



Chat from the Chair



As summer lurches into autumn (I hope you remembered to get your heating system serviced?), the season of leaves on the line and slippery pavements prompts me to think about insurance and first aid....

Our national u3a provides all regional u3a organisations, their groups and members with a variety of insurance cover with public liability and product liability being the most obvious. Those provide cover for things like - (and please – I'm not picking on you for any reason other than I need to provide examples!) - leaving the gate open for the dairy herd to get onto the railway line, smacking your crew overboard with the boom or baking a 'dodgy' batch of cakes.

This cover applies whether out and about, in regular venues or in members' homes – just so long as it's on u3a activities. Additionally, there is home contents cover for damage when hosting a u3a group activity - for example (WARNING – offending another group!) - red wine and a cream carpet. Insurance cover is in place for u3a cash held in members' homes, hired premises or in transit and there is also cover for u3a owned equipment should it be lost or damaged (no more examples as I've offended so many already). Naturally, as with all insurance, there are exclusions and substantial excesses for any claims so we would rather not have to make any claims. However, I did want you all to know that you do have this support from the u3a should it ever be needed. BUT... this insurance is conditional on ALL participants being u3a members. Prospective new members are covered while they try a sample of our activities but including friends or relatives in u3a activities risks nullifying our insurance cover.

I am aware of a couple of recent incidents that resulted in visits to the Minor Injuries Unit, I believe with no long-lasting effects. Our sports venues such as LED or Cranford have trained first-aiders on the premises who are excellent responders but if u3a members in the locality chose to step up to provide emergency first aid, the u3a does provide liability insurance cover should it unfortunately go wrong.

Finally, a rumour has surfaced that committee members get free or discounted tickets. Sadly this is not true. We all pay the same as everybody else so when you are on that trip to Dartmouth, the fireworks or Christmas dinner, please let the committee member sitting next to you enjoy their trip – they've paid for it.

Any questions or ideas - please contact me at chairman@exmouthu3a.org.uk

Regards

Mike Turff
Chairman

Next two monthly meetings

You are most welcome to join us for our monthly meetings at **10:00, usually for a 10:30 start to 11:45**. These are held in **Exmouth Pavilion**. Where possible we will live stream our monthly meetings on the following link which is in the members' edition of this newsletter.

Date	Presenter	Description
Thursday 9 th Nov. 2023	Ciaran Stoker	<p>A Great and Desperate Venture: Belgian Refugees in Devon in the First World War</p> <p>Ciaran is an Employability and Placements Adviser for a number of modules and programmes within the college of Social Sciences and International Studies at Exeter University. He graduated from the University of Exeter with a BA in History in 2015 and an MA in Medieval Studies in 2016.</p>
Thursday 14 th Dec. 2023	Sheila Parker	<p>From Tiller Girls to Vernon Girls</p> <p>Growing up in Liverpool, Sheila joined the Tiller Girls and then became a Vernon girl. With original footage of the time and stories of stars met along the way there will be plenty of audience participation. Sheila worked at the London Palladium with Cliff Richard and the Shadows, Harry Secombe & Jimmy Tarbuck and then later she won the TV show the 'New Faces'. In June 1989 the Vernon Girls reformed at the request of Cliff Richard to appear with him at 'The Event', Wembley Stadium.</p>

Vice Chair report

I have had a busy month and have enjoyed the Indian summer.

Just a few bits of news for you all.

We have a new New Members' Co-ordinator, Bob Nicholls, who I am sure you will all know from his very successful Pickleball Groups. You won't have to play Pickleball, though, when you attend his meetings. He has decided to hold one at The Ocean and another at Cranford Sports Centre monthly (there is a free car park at Cranford and the 57 bus stops outside)

Our Speakers Co-ordinator would like your suggestions for future Speakers for the monthly meetings, either externally or if you as a member would like to give a talk.

Volunteers Please!

