

UPDATE

Edition: Sixty-two - February/March 2025

Editor: John Hayston.

Contact: Johnhayston1@gmail.com

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

March Speaker

Dr James Taylor gave us a very interesting talk with stupendous slides of paintings depicting Nelsons life & loves.

Nelson, born 29.9.1758 in Norfolk sixth of 11 children joined the navy aged 12 on a ship commanded by his maternal uncle. He became a captain at 20, & saw service in the West Indies, Baltic & Canada. He had his right arm amputated at the elbow after being shot & lost the sight in his right eye. But this didn't hold him back. Whilst married to Francis, he managed an affair with lady Emma Hamilton which produced two children although one died very young.

Nelson won many naval battles, the big one's being, Battle of Cape St Vincent, Battle of the Nile. He was shot & killed (age 47) by a sniper during the Battle of Trafalgar 21/10/1805 on HMS Victory.

April Speaker

3rd April Monthly Meeting

Speaker: Ken Wood

Mexico - a bit of business, culture and pleasure

Our member Ken Wood is once again stepping up to the plate to regale us with tales of his adventures whilst on business trips to Mexico in the 70s. And judging by my glimpse of some of his photography, we're in for an interesting ride through this captivating and beautiful country.

**Mexico - a bit of
Business, Culture and Pleasure**



News from Interest Groups

Quilting

Everyone is working on their own projects, as can be seen in the pictures. It's lovely to see all the different patterns and designs everyone is working on - some are so intricate and detailed. Occasionally, a different sewing type wiggles its way into the class - you may be able to spot such a thing, in the pics!

We have decided in the coming months to learn about the quilting block known as 'Log cabin' - and among other things, we will be using material scraps to make random 'blocks' to quilt in various designs. You'll see how these progress in future editions of this newsletter.

Group members have been set a challenge to create a quilt, with an Autumn theme - this will be raffled, with the proceeds being donated to charity later in the year.

It's hoped that many U3A members will participate in buying raffle tickets, to win this unique quilt - either for themselves, or perhaps as a gift? More details will follow, nearer September.

The 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.

Best wishes Yvonne





Theatre Cinema Music

The group have been taking advantage of all the amazing plays, films and productions being held in our area. A group of us saw the anniversary performance of Phantom of the opera held at the cinema. They also showed the 40th anniversary concert of Les Miserable

We have not seen so many people waiting to get into the Tivoli cinema in Tiverton for a very long time, it was an amazing production all for £10 each such good value. Jesus Christ Superstar is next and Billy Elliott. There are shows galore at the Theatre Royal and all over the Southwest our theatres have some amazing events. Pair up and take advantage of the arts. Use it or lose it when it comes to live performances

The Story of Guitar Heroes came to Northcott Theatre on Saturday, 1st March

The four musicians- Phil walker, Andy Leslie-Smith, Chris Allan and Ben Kapur, who has connections to the West country, played to a packed house. They started off with Cliff Richard's move it, then played numbers by the great guitarists- Hank Marvin, Fleetwood Mac's Peter Green, Jimi Hendrix, Status Quo. ZZ Top, Eric Clapton & Pink Floyd's David Gilmour. The drummer, Chris Allen, then became the lead vocalist with a wonderful rendition of the Eagles song, Hotel California. Phil walker playing a two headed, six & twelve stringed guitar to the song. We heard that the most difficult number to play in the show is Country Boy by Albert Lee. Phil walker then proceeded to play this to an amazed audience.

After the interval, the music became heavier, as we heard music by Dire Straits Mark Knopfler, Van Halen, Deep Purple, Prince, Black Sabbath, AC/DC, Guns N' Roses & Queen's Brian May. The night rounded off with the Rolling Stones, Honky Tonk Woman. After the show the friendly musicians were happy to sign souvenir brochures in the foyer, it was a wonderful night listening to such talented & versatile musicians. I will definitely go & see them again next year. It bought back many memories & it's encouraged me to get out my guitar again.

Keith Grantham



Soloists

Membership is now up to 18 members with a couple of spaces to fill if any single people are interested in joining us. We are a friendly bunch who like to lunch along with other activities.

