefore prone to stability. Then the deregulation in the 1980's led to The Big Bang 2007/08. (Only the first name of the chief politician responsible for this relaxation was muttered by our speaker). The City simply had no wish to be regulated. During this era banks became more transactional, and, unfortunately, less based on customer interest. According to former PM Gordon Brown in 2011, "We didn't understand how risk was spread across the system; we didn't understand the entanglements of different institutions ...even though we talked about it". Towards the end of the talk our speaker dwelled on shadow banking system, and global banking. Whereupon followed his usual polemic (and pessimism) on the future of banking behavior.

*Leslie Moss*

## SCIENCE GROUP

**U3A Science meeting on Wednesday June 3<sup>rd</sup> at 2pm in Rowe Hall at the Mint, all welcome.**



What happens to our perception of reality if the sound we hear becomes degraded or distorted?  
Can the way we hear affect our short-term or long-term memory?  
What about our concentration or our ability to think on our feet?  
Only now are we beginning to understand just how important our sense of hearing is.

So don't be surprised if, after this illuminating introduction to **Hearing, Language & the Brain**, you never take your hearing for granted again!

Presented by Curtis Alcock of Audify

**U3A Science meeting Wednesday 1<sup>st</sup> July 2pm via ZOOM. All welcome.**

Astronomy at all wavelengths by Simon Cains, High Wycombe U3A  
Astronomers do not just study visible light, they build telescopes to see in the whole "electromagnetic spectrum" from radio and microwave through to ultra-violet and X-rays.  
Each of these gives different engineering challenges. Simon will show examples of the latest and largest telescopes at each one.





## WALKING GROUP

It's always a pleasure when we get into April and May, as the days become sunnier and longer, while our walks tend to build up a head of steam with coast and country routes probably seen at their best with the natural explosion of floral colour and regeneration. April started in Lypstone for our Walkie- Talkies , led by Sue Merrick, and folks had an extensive tour of its joys and charms - team selfie enclosed.



A week later, 20 Striders were guided out from Ideford with Paul and Susan Norrington-Davies and they were served up with some very popular lanes and trails over Haldon , with a super top lunch spot overlooking Teignmouth, before finishing towards the town .



My turn,next, to come up with a wider and lesser known part of Devon to reveal Southleigh and Northleigh in Honiton rural farmlands. Despite some heavy showers forecast mid walk (and there was!), a gallant six of us set off and enjoyed this unexplored area, before then meandering along the banks of the River Coly for 3.5 miles and finishing the last hour or two under sunny skies at Colyton. Smiling faces all around.

The photo is taken just before some rain, with Southleigh in our sights.



To round off April, Philippa Danvers provided a crowd favourite with a ramble through Ashclyst Forest ( just outside Broadclyst) , before having lunch in the apple orchard of the

Our Website: [www.exeter.u3asite.uk](http://www.exeter.u3asite.uk) - Visit it regularly to keep up to date with what's new!

Killerton estate. This was followed by a small extended tour of the grounds, which was on offer for those staying a little longer.



Julie Ovens has been coordinating walks with Di Cooper and Dorothy Gemmell, and with the former, they have just completed the May Walkie-Talkie walk from Pennsylvania to Pinhoe , via Mincinglake Valley park - photo in the park.



With Dorothy, the Striders will be off to Newton Poppleford , heading along the River Otter and ultimately passing through the bird/wildlife reserve, recently extended and ending at Budleigh Salterton.

We have a trip coming up from South Brent to lunch at the Avon Dam to complete May's programme, while in June, we repeat the special summer treat with an offer for the faithful of a Tarka train ride & back to Barnstaple, including a short 6.5 mile walk around Saunton/Croyde. Not to be outdone, around the longest day, and headed more southerly to the South Hams, there will be a fabulous new 10 mile walk from Harbertonford via Dittisham to Dartmouth on 23 June.

Hoping for good weather..... We can provide the team spirit and the wonderful company!

