



OCTOBER / NOVEMBER 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 24 September

LOTTIE DALE treading the wards Our speaker for September is Lottie Dale. She will talk about her time as a trainee nurse in the '70's.

Thursday 22 October

JIM CAUSLEY presents a talk and singing on the traditional Folk music of Devon



Devon Folk musician and local culture ambassador Jim Causley presents a talk and singing on the traditional Folk music of Devon. The emphasis will be on the folk song collection of Devon's own Victorian superstar Sabine Baring-Gould and the evolution of song in Devon in the 20th century.

Thursday 26 November

ALAN PEWSEY Dartmoor Search & Rescue Team - Ashburton



Have you ever wondered how a search dog finds a missing person, or what really happens when Dartmoor Search and Rescue Ashburton are called out to assist the emergency services? Each year, the charity's volunteers respond to around 40 incidents, not only on Dartmoor, but across Devon and, at times, further afield.

In this entertaining and engaging illustrated talk, Alan Pewsey, a Hill Party Leader with the team, shares an insight into the work of this remarkable volunteer service. Using real-life stories, photographs and short film clips, the talk looks behind the scenes at callouts and training, and explains how ordinary volunteers give their time, skills and experience to help others when it matters most."



OUR COMMITTEE 2026/27



Terry Ancell
Virginia
Rosenfeld
Ann Harper

Rosie Hydar
Ian Murray

Annabel Nater

MJ Morgan
Mark Hall

Harriet
Smith
Sue Spence

Elaine
Thornton
Pam
Spencer

Message from the Chair, Terry Ancell

Well, what a lovely summer we've had. I trust you all had a good time, seeing family and friends, going on holiday or generally keeping busy. I know the gardeners will be thankful for the rain and I suspect some of us will be grateful for the change in weather as respite from the heat.

Some of our activity groups took a break over the summer months and are now gearing up to restart. Please do remember to keep in touch with your group conveners to let them know that you wish to continue to be a member. Equally, if you find that you are no longer able to attend a group, let the convenor know so the records may be kept up to date.

Finance

The Committee met on Monday 7th to discuss a range of topics amongst which was the financial pressures experienced by Exeter u3a. Your committee continue to keep a close eye on our costs, which inevitably seem to continue to rise at an alarming rate. The cost of hiring venues is our most significant area of expenditure. Our analysis has identified that some venues are more costly than others. A number of groups, usually with a small number of members, have been unable to cover at least 50% of the venue cost with the PFV fees received from their attendees (50% has been a general indicator for considering the financial viability of a group). The committee is also aware that the selection of a suitable venue can be quite complex when taking into account various operational requirements, e.g. location, size and facilities available. However, our Groups Co-ordinator, Annabel Nater, will be approaching some convenors with a view to asking them to consider whether an alternative, cheaper venue could be used. I should stress that the Committee is not seeking to direct a group to meet in a specific venue but will be highlighting the 'subsidy' their group attracts

from the u3a to support their group. Our aim is to provide practical support to convenors including the selection of a suitable venue, whilst discharging our responsibilities as trustees to positively manage our finances. Equally, we wish to minimise the impact upon all members when it comes to setting the renewal fee. I ask everyone to be mindful of these pressures should the convenor of one of your groups wish to discuss potential alternative venues.

Committee Membership Succession

The Committee has also started to look at Committee Member succession ready for the next AGM in May 2027. As previously discussed, committee members may serve a maximum of 3 years in a specific or general role at which point they must either change their role or stand down. Where a member changes their role, they may serve a maximum of three, 3 year terms (i.e. 9 years). At the next AGM, a number of committee members, including me, will have served three years in a role. At our meeting we were able to identify members willing to change their role in order to fulfil an alternative role and stay on the committee, always providing that members are willing to support this by voting in that member at the AGM in May 2027. However, this is not the case for everyone or every role. So, at the AGM, we will have a vacancy for the role of Chair, and an existing member will be standing down. Whilst the remaining number of committee members allows for a viable committee to operate, albeit with vacancies, it cannot do so without identifying a chairperson. It is important therefore that members consider whether they would be willing to stand to join the committee, either in a general role or in the role of chair. If you are interested in the role of Chair then I am happy to meet to discuss the role and potentially bring you onto the committee for the remainder of the year to experience the role.

