

Tiverton u3a Newsletter

learn, laugh, live

Volume 8 Issue 8

August 2023



Chairman	Robin Mayes	tivertonu3achair@gmail.com
Vice Chairman	Nigel Blandford	tivertonu3avice@gmail.com
Treasurer	Sue Robbins	tivertonu3atreasurer@gmail.com
Secretary	Irene Butler	tivertonu3asecretary@gmail.com
Membership	Annie Foot	tivertonu3amembership@gmail.com
Webmaster	John O'Connor	tivertonu3awebmaster@gmail.com
Social Media	Angie Cheshire	tivertonu3asocialmed@gmail.com
Technical & Speakers	Fergus McGilp	tivertonu3ameetings@gmail.com
Newsletter Editor	Nigel Blandford	tivertonu3aeditor@gmail.com
Committee Member.	Ivan Godfrey	ivangodfrey789@outlook.com

Website <https://www.tivertonu3a.org.uk>
Facebook <https://facebook.com/tivertonu3a>
Instagram <https://www.instagram.com/tivertonu3a/>

FROM THE COMMITTEE:

Tiverton u3a welcomes four new members:

Diane Gardner. Jackie Taylir

Mary McMichael. Paul Lintern

June Meeting

At the June general meeting, members were entertained to an inspiring talk by Ken Maharajah, a local artist, who has spent time educating Palestinian children in Art and English. Entitled "A Journey of Hope", Ken described his work with refugee children, in towns on the West Bank

If you missed it, or would like to hear it again, a recording can be downloaded here:

<https://youtu.be/j5dVHZfn6Wk>



Request from Emma Connor, a Post Grad student at Plymouth University

"I am a postgraduate student of Occupational Therapy at the University of Plymouth. Currently, I am in the process of formulating a research proposal for my dissertation project, which will be undertaken in 2024.

The proposed focus of the study is the experience of older adults who participate in arts-based activities and aims to explore what involvement in the activity means to them, what facilitates and motivates their engagement, have they encountered barriers and how they think their experience affects their health and well-being.

In a previous position, I worked with older adults in the community and witnessed different attitudes towards arts groups and mixed levels of participation. **I have always wanted to investigate this further and consequently, am looking for a small number of adults (no more than 2-6) aged 65 and above, who regularly participate in arts-based activities, and who would be willing to take part in the study.** The study will be entirely voluntary.

Before I begin the research, I will need to secure University of Plymouth Faculty of Health Research Ethics Committee approval. The research would be carried out via face-to-face or online interviews. Data collection is likely to be between January and April 2024"

Many thanks,

Emma. emma.connor@postgrad.plymouth.ac.uk

August 2023

July General Meeting Moorhayes Community Centre

**Thursday 27th July
10:00 for 10:30 am**

Getting the most out of seaweed – the role of seaweed biorefineries

Sarah Hotchkiss

Sarah is a marine biologist with a specific interest in edible seaweeds that began during her undergraduate career at the University of Aberystwyth, Wales (1986-1989) and continued as she completed a PhD in Marine Botany at The University of Adelaide, South Australia (Awarded 2000). Sarah's academic research focus encompassed many facets of marine biology; marine macro algal ecology, biology & taxonomy; microbiology and molecular biology.

Click for details [What's On - Tiverton U3A](#)

Tea, Coffee, Biscuits
Paper copies of the Newsletter
Membership renewals

Moorhayes Community Centre Lea Road Tiverton EX16 6SU

**On Thursday 24th August
Mike Richards
The Laughing policeman in Tiverton**

FUNNY PAGE



Little Johnny was in his English language lesson, contemplating the word “pneumatic”.

After several attempts at pronunciation, his teacher gave him a hint. “The “p” is silent”, he said, “as in swimming pool”.

Fred had a phone call from a man with a Russian sounding accent, demanding money. “I have hacked into your computer, and I have all your passwords”. he said. “Thank goodness,” said Fred. “Could you send me print-out please”.

My new ride-on mower. Auto - fuelling!



