



FEBRUARY / MARCH 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 22 January

GROUPS FAIR

The annual **Groups' Fair** will take place on Thursday, 22nd January 2026 - taking the place of the Monthly Meeting. It will be at the Mint, 10.30am-12noon. This is an opportunity to speak to convenors and find out more about our Groups.



Thursday 26 February

Coping on The Home Front in World War II



Lily Neal is the proprietor of The Topsham Bookshop and a former Open University lecturer. She has made a study of the books, posters and pamphlets which encouraged UK civilians to join in with the "war effort" at home and to endure the privations of war in a spirit of co-operation rather than one of defeatism. Her talk explains how the graphic design styles of the wartime period contributed to this, and includes many colour images to demonstrate her point. There will also be a chance both before and after the talk to examine some of the literature she has collected.

Thursday 26 March

SPEAKER AND TOPIC TO BE CONFIRMED

EXETER U3A OPEN DAY

Tuesday, 3 March, 10am to 2pm at St Stephens Church, High Street

The aim of our Open Day is to provide an opportunity to let people know who we are and what we are all about. St Stephens Church is easily accessible for people to pop in for a chat and refreshments – BUT

Please will you all help to spread the word and tell your friends, neighbours, relatives about this Open Day?

Let's get the word out there!

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

Happy New year to you all, I hope your 2026 is at least as good as last year if not better. I trust you had a good festive break and were able to catch up with family and friends.

Communication is key to every aspect of life, including the work of our u3a. I therefore encourage you to read the Newsletter and our various emails. The committee will be shortly writing to you with our usual invitation to renew your membership for next year starting 1st April, of which I hope you will all take advantage. The committee continues to actively manage the u3a's finances but with ever increasing costs, we have had to make a couple of small changes. The renewal notice and other emails will provide the details but we have tried hard to seek ways to keep costs and renewal fees under control.

As we approach the next couple of months the committee will be looking to the AGM. I need to ask you once again to consider putting yourself forward to sit on the committee. We continue to carry a couple of vacancies but equally will have members who will have to stand down having completed their maximum 3 year term; do please give this some serious consideration.

Finally, please note details of our Groups fair to be held on 23rd January and our Open Day at St Stephens church on 3rd March.

Happy New Year.

Terry Ancell
Chair

NEWS

HELLO TO YOU ALL FROM THE SPEAKER TEAM

We are a small number of individuals who have been developing as a team for a couple of years. We share all aspects in the process of providing speakers for your enjoyment. Tasks include researching potential speakers from other u3as websites or through contacts, also from online speaker sites. We meet three or four times a year to discuss our potential speakers and plan the program.

Each of us takes responsibility for a few speakers each year. We contact them to book them for one of our meetings, we provide the speaker with all the information that they need about us and our venue and support them throughout the process. Afterwards we thank them (with feedback) and arrange for them to be paid. We also obtain from them information for our u3a newsletter, at the appropriate time, to promote the event. We evaluate the event as best as we can and use that to inform our future bookings.

We spend most of our time talking about which speakers we will pick from our list. There are always more than we can accommodate. Our main criteria for selecting are that the speaker has a proven record of experience speaking to crowds like ours and that they have been recommended by someone who has firsthand unbiased experience of the talk.

We try to ensure a range of different topics and styles to provide interest for as many of our members as possible. We have 8 meetings to fill annually and we would like to be able to do a maximum of two each so we need at least five active team members, so we are looking for some more to join us on the team. We would give all the support and training necessary until individuals feel comfortable with their role.

One of the more difficult aspects of what we do is when groups ask for some promotion for aspects of their interest group. This is usually because they feel passionate about sharing from their group to the wider membership. We are considering ways to give more support for these requests and would welcome anyone who could also help with this aspect of what we do.

Thank you for coming to the Monthly meetings in the Mint and we hope to continue to give much informed enjoyment in the future.

Frances Berry

DRIVING INTO OUR LATER YEARS

May I introduce myself. My name is Ian Pruce and for the last 25 years I have been helping riders and drivers review and improve their driving, as an Advanced Tutor with RoSPA and a National Observer with the Institute of Advanced Motorists. Together with other colleagues, this is done voluntarily.

