



AUGUST / SEPTEMBER 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 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.

AUGUST NO MONTHLY MEETING

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. It is entitled 'treading the wards'.

Treading the Wards **A Nurse's Tale**

Lottie Dale



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

I hope you are all enjoying the excellent weather we're having although I appreciate that there will be many a gardener who would appreciate some rain. Let's hope the weather remains fine for our summer holidays but please keep safe in the sunshine.

My message this time concerns the u3a policies and general communications. I urge you to please read the emails that we despatch to you from time to time. We try to minimise the number of emails we send out and to focus on important details concerning our activities. There are quite a few people I speak with who say they rarely read the emails from the u3a which begs the question about how we should keep you all informed of important information. I would therefore invite you to suggest how we might improve our communications, so everyone may be properly and fully informed. All suggestions welcome.

I should also highlight that as a registered charity we have to have in place a range of policies and procedures that ensure all activities of the u3a meet our standards and legal obligations. Much of this is, for our age group, would be considered common sense or familiar from our working lives. I ask that you review from time to time, these policies, which are available on our website. For example, our accessibility policy requires that we make reasonable accommodation for those who experience difficulties in attending our various events and groups. Some accommodations may be simple and straightforward, whilst others may need a more fundamental change, such as a change of venue. It is important that we respect all our policies in order to avoid difficulties or potential challenges that the u3a is not delivering on its promises or legal obligations.

Lastly, whilst recognising that some groups may be taking a break over the next few weeks, other activities will continue but whatever you do I hope you have a very enjoyable summer.

Live, Learn, Laugh.

Terry Ansell

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

The poetry groups are privileged to have been able to arrange the first of a series of special events arranged by the interest groups. Many people feel poetry is difficult to access or rather specialist. We want to demonstrate that this doesn't have to be the case; poetry old and new can move us, tell us stories and make us laugh. And there are some experiences that only poetry can help us through.

Come and join us for a celebration for National Poetry Day and to support the first special event and all our writing groups. We promise that there will be nothing obscure, just a variety of poems, some of which will surprise you, that you will enjoy as much as we do.

We hope to welcome you for an entertaining afternoon.

Amrita Mohan and Loran Waite (convenors).

UNIVERSITY LIAISON

FORTHCOMING EVENTS

VISIT TO THE BILL DOUGLAS CINEMA MUSEUM AT THE UNIVERSITY OF EXETER

Wednesday, 12th August, 10.30 - 12.00, Old Library, Streatham Campus

The Bill Douglas Cinema Museum is home to the foremost collection on cinema and moving image history in Britain. It is both an accredited public museum and an academic research facility and holds a collection of over 95,000 items.

The visit will be led by **Dr Phil Wickham, the curator of the Museum.**

The latest exhibition celebrates the centenary of the birth of cinema's most iconic star, Marilyn Monroe. The Museum holds over 800 items on Marilyn, reflecting the ubiquity of her image in popular culture and her impact as a star. The items range from contemporary articles on her way to the top to the vast amount of 'Marilynalia' produced in the years since her death, from handbags to prints to household objects.

LIMITED TO 24 PLACES

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

REPORTS ON PAST EVENTS

NOT SUCH A BREATH OF FRESH AIR? WHERE AGEING AND LUNG DISEASE COLLIDE

In May over fifty members attended a talk by **Chris Scotton, Professor of Respiratory Biomedicine**.

His talk was organised into six sections: Who we are - the Research Team; Lung Structure and Function; Risk Factors; Lung Disease Burden in UK; Lung Fibrosis; and Recent Research.

As an introduction, those members with smartphones eagerly took up the challenge of a quiz on their knowledge of lungs and respiratory diseases by completing questions on a Mentimeter vote.

Risks to lung health include oxygen itself as too much can damage lung cells; many were also surprised to learn that pigeons can be very dangerous as their droppings cause respiratory disease. As with many aspects of our health, our genetic profile greatly influences how we respond to the risks.

In terms of treating lung disease, diagnosis is very difficult and presents many challenges to GPs without experience of lung disease. Compared with other health conditions such as heart disease, lung disease is the Cinderella in terms of research. Whereas heart disease is declining in the UK, lung disease is rising.

