



Chat from the Chair



As we cruise into the last remnants of summer, I hope you've all had a good time no matter the weather. Some of you may be super fit and wanting to stay that way or maybe you've relaxed too much and eaten too well? Did you know that both the LED Leisure Centre and the Cranford Sports Club offer 10% corporate discount for u3a members on their full membership packages? You'll need to show proof of your membership or for online applications attach a photo (membership card, renewal letter or renewal email all apparently are acceptable). Both venues have indoor pools, extensive gyms and loads of other activities.

We've made some organisational changes following Stephen Rixon standing down as Treasurer and Ann Newby as Speakers' Coordinator. Olwen Smith has taken over as Treasurer, while Nigel Day aided by Pam Turff have taken on Olwen's previous Membership responsibilities. For some time Lyn Holmes has been combining the roles of Vice-Chair and Groups Coordination and has now handed the Groups' responsibilities to John Smith. We also welcome Jane Stephen as the new Speakers' Coordinator. I'd like to extend my thanks to Stephen and Ann for all the work they've put in over the years and also a big thank you Olwen and Lyn for continuing their contributions to the running of this organisation. Please be kind to the incoming volunteers as they grow into their new roles.

The next Monthly Meeting is scheduled for September 14th and we hope to be able to see many of you before that at the Welcome Back Coffee and Chat session on September 5th at the Imperial Hotel. Details for both events are further down this newsletter.

We've had a few Associate Members join over the summer. As paid up u3a members, you have the opportunity to join other u3a organisations as Associate Members at reduced rates. If you have friends in another u3a then this offers the opportunity to Learn, Laugh, Live together either here or there. Contact Membership for further details.

Any questions or ideas – please contact Mike Turff 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:

If the link doesn't work for you, use

Date	Presenter	Description
Thurs. 14 Sep	'Wildlife Wanderings' David Bailey	David took his first television interview with Steve Etches the world-famous fossil collector talking about Steve's father who was a photographer, which will be a feature in a forth coming eight-part documentary called Plumbing the Depths , David has also been filmed for a feature yet to be shown on ITV Wales Coast & Country talking about his work.
Thurs. 12 Oct	RNLI George Hislop	Lifeboats – An in-depth view of The RNLI and its workings. George will cover crew selection and training, the boats, large and small, lifeguards, water safety, international work and fundraising. Living so close to the sea our u3a members will no doubt have seen the high-speed all weather lifeboats (ALBs) and the Inshore lifeboats (ILBs) '.

Groups Report – Lyn Holmes

As you will have read this will be my last Group news, I am pleased to hand over the job to John Smith who I know will be an excellent successor. I would like to thank all the Group Organisers for their help and dedication to Exmouth u3a group activities during my time.

I have taken on Vice chair and of course will continue in my role on the Social Committee.

Thanks again

Lyn Holmes

Updates from Groups

Botany Group

Will change from the 4th to the 3rd Thursday in the month at 2pm starting October

Golf

New members of both sexes welcome 1st Friday/3rd Tuesday Monthly contact

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Updates from Groups – continued

Pickleball Beginners Group

We have started a Pickleball Beginners group on Mondays 2pm and already have a waiting list for another group.

On the 27th July Exmouth U3a pickleballers had their first coaching session with a Pickleball England coach and on the 31st August we have another two sessions planned, this so far has been very successful and everyone learnt something on the day. These sessions were held at Cranford Sports Centre here in Exmouth. We are planning to hold regular ongoing coaching groups in the future.

Exmouth u3a is also now in a position to offer a 10% discount from a major pickleball equipment supplier, and, just to expand on this, u3a pickleball groups all over the UK will now be able to receive a discount thanks to Exmouth u3a assistance.

Tennis group

If you would like to play tennis on Thursday afternoons we would love to see you. We play at Exmouth Lawn Tennis Club on the Maer. There are 13 members at present but we would like more to join. The members have all played tennis before and enjoy the weekly sessions. You can join on a Pay as you Play basis or as an annual member. Please get in touch if you are interested.

Tom Jardine
Group Leader

Potential New Group:

HOW POETRY WORKS

Did you study poetry at school and were you expected to recite poems, but didn't really understand why? Did you never really 'get' poetry? This group aims to demystify poetry. It will be informative and fun – never highbrow or academic.

A chance to discuss poems in an open minded and light-hearted forum. A group for lovers of language and the lyrical qualities of language.

This is not a poetry reading group. It is not a poetry writing group.

