

CVu3a UPDATE

Edition: Sixty-Nine– Sept/Oct 2025

Editor: John Hayston.

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A very warm welcome to those new members who have joined us since the last newsletter was sent out.

September Meeting

The meeting started with the AGM and agreed last year's AGM as an accurate record. Thanks were given to outgoing committee members Janet Bryant, Lorna Knowles, Marian Luck & Alison Waple. The new committee was confirmed as - Chair – John Hayston, Business Secretary - Paula Rees, Treasurer - Judy Morris, Membership Secretary Alison Waple, Groups Co-ordinator – Sue Hooper-Lawrie and Beacon Administrator – Marian Luck.

The Age was followed by presentations from a few of our Interest Groups. We enjoyed Richard Taylor, dressed as a French onion seller, extolling the virtues of Pétanque. Gill Sole and Paula Longdon gave a talk, with slides, on the very interesting venues of the Behind-the-Scenes visits. Walter Longdon gave an insight into genealogy, and Alison Waple with group members shared their favorite History visits. We also heard about Mahjong and about all the different games on offer at the Games Group. A very well written and well presented poem by Linda McMillan from the Creative Writers, about losing weight, lead the way to a 10 question quiz from the Quiz Group Leader, Martin Newman, which was great fun. The meeting ended with the raffle draw for the beautiful Quilt made by members of the Quilting Group, with the money raised, £263 going to Hospiscare. The winner of the quilt was Jenny Shaw.

As usual Art in Action, Coloured Pencils, Quilting, Photography and Craft Groups put on a great visual display of works produced, over the past year.

October Monthly Meeting

I'm so pleased to be writing this introduction to next month's speaker because he will be familiar to most of you, at least by name if not in person. **John Hayston** is not only the current Chair of our u3a - many of you will have heard his address at last month's AGM, but gets involved with several interest groups, embraces all with enthusiasm and a willingness to take on new things. It's in this spirit that he offered to talk at our monthly meeting, which instigated the public speaking course, run by Sue Hooper-Lawrie early this year, to help him prepare for the challenge of addressing a large audience.



How Sheep farming evolved in the UK and my experience of it.

John's chosen subject is sheep, or more particularly Sheep Stratification - a unique British farming system which takes advantage of different environments and terrains across the UK to ensure a consistent supply of high-quality lamb in the UK market. We'll learn all about it from John who it turns out is something of an expert in the system. But we'll also find out about his life as a shepherd which took him from one end of the country to the other during his career. I hope you'll give him every support by coming along to hear his story. Gill



Help Please! Tech support desperately wanted for monthly meetings

I'm looking for someone to help me at the monthly meetings by setting up projection and microphone equipment. This would suit someone with much better technical capabilities than me, whilst I continue to do the meet and greet and introduction parts of the Speaker Coordinator role. This extra pair of hands would also allow me time to speak to people with my other hats on i.e. Behind the Scenes visits and Walkers Group. If you can help, full instruction will be given by me and Andy Arnold who is often available too. Please get in touch via email gill.sole@yahoo.com and I can phone to discuss if you have any questions. Many thanks, Gill

Help needed to organise behind the Scenes trips ,6 per year please contact Gill or Paula Longdon if you can contribute.

News from Interest Groups

Creative Writers

Well, unsurprisingly, when we met in July, the word put forward was SUMMER. Although we think up a new word to write about each month, it IS just a suggestion and often people choose to write about something quite different. But for some reason, everyone actually came back to the August meeting with a piece about summer. To be honest, Sue had an appointment somewhere else but sent us a rib-tickling poem about the mixed 'joys' of summer. I didn't actually point a gun at her head to get her to write something (even though she couldn't join us), but that's her story and she's sticking to it. Honestly, it was merely gentle persuasion on my part.



Another poem by Hazel conjuring up idyllic summer scenes of the past when all was ideal - "Never too hot, never too dry, never too wet, and a clear blue sky".

Linda shared similar memories of the long sunny days with hours to run free as a child; then the busy 'summer of life' as a young wife and mother. She confessed that summer was never her favourite season, but she looks forward to autumn, which is.

Paula swept us off to Blackpool by train for all that seaside town has to offer. As a teenager she and two friends headed for the big dipper but due to the long queue chose other rides. After the excitement of the funfair, they found a quiet corner near to a brightly-painted gypsy caravan where Gypsy Rose Lee offered fortune-telling.

Here is some of Paula's vivid word-painting:

'The air was thick with patchouli and something older, mustier, like forgotten roses pressed in drawers..... her eyes were dark and piercing. Her skin was brown and worn like oiled leather, she had no wrinkles, she wasn't young but there was something ancient about her, not in age, but in presence.'

As we listened I, for one, felt I was in that gypsy caravan waiting my turn. Such is the power of words. Much of what they were told did, in fact, come to pass. And decades later the three friends are still in touch.