GROUP REPORTS

Unless they have specifically requested otherwise, group coordinators contact details have been omitted on the newsletter page of the website, as this is a public document. However, they can be found in the "members only" section of the website, which needs a password, already provided to members. - *Nigel*



Croquet Coordinator: **Eric Richardson**

The Group is continuing to be well supported with nineteen members playing this week. However we lay out three lawns so there is room for others to join us. We play on the outfield of Heathcoat Cricket Club, on the Knightshayes Estate, Tiverton. We usually play on a Tuesday from 2.00pm until 4.30pm with the occasional variation to accommodate cricket fixtures. If you would like to try with no obligation to continue,

there is a reserve of equipment you can use. There is a small fee of £4.00 per person per session to include refreshments in the pavilion during the tea break.

Please contact Eric or Sandra. Email: e.richardson5@sky.com Tel. 01884 - 253402



Devon Bus Travel Coordinator: **Valerie Pocock**

Tuesday 4th July turned out to be the day when it suddenly remembered how to rain! With such a terrible forecast, we postponed our outing to Thursday. This is the first time we have ever cancelled an outing because of the weather! Only three of us went to Sidmouth and enjoyed lovely sunshine, but cool winds at the sea front. We soon noticed how expensive eating out had

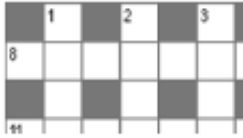
become! Half an icecream cost £1.50 - a seagull took the other half when I was off my guard! Despite all this we enjoyed the lovely rough seas and decided we needed to visit again as we did not have enough time to see everything.

In August we avoid the crowds and have a bring and share in the garden. - *Valerie*



Creative Writing Coordinator: **Annie Hooper**

It was good to meet with some senior members in person rather than online. Enthusiastic items on hobbies and reflections were greatly enjoyed. This month's topic is Dreams many of you would I'm sure be able to contribute. Why not contact Annie to join in the fun 01884 38213 devonian2001@yahoo.co.uk



Cryptic Crosswords

Coordinator:
Tony Lowe

As always, our latest cryptic crossword is shown at the end of this newsletter. Please have a go at solving it if you can!

We'd be very keen to see some new members in our group, so if you enjoy cryptic crosswords, why not join us and put your expertise to good use? All communication is via email and you'll be given up to 4 words each month for which you have to provide appropriate cryptic clues.

Apologies for not printing the correct crossword in last month's newsletter. This was due to minor computer glitch, which has now been resolved.

Please get in touch if you'd like to try it – *Tony*



Economics

Coordinator:
Mike Barlow

In our latest meeting we discussed briefly the "**Business Cycle**" which can be subject to many external factors as well as some which are under the control of the Government and the Bank of England. This was followed by an interesting presentation by Ian on the

"**Housing Market**" with data going back in some cases to the late 19th Century. As you'll all know house prices in general rise more quickly than inflation but are currently experiencing what is called euphemistically a correction! More details of Ian's findings are available on our webpage.

The next meeting will be at Jane's house on **Wed 2nd August at 10am** when we will discuss whatever's topical at the time.

Contact mikeandsue.barlow@gmail.com if you'd like to join us. ~ *Mike*



Folk Dancing

Coordinators:
John & Hazel Ridd

The folk dance group is an active and enthusiastic group who have a lot of fun with dances from the 18th century through to more contemporary ones. We always welcome new people along and enjoy showing them the basic moves, and then putting it all together in a dance

The Folk Dancing group have decided to take a break through August. Our dates are 26th of July and then the 13th of September.

For further information please contact John or Hazel our telephone number is 01884820438 and my email is johnridd220@gmail.com – *John*



German Conversation Coordinator: John Smith.

Our one meeting since my last report was the final meeting of this term/year. We now have a break and reconvene in early September. It was not difficult to sense a degree of relief that this year has ended. However, everyone has worked extremely hard and deserve a well-earned rest.

Two of our members are in the process of building their own house so it was inevitable that the words of the week would be “construction related”. Der Kipper is a dumper truck and der Bagger is a mechanical digger. I am not too sure how helpful these words will be after construction is completed but I suppose they might become favourite words for young grandchildren.

We finished the meeting by reading a poem by Goethe (Der Erlkönig) and then completing a crossword in German (of course). - *John*



Going Places Coordinators: John O'Connor Tony Lowe, Chris Steele

Haynes Motor Museum Visit – 28 th June 2023

15 motor vehicle enthusiasts made an interesting and, in some cases, nostalgic visit to the Haynes Motor Museum at

Sparkford. The group enjoyed the benefit of a guided tour of the Museum which is home to the UK's largest exhibition of over 400 cars with everything from the birth of motoring and nostalgic classics of the 50s and 60s right up to stunning supercars of modern day. Before the advent of 'YouTube,' for many of us the only way one could afford to run a car was to undertake home maintenance and the 'Haynes Workshop Manual' was the 'how to' reference guide of choice.