LIVE LEARN LAUGH.

Terry Ansell

Chair

SPECIAL EVENT – save the date!

National Poetry Day – Thursday 1st October 2026

'The Wonder of Poetry' – at the Mint Methodist Centre, Fore Street, Exeter at 2.30 p.m.

Poetry can be so many things – a beautiful entertainment, a thought-provoking, provocative, possibly political challenge, a source of calm and healing in troubled times, a celebration of nature. Something that can bring people together. It is an art form internationally recognized and practiced, yet many people find poetry too complex or inaccessible to enjoy.

Here in Exeter u3a we now have three groups where we share poetry old and new. In both the poetry groups and the creative writing groups we have a number of members who write poetry and present it to fellow members.

With the support of the Committee, we are organizing a special event to celebrate National Poetry Day which this year has the theme 'wonder.' and we hope that u3a members will come along and enjoy our presentation, whether you already like poetry or are simply intrigued to find out more. We are working hard to make the afternoon entertaining, informative and, very importantly, accessible. Come and find out what we enjoy about this art form, and what you might get out of it too.



This will be the first of what Exeter u3a hopes will be an occasional series of 'Special Events' put on by our different subject groups. We want this to be a success and we sincerely invite you to come and join us.

Amrita Mohan and Loran Waite – Joy of Poetry Group convenors.

Free u3a online talks, workshops and courses

u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

All events are bookable via Eventbrite. Please ensure you can attend when booking and cancel if you're unable to make it so others can participate. Events are exclusively for u3a members. Sign up to the events mailing to get our monthly online events straight to your inbox.

A taste of the events 5 – 9 October.

A history of the world according to sheep

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

Join Alan Freeland to discover how sheep, wool and the wool trade have shaped British history, built fortunes, influenced society and even helped win wars.

Monday 5 October at 2pm

Flight inspirations aviation group: October

Early aircrew training

Discover how aviation's earliest pioneers learned to train pilots from scratch, transforming trial-and-error instruction into structured flying schools in little more than a decade.

Tuesday 6 October at 10am

First light: the formation of the first stars, blackholes, and galaxies

In this Science Network talk, Professor Stephen Wilkins takes us to space, describing the surprises of our universe being uncovered by the James Webb Space Telescope.

Tuesday 6 October at 11am

Darkness on the edge of town: Bruce Springsteen and the American dream

Chris Dowrick explores how Bruce Springsteen turned personal alienation into a musical mission to expose the gap between the American dream and reality.

Thursday 8 October at 2pm

On the threshold of a dream: music, imagination and the late 60s-early 70s

Martin Hellawell explores an exciting era of musical change, from the psychedelic sounds of the late 1960s to the rise and evolution of progressive rock.

Friday 9 October at 2pm

Book these and plenty more on [the events page of the u3a website](http://www.u3a.org.uk/events) (www.u3a.org.uk/events)

Queries to learning@u3a.org.uk

UNIVERSITY LIAISON

FORTHCOMING EVENTS

SLEEP BY DESIGN: HOW OUR GENES SHAPE SLEEP, CIRCADIAN RHYTHMS, AND HEALTH

A talk by Dr Andrew Wood,

Associate Professor of Statistical Genetics and Health Data Science, Department of Clinical and Biomedical Science, Faculty of Health and Life Science

PROVISIONAL DATE: Wednesday, 7th October TIME AND LOCATION: TBC

Adequate sleep is important for health and wellbeing. Changes in sleep quality, quantity and timing have been strongly associated with several human diseases and psychiatric disorders, including obesity, type 2 diabetes, and depression. However, many aspects of the underlying biology that regulates sleep remain poorly understood, and it is not always clear whether these sleep patterns are a cause of disease or simply a side-effect of it. Understanding the biological mechanisms of sleep could also inform the development of sleep medications, which currently have variable effectiveness and side-effects.