There has been a lot of noise from the press and other media producers about older drivers and how they should be managed with compulsory eye tests, medical certificates and even being banned from driving when reaching 80 years of age!

Over the last 60 years it is estimated that 300,000 people have died on the roads and millions seriously injured. True, it has reduced from around 8,000 deaths in 1966 to under 2,000 in recent years. In that time driving licence holders have increased from around 16 million in 1965, to 53 million in 2024. Is that reduction in deaths an indication of better drivers?

During that time, we have seen the introduction of disc brakes, seat belts, airbags, crumple zones, collapsible steering, ABS, radial tyres and other improvements to vehicles. Crashes now get attended by trained first-aiders, paramedics and even air ambulances. Hospitals, especially at major trauma centres, have MRI scanners, ultrasound machines and other equipment, as well as highly trained staff and better life saving drugs.

Driving is not an age-related activity, but rather a skill and ability issue. The common factor with collisions is driver error. It is recognised by driving instructors that within about 10 weeks of passing the driving test most will have fallen into bad habits. Add to that the fact that skill-fade will affect all drivers. A licence is granted after one successful hour with an examiner and as we get older our health may also be a factor to consider. However, we can take steps to ensure that we are still capable and able to perform on the road in a safe and responsible manner.

This is not a sales pitch, because the groups which exist under the banner of advanced drivers and riders, do so within the organisations of RoSPA and IAM RoadSmart. Tuition is given entirely free, by fully trained volunteers.

Driving and riding is, or should be, enjoyable. Refreshing one's skills actually enhances the pleasure of being on the road and makes it much less stressful. What's required is a willingness to explore, examine and take a chance - not on the road, but on oneself.

See what we have to say on a few websites.

Exeteradvanceddrivers.com, casd.co.uk, northdevonroadar.org.uk, iam-exeter.org.uk

Ian Pruce

U3A SOUTH WEST REGION VACANCY

At the end of March 2026 there will be 1 vacancy for the South West Region on the Council, as Susan Parkers term of office has come to an end.

The dates for the election process will be as follows for the vacancy, and the elected candidate will become Council Representatives from the 1 April 2026 and join us for their first meeting on the 23 April 2026.

- 8 January 2026 - Nominations open
- 3 February 2026 - Nominations Closing
- 17 February - Elections Open

- w/c 2 March (TBC) - Hustings
- 24 March - Elections Closing
- 1 April - Newly elected Council Representatives start in post
- 23 April - First in person Council Meeting in London

UNIVERSITY LIAISON

FORTHCOMING EVENTS

ARTIFICIAL INTELLIGENCE AND THE FUTURE OF LAW AND REGULATION

A Talk by Ana Beduschi, Professor of Law

Wednesday, 28th January 2026 2.00pm-3.30pm

Matrix Lecture Theatre, Building One, Streatham Campus

This event is now fully booked with a waiting list for any cancellations.

SOVIET MEN AND THE 'FIGHT FOR PEACE' IN THE EARLY COLD WAR, C. 1945-65

A Talk by Dr Claire McCallum, Senior Lecturer in Twentieth Century Russian History

Tuesday, 17th February 2026 2.00pm-3.30pm

Constantine Leventis Teaching Room, Building One, Streatham Campus

As has been the case in many societies throughout history, the masculine ideal in the Soviet Union was one based on martial values. This archetype had been severely tested in the 1940s when the fantasy of how Soviet men should act, how they should look, and the social roles they should fulfil, was confronted by the horrors of modern warfare. While still grappling with the legacies of actual conflict, the Cold War brought a new and different kind of challenge to the ideal man, as the government launched its so-called 'fight for peace' – a campaign that ran for decades that touted the Soviet commitment to world peace, the desire to labour and achieve communism without military confrontation, and a longing to mitigate the suffering that had been endured by so many in the recent past. **Claire's** research explores this significant period which is lesser known in the West, asking questions such as what did the ideal Soviet man look like in this era of peaceful co-existence? How far were the traditional manly qualities of bravery, self-sacrifice and commitment to the cause repurposed now for peaceful endeavours? What place did Soviet men have – both in reality and in rhetoric – in a cause that so often has been associated with women, and particularly mothers? And how did the legacies of the 1940s shape the new peace-loving man of the post-war era?