Have you got a spare couple of hours a month to help out? We need people to top up the libraries for instance with leaflets, someone to shadow the New Members’ guy so holidays etc can be covered. Many hands make light work.

The biggest job we are looking for is:

Streaming monthly u3a meetings live on Zoom from Exmouth Pavilion

There are a few of our u3a members who for various reasons are unable to attend the monthly meetings at Exmouth Pavilion. It would therefore be good if a **u3a** member would be willing to volunteer to stream these. John Hunt has been doing this for the past couple of years but can no longer commit to undertaking this every month.

The acoustics within the Pavilion are not easy for Zoom, but John has prepared a detailed guidance note on how he has arranged to live-stream the meetings on Zoom from the Pavilion. There may be alternative and/or simpler methods.

In summary, what is required is someone who has their own mobile phone which has a reasonable quality camera for an acceptable resolution when digitally zooming into the stage for seeing presentations and seeing the presenter or whoever else is on stage. The Pavilion has a good free Wi-Fi system, which can be used for streaming via Zoom. John is very willing to help set this up.

My skills are extremely limited but I am sure there are a lot of “Techy” members out there who would love to help our members share the monthly meeting, please contact me initially and I will very quickly pass you on to John Hunt.

Lyn Holmes

vicechair@exmouthu3a.org.uk

Groups Report

Updates from Groups

Zoom Short Films	<p>We have spaces for more members to join the only Exmouth & District U3A evening group which doesn’t need you to leave your home!</p> <p>During the winter months we meet once a month on zoom and watch and talk about the 5-minute short films we have each selected. There is always a great selection of different ones.</p> <p>We chose a convenient Wednesday or Thursday evening and meet at 7pm, for about an hour and a half.</p> <p>Group Organiser: Lesley Stacey-Marks</p> <p>If you want more information, or to join up please email me.</p>
Solo Dining 1 Solo Dining 2	<p>Due to popular demand, this Group now has two versions available. For details contact:</p> <p>Kui Holmes Peter Waters</p>

<p>Birds 1</p>	<p>There is space for a couple more group members in BIRDS 1. For details contact Vicky Swain</p>
<p>Quizzes</p>	<p>Enjoy giving your grey cells a workout? The quiz group is held monthly at The Wings Bar (33-35 Imperial Rd, Exmouth EX8 1DB) on the third Thursday at 2pm and finishes about 4pm. There is a charge of £1 per head which is the prize money for the winning team. Ideally, everyone should buy a drink as there is no room charge. You can come on your own as teams are made up on the day if members are not part of a regular team. For details contact Pam Day.</p>
<p>Cycling</p>	<p>We are an all-year-round small group of leisurely cyclists who cycle for about 45 mins or so, then a tea shop and a casual ride back. No lycra needed! Electric or slow bikes welcome. Frequent routes are to Topsham along cycle path; old railway track to Budleigh, or seafront to Maer Lane Castle Lane and railway back. Normally 1.30 Mudbank (start of estuary path) on 2nd Thursday. For details contact Anthony Cline.</p>
<p>Classic Concerts in the Home</p>	<p>Chris Mansell has revised the group 'A Basic Understanding and Interpretation of Classic Music' giving it a fresh look and a new title 'Classic Concerts in the Home'. It will contain the same information as before but with a different approach. There will be concerts, as if you visited the concert hall, along with talks about subjects to do with classical music such as conductors, orchestras, musical theory, and different performance interpretations. So why not bring along your slippers and put your feet up and listen to some great music and extend you musical knowledge in convivial surroundings and company. For details contact Christopher Mansell.</p>
<p>Opera and Ballet in the Home</p>	<p>Ill health has prevented Val Mansell from running her group 'Opera and Ballet in the Home' over the last few years but feels strong enough to start the group again. Complete performances are given in audio and visual presentations in her home. For details contact Val Mansell.</p>
<p>Brush Up Your German</p>	<p>This group is now offered Monday afternoons: 2.30 - 4.30. The group is intended for those who would like to refresh their German speaking skills, particularly if they have not actively used the language for a while. Group members need to have a basic knowledge of German, either through having studied the language at school and/or in adult education classes, or by having spent some time living in a German-speaking country. It is not suitable for complete beginners. For details contact Mary Sage.</p>
<p>Mah Jong (British Rules)</p>	<p>Due to popular demand a new Mah Jong (British Rules) Group has just been formed. Venue: Albion Court, Exmouth When: 2nd Wed each month beginning 8th November Time: 10.00 am to 12.00 For details contact Janet Moger.</p>
<p>Pickle Ball</p>	<p>Due to popular demand a new Pickle Ball Group has been formed as follows: Monday afternoon 2.00 to 3.30 pm at the Cranford Sports Centre. £4 pp per session. We are looking for new players. For details contact Bob Nichols.</p>

