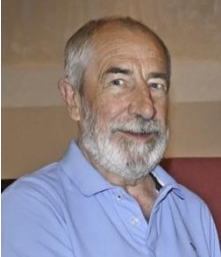




Chat from the Chair



I hope you have had a great summer, kept busy and enjoyed the sunshine. After our seasonal break for August, we are back into the regular monthly sequence of meetings at The Pavilion and have the next meeting scheduled for September 12th at 10.00 for a 10.30 start. Details on this month's speaker and subject are further down this newsletter and we hope to welcome you back to have some socialising and fun.

Learn, Laugh, Live is our motto but sometimes we can take it too enthusiastically, especially when trying a new activity such as pickleball. We've noticed a worrying trend of injuries arising from a variety of u3a activities – mostly minor injuries but at least a couple of incidents have resulted in broken bones or lost teeth. While the demographics of our membership mean that trips and falls are inevitably going to be more likely, many of these injuries could and should be avoidable with a bit of common sense

Firstly, while our group organisers can offer advice, in the end it's your personal responsibility to decide if you feel capable of trying any new activity. If you're unsure then take a look into the group organiser's eyes and see if they look worried (or show blind panic!).

Secondly, please make sure you kit yourself out with suitable shoes for whatever activity you intend to try. If you wear glasses or contact lenses then please consider whether they are suitable. Varifocals for example are tricky for badminton or ball games.

Finally, please don't try to play like an expert immediately. Give yourself time to learn – it's only a game. We all want you to try new activities but please take care and pace yourselves.

Learn, Laugh, Live but please do it Sensibly, Socially & Safely!

Slugs & Snails – Thank you to so many of you who responded to my brief item in the last newsletter. I'm sure we'll cover much of your feedback in the springtime but one key point that popped up was about the types of slug pellets – past and present.

The old metaldehyde based pellets were banned from sale and use back in April 2022 and replaced with the ferric phosphate based ones we have now. Ferric phosphate is naturally occurring, organic and safe for animals. The old metaldehyde pellets were poisonous to slugs, snails, birds, hedgehogs, cats, dogs and the rest. Do you maybe still have some old ones in your garden shed? You might want to check the label as it's illegal to use them so they should be taken to the Recycling Centre on the Salterton Road where they can be safely disposed of (technically, there is an exception that allows their use in 'permanent greenhouses' but would you want to eat the resulting fruit and veg?)

Check the website – exmouthu3a.online – for up-to-date info and news. If you login then you will find a lot more content available only for members.

Regards - Mike Turff, Chairman

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

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 meetings will be held at the Pavilion.

Date	Presenter	Title	Description
<u>Thursday 12th September '24</u>	Maggie Duffy	A Potpourri of Devon delights	Maggie will present us with interesting snippets of Devon life, food and wildlife
<u>Thursday 10th October '24</u>	Jonathan Hanbury	Dementia – How can we keep our brains active?	Jonathan is a nurse specialist and has worked in neurology and brain health for decades. Join us to hear him talk about dementia and ways to keep your brain strong.

Local Hub Groups September 2024

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

Hub Groups

Brixington

Meeting at The Farmhouse on 3rd Monday in the month 2pm. _Next meeting 16th September. Contact Julie Jefferies **Please contact Julie before you attend**

Littlemead Local Tuesday

Rivermead Area/Mount Pleasant

They normally meet on alternate Tuesdays 10am at Greenfingers , the next meetings are 3rd and 17th September, please contact Glen if you would like to go

Littlemead Local Wednesday

Nicola Antoni Rivermead Area

There are a couple of places at the moment.

Please contact the Hub organiser before you go, they normally meet on alternate Wednesday 10am at Greenfingers next meeting 4thSeptember then fortnightly.

Withycombe area

contact Jan Collett WithycombeOur venue at Phear Park Cafe on alternate Tuesdays at 2pm. Next meeting ,10th & 24th September after that we are back to the Tennis Club . We have a few spaces.