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

AN INTRODUCTION TO THE WORK OF THE COUNCIL FOR RURAL POLICY RESEARCH

by Professor Matt Lobley, Co-director of CRPR

and SUPPORTING HEALTH AND WELLBEING IN UK FARMING COMMUNITIES

by Dr Rebecca Wheeler, (Senior Research Fellow at the CRPR)

Tuesday, 31st March 2026 10.30am-12.30pm

Seminar Room A, Living Systems Building, Streatham Campus

The Centre for Rural Policy Research (CRPR) is an inter-disciplinary team of social scientists focussing on social, political and economic issues at the intersection of land, the environment, farming and food systems. **Matt Lobley** will give an overview of the extensive research and training being carried out within the centre, and of how its work is informing policy and practice to create more sustainable food systems and rural communities, both in the UK and beyond.

As one of the leading centres in the UK for the study of health and wellbeing in agriculture, the CRPR has gathered extensive evidence and understanding about levels of physical and mental health within farming communities and the social and cultural factors that influence these. **Becca Wheeler** will outline some of the findings from this body of research and discuss how the team is extending and deepening this work, including through working with partners to improve preventative services and tailored support for farming people, especially in Devon and Cornwall.

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

CONVERSATION CAFES

The Conversation Cafe is organised by **Jo Hughes** in the INTO centre. It brings together students for whom English is a second language and u3a members. They learn about English culture and language and we learn about theirs. So, if you would like to hear about the education system in Brazil or Korea, or are up to explaining the difference between a cream tea in Devon and a Cornish one, come along and have a chat.

This term's sessions are on **Thursdays 26th February, 5th March, 12th March, 19th March from 1.35pm-2.50pm in the INTO building on the Streatham campus.**

If you are interested in coming along to any of these sessions, please contact Jo Hughes direct -

REPORTS ON PAST EVENTS

DEALING WITH CHRONIC PAIN

In November, **Sam Hughes** looked at the evidence linking nature with pain relief and provided insight into how nature can form part of chronic pain self-management through both real world and virtual reality (VR) approaches. If you would like to see his presentation, Sam has kindly made his slides available to us and you can access them via the University Liaison webpage on the Exeter u3a website

THE EYE: HOW IT WORKS, ITS MALADIES AND SOME INSIGHTS INTO WHAT'S POSSIBLE

In December, almost 40 of us braved awful weather and heavy traffic to hear **Conor Ramsden's** talk. He pitched it at just the right level so that we could understand in detail how our eyes work and some of the problems particularly associated with ageing. Dr Ramsden

spent quite a lot of time talking about cataract surgery and included a quite gory video to illustrate it – but we coped!

Dr Ramsden chose a very informal 'Ask me anything' approach – and there were certainly many questions from our members about their personal eye problems. Unfortunately for some of us, this meant that he didn't manage to talk to us about either Macular Degeneration or detached retina, glaucoma or his research.

He has promised Part Two this term. Watch this space!

Carol McCullough

THE SEA REMEMBERS ITS OWN: THE ENVIRONMENTAL IMPACT OF WORLD WAR II – RETHINKING REPRESENTATION OF WAR IN FILM FOR THE FUTURE