<p>Spanish Conversation (Tutor/Group Leader Required)</p>	<p>A NEW Spanish Conversation Group has just been formed by seven enthusiastic and motivated Exmouth U3A members. The Group is looking for an experienced tutor or group leader to help them improve their all-round language capability. For more details contact John Smith (Groups Coordinator) - groups@exmouthu3a.org.uk</p>
<p>Weather 1 Weather 2</p>	<p>After a long and very productive period as Group Organiser, Nick Ricketts is stepping down as the leader for the two 'Weather' groups. "I have been the organiser of the Weather Groups for a good many years and, due to a number of issues, I feel that I need to pack away the seaweed and call it a day. It has always been interesting preparing for each meeting, also hard work at times, but I have always found it enjoyable talking with you and the interest you have shown. Which makes this a hard decision. This is a fascinating time to be interested in weather and climate. It is also a concerning time. I hope you have learned something and keep an interest. I feel there is the opportunity for someone else to develop a group, probably on different lines." These two well-established weather groups, therefore, are now looking for someone to take over as Group Organiser. This could be someone from the existing groups, or altogether new. If you are interested in taking on the role, please contact John Smith - groups@exmouthu3a.org.uk</p>
<p>Creative & Short Story Writing</p>	<p>Are you an existing writer, or perhaps a budding short story writer who would like to talk through ideas and inspirations for plot lines with other like-minded U3A members? Then look no further. This is a new group that has recently come together and will be holding its first meeting at the end of October. If you would like to join the 'action' and help create a 'plot' for how the group goes forward, then please contact John Smith - groups@exmouthu3a.org.uk</p>
<p>U3A Music Performance Group aka 'ContraBand'</p>	<p>The group is looking for a Bass Guitar player to join the existing line-up which currently consists of - Vocals, Drums, Guitar 1 & 2, Tenor Sax, Alto Sax, Trumpet. The band plays an eclectic mix of soul, rock, blues, pop, standards etc. We rehearse every two weeks and gig from time to time. Interested? For more details contact John Smith - groups@exmouthu3a.org.uk</p>

Speaker reviews

Speaker review - 14th September 2023

Our speaker was photographer David Bailey...no, not the fashion photographer, but an excellent wildlife photographer!

Self-taught, David has developed a successful career and has worked on many programmes for ITV and BBC, Springwatch and Coast and Country for example. David gave an informative, interesting and entertaining talk illustrated by his beautiful photographs and videos. Audience participation was encouraged by his amusing 'body parts' quiz.

David brought some of his merchandise and was happy to sign any books bought and chat to our members.

Speaker Review - 12th October 2023

This month's talk was from George Hislop, a very enthusiastic and knowledgeable RNLI volunteer. George showed many facts and amazing films of training and rescues.

Founded in 1824 and originally called the National Institute for Preservation of Shipwrecks, the RNLI has saved more than 144,000 lives at sea! Headquarters is at Poole, Dorset where the training facilities are state of the art. They have their own hotel and welcome visitors. In 2022, 226 people died 'by accident' in UK and Irish waters. Half of those didn't expect to be in the water!