Littleham area

contact Susan Hall meets on various days and times **email Susan for information** The next meetings for September are Tuesday 3rd and Monday 16th venues to be arranged

Salterton Road and The Avenues

Anne Coles is the contact

Meets every 2nd Tuesday of the month at 10.30am in bar area of The Devoncourt Hotel just turn up on the day you will be most welcome. The next meeting 10th September.

Woodbury Woodbury Salterton and East Budleigh

Lin Milsom-Ashby

Woodbury to meet every 3rd Wednesday in the month at 10.30am at The Maltsters Woodbury
The next meeting is on 18th September

Beacon Group

General area of The Beacon or central Exmouth contact Sally Parnell

meetings Imperial Hotel 3rd Friday in the month 10.30 next meeting 20th September.

Budleigh Salterton

The Budleigh hub meets for coffee and chat on the second Friday morning of every month. Venues vary, as we haven't settled on a particular place in Budleigh, so any new members are best to contact Sue Glover by email, or telephone

Social Committee

Visit to Cotehele – 10th July.



Only a small coach could be taken to the National Trust property, Cotehele, being located on the Cornish side of the river Tamar down narrow lanes. We were blessed once again with lovely weather and so were able to maximise the time spent outside visiting the gardens, quay and mill. The house is mostly Tudor and from the mid-16th century was largely a second home, so retains much of its early history. It was a lovely day and a very tranquil place for a visit.

Forthcoming Events

Eden Project - Monday 16th September, cost per person £40

This trip is designed for you to explore the Eden Project at your leisure. This environmental project was set up in 2001 and consists of two large indoor covered biomes and gardens of roughly 30 acres. The coaches should arrive at approximately 11am and depart at 4pm, which should give plenty of time to explore the biomes and garden. Each of the two biomes feature a different part of the world - the Mediterranean and tropical rainforests. There are regular free talks during the day that members can join or just enjoy exploring and self-discovery.

The coach will pick us up at 9am from the Exmouth coach park, behind Exmouth train station and return there for 6pm. You are free to bring your own packed lunch, but there are plenty of catering outlets on site. The Eden Project prides itself in responsibly sourced, freshly made food. Please bring your own reusable cup as they no longer offer single use cups for takeaway drinks.

Health and safety considerations: there is a fair amount of walking in exploring this amazing project. The paths at the Eden Project climb steeply up and down the slopes of the former clay mine, there are plenty of resting places and toilet facilities. The indoor biomes are covered by a material that transmits UV, so don't forget your sun cream.

Dartmouth Food Festival - Friday October 25th, cost per person £19

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. It makes a lovely day out without having to worry about parking. The coach leaves Exmouth at 9.30am from the coach park, behind Exmouth station, returning to Exmouth at approximately 5pm. You are free to explore the food festival at your leisure or other local attractions. The coach will pick us up at Dartmouth quay at approximately 3pm.

Health and safety considerations: it is all outdoors, so it can be hot when it's sunny and wet when it's raining. It is mostly on tarmac or pavements but the three large marquees can get very crowded and those with mobility issues may feel a bit jostled as it can get quite busy.

Payment Details for Trips

Please email Lyn Holmes vicechair@exmouthu3a.org.uk to confirm payment and **supply an emergency contact at this time (if not supplied previously)**, Lyn will then send you a ticket.

1. Buy your tickets at the Monthly Meeting at The Pavilion (12th September) where we can take payments by cheque, credit card or cash but please try and bring the correct money if paying by cash.

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.