In early January nearly twenty u3a members braved heavy rainfall to attend a lecture by **Debra Ramsay**, Lecturer in Film and Television Studies and co-director of the Exeter Screen Studies Research Centre. Taking as her focus the Battle of Midway in the Pacific in June 1942, Debra examined three different films about this pivotal incident in World War II: John Ford's documentary made during the war and two blockbuster films, one directed by Jack Smight in 1976, and one directed by Roland Emmerich in 2019. Her theme was the complete lack of reference in any of the films produced about this battle on the environmental devastation to the Midway atoll in the North West Hawaiian Chain which resulted from the US/Japanese conflict. The focus of all of them is on the heroism of the participants, the fight for freedom, the excitement of the combat in the air and on the sea, the suffering of the brave soldiers and sailors. No mention is made of the huge price paid by the non-participants, such as the albatrosses and sea creatures, and the collateral damage to the natural world, which is still being harmed more than eighty years after the end of the war as toxins leak from the decaying planes and ships under the ocean and buildings on the land. While this might be understandable in Ford's documentary produced during the war when the Allies were fighting for freedom against the Axis forces and environmental concerns were much less known, it is surprising that even the 2019 film took no account of the destruction caused by this man-made conflict, despite there now being well-publicised world-wide concern about climate change and the permanent damage to our environment and the world we and wildlife both inhabit.

In her role as media studies lecturer, Debra is trying to encourage a change of perception in her students so that hopefully they can ensure that the focus of film narratives in the future is not just on the human cost of conflict but on the price paid by the natural world too.

Trudi Learmouth

GROUP MATTERS

SEE END OF NEWSLETTER FOR EXETER u3a GROUPS TIMETABLE
FOR CONTACT DETAILS FOR GROUPS, SEE PAGE 19
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 make sure that all payments are carefully labelled with your name so that they can be allocated correctly. Thank you.**

Group Convenors are NOT responsible for collecting any payments but are responsible for ensuring that their members fill in **clearly** the attendance lists for each session.

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 STARTING

CHESS



I am just letting you know that from Wednesday 7th January the chess group will start.

It is to be held weekly from 10am at the Exeter library. We are looking for more people to join of any ability level.

Di Pitkeathly

GROUPS LOOKING FOR NEW MEMBERS

CANOEING

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: 27th March; 24th April; 29th May; 26th June; 31st July; 28th August; 25th September.

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



Sue Kidd

TRANSPORT GROUP

The transport group has now been running for over a year and is seeking to expand its membership. Meetings are usually held at the Mint on Friday, 1.30 to 3.00 pm. As an enticement, please see the table below of the planned discussion subjects for 2026. The group considers a very wide range of topics and do not just consider specific transport types, e.g. trains. The group has considered advertising and posters and how these have been developed and influenced transportation. We have considered how leaders in transport have brought about change including women racing drivers and pilots, record breaking achievements and more.

If you think you might be interested, please contact Paul Palin.

MEETING DATE	MAIN ITEM	DISCUSSION	PERSON/S	DECADE
09/01/2026	Transport architecture	Memories of stations etc.	Architects	19 th c.
13/02/2026	The art of transport	The value of art & photographs	The futurists	1910s
13/03/2026	Town transport	Timetables	Alex Issigonis	1950s
10/04/2026	Canals & waterways	Rivercraft art	Navvies	18 th & 19 th c.
08/05/2026	Transport cutaways	Understanding things	Bruce Cornwell	1960s
NO MEETINGS OUTINGS:PLYMOUTH MARITIME -				

11/09/2026	Fairground transport etc.	The demise of dingles	Fred Fowle	2020s
09/10/2026	Drones & submersibles	Brave men & women	Heros	1940s
13/11/2026	Future transport	The sky is the limit!	Visionaries	21 st c.
11/12/2026	Transport game /mince pies/tea/plus	Items of interest	Group members	

Paul Palin

NEWS FROM GROUPS

CHOIR

Over the past year the choir has continued to flourish with 30 to 40 singers attending regularly. We have welcomed a number of new members and continue to put the emphasis on enjoyment and fun while aiming to make a good sound.



We do not aim to be a performance choir but do sing for such events as the u3a AGM and the Christmas Caroling. We have also sung in a number of care homes and been delighted to see how the residents respond to us. These occasions often involve the residents, encouraging them to join in with the choir singing songs which we hope they will remember from their teenage and early adult life. Some have even asked us back so we must be doing something right!



I would like to thank our pianist Lucina who is an absolute pro! Her musical knowledge and support is really valued by all.

And finally, I would like to thank all the choir members, those who have been coming for years and those who are relative 'newbies' for their enthusiasm and wonderful singing. Also, their patience when things don't always go right!