In total there were 9,312 launches, 16,476 people were aided and 389 lives were saved. The majority of those who serve in the RNLI are volunteers and, along with those salaried, gave 75,379 hours at sea! In 2022 Exmouth station made 75 launches and aided 73 people. No lives were lost!

As a charity, the RNLI is always looking for dedicated volunteers who raise awareness, give safety advice and help in their museums, offices, shops and visitor centres. Contact <https://rnli.org/support-us> if you'd like to help.

Social Committee

Dartmouth Food Festival - 20th October

This proved a very popular event with 2 coaches going. It was good to sit back and relax while the driver negotiated the narrow roads and oncoming traffic down to Dartmouth. With a wide array of stalls and plenty of different foods and drinks to sample, there were plenty of opportunities for lunch. Dartmouth is a lovely town to explore at any time and the weather could not have been better. A most enjoyable trip.

Forthcoming Events

There are two social events remaining for this year. Both are fully booked.

- Fireworks River Cruise – 3rd November
- Christmas Lunch - 6th December at The Belmont Hotel, Sidmouth.

We shall be reviewing the results of the questionnaire that was done in September and devising the programme for next year in due course. Keep an eye out for future events in the newsletter, mailings to your inbox or at the monthly meetings.

Clare, Elaine, Jenny, June, Lyn & Pam
Social Committee

Local Hub Groups – October 2023

Listed below are local hub groups where you can go for a coffee and chat and meet local u3a members. Please contact the local organiser for information or just go along to the meeting where you will be made very welcome.

If you would like to start a new hub group or have any questions re hubs please contact Lyn Holmes - vicechair@exmouthu3a.org.uk

New Hub Groups – October 2023

Brixington: If you are interested in having a hub in Brixington please contact Pauline Lloyd. She will be taking initial enquires temporarily from anyone wishing to join until a volunteer comes forward to organise the group. It's a case of "use it or lose it"

Littlemead Local area: Nicola Antoni

Rivermead Area: Anne Howard

Mount Pleasant Area: Nicola and Anne have joined together, normally meet on alternate Tuesdays 10am at Greenfingers.

Local Hub Groups

Withycombe area: Jan Collett. Our venue is at The Tennis Club on alternate Tuesdays between 1pm-4pm next one 7th November.

Littleham area: Susan Hall. It meets on various days and times. Email Susan for information.

Salterton Road and The Avenues: Jan Harper Shea. It meets every second Tuesday each month at 10.30am in The Devoncourt Hotel.

Woodbury, Woodbury Salterton and East Budleigh: Lin Milsom-Ashby. Woodbury next meeting is at The Maltsters Tuesday November 7th at 10.30.

Beacon Group, Dagmar Road (bordered by The Beacon, Louisa Terrace, Trefusis and Rolle Road): Sally Parnell. Meetings at Imperial Hotel 3rd Friday 10.30. Next one is 17th November.

Budleigh Salterton and surrounding areas: Alice Robson. Meeting on 2nd Friday in the month. The group meets 10.30-12 at Wesleys cafe (in the grounds of the Methodist Church) in Budleigh.

Topsham and District hub: The times for our bimonthly meetings are now -
First Thursday 12.30 - 2.30pm at St Bridget's Nursery Cafe, Sidmouth Road, Clyst St Mary
Third Monday 11.0am - 1.0pm at Nancy Potter House Cafe, Nelson Close, Topsham
All u3a members are welcome to attend.

Lyn Holmes - vicechair@exmouthu3a.org.uk

Group Reports

Transport Group

Report from Exmouth u3a Transport Group

On Thursday 8th September, 13 members of the Exmouth u3a Transport Group met at the Aviator Café at Dunkeswell, near Honiton, prior to our visit to the Dunkeswell Airfield Heritage Centre at 11am where we were met by Brian Lane-Smith (Chairman of the South-West Airfields Heritage Trust). After a brief introduction we were shown a film of life at the Airfield which was the only base for the US Navy in Europe during WW2. Dunkeswell Airfield was built by George Wimpey & Co and, following its completion in 1943, it was occupied by the USAAF 479th Anti-Submarine Squadron. As this was built for the US, a good photograph archive of the construction exists, something that would not have happened if it had been built for British use during WW2.