It is not for those who already appreciate and understand poetry, or those who dabble in creating poems.

What makes poetry a special and unique art form? How is it different to prose?
Why are poets inspired to write in lines rather than paragraphs?

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HOW POETRY WORKS – continued

The group will examine the techniques that poets use such as metaphor, imagery, wordplay, rhyme, metre and alliteration. It will consider poetry as an oral as well as written art.

The group will look at trends in poetry, including famous and not so famous poems.

We will read poetry in a variety of forms and lengths. We will look at voice, style, content and our own personal responses to a given poem.

Each week we will look at an aspect of poetry and aim to leave each session with a deeper understanding of a particular poem and a wider understanding of its creative context.

Meetings will be once a month, probably in Knowle Village Hall on a weekday afternoon. I hope to start the group in the autumn, but this will depend upon the degree of interest generated by this proposal.

If you are interested in joining, please email me at or text me on. Please give your name and contact details and your reasons for wanting to join the group.

Music Performance

Wanted – **Bass Guitar** player and **Drummer** for an **Existing** u3a Music Group.

We are a 6/7-piece amateur music group consisting of drums, vocals, guitars, brass, playing an eclectic mix of **rock, soul, blues, standards**. We meet to rehearse every two weeks, and play the occasional gig for local audiences.

We are looking for a drummer and bass guitar player to join us as soon as possible.

If you feel you could fit in with a very motivated and sociable group of players, then please contact: **John Smith and/or**

Wanted – **Instrumental players** (string, wind, brass etc) to form a **NEW** u3a Music Group.

I am looking for instrumental players (basically **any** instrument would be welcome) to form a new music group with an emphasis on playing together (ensemble style).

Beginners and more experienced players are all equally welcome.

The emphasis in this group will be on playing for our own enjoyment, for fun, and, hopefully to explore different aspects of playing and performance in different styles and genres e.g. playing set pieces, 'jamming and improvising', perhaps even trying our hand at composition and song writing?

Who knows what is possible until we get together and explore a wide range of musical ideas?

If you feel you would like to give this new group a try, then please contact:

John Smith on and/or



Social Events

A Welcome Back After the Summer Break at The Imperial Hotel – 5th September 2023

We shall be holding a coffee morning/afternoon on September 5th at the Imperial Hotel on Exmouth seafront. This is an opportunity for new and existing members to get together and catch up with each other and with the Social Committee. It is also an opportunity for you to say what trips you would like to go on, whether they are repeats of previous ones or new and different ideas. We shall start planning trips for 2024 after this so come along and have your say!

Coffee and tea are complimentary and there is a morning and an afternoon session: 10.30am-12pm and 2pm-3.30pm. All welcome. Please let Clare Dawson know if you plan to come along as we need to gauge numbers for drinks.

Hope to see you there!

Social Committee Excursions

Before arranging any event, the social committee research facts relating to health and safety in order to fully support our members. Any particular issues relating to health and safety are listed on our webpage as well as included on your ticket. However, it cannot be stated too strongly that members must take into account their own capabilities before joining groups and excursions. In addition, members must ensure they wear suitable apparel and take walking aids as required to meet all weathers and ground conditions.

Dartmouth Food Festival – Friday October 20th 2023. Cost per person: £18

The Dartmouth Food festival is held each year on the quayside and in the Royal Avenue Gardens. There are loads of stall holders selling local produce and crafts. We thought it would make a lovely day out without having to worry about parking etc. The coach leaves Exmouth coach park, behind Exmouth station at 9.30 am and will return to Exmouth at approximately 5pm. The time is yours to explore the food festival at your leisure or to visit other local attractions. The coach will pick us up at Dartmouth quay at approximately 3pm.

Health and safety issues - It is all out of doors, so you will need to be prepared for all conditions. It's mostly on tarmac or pavements; the three large marquees can get very crowded and those with mobility issues may feel a bit jostled as it can get quite busy.

Fireworks River Exe Cruise – Friday 3rd November 2023. Cost per person: £12.50

Do you enjoy watching fireworks? If so, this Stuart Lines cruise is for you. The boat leaves the docks at 7 pm and cruises around the River Exe looking out for firework displays up and down the river. The cruise lasts approximately 1.5 hours. You can order pasties (meat or vegetarian) when you purchase your ticket at £4.50 each, please state your preference when buying your ticket. There is a full bar on board as well as soft drinks.