Hope you like the pictures of the choir as they wait for the Caroling to begin.

If you would like to join us please do get in touch.



Julie Crichton-Smith

CIRCLE DANCE

On Tuesday 6th of January the Circle Dance Group celebrated the New Year with a Turkish themed meal at the Dinosaur Cafe followed by dancing around the tables.

As we all know dancing is an excellent form of exercise, helping to maintain fitness, suppleness, balance and concentration. Circle dance offers many advantages as we dance simple dances from Greece, Bulgaria, Turkey and other countries in Europe and further afield as well as fun, more modern choreographed dances. Each dance is taught every time and is mostly danced in a circle or line, often holding hands and needing no partner. We dance to a wide variety of world and classical music.

We're a friendly group and welcome new members at any time. We meet weekly, alternately on a Monday and a Thursday - in order to be available to as many dancers as possible, in Exwick Parish Hall from 2-4 pm.

You need absolutely no dance experience to join us, two left feet are welcome! So, if you are thinking you fancy some gentle exercise along with tea and biscuits and a chat, come and give us a try, or email me for more details.

Jill Ashby



GARDENING

With the garden-visiting season curtailed by weather and limited light until spring, we have enjoyed a couple of indoor social events. First up was a coffee morning and seed share in early November. Some 20 members met in the city centre to socialise and share spare seeds from their garden (there are few left over which will be available on the gardening group stall at the Groups Fair on 22 January). This was followed up later in the month with a garden/plant-themed quiz at the Mint at which we were pleased to welcome also some colleagues from the Quiz



Group. In the new year we will remain indoors, with some guest speakers planned, until we get out and about again in the spring - which is not far away, here are some daffodils pictured flowering in a member's garden on Christmas Eve:

M.J. Morgan & Phil Slater

HISTORY-ON-THE-MOVE

OLD KIRTON's East Town – CREDITON 5 December

"When Kirton was a church town, and a market town, Exeter was a fuzzy down". I had always wondered what this little rhyme meant when singing it from a nursery book in America. Read on.....

Over the past thirteen years we U3A'ers have visited 150 (or $12 \times 13 = ?$), approximately, of towns and villages. This particular excursion would test the hardest of members. Incessant rain, gusts, and water-logged meadows of mud. Two HOTM'ers ventured forth! Our little bedrabbled-bedraggled party dared not to be photographed for this issue of The Newsletter U3A.

The potted history of town and parish church unfolded inside the Holy Cross and The Mother of Him Who Hung Thereon. Over eighty beautifully decorated Christmas trees surrounded us in the nave to commemorate Crediton's famous son, St. Boniface. The origin of the Christmas tree is attributed to him in 755 a.d. The first wooden Anglo-Saxon church (c. 661 a.d.) constructed of wood changed to a stone Norman place of worship; to the English Decorated, then Gothic Perp by 1530. The Holy Cross is one of three churches in the Country to have been bought for £200 from Henry VIII. His son, Edward VI, granted a school in what is now The Lady Chapel. Twelve governors have managed H.C. since the late 1540's. During the Anglo-Saxon era notably 909 – 1050, Crediton possessed the Cathedral of the South West as in Cornwall, Devon and parts of Somerset. The Town prospered housing numerous canons, prebends, vicars and secondaries. The move of the 'cathedra' was because of Viking raids. Old Kirton – Crediton went downhill. The attraction for settling in this area in the first place may have been due to three rivers, fertile volcanic soil and the crossing of the ley lines of St. Mary & St. Michael. In the past, certain HOTM'ers have actually experienced a frisson.