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

Groups' news

U3A Exmouth Groups - Latest Changes

Group Name	Details	Contact
Badminton	Every Wed pm Vacancies	
Birds 1	3 rd Mon monthly Vacancies	
Books Exmouth 2	2 nd Wed monthly Full	
Canasta	Friday Fortnightly Full	
Caring for the Planet	2 nd Thurs monthly Vacancies	
French Conversation 2	1 st Thurs monthly Vacancies	
Jam Band	By arrangement Vacancies	
Jewellery	Thursday, Monthly Vacancies	
Line Dancing	Monday 10 am Vacancies	
Listen and Relax	2 nd Monday monthly Full	
Opera & Ballet in the Home	4 th Tuesday a.m. Full	
Pickleball	PB 1 Full PB Various Vacs PB Woodbury Vacs	
Solo Trips & Travel	3 rd Friday monthly Vacancies	
Ten Pin Bowling	1 st & 3 rd Thursday Vacancies	
Tennis	Thurs 2 pm Vacancies	
Walking Group 2	Last Tues monthly Vacancies	
Weekend Walking	3 rd Saturday Vacancies	
Wine Appreciation	3 rd Mon evening Full	

Group Reports

Agility fun for dogs.

I noticed there were no dog related activities in the Exmouth area and had the idea of starting an 'Agility Fun Dogs' group under the auspices of the U3a.

I didn't have a plan exactly how to proceed. I had, for many years, competed with my dogs in obedience



competitions all over America, acquiring a lot of trophies and losing a lot of money in the process.

I didn't quite know what I wanted to do with agility, just felt it should be a fun affair for dogs and owners, with a little exercise thrown in for both!

Four weeks ago we had our first agility class, taking place in my rear garden in Exmouth. Starting small at first, as I wasn't at all sure what novice dogs and their owners would be capable of doing. What would novice dogs do when confronted with strange obstacles? Would they do anything at all? Would they jump over obstacles, or go round them? Would novice owners ever be able to get their dogs to go through the weaving poles, and what about the tunnel?

I must say they have surprised me. Ivy, a little Jack Russell, goes over the jumps so fast, her owner sometimes gets left behind. Freddy, a little Havanese can not only go through the weaving poles, but does so with little pirouettes in between, and likes going through the tunnel so much she goes through one way, collects her treat and rushes back again leaving her owner stranded. Josie takes jumps, weaving etc., all in her stride, never making a mistake - well, not too many!



I don't think we're quite ready for Crufts yet - maybe next week! Meanwhile we are having a lot of fun.

Transport Group



Eleven members of the Exmouth u3a Transport Group enjoyed an outing to Dingles Fairground Museum on Friday 5th July. This day out was a late substitution for one to the South Devon Railway (now on 6th September) as Dingles in Devon will be closing at the end of the 2024 season and relocating to Tamworth in Staffordshire. The main museum includes 7 fairground rides ranging from Gallopers and Ghost Train to the more thrilling Chariot Racer Ark and Moonrocket plus numerous static items of Fairground memorabilia, but the main attraction to a Transport Group had

to be the Dodgems! - the largest transportable Dodgem track in the country. After a couple of enjoyable hours at the museum some of us enjoyed lunch at the nearby Strawberry Fields Farm Shop. Here is a selection of photos, taken by our member Paul Palin, of our group reliving our mis-spent youth days.

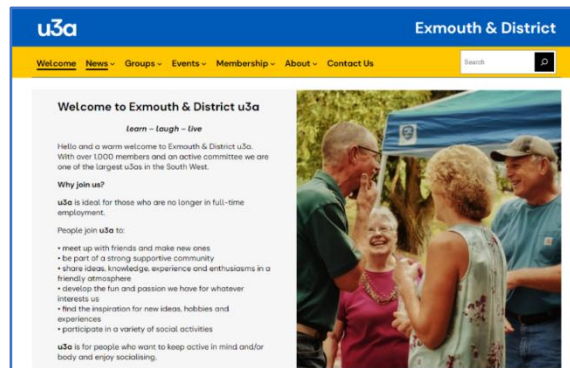
Jim Barnes-Phillips



Our new Exmouth & District u3a website – an update

Have you looked at our new Exmouth & District u3a website recently?