We meet formally once a month (flexible dates) at different venues with good food to follow the 'chat'. We discuss ideas for a wide variety of activities which reflect individual interests. Seven members met at the Agricultural Inn, Brampford Speke in late February for our monthly gathering. A lovely old pub with a good car park at the rear and outside dining areas so we will be back in the summer.



There was a lot of enthusiastic chat about the events which are scheduled over the coming months. From visits to Spring gardens (Castle Hill in April), the Bournemouth Symphony concert in late March, and the Royal Ballet screening of Romeo & Juliet. Of particular interest is a date in June for live music at the Exeter Quay provided by a semi-professional local group of musicians performing a mixture of jazz/blues called 'Back at Nik's'. A small number from the group sometimes join together for an activity. We all appreciate that it is almost impossible for everyone to be available at the same time on the same day.

Some of us are now working on days out to Plymouth and Wells. Lots to see and do at both places, more to follow as our research continues. We are keeping in mind the request from most members for things to do at weekends. Our next gathering will be on Saturday March 22 at the Blue Ball, Sampford Moor near Wellington.

For more details about Soloists contact Jenny Day, Group Leader/Coordinator by email: jennyday@jdpr.co.uk



Walkers February Walk

The weather didn't deter 6 hardy walkers from visiting Hemyock for a 4.5-mile tramp across fields and very quiet lanes. The snowdrops everywhere were a real delight. Happy atmosphere continued in the Catherine Wheel afterwards as we all enjoyed the Over 65's meal for £8!



Next Walk Otter Estuary Nature Reserve 20 March

A flat circular walk from E Budleigh round the nature reserve and Lower Otter Restoration Project with lunch afterwards at the Sir Walter Raleigh Pub back in E Budleigh. For more info on the walk and to join the Walkers Group email gill.sole@yahoo.com

Creative Writing

For February we wrote about scales which could have been used in so many ways but resulted in very different interpretations. One member talked about the scales which drop from our eyes as we move from children to adulthood. Whilst I wrote about a lifetime battle with weight and the scales. However, the outstanding contribution came from new member Linda who performed a rap poem!

If you would like to join us for our next meeting it will be on Tuesday 18th March at 2.00pm at Hazels house. We will be writing on the subject of 'Spring'.

Below is a short excerpt from my story of battling with my scales.

I lifted everything off the floor as usual, but as I picked up the scales, I felt something smooth underneath. Turning them over I found two pieces of tape that held the base steady. I could just about make out the printing – Remove before using!

I yanked the tape off and could see that I had never unpacked the scales properly and that this part of the packaging had been in place since I had bought them.

Gingerly I stepped on the scales. I could not believe it. I was weighing in at my pre pregnancy weight! All of this time those scales had ruled my life and they had told lies every time I stepped on them. The tape would only allow a tiny movement and that was why I only increased or decreased my weight by a pound or so.

So, to cut a long story short – I am chucking out my scales and will never let another pair darken my door!

Take care and we hope to see you soon.

Sue

Photography

Our February meeting was quiet - which makes a change for us!

But don't worry, we have lots of interesting things planned for the coming months.