After the film we had time to look around the extensive displays in the museum (see photo) - one of two in the area, the other being at Smeatharpe about 5 miles to the east. Just before noon we gathered in 6 cars, each equipped by a two-way radio and drove in convoy around the perimeter of the aerodrome with a comprehensive commentary by Brian as we went along. We stopped at two locations where we were given additional information including the story of JFK's brother Joe. This year, in November, will be the 60th anniversary of the assassination of John F Kennedy,

but it was navy pilot Joe junior who spent much of the war flying from Dunkeswell, piloting B24 4-engine bombers on maritime reconnaissance patrols out over the Atlantic looking for U-boats.

Kennedy volunteered for a particularly dangerous mission — piloting a B24 packed with explosives towards a target near Calais. That target was the site for the German V3 revenge weapon — a series of gun tubes capable of firing large projectiles across the channel. Joe Kennedy junior was to pilot the plane towards the target and bale out. The aircraft would then be guided to its destination by remote control from an accompanying aircraft. Twenty minutes into the flight the aircraft exploded killing Kennedy. No trace of his body was ever found.

We continued our guided tour round the perimeter being shown what few remains of the site that still exist including an early hanger and the original control tower. We stopped again close to the end of the main runway for a group photograph before heading back past the Heritage Centre to see some of the other buildings which nowadays house many companies including Supacat who make specialist vehicles including the launch tractor for the Exmouth Life Boat.

After our tour, and our thanks to Brian, we adjourned to the Aviator Café again for lunch and a chance to watch groups sky-diving and parachuting, before heading home about 2pm. Jim Barnes-Phillips



Bird Watching 1



Nine members of Birds 1 left Darts Farm for the stroll round to the RSPB hide at Bowling Green Marsh in cloudy weather. We were rewarded with views of large numbers of waders roosting and then flying back to the river as the high tide dropped away. Here are some of the birds we saw. Photos by John Swain. Thanks to Sheila for leading the group.



Teal



Shoveler



Lapwing



Black Tailed Godwits (from the Goatwalk)



Pintail

Bird Watching 2

Report on Birdwatching 2 trip of 9th September

Several members of BW2 took a trip on the Seaton birdwatching tram and were well rewarded. Steve Waite (Commercial Manager) issued the report below:

An excellent evening out on the line, with common, scarce and even some rare birds seen during the two-hour trip.

One of the real surprises was a **Garganey** (probably an adult female) on Colyford Marsh scrape, it emerged partially obscured among the feeding **Teal** on the mud but then ended up being the only duck swimming on the water. **Garganey** is a rare visitor to the Axe Estuary, in fact it is a species that is often not recorded here for several years in a row, it is also the only species of duck which is strictly a summer visitor to the UK.

Even rarer, although far less exciting for most on the tram was a young **Caspian Gull** seen briefly settled on the Estuary before flying off south. Initially thought to be a **Yellow-legged Gull** but some slight anomalies in the plumage meant photos had to be inspected post-trip, which confirmed it to be a **Caspian Gull**. **Caspian Gull** is essentially the '**Herring Gull** of Eastern Europe' however they are spreading and now breed in Germany and Holland. This sighting constitutes the 30th ever record of **Caspian Gull** on the River Axe.

There were plenty of other scarcities noted, particularly wading birds with 16 different species of 'waders' recorded. At least six **Avocet** were on Black Hole Marsh, including the three young birds which hatched here earlier this year, along with several **Dunlin** and **Black-tailed Godwits**. On Colyford Marsh scrape were two **Ruff**, two **Greenshank**, a **Turnstone**, a **Green Sandpiper**, a **Snipe** and several **Ringed Plover** and **Lapwing**.