The Old East Town - where Crediton's history began - is normally a two and a half hour long tour by local historians and your 'Guide-of-the-month'. In order to pare it down to 70 minutes, hand drawn maps and a time line written by the guide are given out. We referred to these handouts all through the tour in order to cut down on walking time. From a vantage point where we huddled in a less of a downpour, Leslie pointed out on our maps: birthplace Anglo-Saxon Winfrith, a.k.a, St. Boniface, as well as lanes and courtyards

that housed the once huge numbers of clergy. Up and south wards the 1557 Spurway Almshouses. Further on, Lord's Meadow Civil War drills (1643-45). Prince Rupert's diarist exclaimed, "As for Old Kirton, it is one vast LOUSY town". The Hayward Elementary School is pointed out. The most



famous student was the orphan, Ernest Bevin. Whilst not at school he had to pick turnips for his aunt and uncle. They thrashed him if he picked too slowly. Off to the remote and serene St. Libbet's Holy Well via The Last Chance Salon (former poorhouse 16th Century for paupers of Kirton, and mid Devon). The site of the 1743 Great Fire, the second largest after 1660 London fire. 180 looms and laborers' tools destroyed and 240 thatched dwellings. Lord Clifford's Way denoting his role in the CABAL (Clifford, Arlington, Buckingham, Ashley, and the Lauderdale's for Charles II. The woolen industry history as, "There is no finer spinning than Kirton Spinning". 140 threads could pass through a tailor's needle. Gen. Sir Redvers Buller VC's life is told - the more modern Lord of the Manor. The little touring party was surprised at the amount of history played out in the Town. Hence, the rhyme at the beginning of this 'review'. My closing limerick failed to impress the by now cold and sodden HOTM'ers: "There once was a curate of Crediton/Who took fois gras/And spread it on/a chocolate biscuit/Saying, I shall risk it! /His tomb bears the date/he said it on". A special praise to Jennifer and Marcia for having survived the tour!

Leslie Moss

HOTM TALK

"A quick rich scheme? Banking Adventures with some attention to Exeter."

By Professor David J. Moss.



The talk for 2026 HOTM will be open to all u3a members. It will take place on Thursday 19 March at The Mint 10:30 to noon. Professor Moss will be discussing the history of British Banking including some interesting information on Exeter's early banking.

Interested members to contact Leslie Moss

Limit on numbers attending. (Only 50 -55 are permitted according to fire regulations).

LANGUAGES GROUP

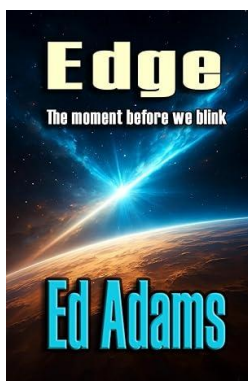
The Language Group meets on the third Wednesday of the month, so our next date will be Wednesday, January 21st in the Wesley Room at the Mint from 2.30 to 4.00. This will be an open session for us to discuss any 'Linguistic quirks, puzzles and curiosities' which we have come across. I shall kick off by talking about greetings and how we say hello to each other. The subject of February's meeting will be 'The Romanian Language', followed by 'The Language of Music' in March and 'The Language of Flowers and Plants' in April.

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.

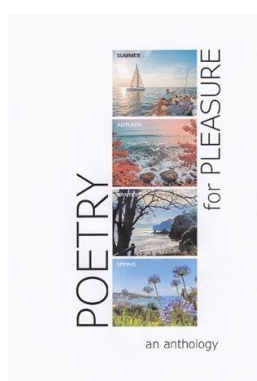
Joyce Burgess

THE NOVELISTS GROUP

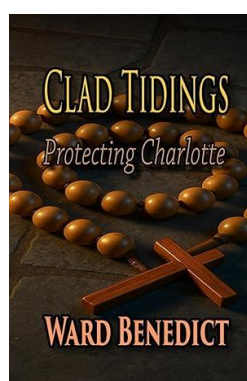
This group, which formed last May, now has a 'core' membership of four, all of whom have published since the group started, though not all have confined themselves to novels.



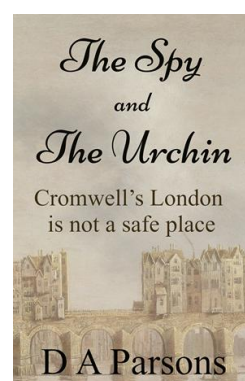
When Roelof and Jasmijn hear the hum beneath the code, they begin to understand what no one on Earth is meant to know: continuity isn't mercy — it's control.