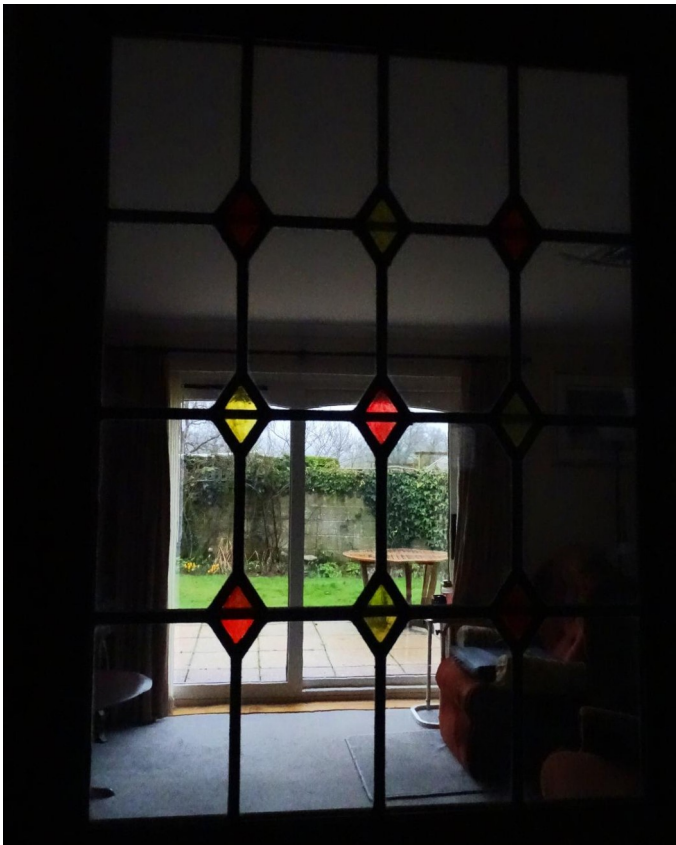
Our instant challenge had been to photograph the back of your head using a timer. It came as a bit of a shock to some of us, as we have not seen that area for a long time. However, the images were brilliant and very amusing.

Our monthly challenge was Looking Through A Window, which I won this month!

That doesn't happen very often, but I grabbed the trophy and it is 'my precious' for the month. The variety of shots was astounding, ranging from looking through a busy café window to the bustling traffic and lights of London, to more pastoral scenes through our own windows in Devon.

Our instant challenge at February's meeting was to take pictures of each other's eyes. It is recommended that you use your phone for this rather than your camera as the eye moves imperceptibly and cameras tends to blur. You normally don't get that close to someone unless you go to the optician.





Our next meeting is 31st March at 11:00 at St John the Baptist Church in Sampford Peverell. We will hopefully be taking some moody shots from within the church and of course the churchyard but are also hoping to go up the bell tower. Coffee and tea will be at my house afterwards to calm the nerves if we have been allowed to ascend the narrow, spider filled tower, only to have our hearing impaired by the bells which ring on the quarter. I have asked people to bring ear defenders if they have them.

Our challenge for the month is 'The Place Where I Live'. This can be your home or features of the area around you. There is plenty of scope for exceptional photographs, especially as it is lighter in the evening to capture sunsets over your home.

Sue Childs

Image 1 - David Long

Image 2 - Sue Childs

Image 3 Greta Edwards

Craft

Having spent many years working in Child Care, Sarah is leading the March sessions, taking Salt Dough to a whole new level.

The dough was prepared at home and on the day the creative juices flowed with very different pieces being created. The Green Man, done by Jean, shows the construction and final item having been cooked.

The next session will be the painting of our creations, so watch this space.

Thank you, Sarah, for a very enjoyable session.





Art

Plenty going on in this group, watercolour being the flavour of the month, here's some art works created recently.



Gardening



Recent photo of the Crocus & Daffodils at Knighthayes.

The next meeting of the u3a gardener's group will be on Tuesday, 25th March. It will be held at Willand Health and Community Centre (opposite the village hall) from 2 pm to 3.30 pm.

We will be having a Get Together, Quiz, Coffee, Tea, Chat and a Raffle. Everyone welcome.

Linda Grantham

Group contact – Michelle Crocker.
michellecrocker5@gmail.com

Quizzing

This is my first group report as the new group leader, and I want to begin by thanking my predecessor, Linda, for leading us so brilliantly for the last three years, and for making the handover so smooth.

At our February session we enjoyed questions from Sue and Paula which included rounds on 9 letter words, films, colours and birds. Many thanks to Paula for treating us to some fantastic birthday cake.

March 7th saw the last of our additional quizzes for the Autumn/Winter season, with Gail and Andy challenging us with a fiendish animal eyes picture round, confectionery and even mind reading. Gail also spoiled us with some delicious Welsh cakes.

We meet in the Club Room at Willand Village Hall, 10.30 for 11.00 start, on the third Friday of each month, and the emphasis remains on quizzing with a sense of fun.

Martin Newman

Behind the Scenes for 2025

All the following day and half day trips are open to all members. We're announcing the year's programme in advance to allow people to keep dates free but will not take bookings until each individual trip is announced by email. Exact costs and full details of timings and pickups will be provided at that time.