Many comments of 'I had one like that,' 'I always wanted one of these,' 'mine never looked as good as that,' 'when you opened the bonnet you could see an engine not like nowadays,' could be heard throughout the tour.

A most interesting and enjoyable trip which given the interest expressed by members could well be repeated in the future. See www.haynesmuseum.org

Forthcoming meetings

30th July – Lundy Air Day (now fully subscribed)

11th October (probably) - Visit to David Pipe Stables.

- *Chris*



Trad Jazz

Coordinator:
Mike Barlow

Apart from the regular sessions in Magelake Hall, Uffculme and Jubilee Hall, Langford Budville you'll also find live FREE jazz on the Exeter Quay each Sunday from 12.30 to 3.30pm until the end of August. The list's too long to include all of them here so please check the Trad Jazz webpage for more details;

Wed 16th Aug Magelake, Uffculme

La Vie en Rose Contact gordonsjazzclub@hotmail.com to reserve seats

Fri 18th Aug Langford Budville **Mike Denham's Sunset Café Stompers**

Look forward to some hot jazz and good weather ~ *Mike Barlow*



Line Dancing

Coordinator:
Mich Bowers

For our second session in July, weather permitting, (not too hot!!!) we will hopefully be up for a 'challenge' (or two)

By 'popular demand' we are continuing through August, well, only one as the bank Holiday falls on the Monday of our 2nd session

Next Sessions July 24th & August 14th

- *Mich*



Local Theatre

Coordinator:
Betty Thrall

Our next block booking is for Tiverton Operatic Society production of "9 - 5". Music and Lyrics by Dolly Parton. Thursday September 14th in The New Hall Tiverton 7-30 pm Tickets £10 .

Read the synopsis in the June Newsletter. A list is available for your names from July 27th monthly

meeting and payment please by August 24th monthly meeting .Any cheques made payable to Tiverton u3a. Do put the date in your diary and support this award winning group .

Willow Tree Dance and Theatre Arts group's next production is "SHREK THE MUSICAL". Come and join Shrek ,Fiona and Donkey in their whirlwind adventure and enjoy a profession like production at your Local. Theatre, New Hall Thursday October 19th 7-30 pm Tickets £9 .List available at July 27th monthly meeting and please pay by August 24th monthly meeting .Do phone or email if you are not attending the meetings .

Betty 01884 242998 07972271524



Mahjongg

Coordinators:
Celia Hicks

Please get in touch if anyone is interested in playing mah-jongg. for fun, in Bampton. -Celia

01398 332101 or celiahicks13@gmail.com.



Photography

Coordinator:
Roger Gunn

The Photography group is having a summer break. We will resume our meetings in September. - Roger



Photography 2

Coordinator:
Charlie Duke

For the last couple of meetings we have been experimenting with shutter speeds, looking at the movement of people, effect it has on appearance of waterfalls, moving traffic etc. We did a short trip to capture the weir at the Mill on the Exe at Exeter, where we had a bonus of seeing an angler catch

two large sea lampreys, a first for all of us there. (Both safely returned).

The pictures below show a drip of water as it elongates itself leaving a tap (1/25th of a second) and a night view of the M5 from the bridge at Cullompton (30 seconds exposure time).

- Charlie





Ramblers
Coordinator:
Jenny Bedford

Ramble July 11th

Twelve eager ramblers assembled at the Beam Bridge, despite the weather forecast. We easily negotiated the initial mud and puddles to climb steeply towards the A38. On the path to Shippen farm we had far-reaching views and a short, steep climb up. Sadly, we did not walk through fields of happy pigs; they had been replaced by maize. At Chitterwell Bridge, by invitation,

we visited Elisabeth's garden, which is divided into three areas; first the flower garden, resplendent with lovely blooms; next the productive vegetable garden and finally the wild garden with a stream at the bottom – this was the highlight of the walk. Having walked via Holywell Lake, we returned to the Beambridge. Thanks Jackie for an excellent walk.