Over the last 10 years, large-scale population-based "biobanks" have enabled researchers to characterise sleep patterns in hundreds of thousands of individuals and link this data to their DNA. This is helping address long-standing questions: can differences in our DNA explain why some people get insomnia, why some are more "morning people" than "evening people", and why others have interrupted sleep through the night?

Andrew's talk will cover ongoing research in this field at Exeter University, including how sleep is analysed at a population scale, how DNA is used to identify biological signals that may point to new therapeutic targets, and how DNA can be used to predict someone's likelihood of adverse sleep patterns over their lifetime, relative to others.

If you would like to express interest in attending this talk, pending location and time details, please email us at exe.u3a.uni.liaison@gmail.com

MAKE SURE YOU DON'T MISS OUT! University Liaison events are sometimes organised at fairly short notice, outside of the two-monthly *Newsletter* schedule. If you are new to Exeter u3a and/or have never registered for any of our events, make sure you sign up to our University Liaison database. You will then get an email direct to your inbox with details of any events and research opportunities. Send your full name, u3a membership number and email address to our administrator at exe.u3a.uni.liaison@gmail.com

You can also regularly check our webpage:

https://exeter.u3asite.uk/u3a_groups/exeter-university-liaison/

REPORTS ON PAST EVENTS

BILL DOUGLAS CINEMA MUSEUM, THE UNIVERSITY OF EXETER

In August, on another very warm day, over twenty u3a members enjoyed an escorted visit to the Bill Douglas Cinema Museum, led by its curator **Dr Phil Wickham** and **Dr Sarah Spencer**.

Phil explained the background to the setting up of the Museum, outlining the history and career of Bill Douglas, a Scottish film-maker who died in North Devon and is buried in North Tawton.

The first focus of the visit was its latest exhibition celebrating the centenary of the birth of cinema's most iconic star, Marilyn Monroe. The Museum holds over 800 items on Marilyn, but of course not all of these could be displayed. We looked at a range of fascinating objects and memorabilia ranging from contemporary articles to household objects, handbags and prints produced after her death. Phil explained her importance and impact as a star and how much her image had been used in popular culture across the world, and is still being used and interpreted in different ways as cultures change.

Before we moved on to look at the rest of the Museum, Phil drew our attention particularly to its ethos of being a peoples' museum, both in terms of some of the items in the collection and the Museum's work today with different sectors of the community in Exeter and Devon.

Even in the main part of the Museum, we could only have a look at a small part of their vast collection. Items from this can be made available to researchers and interested parties with prior notice.

The Museum has such a fascinating collection on display of all things linked with the moving image and cinema that we could have spent hours browsing. I am sure some of the group will return in their own time and also spread the word about the availability of this great resource to everybody. For further information, see its excellent website:

<https://www.bdcmuseum.org.uk/>

Trudi Learmouth

SUSTAINABILITY AT THE UNIVERSITY OF EXETER

On 10th September some Exeter u3a members were given a talk by two members of the Exeter University Sustainability team. It was both enlightening and encouraging to find out about all the work that is being done in this area by our university. If you were unable to attend the talk and would like to find out about this work, see the Recent Events section on the University Liaison webpage: <https://exeter.u3asite.uk/recent-events/>.

Carol McCullough

Trudi Learmouth

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.