Pat broke the spell by sharing her story about two retired people sitting on a bench looking at the sea. With their children grown and flown, Joe and Molly are happily reminiscing. They set off for a walk and find a local pub playing their kind of music. They found a table in one corner, with their drinks, enjoying the atmosphere. Joe looked at Molly and said: "You dancin'?" She asked: "You askin'?" "I'm askin'" he said ... "Then I'm dancin'." They laughed and held each other in their version of a jive – much to the delight of other drinkers. That was a good summer. And THAT was a good writing group meeting.

I always enjoy Pat's dialogues. And it's good to hear other people's written gems.

SHARED STORY - Our couple who met at the school gates while dropping off their children have agreed to meet for lunch. And the day has arrived.

Linda's continuation ...

As she drove away, her mind swung back to the scene at the pub. Jack, a regular at the bar had been getting over-fond of her which was flattering. But, Simon, her partner, was a jealous man with a quick temper. That fatal evening, she was clearing glasses from the tables, when Simon arrived to take her home. He saw Jack putting his arm around her. All hell broke loose. Glasses shattered. Knives appeared. She tried to stop them but somehow, she was slashed as both men lashed out wildly. She fled with blood streaming down her face. It was her friend, Babs who went after her and took her to casualty. Fearing more violence, she would not return to the flat. She knew she was pregnant but it was early days so she hadn't mentioned it. She had to get away.

Uprooting wasn't easy but she moved down south to be near her brother. Since then, fearfulness had dogged her days. Her greatest fear was that Billy, her little boy, would be snatched away from her.

She pulled up outside The Olive Tree, as if she hadn't a care in the world. Dave was just an ordinary guy, and there he was waiting for her. Oh!

oOo

Sue will pick this up and write the next section.

The Scribe – LJRM

CHALLENGE

Can you write a rhyme about YOUR u3a Interest Group?

Creative Writers

Laughing Juice in the coffee
Happy Spice in the cakes
We scribble whatever we want to write
However long it takes.
Our u3a group is the best
We get on famously
With smiling Hazel serving us
With coffee, cakes and tea.

Exciting stuff this writing lark
With murders, rhymes and fun
The table's piled with written gems
Our homework's always done.
The trouble is our group is full
So, no-one else can come
And IF more writers want to join
They'll form another one.
But Who'd make cake with HAPPY SPICE?
Or tea with LAUGHING JUICE?
Our Hazel is the QUEEN of this
And we won't let HER LOOSE.
LJRM

Quilting

Autumn is fast approaching and the group continue to work on their own individual projects for the time being. We have been discussing our next project, to do as a group, and will have more information to share in October's newsletter about our 'log cabin technique' plan, with a bit of a twist!

At the September AGM meeting, some of our quilting work - mainly the stained-glass cushion covers we made earlier this year, were on display, as part of the exhibition of arts and crafts. The table looked quite colourful.

The Autumn challenge quilt, we made earlier in the season, was finally raffled, following the monthly meeting and has been won by CVu3a member, Jenny Shaw. Congratulations Jenny!

**** We raised £263 to donate to local charity, Hospiscare. ****

Many thanks to all the members, their friends and families who have kindly supported us by buying the draw tickets - it is very much appreciated. We'll now be making arrangements to hand over the donation.

The Quilting Group is run by Lin Arnold and we meet on the first and third Tuesday of the month - 9.30 to 12.30 in the Committee Room at Willand Village Hall. Anyone wanting more information can contact Lin on Impish4me@gmail.com or talk to her, directly, at the monthly meetings.





Craft

It really did feel like the first day of term as we met again at W VH for our next Craft gathering. This was the first of our new look Craft sessions, in that we will all be doing different crafts as the mood takes us.

Many of us want to spend more time on a craft we have learnt or to finish a long-term project, either way we all agreed that to dedicate three hours twice a month was going to work. There will be some led crafts later in the year so we will still be learning new skills which we love to share with you. We were able to help each other during the session on past crafts, but mainly we chatted and of course put the world to rights!

Photos of what we are up to.

Lorna





Art in Action

Art in Action has been busy again, this month we had a challenge of making a collage, one of our members instructed and guided us. We had a lot of fun doing this and some were created on the day, others took a little longer.

See the results below. Along with AGM display, plus other.

Also, this month we visited the Tiverton Art association art exhibition, there was some very good art exhibited there, it was inspiring.

The Devon Open Studios open on Sept 6th to 21st so we will be visiting some of our local artists.









Quizzing

Our August meeting saw Sue and Hilary challenge us on Agatha Christie, spouses of the famous, airports, book characters, identifying voices of the famous and putting things in the right order. For example, if you know the difference in champagne bottle size between a Balthazar and an Imperial, come and join us. Another great mix of questions.