Chris focused on his team's research into pulmonary fibrosis - the end stage of interstitial lung disease. There are 70,000 cases in the UK and 20,000 new each year. There is no cure and it is not known why this disease is becoming more common. Sufferers survive on average 3-4 years after diagnosis. There is a 1 in 5 genetic element as the disease affects the telomeres. These are part of our DNA and they shorten as we age. As a result of this, cell division stops which leads to cell death, and the start of senescence. Chris likened the damage to the fraying of a shoe lace without the plastic sheath at the end. The lung is filled with scar tissue which prevents the oxygen getting into the bloodstream.

Clinical trials have produced two drugs which can slow the advance of the disease but are not cures.

Current research is targeting telomeres in lung fibrosis, as short telomeres cause lung fibrosis.

One area of research is whether the use of sex hormones might help to reverse the effect of ageing and loss of hormones, but hormone biology is very complicated. The current research project has the catchy title of STARSHIP - Study of Telomeres And the Role of Sex Hormones in Interstitial Pulmonary fibrosis and Hypotesteronaemia! One area of investigation is Testosterone Replacement therapy Intervention for Understanding its effects on Males (TRIUMPH). Clinical trials are needed and the team are currently seeking funding in order to proceed.

A second area of current research is to enable earlier diagnosis by developing a Blue-tooth stethoscope which will make it much easier for a GP to identify IPF in a patient.

Thus Chris's presentation ended on a positive note with the hope that research will lead to improved outcomes for sufferers of IPF in the future. Our members greatly appreciated Chris's comprehensive, informative and entertaining presentation, responding enthusiastically with a wide variety of comments and questions. Some were concerned about the lack of funding for research into respiratory disease and asked how they might help: <https://exeter.hubbub.net/p/pulmonary-fibrosis/pitch/>

In addition, if any members are interested in taking part in research and being part of the Patient and Public Involvement (PPI) they should contact Chris direct: More information

about this here: <https://www.exeterbrc.nihr.ac.uk/patient-public-involvement/what-does-it-mean-to-get-involved-as-a-patient/>

Trudi Learmouth

MIGRATION AND MOBILITY IN ROMAN HISPANIA

On an exceedingly hot day in June, nearly thirty u3a members braved the heat to attend a talk by **Claire Holleran, Associate Professor in Classics and Ancient History**, whose research interests lie in the social and economic history of ancient Rome. The weather certainly helped us relate to those citizens of the Western Roman empire!

Claire's theme was the movement of ordinary people, small groups and individuals, as opposed to large groups and the military. It was very interesting to learn about an aspect of the Roman empire that affected the everyday lives of ordinary people, at a time when they could travel across the borderless empire, all under the power of Rome. Claire's research examines inscriptions recording events and deaths, which state where the person has come from and where they have died. Getting close to individuals and their personal journeys and lives was very rewarding with the evidence of their epigraphs, making us realise what we have in common with people from the past. For example, the inscription on a tombstone found on the site of the Roman fort of Arbeia on Hadrian's Wall in South Shields tells us that it was set up to honour a woman of the Celtic tribe, the Catuvellauni, called Regina, freedwoman and wife of Barates, a Roman soldier from Palmyra (in Syria). Barates wanted the inscription not just in Latin but also in Palmyrene script, which the sculptor was able to do.

The focus on Hispania (Spain) as the context of migration meant that we learnt a great deal about that area and its industries in the Roman period which few of us had previously known about. Just as today, people had to move for work, to survive and to maintain their families. Mining was a key industry in Hispania, and the evidence shows individuals and small groups moving to centres of mining from rural areas within Hispania. Inscriptions recorded the deaths of individuals, their wives, and daughters, showing migration also to Hispania from the eastern Mediterranean.

The challenges posed by extensive travel were also examined, the cheapest and quickest route being by sea; some itineraries were meticulously recorded, with each day's mileage and stop-over being noted in the Vicarello goblets for a journey from Gades (Cadiz) in Hispania to Rome.