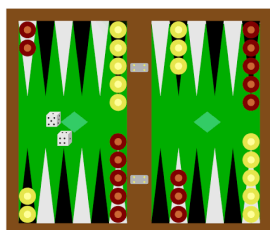
Car Sharing Policy – The following practice is recommended: the **trip organiser** is responsible for informing group members of **the total estimated fuel cost for the journey, outward and return**. Each car group should then divide this total cost by **the number of passengers plus the driver** and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

BACKGAMMON



Huey Walker is thinking of starting a Backgammon group and is seeking interest from members to determine whether such a group would be viable. If this is tempting to you please let Huey know via Annabel Nater, our Groups Co-ordinator. An initial meeting will be arranged at the Mint to discuss how the group should be run.

READING GROUP 2

This group is now convened by Pam Spencer and it we are still open to new members. We meet on the 3rd Tuesday of the month in the Snug the Cosy Club beginning at 14:30.



to
at

Pam Spencer, Convenor

FINDING YOUR VOICE

This is a brand new singing group where the idea is to have fun. This is NOT a choir, we already have a great one of those.

If you're looking for a relaxed route back into singing. If you haven't sung since you were at school or have been told that you CAN'T sing, this group is for you! I might be running the sessions, but the choice of songs and the way we sing them will be up to the members. Anyone who wants to lead a song (of their choosing) will be very welcome to have a go and any musicians who fancy accompanying a song, using any instrument from guitar to keyboard, will also be encouraged to take part.

If this sounds at all interesting, please get in touch. We meet on the second and fourth Mondays of each month, 1.30 – 3.00. To begin with, we will be meeting in the worship area of The Mint.

Please contact me, Linda Lewis if you'd like to come along or need more information.



Linda Lewis, Convenor

GROUPS NEEDING NEW CONVENORS

We have a number of dormant groups needing a new convenor. Some have been active until recently, others for a longer time.

**CINEMA
CRAFTS
CROSSWORDS
CYCLING
MODERN WESTERN SQUARE DANCING**

If you are willing to be the convenor or interested in any of these groups, please contact Annabel Nater, our Groups Co-ordinator (groupscoordinator@exeteru3a.org.uk). An initial meeting will be arranged to discuss a way forward.

NEWS FROM GROUPS

GARDENING

The hot, dry summer has not only caused members to fret about their own gardens but has also dampened our enthusiasm for visiting other gardens – seeing other people struggle to keep plants going would just reinforce our own worries and anyway, much of the time it was just too hot to be outdoors, never mind walk about! Despite that, the group has managed three meetings:

July: Visit to Bickham, Kenn

Although it was baking hot in the sun, particularly in Bickham's charming walled garden, there were cooling woodland areas to walk through and a mercifully shaded patio on which we were able to sit to have tea. Although typical cottage garden plants such as *Phlox* were struggling, some things such as *Perovskia* were flourishing in the heat and there were also plenty of established trees and shrubs to admire.



August: Visit to Helen's garden, Exeter

Strictly speaking, three gardens – 'back' (where the pelargoniums were lapping up the sun), 'front' (we noted that the hardy plumbago is definitely one for the heat) and 'across the road'. The latter is the epitome of a 'shady nook', where the mature trees not only kept off the sun but also cooled the air noticeably, enabling us to enjoy a pleasant afternoon comparing notes about our gardens in the drought (yes, it is all that gardeners talk about at the moment). Meeting in a fellow member's garden is always a really popular event and this was no exception, being hugely 'oversubscribed'. Many thanks to Helen for her generous hospitality in accommodating as many as was physically possible and providing welcome refreshments.

September: Visit to Sherwood, Newton St Cyres

By now, temperatures were definitely down and many of us donned coats for the walk around the wooded valleys of Sherwood; 23 acres surrounding an Arts & Crafts house at Newton St Cyres, previously owned by the Quicke family (of cheese fame). It's a beautiful spot (we've been before, in the spring) but sadly we'd come too early for the autumn colour – October would have been better. Still, the very steep paths provided excellent exercise and, as always, it was good to socialise with other group members (still talking about the drought all the time though!).