Our next meeting is on Friday 19 September at 10.30 in the Club Room at Willand Village Hall. We soon start our twice monthly schedule, with the following quiz on 3 October.

Martin

Walkers

Our return visit to the beautiful Clatworthy Reservoir in the Brendon Hills in August was just as delightful as last year. The grassy perimeter track halfway round provided a perfect spot for our picnic lunch but we definitely thought the water level was worryingly low. I trust it'll be a lot fuller after recent rains! One of the least known reservoirs in the area, it's hard to believe how few people we saw on our circular walk around this beautiful, tranquil lake and with a large free car park and decent clean toilet facility it's definitely a strong recommendation for everyone to visit.



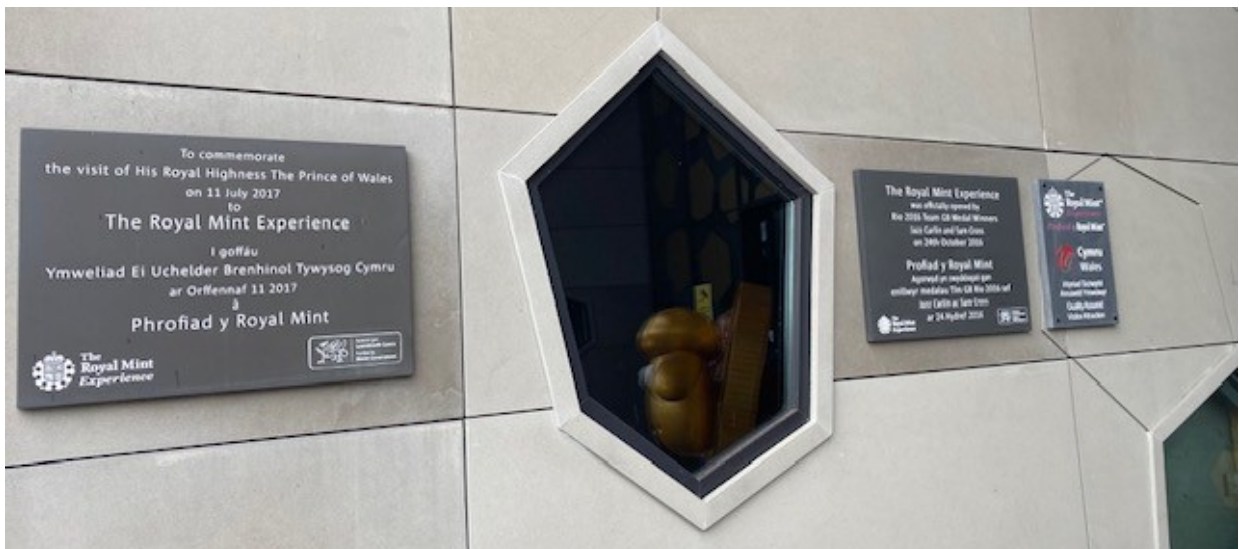
Next Walk

Thursday 18 September - Woodbury Castle and Hayes Common. A 5 mile walk over heathland & through woods, offering good views of the coast & Exe estuary. Optional lunch afterwards at the White Horse, Woodbury Salterton.

Contact gill.sole@yahoo.com for details of this and future walks.

Behind the Scenes

The trip to the Royal Mint at Llantrisant started with a stop en route for refreshments and exploration of Abergavenny, a pleasant town with its indoor market. Then on to The Royal Mint Experience, an impressive Visitor Centre where we were ushered into their conference room for a private talk on the history of the Mint from its earliest inception within the Tower of London in 886 to its move to South Wales in the 1960s. After this we were taken over to the adjacent factory to see the coin production process and the chance to press our own commemorative £2 coin celebrating 200 years of the railways. Our tour ended with a walk through the gallery museum and shop for any souvenir buying before our coach headed back to Devon. A long but interesting day enjoyed by 53 members of Culm Valley and Exe Valley u3as.



Interest Groups information

Group	Contact Please click on name to email	Venue, Day & Time
Art in Action	Rachel Kingdom	2 nd & 4 th Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Beginners Spanish	Josy Tidmarsh	Weekly at The Bakehouse, Cullompton
Beginners Jewellery	Julie Murphy	Contact Julie
Behind The Scenes		
All trips will be announced by email and offered to all u3a members on a first come first served basis in future so as to give everyone the opportunity to participate. Given the different nature of the venues, we visit some numbers will be small and if over-subscribed we may be able to repeat the trip at a later date.NB		
Boules/Pétanque	Richard Taylor Mobile: 07816337456	Every Friday 11:00 and 14:00 Weather dependent
Bridge	Maggie Lambert	2 nd , 3 rd & 4 th Thurs of the month 14.00-16.00, Club room, WVH
ITCG (Computers/IT)	Andy Arnold	1 st & 3 rd Wednesday each month at 15:00 The Hayridge, Cullompton
Colour Pencils	Sue Hooper-Lawrie	1 st & 3 rd Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	Linda Arnold	1 st & 3 rd Wednesday each month 9:30 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	3 rd Tuesday each month 14.00
French Conversation	Sally Graham	1 st Monday each month at 11:00
French Conversation #2	Julie Murphy	2 nd and 4 th Tuesdays each month at The Bakehouse, Cullompton from 15:00 to 16:30