Ramble, Tuesday August 8th

The next Ramble on Tuesday, August 8th will be led by Ben from Oakford, 10.00 start. Parking is in the village hall car park (SS 913 215, postcode EX16 9ER) As we have permission to use the toilets, a small donation towards the upkeep of the village hall would be appreciated.

For those who know the walk, Ben has found an alternative route to the 210 steps down, reducing them to about 6. The 4 mile walk is moderate, comprising two main ascents of half a mile each, the first climbs 170 feet, the second 200 feet; there are also undulations. The walk is in fields, woodland and a private garden, also with two miles of lane walking.

Lunch is not being booked: suggest choosing the Red Lion or Exeter Inn, for food or a drink.

- Jenny



Snooker
Coordinator:
John Anderson

A small, social group catering for all levels of Snooker ability (up to "average"!).

Our normal meeting dates at Halberton Village Hall are the 1st and 3rd Friday each month. Our start time is 3.30pm.

Conveniently, buses from Tiverton stop at the door, so you can use your bus-pass to

get there. I am a keyholder for opening up, so give me a ring beforehand if you would like to join in and have a game or two.

John. Tel: 07947 000757



**WALK and
 TALK**

**Strollers and
 Twalkers**
Coordinator:
Chris Mumford

TWALKERS - These walks are out in the countryside, generally within 10 miles of Tiverton. The maximum distance is no more than 3.6 miles and take no more than 90 minutes. The venue changes weekly.

STROLLERS - Venue changes monthly for a gentle walk lasting no more than 60 minutes

around the streets of Tiverton.

For more details and a programme, please contact Chris Mumford:

chris.mumford21@gmail.com



Short Trek

Coordinator:
Nigel Blandford

The short trek on Thursday 23 rd June was in the form of a quiz. It began with the driver trying to solve how to get to the start point (by the way I wasn't driving) but after a short tour of west

Somerset we arrived in good time. I started with a short briefing and then read out the

first clue and was astounded when peter hall solved it after about five minute, it was either far too easy or peter was quite smart. Others were pointing in all directions, so was the clue hard or were the others dim? Shortly we reached our first objective and it wasn't long before the next clue was solved and off we went uphill of course, to our next point, were Richard quickly solved the next, what a smart lot! One of the ladies said now were getting inside your head? Nigel pointed us towards the next point, meeting Henry at several fords in the woods where we stopped for lunch. The weather was fine, not too hot, and they made short work of the last few clues and miles. The route was eight miles in beautiful scenery and afterwards we debriefed in the garden of the Carew arms at Crowcombe. *Ben*



Photos of the trek can be seen here: <https://www.relive.cc/view/vWqBP3zGKYO>

The **next Short Trek** will be led by Roger and Ben on **28th July**. Starting from the car park in Simonsbath (SS 773 394) we are doing a clockwise walk to Pcked Stones farm. We carry on until meeting and joining the Two Moors way track just above Lanacre Bridge and return via Cow castle and the disused Wheal Eliza shaft back to the starting point. Distance 7.8mls. Ascent. 1017ft. 10am start. Picnic lunch

Looking ahead, the **August Short Trek** will be on **the 28th**, from Countisbury, led by Jenny. The walk is approximately 7.5 miles and goes via the churchyard and Butter Hill, Cadow Combe, then following the coastal path through Chubhill Wood to the permissive path back to Countisbury. At this point it is possible to go back to the pub, otherwise the walk continues via the Roman fort steeply downhill, returning via the coastal path.

Parking, by permission of the manager, is in the Blue Ball Inn car park (GR. SS 747 496 ; postcode EX35 6NE).
- *Nigel*



Table Tennis

Coordinators:
Katherine Green
Lorne Loxterkamp

The group meets every Monday from 10 am to 12 noon at Sunningmead Community Centre. We have four tables and generally play doubles to ensure that everyone gets as many games as possible during the session. There is a weekly charge of £3.00, which includes coffee or tea. Newcomers are welcome, and we endeavour

to help those with less experience of the game. Anyone interested in finding out about joining the group should contact one of us.
- *Katherine and Lorne*



Thursday Lunch

Coordinator:
Angie Cheshire

After some of us were diverted by the road closure signs, we returned once more to the White Horse Inn at Bradford on Tone and there were 18 of us in total. It was lovely getting together again and everyone was very chatty. However, the menu was rather

disappointing and very restricted and the food was very average. We learnt afterwards that the pub had changed hands since the last time we had been there. - Wendy and Peter.