M.J. Morgan & Phil Slater

HISTORY ON THE MOVE

16th JULY - OKEHAMPTON

'Guide-of-the-month', Karen Henson's captivating style of guiding made us forget that we were struggling through the horrendous, prolonged heatwave. Much thought and consideration had been put into her itinerary as we wended our way deep into forest groves, past bubbling springs, rivers, and fountains playing amongst the palms. Most of her tour would unfold in shady breezes. Where the column of mercury did rise (towards the end) was on top of the Norman castle.

The potted history took place beneath an awning of hanging begonias at the Okehampton station café. OCMUNDTUNE (Anglo-Saxon), according to our guide, was one of only two market towns of Devon listed in The Domesday Book 1086. Ocmundtune means a cross roads where slaves were released; choosing their own destiny. Okehampton thrived as it was on the major land route between Cornwall and Exeter. At one time a third of all the cloth trade looms and mills were in this Town. From the station we descended through the woods to the beautiful Simmons Park and Gardens. Sydney Simmons (b. 1840 in the Town)



bequeathed much land for this park (1905) – a horticultural delight. Our guide led us through a maze of garden paths extolling the virtues of this benefactor of Okehampton. One of the conditions for his gift was that the maintenance and garden crew would only be those men who were out of work. Simmons became hugely wealthy in America & Canada with his “The Patent Steam Carpet Beating Company”.

We posed for our group photo in front of a pretty Swiss chalet style garden building – fretted bargeboards to die for! Tucked away on the garden path is a WWII Pill Box (1940). Andy Henson explained that this Box was part of “The Taunton Stop Line” designed to stop the enemy by land or by air. Across the street and into the town center we are shown interesting street art of hikers and of medieval Okehampton. One such street art features three pigs denoting where the “Scavenger Pound” used to be. Scavenging pigs once served as street cleaners. Next door we went into the St James Chapel of Ease (1178). Because the actual parish church is a mile away up another steep hill, the townsfolk could worship, and hold divine services close by especially when Okehampton’s two rivers flooded. The Curfew bell was rung at 8 p.m. from 1500 to 1952. The King Henry VIII decreed that all the home fires had to be put out at precisely 8 p.m. Once outside Karen showed us a visual of what the town center had looked like up until around two hundred years ago. In the middle of the present Fore St. (Anglo-Saxon for “through”), there was ‘Middle Row’ – many more buildings and an ancient guildhall. A real “jumble of lanes, shambles, and a parade, pokey and dark” (Kingsley Amis). From the balcony of The White Hart, Admiral Nelson’s death was announced. William Pitt the Elder used to give speeches here also. Our guide spoke of the corruption caused by ‘rotten boroughs’. Both Pitts, Elder and Younger, and Duke of Bedford used to send whomever as MP to Parliament. This practice ended by The great Reform Act of 1832. Earlier on (in the 18th century) William Pitt The Elder benefitted by entering Parliament through an “election” at this rotten borough. From 1766 to 1768 he was PM. Next us U3A’ers visit The Arcade (1890’s) designed by Henry Green. The Arcade was built on a direct line between the train station and town center, and could remind visitors of the equally elegant Burlington Arcade, Piccadilly, London. Around the corner we walked into an old cobbled stone industrial courtyard. Long ago there had been printing works and ropewalk opposite the birthplace of Simmons.



At the far end was a poignant sculpture depicting striding young stonemasons disappearing into a granite wall. This commemorative artwork, “Call to Arms” was paid for by Castle Drogo owner, Felix Drewe, whose son along 10,601 others were killed WWI. Granite, as well as cloth trade (white serge), tin mining and later the army, were among the major drivers of the economy of Okehampton.

Undeterred by the rising temperatures, we continued on up to the Norman Okehampton Castle (1068-78) built by one of The Conqueror's sheriffs, Baldwin de Brionys. At the gatehouse ruins, Karen gave us a comprehensive history of the castle. We were asked to search throughout the sprawling Castle ruins to locate the graffiti made by Napoleonic Prisoners of War. A sharp-eyed HOTM'er, Pauline, found it next to the piscina in the former chapel. In the Grand Hall were fascinating hollowed out recesses where once stood huge wooden columns. From the steep climb to the Keep, we are rewarded with splendid views just as the Normans had been 1000 years earlier. Thank you, Karen, for having given us the opportunity to learn in depth about this ancient cross roads. We U3A'ers certainly chose the right path by coming along on your tour!