- How to find the website.** A reminder that you can find it by tapping or clicking on this link – <https://exmouthu3a.org.uk>, and you can also get to it via <https://exmouthu3a.online>, or you will find it on Google or other search engines by searching for Exmouth u3a.
- Video tour of our website.** If you need guidance on how to find your way round our website, I have created a video that explains it. It's on our own Exmouth & District u3a YouTube channel and you can see it by clicking or tapping on <https://youtu.be/CZzGKB9nHms?si=vyWeseNq-3Y9mzkQ> or on the link to it on the Welcome page of our website.
- Latest News section.** We keep the Latest News section up-to date, and **it's worth checking this out every week** if you can. You can get to it via the Welcome page or directly by clicking or tapping on this link: <https://exmouthu3a.online/hot-news/>. And if you would like to submit any u3a-related news that you would like me to include, please send it to me by email.
- Logging in.** Although most of the content can be seen on the website publicly, there is certain material which can only be viewed by members after logging in (such as names of Group Organisers and the means to contact them, and certain material that the committee does not wish to be publicly viewable). Logging in details have been sent to members direct.
- Editing Group webpages.** A reminder that Group Organisers can edit their own webpage for their own groups. If you are a Group Organiser and you wish to do this, please contact me and we can arrange for Graham Wood, our Website Administrator, to give you author rights to enable you to do this. We can also give you our own clear four-page training guidance document which has been very kindly written by John Parker. This then gives Group Organisers the opportunity to add to or edit group webpages, for example by giving details of latest group news, plans, events, photos, hints and tips, and links to suitable sources.



Thank you to those members who have passed on their comments about the new website. **We would welcome further any comments, together with suggestions and contributions (especially photos).** Meanwhile – happy browsing!

Finally, could I remind you that our u3a continues to offer other online digital resources for the benefit of members:

- Our u3a YouTube channel: <https://www.youtube.com/@exmouthu3a>
- Our u3a Connect & Learn website: <https://sites.google.com/view/connectandlearn>

John Hunt,
Website Manager
website@exmouthu3a.org.uk

Pickleball



On a lovely Friday afternoon Exmouth U3a Pickleball had its first BBQ at Exmouth Lawn Tennis Clubs facility down at the Maer. We started playing pickleball at about 4pm and then at 5.30pm we started the BBQ the players and their guests brought along food and drink and met others who also play in our groups. The weather was kind to us and we are very fortunate to have use of the Tennis club facilities as they have generously invested time and money marking out 2 dedicated courts for us to play on. From the feedback I have received we will be having another BBQ at the end of September early October which will be bigger and better. If there are

any U3a members in Exmouth that would like to learn how to play pickleball and join our groups please contact me and I will go into more detail on what we do. Bob Nicholls

An item from one of our members:

Olympic Gold

Margaret Mackintosh

At a Family History group meeting and at a recent zoomed Coffee & Chat, I mentioned some Olympic trivia. It was suggested at the latter that I should write it up for the newsletter, as more members might be interested, so here it is.

The 1924 Olympics Games were held in Paris, as were the recent 2024 Olympics. The Games have certainly grown in those 100 years.

Date	Place	Nations	Athletes	Male	Female	Events	Sports	Gold medals	Size of medals
1924	Paris	44	3089	2954	135	126	17	304	55mm
2024	Paris	204	10714	>5250	>5250	329	32	>1800	85mm

In 1924 my son-in-law's grandfather, James MacNabb, won one of the rowing gold medals, in the 'Coxswainless Fours'.



In 1924 the same medal design was used for the summer and the inaugural winter Games. The obverse shows a winning athlete helping a fallen athlete. I can't identify all the sports illustrated on the reverse, but they include polo, javelin?, rowing, sailing, skiing, relay?, boxing, archery?, rugby, discus, shot put, football, shooting?, and fencing . The lyre harp represents the cultural competitions held at the same time, with a sports-inspired theme - architecture, literature, music, painting and sculpture.

In 1924 there were no medal ceremonies. Medals, engraved with the winner's name and sport on the rim, arrived by post!



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 Groups news coming in for the next edition which will be at the beginning of November.

Thank you very much
Rachel Cockell, Editor