Claire also explained carefully the process of researching a topic of this nature from ancient history, its challenges and the value of pilot projects. It was particularly interesting to see the role of digital technology in this process and how this can be of greater assistance in future projects. Claire is hoping that it might be possible to expand the research into migration across the whole of the Western Roman Empire. She also drew our attention to some valuable websites for anyone interested in looking further into this topic:

Roman Inscriptions of Britain <https://romaninscriptionsofbritain.org/>

Mapping Migration in Roman Iberia <https://mappingromanmigration.exeter.ac.uk/index.html>

Roman Route planner <https://omnesviae.org/nobis>

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

FRENCH CONVERSATION (advanced)



Would you like to practise speaking French? This small group offers the opportunity to practise and maintain your fluency in a friendly and relaxed atmosphere.

During our meetings French is spoken at all times and subjects discussed are wide ranging from personal accounts to topical issues. During the flow of the conversation, we often come across new vocabulary, French expressions and idioms. Further clarifications are given by our native speaker (the convenor).

All the members have a good level of fluency in French. Some have lived in a French speaking country for many years, while others have practised during their holidays.

We meet twice a month on Monday afternoon (first and third of the month) at the Cosy Club.

If you are interested, please contact Marie-Laure Després

Marie-Laure Després

A NEW READING GROUP

We are hoping to set up a new Reading Group in the Autumn.
If you have been looking for a Reading Group to join, please get in touch to let me know and I will add you to the list.



We have four names already and when we have about six we will set up a meeting where you can all be part of deciding where and when you will meet and how you'd like the meetings to run.

You will have lots of help to get things set up, and on-going support as needed once your group is up and running.

If you are interested, please email me .

Anne Barwell, convenor of Reading group 5 and assistant Groups Coordinator

CANOEING SEASON 2026



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.

Our trips out will be at 10:00 am. and the activity will last for approximately two hours.

The next dates for this activity are as follows: 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

NEWS FROM GROUPS

GARDENING

Visit to Heathercombe

In mid-May we enjoyed an excellent visit to Heathercombe at Manaton on the edge of Dartmoor. Our informative and enthusiastic guide, John, showed us around the extensive gardens and woodland. Over two miles of shrub and woodland walks in a secluded valley with streams, former mill, ponds and a profusion of shrubs and wildflowers culminating in a large lake. Later we toured the orchard and cottage gardens. And rounded off, as usual, with a tasty selection of cakes and tea/ coffee to enjoy in the garden in the sunshine. A treat.



Plant sale

The group held its annual plant sale at the AGM in May and as usual business was brisk, with a goodly amount being raised for funds. Thank you to everyone who contributed by bringing plants, buying plants, setting up/taking down, selling, taking money, chatting about plants or whatever – it couldn't happen without you. Special thanks to Frances Berry for organising.

Visit to Sue Francis' garden

June brought a visit to Sue's walled garden in central Exeter where some 25 members of the groups enjoyed admiring the landscaping and planting which has transformed the plot since Sue moved in, a relatively short time ago. There was plenty of time to socialise too and chat over refreshments which raised over £70 for St Petrock's. Many thanks to Sue and her helpers for hosting us!

M.J. Morgan & Phil Slater

HISTORY ON THE MOVE

21st MAY KENTON - "History-on-the-Move" members were delighted that this interest group was finally ON-THE-MOVE!

On a tiny triangular War Memorial Park, around thirty smiling U3A'ers clustered around our 'Guide-of-the-Month', Jan Rolfe. We paused a few moments admiring Victorian Gothic Almshouses, and gardens en route to All Saints Parish Church. Ann Roberts, local historian, pointed out the salient features of this 1455 building. The West Country medieval, ecclesiastical carving is a joy to behold notably the rood loft and screen.