Leslie Moss



LANGUAGE GROUP

The Language Group meetings will be starting again in October after our Summer break.

We meet on the third Wednesday of the month in the Wesley Room at the Mint from 2.30 to 4.00 and our subjects are related to language in its widest sense. The topics of our most recent sessions have been 'The decipherment of the ancient script, Linear B', 'The language of flowers and plants', 'The Romanian Language' and 'Linguistic quirks, puzzles and curiosities'.

Here is the programme for our Autumn meetings:

21st October - The Norwegian Language

18th November - Linguistic pet hates

16th December - A Language quiz

All are welcome to the meetings and there is no need to let me know if you wish to attend. If, however, you would like to be kept informed of future meetings, please contact me so that I can add your name to the emailing list. Anyone who would like to contribute a session or half a session on a language-related subject, please let me know, as your contribution would be very welcome.

Joyce Burgess

QUILTING BEES

The quilting bees group have been busy bees.

Having made contact with the local children's charity Baloons, we have made some more quilts for them. As well as individual projects.



This is an appliqué quilt which has been shadow quilted before blocks sewn together. Above are Anne Staley, Cathie Holden, Amanda James and Angela Edmunds. Jenny Crossland also contributed but is not pictured above.



Anne has made the above pieced quilt for a charity craft event. Amanda's Alpaca quilt is in progress for a friends grandchild.



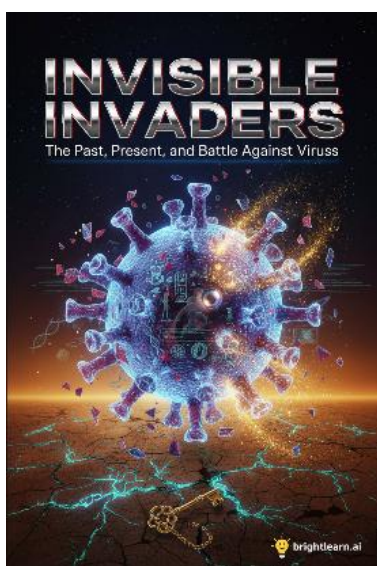
Cathie made this Wedding Ring quilt as a wedding present. All the guests at the wedding had been asked to contribute memorable fabric in advance.

Amanda James group leader.

SCIENCE

Science meeting Wednesday 7 October, 2pm via Zoom

Speaker: Diane Newell on Viruses : Past, Present and Future



Over the last 50 years, vaccines have saved the lives of at least 154 million people and globally eradicated 2 deadly infectious diseases.

Vaccination is one of the most globally important public health measures, which alongside clean water and improved sanitation and food, has significantly extended life expectancy.

With modern technology, vaccine efficacy has now expanded to fighting non-infectious diseases, including cancer. Unfortunately, these successes are now under challenge from misinformation and conspiracy theories, causing a loss in public trust and the prospect of the return of previously conquered diseases.

Science meeting Wednesday 4 November 2pm via Zoom.

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

Speaker: Jane Selland on WATER How we Use it and Abuse it.

The talk will cover drinking water treatment, sewerage treatment, national and global water issues.

With Climate change Water has become an even more precious and important factor for the survival of Life.

We should not waste a DROP !

David Northrop



SHORT WEEKLY WALKS

The weekly walks have continued under the capable leadership of Jan Wallis whilst I have been incapacitated! Here is a happy photo of walkers in Dawlish Countryside Park.



WALKING GROUP

Well, thank goodness, we've just seen the end of those summer months and can look forward to some cooler air and perhaps see some greener landscapes again.