*Dave & Mike*

## LIST OF CONTACTS

### COMMITTEE

Chair	Terry Ancell
Vice Chair	Virginia Rosenfeld
Treasurer	Rosie Hydar
Secretary	Ann Harper
Minutes Secretary	MJ Morgan
Groups Coordinator + Accessibility Officer	Annabel Nater
Membership Secretary	Ian Murray
Committee Member	Anne Barwell
Committee Member	Mark Hall
Committee Member	Harriet Smith
Committee Member	Sue Spence
Committee Member	Elaine Thornton

### CONTACTS FOR NON-COMMITTEE OFFICIALS

University Liaison	Carol McCullough
Newsletter Editor	Virginia Rosenfeld
Rolling News	Keith Shaw
Web Admin	Bob Cottis
Beacon Admin	Mark Hall
	Elaine Thornton
Speaker Team	Frances Berry

**CONTACTS FOR GROUPS- REMEMBER to contact the member named below before attending a group. Convenors please contact groups coordinator for any changes.**

Group Name	Contact Name	Tel Number	Email
Anthropology	Jock Campbell		
Art and Artists	Andrew Staley		
Birds, Trees and Bees	Colin Johnson		
Books and Life	Nichola Watson		
Bridge	Ruth Sanders		
	Liz Batten		
Canoeing	Sue Kidd		
Chinese and Japanese	Eric Bransden		
Brush Writing			
Chess	Di Pitkeathly		

Choir	Julie Crichton-Smith
Cinema	Dormant
Circle Dance	Jill Ashby
Classical Music	Colin Farlow
Classical Greek	John Burgess
Crafts	(temporarily suspended)
Crosswords	<i>Needs convenor</i>
Current Affairs	Mary Wormington
Cycling	Ian Murray
Devon & Exeter Local History	Derek Smithers
Discussion Circle	Chris Grundy
Discussion 2	Annabel Nater
Discussion 3	Frances Canning
Drawing for Everyone	Loran Waite
Economics	Jacqui Barnicoat
Exercise	Penny Matthews
Food Matters	Gail Meldrum
French Conversation	Marie-Laure
Advanced	Despres
Games for Fun	Liz Batten
Gardening	Phil Slater
	M.J. Morgan
Genealogy (Stage 1)	Shivaun Gammie
Genealogy – (Stage 2)	Shivaun Gammie/ Maeve Koltz
German Conversation	Alan Caig
History	Mark Hall
History on the Move	Leslie Moss
Italian Conversation	Stephanie Barnes
Italian Conversation 2	Lisetta Tripodi
Italian (Avanti in Italiano)	Linda Cowey
IT	Dave Parsons
Joy of Performing	Linda Lewis
Joy of Poetry	Amrita Mohan
Joy of Poetry 2	Loran Waite
Joy of Poetry 3	Loran Waite
Language	Joyce Burgess
Latin Intermediate and Beginners	John & Joyce Burgess
Les Francophones	Marie-Claude Arstall
Mahjong	Steph Ward
	Gillie Collyer
Modern Western Square Dancing	<i>(temporarily suspended)</i>
Novelists	Frances Canning
Parliamo Insieme	Anne Staley
Parlons Francais (Advanced)	Alice Lemaitre
Parlons Francais (Intermediate)	Alice Lemaitre
Patchwork, Applique, Quilting	Nichola Watson
Philosophy 1	Daphne Andrews
Philosophy 2	Trudi Learmouth
Philosophy 3	Phillip Ralli
Photography	Simon Borrington
	Kris Frank

**Our Website: [www.exeter.u3asite.uk](http://www.exeter.u3asite.uk) - Visit it regularly to keep up to date with what's new!**

Pickleball	Minna Egan
	Ian Murray
Play Reading	Stephanie Barnes
Quilting Bees	Amanda James
Quizzes	Jane Chappell
Reading Group I	Lucina Swain
Reading Group II	Claire Benians
Reading Group III	Ruth Sanders
Reading Group IV	Marion Ricketts
Reading Group V	Anne Barwell
Reading Group VI	Faith Wood
Reading Group VII	Frances Obee
Saturday Supper Club	Brian Cousins
Science	David Northrop
Scrabble	Marcia Hampson
Short Weekly Walks	Janie Smallridge
Spanish 1	Paul Mattausch
	Burrows
Spanish for Beginners	William Rawson
Still Life Drawing	Mirren Baglin
Table Tennis	Finn Ibsen
Tennis	Kay Mathews
Transport	Paul Palin
Travel	Ian Murray
Turkish Conversation	Carole Low
Walking Group	Dave Bassett
	Mike Arstall

**Exeter U3A – Groups Timetable – see above for Contact Details. Convenors – please contact groups coordinator for changes.**

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