Roberts explained how the three components, The Rood, The Loft, and The Screen had altered since The Reformation. The loft, or minstrels' gallery had been restored (1899) by Herbert Read of Exeter. The rood itself, removed at the time of Elizabeth I, has been substituted by a silver crucifixion from the high altar of the Cathedral of Exeter. The pulpit - a masterclass of Devon carving – exudes grief, regeneration, evil and The Divine. According to Roberts, Sabine Baring-Gould at age 17 years sketched this very same pulpit. Years later when he returned, he was dismayed that it had been carelessly tossed into a schoolhouse cloakroom. He protested and engineered its return to All Saints. The restorers relied on his original sketch to piece it back together. HOTM'ers may recall Rev. Sabine Baring-Gould's poem "The Death Coach" from Tavistock and from Okehampton. The screen is original and paintings of 40 saints, apostles, and prophets. Some faces are scratched out from zealous Reformers 16th

c. Does anyone recall a similar, smaller array of saints and prophets in Chudleigh? Amongst the glorious stained glass by the Drake family of glaziers (Exeter) are the side windows of grisaille motifs incorporating original medieval glass from 1455. (Ballantyne Workshop of Scotland; glaziers for the House of Lords windows). Ann Roberts really had us envision the beliefs, the remedies, the praying, the burial practices – the very soul of medieval Kenton. There followed a tea break in the All Saints kitchen laid out by none other than our guide, Jan. From this vantage point some of our members noticed just how far out of alignment the nave columns appeared. There was a sense of unease wondering if the vaulting were to collapse. Were these listing pillars the result of the 19th c. roof repairs? Funnily enough at this time there was a big increase in the number of worshippers over at the Methodist Church (1899). Outside, Jan described the devastating fire (1866). Ashes tossed from the backdoor of The Dolphin Inn. The homeless members were housed by the Courtenays in The Haldon Belvedere and in Powderham Castle buildings.



Further on we learn of another disaster; this time the 2023 flooding. The gentle creek, meandering down from The Haldon Hills, transformed into a three meter high wave ruining the Old Primary School. (a 17th century building). Students got a change of classrooms when their lessons resumed in The Powderham Castle. By now we realized that this village possessed quite a few schools, former poorhouses and asylums. At the site of the former West Country Idiots Asylum (now private residence) worked one of the first female GP's in England, Dr. Mules. Our large group attracted the attention of the owner of The

Old Church House, Heather Crook. Heather invited us in after Jan had recounted the dwelling's history. A lesson in restoring an old building was in store for us! Beautiful hand painted covings, plus a stunning modern kitchen which was built over the Sexton's former house. The work and design involved over 20 years, and how to deal with the discovery of bones. Our guide then struck out along footpaths, and country lanes, arriving at the Old Kenn River. Before the river silted up, it had been used for the transport of oyster, and mussel boats, and for the salt trade. From The Kenn members were given a choice of trails to x, y, & z.; around half of us headed for the Powderham Estate, namely to the cafes, bistro, and garden center. Thank you, Jan, for your intriguing tour, offering a sense of mystery, never knowing what lies around the corner, street by street, or up Vicars' Path.

Leslie Moss

18th June **BRIXHAM**



Throw off your bowlines, grab your sou'wester, for sixteen hearties are casting away on an invigorating voyage of Brixham. Of all the seaside villages and towns visited: Beer, Seaton, Budleigh Salterton, Exmouth, Dawlish, Teignmouth, and Barnstaple, Brixham, the largest fishing port in England, stands apart. Starting off in the imposing, Old Market House, our guide of the month, David Allanach, presented his potted history from the era of the woolly mammoth to Modern. Upon exiting OMH, we were confronted by a suspicious, sinister, no nonsense pirate.



Fortunately, The Golden Hind was moored directly behind us. We trusted Drake and crew to keep us safe! David had us imagine how 70 crew from Sir Francis to the cabin boy managed to circumnavigate the globe in this 16th century ship not much bigger than today's trawlers. Two maps, 1781 and present were handed out to each of us showing how the two creeks, old reservoir, and assorted quays have altered over the years. Brixham got its economic boost from victualling – supplying the Royal Navy and armies (especially during the wars with France). A long elm wood pipe from a reservoir (where The Town hall is today) carried water all the way out to King's Quay for the ships. Street by street we are entertained by tall tales and legends by David and historian, Keith Gibson. "Coffin House" was the creation of an ingenious suitor, Dick Rounsell, seeking his girlfriend's father's approval for marriage. The father had proclaimed, "My daughter will be in a coffin before I approve of this