The hot July was followed by a scorched earth August and this last month has indeed been a testing time for us all, whether at home or out in those wide open spaces. Glad to report that it's been business as usual however and support has remained good across all three walking groups.

Walkie-Talkers enjoyed a stroll from Whipton shops to the Pinhoe church at the top of Church Lane before winding down over quiet farm lanes to Poltimore for lunch. There was a last-minute show of hands to ignore the road back to Westclyst and instead trail through

some early sweetcorn fields to finish at Broadclyst, as per the attached pic. The true spirit of adventure to the end!



Striders meanwhile ventured over to Totnes with some lovely South Ham views of the River Dart and countryside, pausing with “little resistance” for popular refreshments early afternoon at The Durant Arms in Ashprington. Sadly, we were too early for the beer/cider festival, but unsurprisingly, there seemed to be an added skip in folks’ steps on the return leg to Totnes....





Hikers later, made the trek from Sidmouth over the top of Peak Hill to Ladram Bay and rounded things off along the River Otter Nature Reserve at Budleigh Salterton. This area always provides a lot of interest regardless of a challenging early climb. East Devon red cliffs and blue seas seen at their best!

August has been an ideal time too to celebrate our annual Walking Group Summer Bash, and our 5th year in the gardens of The Imperial drew in our party people for an afternoon of lively conversations and plenty of laughter. Mike and I between us, taking our responsibility as leaders most seriously, were the first to arrive and the last few to leave, ensuring we counted them in and then counted them back out. Once again, we pride ourselves in not leaving any member lost or stranded in unknown territory. It really was another fun event and a joy to speak to old and new members, without walking that extra 5 miles....

Now, with the start to September, the Walkie-Talkies have already completed a ramble around Teignmouth and shared a ferry boat ride over to Shaldon and back...., whilst plans for Lypstone and Ottery St Mary are being lined up for Striders and Hikers respectively. Other walks are in the mix and if you want to know more, just email us any time.

And lastly, Mike and I would like to take this final opportunity to let all u3a members know that one of our stalwart walkers, Shelagh Orrell, will be leaving us this month, to move closer to family in Scotland. We have both known her for 10 years as a super active walking member with a very keen knowledge of Devon's country lanes, coastal paths and bridleways and we have been so grateful to her for sharing these places with us over the years. Many of you will have enjoyed her friendship and company during this time and without a doubt she will be sorely missed. We wish her good luck, health and happiness for this new adventure in The North.

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	Annabel Nater
+ Accessibility Officer	
Membership Secretary	Ian Murray
Committee Member	Pam Spencer
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.

Groups	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 Brush Writing	Eric Bransden		
Chess	Di Pitkeathly		
Choir	Julie Crichton-Smith		
Circle Dance	Jill Ashby		
Classical Music	Colin Farlow		
Classical Greek	John Burgess		
Creative Writing	Andrew Mackay		
Current Affairs	Mary Wormington		

Devon & Exeter Local History	Derek Smithers		
Discussion Circle	Chris Grundy		
Discussion 2	Annabel Nater		
Discussion 3	Frances Canning		
Drawing for Everyone	Vic Webb		
Economics	Jacqui Barnicoat		
Exercise	Penny Matthews		
Finding your Voice	Linda Lewis		
Food Matters	Gail Meldrum		
French Conversation Advanced	Marie-Laure 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 (Intermediate Italian)	Lisetta Tripodi Diana Pitkeathly		
Italian Conversation 3 (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 Int. & Beg.	J & J Burgess		
Latin Int. 2	Barbara Hodder		
Mahjong	Stephanie Ward		
Novelists	Frances Canning		
Parliamo Insieme	Anne Staley		
Parlons Francais (Advanced)	Alice Lemaitre		
Parlons Francais (Intermediate)	Alice Lemaitre Nichola Watson		
Patchwork, Applique, & Quilting	Daphne Andrews		
Philosophy 1	Trudi Learmouth		
Philosophy 2	Phillip Ralli		