Lyn Holmes, Vicechair

Exmouth u3a Registered Charity No 1165438



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Local Hub Groups – August 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 please contact me

Lyn Holmes - vicechair@exmouthu3a.org.uk

New Hub Groups

Brixington The first meeting is to be held on Thursday 7th September at 10.30am in The Farmhouse Public House. Please just come along or contact Keith Willey

Lympstone in the evening please contact Jenny Moon for details

Existing Hub Groups

Littlemead Local

Rivermead Area Nicola Antoni

Mount Pleasant Area Anne Howard

Nicola and Anne have joined together and normally meet on alternate Tuesdays 10am at Greenfingers.

Withycombe area Jan Collett

Our venue Phear Park Café on alternate Tuesdays between 1pm-4pm

Littleham area Susan Hall meets on various days and times email Susan for information

Marina Area Victoria Newhouse contact

Salterton Road and The Avenues Jan Harper Shea contact

meets alternate Tuesday mornings at 10.30am in The Devoncourt Hotel

Woodbury, Woodbury Salterton and East Budleigh Lin Milsom-Ashby

Woodbury next meeting is at The Maltsters Tuesday September 12th at 10.30

Dagmar Road (bonded by The Beacon, Louisa Terrace, Trefusis and Rolle Road) Sally Parnell

meetings Imperial Hotel alternate Fridays 10.30. Next one 8th September

Budleigh Salterton and surrounding areas Alice Robson

meets the 2nd Friday monthly tba

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Local Hubs - continued

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.



Lyn Holmes,

Vicechair@exmouthu3a.org.uk

Group News

Weekly Zoom Coffee & Chat – and live streaming

All members of Exmouth & District u3a are VERY welcome to join us on Thursday mornings for our Zoom Coffee & Chat sessions. Sometimes this includes live streaming.

They are very friendly, informal sessions held every Thursday morning. They start at 10.30, but we suggest everyone logs in from 10.15.

There is no limit to the number of members, so you can always join in using your Smartphone, iPad/Tablet or computer. Coffee & Chat sessions (C&C's) last for about an hour but you can always leave a meeting if you have to be somewhere or do something else. It's very free and easy but don't take our word for it, sound out our members you may know. You don't have to attend each C&C either. Some of our C&C members have told us it is a unique opportunity for those who are pretty much housebound.

Once connected, and you have the ZOOM App (or computer program) installed, it's easy too. It doesn't require lots of technical knowledge but advice about getting started is available if wanted.

You may have something you would like to ask about or share, examples being u3a activities you have participated in as a group member, films, TV or Radio programmes seen or any topic which might be of interest to others. A weekly coffee & chat (C&C) is a very good opportunity for a 'newsy' item, make friends, get to recognise and know members names, share a few photos, tell short stories (real and imagined), share art and craft work or just enjoy a Thursday morning by listening and, when you want, yourself adding to all the "Chattering". It can be a great opportunity to discuss local events or matters of concern or interest.

In addition, from time-to-time we experiment with some live 'outside broadcasts' from other places just for interest and for fun! Examples being members sharing their Smartphone's Zoom link from train journeys, holidays in England, even a holiday walkabout of sights in a medieval

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town in France. Yes, the C&C can be surprising and unexpected, thoroughly enjoyable and include all manner of sharing!

So why not make yourself a cup of coffee or tea and join us; you will be most welcome. **The Zoom login (connecting) details always remain the same.** However, a reminder email of these details is normally sent to members the day before who are on our email circulation list. Also, a follow up Summary email is sent including any useful internet links or contact details etc., arising during a C&C.



If you would like to join our C&C Group so that we can introduce you to the other members, and most importantly give you the Zoom link or, want to receive a reminder email about this the day before, please use this email address so that we can add you to our circulation list:-

If the speakers at our monthly meetings in the Exmouth Pavilion are willing for their talks to be streamed live to members at home and if the technology permits, we aim to stream these talks live at the same time as our regular C&C sessions.

If in doubt, just give *your* Coffee and Chat Group a taster-try. We think you will like the taste of our online chat. As for the brew of coffee or tea (or drinking chocolate) well, you already have that choice sorted!

Ian McLauchlin & Bryan Webb, Joint Group Organisers

[Art Appreciation visit to The Box, Plymouth](#)

On Wednesday July 26th, three of us went to The Box in Plymouth. This trip had been planned for July 2020 for its reopening but, like many other plans, had to be cancelled. We spent a fascinating day there, looking at three special exhibitions:

The first was in the new exhibition space, St Luke's church. It was by Rana Begum (born 1977), 'Dappled Light'. Rana is a London-based visual artist whose work explores the relationships between light, colour and form.