marriage!" Rounsell constructed a house in the shape of a coffin in order to outwit his future father-in-law. After a very steep climb, we wandered along the very nautical themed High St. of cottages sporting names such as: Spinnaker, Porthole, The Old Sail Loft, Compass Maker, The Whistling Whale, The Pilchard Store, Ye Olde Salt House, and Net Maker. Another steep climb to Furzeham Common provided a heart stopping view of the entire expanse of Torbay. Townspeople witnessed on the 5th November 1688 the arrival of William of Orange's fleet. 15,000 men and 4000 horses took two days to disembark. After marching to Exeter and then on to London, The Bloodless Revolution unfolded. The only loss of blood was that of King James II's nosebleed for he was terribly nervous. Legend has it, according to our guide, that Wm of Orange chose Brixham, because of the lovely sound of the peal from churches. They were sounding out to commemorate the 5th November 1605. Further

back down we stopped at the former dwelling of "Resurrection Bob", which is now incorporated in The Smugglers' Haunt Hotel. This rogue smuggler faked his own funeral and cortege in order to evade the Custom Officials. RB even had the temerity to walk alongside the empty coffin in the procession. An officer recognized him, and later knocked at Bob's door. Surprised at the audacity of the suspected smuggler, the Customs man decided to join him for a pint. During one of the devastating storms which destroyed many navy and fishing boats, the women of the town, desperate to save their men, set bonfires alight. Huge blazing beacons of burning household furniture soared skywards resembling the shape of angels. Hence, these women earned the title as "The Angels of Brixham". There were more stories of heroism in other quarters of town, i.e. "Piper Billy". Bill Mellin bravely played his bagpipes upon the D Day Landing for his comrades. Why didn't the Germans shoot such an easy target on the beach? Keith explained that the enemy hesitated, because it would be superstitious to shoot a musician in battle, and, quite simply, they viewed him as mad. Two solid hours of touring left us hungry for, guess what, fish, and wonderful memories of discovering Brixham. Lastly, David Allanach had us wonder why the sails appear red in the song, "Red Sails in the Sunset". Apparently, a Brixham entrepreneur, R.W. Wolston, and a chemist, J. Rendall, invented an ochre based preservative for sail cloth. This process, 'barking', was very lucrative. Thank you, David!

Leslie Moss

CIRCLE DANCE



Sunday 5th July was World Circle Dance Day when groups from all over the world dance the same 3 dances at some point during the day. Of these, one dance is a traditional dance and another is by a modern choreographer. Here in Exeter a good number of our dance group celebrated by dancing in Penny and George's lovely garden. The weather was glorious, hot and sunny but with a gentle breeze. Between the dances, all led by Jill, we were glad of the shade of a gazebo to rest and rehydrate. We danced some of our favourite dances as well as the three special ones. After the dancing we sat down to tea with strawberries and delicious home-made cakes kindly provided by Penny and Sue. During the

afternoon George took some photos and videos of the dancing for us, and some of these will be uploaded by Jill to a central website where they will join videos from some of the other world-wide groups.

If you would like to join our friendly dance group please contact Jill Ashby. No partners are needed and you don't need to be able to remember the steps to each dance from week to week as Jill teaches each one before we dance it to the music. We enjoy traditional dances and music from many different countries in Europe and beyond."



Mary Parsons

QUILTING BEES

The quilting bees have been busy.

We have a new charity we support by making quilts for them, they are 'Balloons' a local charity that support bereaved children and young people, in Exeter mid and East Devon.

The charity is celebrating 20 years and asked us to make a wall hanging to mark the occasion. We had great fun designing, piecing, appliquéing and quilting.

This is the result.



Left to right are Angela Edmunds, Anne Staley, Jenny Crossland, Cathie Holden, and Amanda James.

Amanda James group leader.

SHORT WEEKLY WALKS

We have been extremely grateful for the glorious shade in Danes Wood and Haldon Forest during the scorching hot weather. Much talk of the summer of 1976! At least the butterflies and the fruit are having a good year. Pictures are of a beautiful old tree and an orange tip butterfly in Danes Wood, and the usual view across the mouth of the Exe estuary from near Mamhead Obelisk.