Group	Contact Please click on name to email	Venue, Day & Time
Gaming	Jean Turner	1st Monday each month 10:30 to 12:30 Club Room, Willand Village Hall
Genealogy	Walter Longden	2 nd Wednesday each month 10:30 to 12:30 Hayridge Centre
History	Alison Waple	3 rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor 07816337456	Contact Richard
Mahjong	Jean Turner	2 nd Monday each month 10:30 to 12:30 Club Room, Willand Village Hall
Mixed Media Art	Annie Forster	Kentisbeare Village Hall 2 nd and 4 th Wednesday each month. 9:30 to 12:30
Photography	Sue Childs 07398 686612	Last Monday each month
Quilting	Linda Arnold	1 st & 3 rd Tuesday each month 9.30 to 12.30 - Committee Room, Willand Village Hall.
Quizzing	Martin Newman	1 st and 3 rd Friday each month at 11:00 - Willand Village Hall
Reading	Sally Graham	3 rd Thursday each month, 14:30 upstairs at Cullompton Library
Sewists	Yvonne Doherty	Contact Yvonne for more information
Soloists (But not alone)	Jenny Day 01884 840786/ 07770 985840	Contact Jenny
Strollers	Elieen Turner & Jackie Sim	2 nd Tuesday each month @10:30 4 th Tuesday each month @10:00
Theatre/Cinema/Music	Daphne Dowsing Carole Eden	Contact Daphne or Carole
Walkers (4-6 Miles)	Gill Sole	3 rd Thursday each month a/m

If you have an idea for an Interest Group, please get in touch with Groups Co-ordinator on email: cvu3agroupscoord@gmail.com

Contact Emails for current Executive Committee members:

Email	Current role holder
cvu3achair1@gmail.com	John Hayston
cvu3afinance@gmail.com	Judy Morris
cvu3abussec@gmail.com	Paula Rees
cvu3agroupscoord@gmail.com	Sue Hooper-Lawrie
cvu3amemsecretary@gmail.com	Alison Waple
marian.luck@beacon.u3a.org.uk	Marian Luck

Monthly Meetings:

Monthly Meetings are held on the FIRST THURSDAY of each month, except January. The meeting starts at 2pm, with members arriving any time after 1.15pm. We hold our meetings at Willand Village Hall, Gables Road, Willand, EX15 2PL. Check monthly newsletter for more information about arrangements for upcoming meeting/s.

Suggested Venues for Group Meetings

John Tallack Youth & Community centre, Meadow Lane, Cullompton. Ex15 1LL.

Email: info@jtc.org.uk Website: www.johntallackcentre.org.uk

The Walronds, 6 Fore Street, Cullompton.

Email: Info@walronds.com Website: www.walronds.com

The Bakehouse, 3 High Street, Cullompton.

Email: enquiries@thebakehousecullompton.co.uk Website:

www.thebakehousecullompton.co.uk

Phone: 01884 35222

Willand Village Hall, Gables Road, Willand. Bookings contact: Frances Wilcox.

Email: bookings@willandvillagehall.org.uk

Willand Health & Community Centre, (opposite Village Hall) Bookings contact; F. Wilcox

Email: info@whacc.org.uk

Cullompton Library, (part of The Hayridge Centre). Contact; Rachel Kidd.

Email: Cullompton.library@librariessunlimited.org.uk. Phone; 01884 824555

Go to <https://www.devonlibraries.org.uk/web/arena> to pre book a computer time slot by using the iCAM booking system or directly. [https://lu.imil.uk/Account/LogOn?](https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings)

[ReturnUrl=%2fbookings](https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings)

Opening hours (Staffed): Monday-Friday – 09:00 – 17:00 Saturday – 09:00 – 13:00

Square Corner, The Square, Uffculme, Ex15 3AA: <https://www.squarecorner.org.uk/book-online>

Bridwell, Uffculme, are happy for large groups to meet there. If you are planning to hold a meeting in the Orangery for 8 or more people, please email cafe@bridwell.co.uk to book the group in and let them know numbers and if you are planning to eat or not.

Kentisbeare Village Hall, EX15 2AA Contact Melanie on email – villagehall@kentisbeare.net the Booking Secretary.

If you know of any other suitable venues, please let us know.

Deadline for items for UPDATE is always the 10th of the month.

Please send to johnhayston1@gmail.com