This work, 'Mesh' (2021) was one of 8 works displayed in St Luke's but other works were in the main part of The Box



After this, we went to see the 'Armada Portrait of Queen Elizabeth' (c.1588). It commemorates the defeat of the Spanish Armada in 1588. It shows Elizabeth triumphant, with the storm-lashed Spanish fleet behind her on the right and the English ships sailing through calm waters on her left.

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Art Appreciation visit to The Box, Plymouth – continued

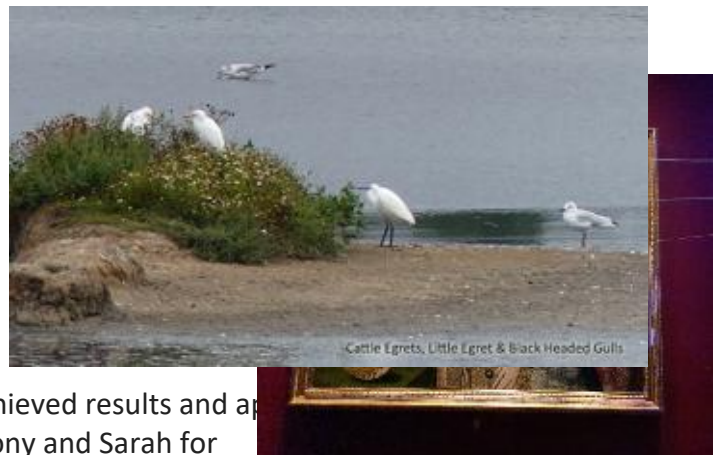
Finally, we went to see 'Reframing Reynolds: A Celebration' which is in celebrating the 300th anniversary of the birth of the famous portrait artist, Sir Joshua Reynolds, who was born in Plympton St Maurice. This is a portrait of Lady Ann Banfay, painted around 1754, after her marriage to captain Hugh Banfay. With her hand on her hip, Reynolds uses a pose of assertiveness and strength, one that was traditionally only use for male portraiture. To its left, Rana Begum represents the main colour palette using acrylic on aluminium.

Bird Watching Group 1 visit to Seaton Wetlands – 21 August 23



14 of us travelled to the Wetlands on a fine Monday morning. This is the largest number attending for some considerable time so we split into two groups to prevent overcrowding the bird hides. Inevitably this led to us seeing different things at different times. However, we all saw the unusual view of cattle egrets roosting on islands in the lagoon alongside little egrets.

One group saw knot and the other a kingfisher.



The sand martin cliff created in 2018 has finally achieved results and arrived this year. Photos by John Swain. Thanks to Tony and Sarah for leading us round. Vicky Swain, Group Organiser



Bird Watching Group 2

Nightjars - Aylesbeare Common 19th July 2023

Seven of us, Alex, Sandy, Debbie, Paul, Liz and Vicky met at Joneys Cross car park on Aylesbeare Common at 2045 on the 19th July. During the previous week there had been heavy rain and high winds. Wednesday was bright with reasonable temperatures and a light breeze.

We walked across the common towards lower ground, when Vicky and Sandy saw a Yellow Hammer and heard its call of “a little bit of bread and no cheesee”.

We stopped at a clearing between the trees and a pond and waited as the sun set. At about 2140 we started to hear the characteristic church of the nightjar . We walked east along a well- defined track towards the source of the churring and paused where we had a clear view of the sky between the trees. After a short while we were rewarded with our first sighting of a nightjar flying close over our heads. We waited for a short while before re-tracing our path to our previous location. Alex, Sandy and Paul went on ahead and were rewarded with two further sightings of nightjars overhead. The rest of us joined them as we climbed the hill and saw a distant lone nightjar flying low down the valley.

We returned to the cars glad we had seen nightjars with Alex especially pleased as it was his first sighting.

Brian Palmer

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?

- 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>,

To all who might be interested:

Marine Conservation Society (MCS)

“Great British Beach Clean”

Every September the MCS encourage people to take part in 'Great British Beach Clean' events all around the country.

This year’s National Event is taking place between Friday 15th - Sunday 24th September.

Perhaps Exmouth locals, including U3A members might want to get involved this year?

Visit the Marine Conservation Societies web site at mcsuk.org or contact to find out how to get involved.

Our next edition

We hope you have enjoyed reading this newsletter, and thank you to our contributors this month. The next newsletter will be published at the end of October. 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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