WALKING GROUP

Joys of summer! Probably blessed with a little more sun than we can comfortably handle, and giving us the rare consequences of walk cancellation due to heatwaves rather than heavy rain!

Regardless, I am pleased to report that all three walking groups had time out enjoying their moments in the sunshine and rambling over the countryside, as the following pictures will show.

Hikers visited the pretty little town of South Brent at the end of May to walk up the River Avon to the Avon Dam, which is on the fringes of Dartmoor. Always, a huge splash of colour in this month due to masses of rhododendrons keeping us company alongside the river and our walk.



More locally, the Walkie-Talkies were led by Julie and Dorothy for June over Ludwell Valley and towards Duckes Marsh, before completing the river walk up to Exeter Quay. This is a great little ramble around familiar paths, but in good company, made even more fun and rewarding.



Our Strider walk had to be put back one week to 18 June due to forecasts of 30-35C. We like to think we are resilient for most things but ..Hey! Not these temperatures all day. Mad

dogs and Englishman come to mind! This was our summer special trip too by train up to Barnstaple (as in previous 4 years), and taking the bus to Braunton for a new route to beautiful Croyde Bay. Really outstanding views over Braunton Burrows and Rivers Taw and Torridge with Bideford and Instow, then ending at and overlooking stunning surf beaches of Saunton Sands and then Croyde: pics to confirm!



Next up was our Hiker walk on 30 June from Harbertonford via Dittisham and many small South Hams hamlets to Dartmouth. This too was deferred by a week due to heatwave conditions. It was a great opportunity to pick out some very lovely communities and walk through in more tranquil times, before the main tourist season takes hold!!



And, finally July, Walkie-Talkies enjoyed a day at the seaside...on the Devon Riviera. Starting the walk in Paignton, we strolled over to the harbour and through the afternoon, we enjoyed a promenade alongside the beach, with lunch break, before linking on to the other half of Torbay - and the walkway above the Torquay beach and finishing at the harbour area. All in pleasant sunshine and perfect conditions for walking ...it almost felt that we were as much on holiday as visitors to the region...free to roam but without the hotel fees.. 🐞🕶️.

More walks are lined up for the rest of July and August, however we will be able to hang up our walking boots briefly in mid-August, when we hold our annual WG Summer Social in the grounds of The Imperial. This is a great time to catch up with friends for a drink/meal and conversation and for sure, many of you will have already marked your diaries as one not to be missed. See you there!

Dave & Mike

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	Pam Spencer
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	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 Brush Writing	Eric Bransden
Chess	Di Pitkeathly
Choir	Julie Crichton-Smith
Cinema	Dormant
Circle Dance	Jill Ashby
Classical Greek	John Burgess
Classical Music	Colin Farlow
Creative Writing	Andrew McKay
Crafts	(temporarily suspended)
Crosswords	<i>Needs convenor</i>
Current Affairs	Mary Wormington
Cycling	Ian Murray
Devon & Exeter	Derek Smithers
Local History	
Discussion Circle	Chris Grundy
Discussion 2	Annabel Nater
Discussion 3	Frances Canning
Drawing for Everyone	Vic Webb
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 Kolitz
German	Alan Caig
Conversation	
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	(temporarily suspended)

Novelists	Frances Canning
Parliamo Insieme	Anne Staley
Parlons Francais	Alice Lemaitre
(Advanced)	
Parlons Francais	Alice Lemaitre
(Intermediate)	Nichola Watson
Patchwork,	Daphne Andrews
Applique, Quilting	
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	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
Intermediate Spanish	William Rawson
Still Life Drawing	Mirren Baglin
Table Tennis	Finn Ibsen
Tennis	Kay Mathews
Transport	Paul Palin
Travel	Ian Murray
Turkish	Carole Low
Conversation	
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	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 Still Life Drawing – 3 rd of month Current Affairs – 1 st and 3 rd of month	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 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 Cycling – 4 th Wednesday 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 – 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