On the Estuary two **Knot** showed close to the tram, with a **Whimbrel**, two more **Greenshank**, several **Redshank** and **Common Sandpipers**.

There were four sightings of **Kingfisher**, including prolonged flight views of one early in the trip. A **Barn Owl** made it on to the trip list, thanks to one of the local birds roosting at the entrance of its nesting box on the opposite side of the river!

There weren't that many small birds recorded, and frustratingly despite hearing a couple of **Yellow Wagtails** none were seen. The same could be said for **Cetti's Warbler** and **Water Rail** which were also only heard.

Steve Waite

Quiz Group

A short write up about the annual Regional U3A:

Exmouth hosted 11 teams (it should have been more, but several dropped out!) from other Devon U3As at The Withycombe Rugby Club on Thursday 5th October for this annual challenge. With an Exmouth team winning in 2022 (The Quizzzy Rascals – Jean & Dave Owen, Alan & Jenny Jones), it falls to that club to organise the next one. This time around, the quiz was won by Exeter U3A. Mike Turff (Exmouth Chair) presented the winning team with the trophy and souvenir gift. The quiz and afternoon were well received and some of us will look forward to taking part next year rather than doing the organising!



Photos: Quizzers deep in thought and Mike Turff making the presentation

Pam Day
Quiz Group Organiser

Weekly Zoom Coffee & Chat



All members of Exmouth & District u3a are VERY welcome to join us on Thursday mornings for our Zoom Coffee & Chat (C&C) sessions. They are very friendly, informal sessions held every Thursday morning, starting at 10:15 for 10:30 and lasting about an hour.

We talk about anything and everything. You don't have to attend each C&C or stay for the whole session. It's a good opportunity to introduce a 'newsy' item, make friends, share a few photos, tell short stories, share art and craft work or just enjoy a Thursday morning by listening and chatting. Some of our members have told us it is a unique opportunity for those who are pretty much housebound. From time-to-time we

experiment with live 'outside broadcasts' just for interest and for fun! Examples: sharing train journeys, walks, holidays and, once, a holiday walkabout in a medieval town in France.

So why not make yourself a cup of coffee or tea and join us? **The Zoom login details always remain the same.** A reminder email of these is normally sent to members who are on our email circulation list the day before.

A follow up Summary email is sent afterwards. If you want to join or receive a reminder, contact Ian or Bryan.

If possible, we aim to stream talks from our monthly meeting in Exmouth Pavilion at the same time as our regular C&C sessions. If in doubt, just give *your* Coffee and Chat Group a try. We think you'll like it.

Ian McLauchlin & Bryan Webb, Joint Group Organisers
[Weekly Zoom Coffee & Chat – and live streaming](#)

Coffee and Chat, yes that's where it's at
 On a Thursday morning, all year.
 We all know each other and have a good laugh
 So there really is nothing to fear.

It started in lockdown so we could meet up,
 And we did and we had a good time.
 It was really successful, and because of all that
 I cobbled together this rhyme.

So if you're at home, all alone, by yourself,
 And feeling a little bit sad.
 Just join us on Zoom at a quarter past ten.
 A wonderful time will be had.

Ian McLauchlin
 4 Oct23



Exmouth & District u3a online – our digital world

Here's a reminder of all our online resources. We have such a lot to offer to all our members, so why not find time to take a look? What do you think? How can you contribute? Please let us know.

- Our Exmouth & District u3a website: <https://u3asites.org.uk/exmouth/home>
- Our u3a YouTube channel: <https://www.youtube.com/@exmouthu3a>
- Our u3a Facebook Group: <https://www.facebook.com/groups/exmouthU3A>
- Our u3a Connect & Learn website: <https://sites.google.com/view/connectandlearn>

Our next edition

We hope you have enjoyed reading this newsletter, and thank you to our contributors this month. Please keep items of interest and Group news coming in for the next edition.

Thank you very much.

Rachel Cockell, Editor

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