Our next sortie will be to Carriages Brasserie, The Devon Hotel, EX2 8XP, organised by Julie and Peter. The brasserie is renowned for its carvery, but there is also a lunch menu available. Pre-order will be necessary if ordering from the lunch menu. Take a look here: <https://carriagebrasserie.co.uk/menus/lunch>

Maximum number of diners 30, first come first served. Let me know asap if you would like to attend and whether you would like the carvery or choose from the menu.

Angie. angelacheshire@hotmail.com 07743 184 980



Trekking
Coordinator:
Gordon Cleaver

The July Trek

A dozen Trekkers met up at Staple Hill Car Park for a late change Trek around the Staple Hill and Neroche areas of the Blackdowns. We welcomed Linda C for her first

long trek which turned out to be about a mile longer than the advertised 11.4 miles (sorry Jan !!)

It was a walk of two halves, downhill from the start and then a mainly uphill back to the cars. However, we had good weather - sunshine with a cooling breeze and some very enjoyable Somerset scenery. The Debrief took place in the Greyhound Inn, Staple Fitzpaine' where some cool glasses of "apple juice" were enjoyed.



The August Trek –Thursday 3rd August

The trek on August 3rd will be led by Ben and starts at 10 am. Meet at Brendon Two Gates on Exmoor (SS765-432), this is on the B3223 Simonsbath to Lynton road at the border between Devon and Somerset. parking is in layby's either side of the road.

The route is 10.5 miles and follows both familiar and also unfamiliar tracks. We will start along the road to go via a monument to join a path down to the medieval village site, and then up over Brendon common to Tippacott ridge and around Shilstone hill. Its then down to Farley Water where you may get wet feet if there's been any heavy rain, then up to Cheriton ridge. We won't follow the Two Moors Way along the ridge here as Ben has found an alternative which avoids a very steep

ascent and descent which some may remember. Apart from the usual short ups and downs there are two main ascents, the first is about 275 ft and the other around 490 ft. so not a particularly testing trek but having some beautiful scenery and some sites which might be of interest to Roger and Gordon (pubs?! -ed)

Please let me know if you are planning to come on this Trek or if you are interested in joining the Trekking Group - Gordon. 01884 242563. grcleaver54@gmail.com



Wednesday Pub Lunch

**Coordinator:
Trevor Ellmore**

The Black Venus at Challacombe Exmoor measured up to all expectations on the 5th July. The food was exceptional, with all taking fish today, although its not a fish restaurant. It was a 50/50 split between (Dressed Devon Crab, salad, lemon & lime Aioli), and (Wholetail Scampi, chips peas, salad). I can only say it was one of the best

fresh dressed crabs I have ever had. The same desirability was expressed by those that had the Scampi.

We only had a small team today due to holidays, illness, and hospital appointments etc, however for those that did attend, had a pleasant run to the edge of Exmoor, with delightful food, and company.

Our next Venue on the 2nd August, is in War Horse Country, The Duke of York, Iddesleigh, dating back to the 15th Century, which is famous for its Steak & Kidney puddings which are freshly cooked.



If you did not put your name down at the Black Venus, which many of you did not, then you need to contact me ASAP if you would like to attend this charming Inn.

Directions :- Iddesleigh is approx 30 miles from Tiverton via Crediton. Take A377 north, to Coplestone, bear left onto A3072 towards Okehampton. Shortly after Sampford Courtenay turn right onto B3217 into Exbourne High St continue to Monkokehampton and follow signs to - Iddesleigh, EX19 8BG, 01837 810253