This anthology gathers the voices of fourteen poets each offering their own vision of life shaped by the countryside, the sea, the coast, the natural world, and the personal journeys that have influenced their imaginations.



A man falls to his death from the roof of Prospect House. Derek swears he discovered the body first - yet his story never quite matches. Too many voices and secrets. among them Charlotte, blind and with the mind of a child.



The naif Devon spy collides – literally – with the street urchin. Together they might make a team. But only if John Thurloe can keep them both from being killed by a vicious assassin, Quartus.

QUILTING GROUP

The Red Dress, Killerton House and the Exeter u3a Quilting Bees

When Killerton House opened for Christmas it had on display the Red Dress. The Red Dress project is a collaborative embroidery project begun by British artist Kirstie Macleod in 2009. The dress has been a canvas for individuals around the world to share their voices. The dress has travelled to 51 countries and passed through the hands of 380 embroiderers (majority women), many of whom are vulnerable and living in poverty.

'Initially the project sought to generate a dialogue of identity through embroidery, uniting people around the world without borders. However, over the 14 years the dress has also become a platform for self-expression and an opportunity for voices to be amplified and heard.' - Kirstie Macleod

The National Trust invited local groups to be involved by creating embroidered red squares which were made into a canopy to complement the dress. The Exeter u3a Quilting Bees contributed and were invited to preview the exhibition. It was inspiring to view this unique dress and also be part of a project which has brought local communities together.



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



SCIENCE GROUP

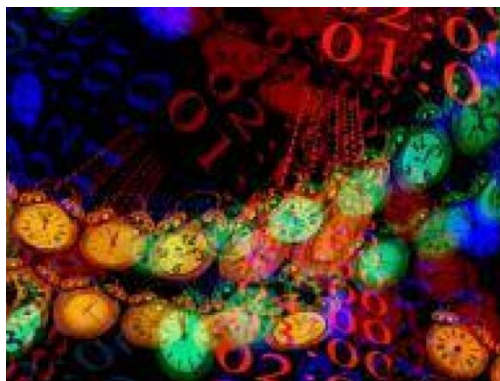
Is Everything Relative?

Peter Atkinson, Stokesley and District u3a, Yorkshire & the Humber

Wednesday 4 February 2026 2pm via Zoom (Please note that this is postponed from 7 January)

I'm a retired engineer who is now attempting to understand all the stuff I should have understood whilst studying for my physics degree way back in the late 1960's. Hopefully I can now explain some aspects of modern physics to others.

We explore the thoughts and insights of Albert Einstein in a non-mathematical way as he developed his Theory of Special Relativity exploring why everything is relative and what it means to say the speed of light is constant. This leads to amazing conclusions about the nature of time and space.



Autism and ADHD Today: Pathology or Personality, by Dr Kevin Bryant

Wednesday 4 March 2pm via Zoom

Are autism and ADHD disorders? Or are they part of natural human variation? In this presentation, I take a critical look at some of the scientific evidence in an attempt to shed some light on this controversial area.

Dr Kevin Bryant is a King's Fellow in Bioscience Education, and currently based at Anglia Ruskin University. His research critically examines the social construction of knowledge and its role in the power dynamics of higher education and healthcare practice. He lives in St Ives Cambridgeshire, and runs the local u3a discussion group titled Health Issues in the News: the Science Behind the Headlines.



Science Convenor, David Northrop

WALKING GROUP

Reflections from 2025

As we enter 2026, it's indeed timely to have some reflections on what we did and where we went during 2025. Photos tell their own story and below highlights the variety of our walks for all to see.....



A wise owl for company at Decoy Park, Newton Abbot



Superb panoramic views over the Exe & Teignmouth at Mamhead View.



Near Scorehill and tramping over well worn Dartmoor trails and tors..



Coastal view of Beer



Summer has arrived and so have we! Putsborough North Devon.



Perched on a cliff edge ..a picnic spot near Weston..



Remember the dry spell? Rambling around Newton Pop & Harpford Woods.



Along the old train line...Autumn. Lustleigh back to Bovey Tracey.