Philosophy 3	Simon Borrington		
Photography	Kris Frank		
Pickleball	Minna Egan Ian Murray		
Play Reading	Stephanie Barnes		
Quilting Bees	Amanda James		
Quizzes	Jane Chappell		
Reading Group I	Lucina Swain		
Reading Group II	Pam Spencer		
Reading Group III	Ruth Sanders		
Reading Group IV	Jan Stobo		
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		
Intermediate Spanish	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
Mon	Pickleball - weekly Discussion Circle – 1 st of month Reading Group 6 – 3 rd of month IT Support – 4 th of month Parlons Francais (Intermediate) – alt weeks Parlons Francais (Advanced) – alt weeks Chinese and Japanese Brush-Writing Novelists Group – 1 st of the month Classical Greek – 2 nd of month Anthropology – 4 th of month	French conversation (adv.) – 1 st & 3 rd of month Quilting Bee – 1 st of month Art & Artists – 2 nd of month Bridge – 2 nd & 4 th of month Reading Group 4 – 3 rd of month Creative Writing – 3 rd of month Anthropology – 4 th of month Avanti in Italiano – 2 nd & 4 th of month Latin – alt weeks 2 nd & 4 th of month Devon and Exeter Local History – 4 th of month Circle Dancing – alternate weeks Finding Your Voice – 2 nd and 4 th
Tue	Scrabble – weekly Short Weekly Walks - weekly Choir – 1 st & 3 rd of month Italian Conversation – 4 th of month Walking Group (7-10 miles) – 4 th of month Still Life Drawing – 3 rd of month Current Affairs -1 st and 3 rd of month	Patchwork, Applique & Quilting – 2 nd & 4 th Drawing for Everyone – 1 st of month Travel – 2 nd of month Play Reading – 2 nd of month Reading Group 7 – 2 nd of month Reading Group 3 – 3 rd of month Reading Group 2 – 3 rd of month Reading Group 1 – 4 th of month Table Tennis – usually 1 per month Philosophy 1 – 3 rd of month Joy of Performing – 1 st and 3 rd of month Joy of Performing 2 – 2 nd and 4 th of month
Wed	Exercise - weekly Still Life Drawing – 3 rd of month Les Francophones - weekly Philosophy 2 – bimonthly Italian Conversation 2 – last of month Chess – weekly Poetry 3 – 3 rd of month Intermediate Spanish – 1 st and 3 rd of month	Science – 1 st of month German Conversation – 1 st & 3 rd of month Italian Conversation – 2 nd & 4 th of month Language – 3 rd of month (autumn & winter only) History – 4 th of month Philosophy 3 – 4 th of month Reading Group 5 – 4 th of month Quizzes – 5 th of month Food Matters – 1 st of month Joy of Poetry – 1 st of month Joy of Poetry 2 – 2 nd of month Parliamo Insieme – fortnightly Genealogy (Stage 1) – 2 nd of month Classical Music – 2 nd of month
Thu	Philosophy 2 – 1 st of month (alternate months) Walkie Talkies – 1 st of month Walking Group (5-7 miles) – 2 nd of month Economics – 2 nd of month History on the Move – 3 rd of month Monthly Speaker Meeting – 4 th of month Discussion 2 - 1 st of month Discussion 3 – 3 rd of month	Spanish – 1 st & 3 rd of month Circle Dancing – alternate weeks Table Tennis – Usually 1 per month Photography – 4 th of month Books and Life – 4 th of month History on the Move – 3 rd of month
Fri	Tennis – weekly Genealogy (Stage 2) – 2 nd of month Canoeing – last of month (May-Sep only) Topsham coffee morning – 1 st of month	Mahjong – weekly Board Games for Fun – alternate weeks Transport – 2 nd of month
Sat		Saturday Supper Club – 2 nd of month (evening)
Sun		Poltimore Afternoon Tea – 4 th Sunday