- Trevor

Tiverton u3a Cryptic Crossword No. 025 - Solution

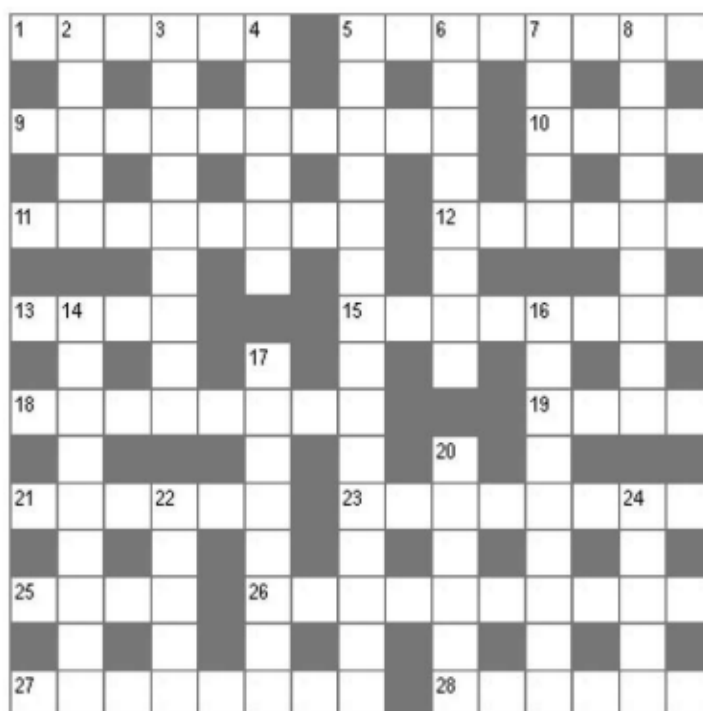
Across

- 1 FREQUENT
- 9 ALASTAIR
- 10 IDEA
- 11 RINGINGABELL
- 13 INTEREST
- 15 ROUBLE
- 16 MEAL
- 17 BANJO
- 18 WARY
- 20 LOGGIA
- 21 CHASTITY
- 23 PHOTOGRAPHIC
- 26 OINK
- 27 SEAHORSE
- 28 THEODORE

Down

- 2 RIDDANCE
- 3 QUARTERLIGHT
- 4 EVINCE
- 5 TAXI
- 6 KANGAROO
- 7 GAZE
- 8 DROLLERY
- 12 BLUEWITHCOLD
- 14 TONIC
- 16 MILEPOST
- 17 BRAGGART
- 19 RETAINER
- 22 ADHERE
- 24 OKAY
- 25 ABET

Tiverton u3a Cryptic Crossword No 26



- | | | | |
|----|---|----|---|
| 1 | A wasted money commodity (6) | 2 | University wise man shows customary practice (5) |
| 5 | Confused OAP on a mission to find something that is really most obscure (8) | 3 | Oh God! So blasé about the acidity of 'em (9) |
| 9 | Amphibian salad around him, and before the Queen! (10) | 4 | Photographers sent dotty over downpour in kraut country (6) |
| 10 | False addition to the Perry family (4) | 5 | Fold these, Martha, carelessly, then you'll see a river in the south-east (3,6,6) |
| 11 | Confusedly paraded North shortly to be found in the Himalayas (3,5) | 6 | Ed leaves acrid money to create anger and bitterness (8) |
| 12 | Put ham in utensils and take some out. It won't take long (6) | 7 | There's lots of blurb and talk about living in this environment (5) |
| 13 | Mother, gender neutral, can lose her way here (4) | 8 | Nutcases start to believe and they have a solid presence (9) |
| 15 | Underhand linguistics include touching (8) | 14 | First letter was missing from annual and meant it was cancelled (9) |
| 18 | Imply the backward French king is less important (8) | 16 | Does this clue have a short life? The opposite! (9) |
| 19 | Require a makeover for Eden (4) | 17 | He thinks he knows it all, exercising good judgement on an area of land (8) |
| 21 | Articulated with oriental confusion, resulting in a recess (6) | 20 | Being under it is no fun especially if short you is put in this garment (6) |
| 23 | Look after it if this abode can't stand up (5-3) | 22 | Adjectival tribute to any U3As remembering initial Dubliners' trio of trees! (5) |
| 25 | Idiotic person makes sudden movement (4) | 24 | One presses or shackles (5) |
| 26 | Find a contestant in wild Italian octet romp (10) | | |
| 27 | Knight crazy about English rose regularly ignored beauties (8) | | |
| 28 | Deceitful nature is, in Paris, the most deceitful nature (6) | | |

As usual, I include a list of groups and contacts who are not reporting this month. Co-ordinators contact details can be found on the “members only” page of our website.



Psychology

Coordinator:
To be appointed



Industrial Heritage

Coordinator:
Phil Stone



Skittles

Coordinators:
John Carr
Janet Loader



Philosophy

Coordinators:
David Hamer
Carol Hamer



Book Readers

Coordinator:
Carol Blandford



Railway Group

Coordinator:
Jose Kimber