Our mystery walk around and over the top of Exminster...Boys will be boys!!

So, here we are into the new 2026 with more adventures and fun and great company to look forward to across our wonderful county of opportunity.

Dave & Mike

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

DRINKS EVENING

Elizabeth's drinks evening at Leonardos - Monday, 19 January 2026

It is about time for another Drinks Evening, and I am giving people a bit more notice so they can sort out their diaries. I will also try to vary the day of the week in future so that members who have a '**meet up**' in another group on a set evening of the week can still come along sometimes.

I was really pleased with the turn out in December - especially as it was such a wet, miserable evening. A dozen people in total, so thanks to everyone who came along'. It meant I was saved the embarrassment of explaining to the staff why only 2 of us turned up to sit at their beautifully laid out arrangement of tables, chairs and screens!

As usual we will meet at about 7pm (I usually hang around the front door from about 6.45 onwards to greet new people who may not know anyone). We tend to drift off at about 9/9.30pm - No, not fall asleep! We are much more interesting than that... promise.

I look forward to seeing a few new faces. Go on. Give it a try!

Elizabeth Vousden

LIST OF CONTACTS

COMMITTEE

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

CONTACTS FOR NON-COMMITTEE OFFICIALS

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

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

Group Name	Contact Name	Tel Number	Email
Anthropology	Penny Amraoui		
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
Cinema	Dormant
Circle Dance	Jill Ashby
Classical Music	Colin Farlow
Classical Greek	John Burgess
Crafts	(temporarily suspended)
Crosswords	Marion Ricketts
Cycling	Ian Murray
Devon & Exeter	Derek Smithers
Local History	
Discussion Circle	Chris Grundy
Discussion 2	Annabel Nater
Drawing for Everyone	Loran Waite
Economics	Jacqui Barnicoat
Exercise	Penny Matthews
Food Matters	Gail Meldrum
French	Marie-Laure
Conversation Advanced	Despres
Games for Fun	Liz Batten
Gardening	Phil Slater
	M.J. Morgan
Genealogy	Shivaun Gammie
Genealogy – short term introduction	Shivaun Gammie
German	Alan Caig
Conversation History	Mark Hall
History on the Move	Leslie Moss
Italian	Stephanie Barnes
Conversation Italian	Julia Briggs
Conversation 2 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
Language	Joyce Burgess
Latin	John & Joyce
Intermediate and Beginners	Burgess
Les	Marie-Claude
Francophones	Arstall
Mahjong	Steph Ward
	Gillie Collyer
Modern Western	(temporarily suspended)
Square Dancing	
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
Pickleball	Kris Frank
	Minna Egan
	Ian Murray
Play Reading	Stephanie Barnes
Quilting Bees	Amanda James
Quizzes	Jane Chappell
Reading Group I	Lucina Swain
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	Paul Mattausch
	Burrows
Still Life Drawing	Mirren Baglin
Table Tennis	Finn Ibsen
Tennis	Kay Mathews
Transport	Paul Palin
Travel	Ian Murray
Walking Group	Dave Bassett
	Mike Arstall
Walkie Talkies	Mike Arstall

Exeter U3A – Groups Timetable – see Newsletter for Contact Details. Subject to change.

Day	am	pm
Mon	Pickleball - weekly Discussion Circle – 1 st of month Reading Group 6 – 3 rd of month Convenors Café – 2 nd of month (bi-monthly) Crosswords – 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	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 1 – 3 rd of month Creative Writing 2 - 4 th 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
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 Joy of Performing – 1 st and 3 rd of month Still Life Drawing – 3 rd Tuesday	Patchwork, Applique & Quilting – 2 nd & 4 th of month 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 1 – 4 th of month Table Tennis – usually 1 per month Philosophy 1 – 3 rd of month
Wed	Exercise - weekly Cycling – 4 th Wednesday Still Life Drawing – 3 rd of month Les Francophones - weekly Philosophy 2 – bimonthly Italian Conversation 2 – last of the month Chess – every Wednesday	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
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	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 – 2 nd of month Canoeing – last of month (May-Sep only)	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

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