Wednesday 2nd April – Norman Lockyer Observatory nr Sidmouth

Morning visit to include introductory talk, planetarium presentation, accompanied tour of historic telescope domes and the Technology Centre. Start at 10.30am – self-drive or car share.

This visit filled quickly, so we have arranged to increase numbers with additional Observatory staff and are now able to offer a few more places. Contact moirabwood@gmail.com if interested.

Thursday 8th May - Paignton Zoo

Paignton Zoo first opened its doors as the Torbay Zoological Gardens in 1923. A century on, the site and the scope of their work have both grown considerably.

Besides having a great day out with u3a friends we'll hear how the Zoo's owners Wild Planet Trust are helping halt species decline through the conservation work they undertake.

Cost £38 including

- Coach from Willand/Cullompton departing 9.30/9.45
- Use of function room with teas/coffees on arrival
- 20-minute introductory talk by Zoo's Conservation Team
- 30-minute guided walk around two of Zoo's specialist animal categories - including the Orangutans
- Rest of day at leisure around zoo
- Refreshments/picnics as per individual choice
- Departure at 4.30

If you're interested please reply to gill.sole@yahoo.com.

Payment will be required by mid-April.

Gill Sole, Behind the Scenes organiser



Wednesday 18th June - World Horse Welfare Rescue Centre and Glastonbury

Morning visit by coach to WHW Glenda Spooner Farm, Somerset to include introductory talk about the work of the Rescue Centre and how it rehabilitates and rehomes rescued horses and ponies. Information on WHW the charity and its welfare campaigns for equines, followed by a walking tour of facilities indoor and outdoor (pony paddocks) to see some of the ponies being rehabilitated. Transfer to Glastonbury (10 miles) for lunch/afternoon free time.

Friday 11th July - Lyme Regis

A day trip to Lyme Regis is planned with various options being considered. These include

- a guided tour of the Lyme Regis Museum
- a guided Beach Fossil Walk
- or simply a coach trip with free time to enjoy Lyme on your own.

Details of the different options and their associated costs will be communicated to gauge the numbers for each element so that we can make the appropriate arrangements with the museum and the coach company. Watch out for this email in the future.

Tuesday 2nd September - Royal Mint and Abergavenny

Morning coach to Abergavenny - 2 hours free time in this small Welsh market town.

Depart by 1pm to arrive at Royal Mint Experience, S Wales at 2.00pm.

Guided factory tour plus Interactive tour of Mint Museum (including bespoke museum talk from guide)

Shop/refreshments on site before return home.

Tuesday 4th November - Exeter Energy Recovery Facility

A repeat of the very interesting visit made in Dec 2024 for another 20 members to see how this Energy from Waste plant diverts our non-recyclable waste from landfill and contributes to Devon's successful recycling statistics as the second highest council in the country.

Gill, Moira and Paul, Behind the Scenes Group Organisers

Pétanque

We are delighted to extend a warm welcome to Jann Dalzell, Kath Summers, Sue Lee and Sue Worthington, who intend playing "The Iron Ball Game" at our Friday gatherings in the Walronds gardens, now that warmer days are forecast.

We look forward to continuing our learning process, as we practice the gentle art of "lobbin' boules" in friendly contest amongst fellow boulistes.

Kindly note - with effect from Friday 4th April, our afternoon gatherings timings will now revert to summer schedule, commencing at 2.00pm, following the clocks moving backwards at the end of March. Morning gatherings will continue to start at 11.00a.m.

We continue to meet on most Fridays, each week, unless the weather turns out to be particularly foul. Most find our light exercise in the fresh air within the calm environs of the spacious gardens at The Walronds House, to be highly beneficial!

New players are always most welcome and we can supply spare boules if needed, so no excuses, come along and sample the FUN! Give Mike Wragg or Richard T a call-in advance, to let us know if you would like to join us. 07888 472246 / 07816 337456



Jazz Appreciation:

Members of this interest group have varied tastes in the different genres of Jazz music, but most are keen to experience something new, now and again. To that end, here are forward dates for two popular live music performance venues that lie within easy short car journeys for folk who reside in the Culm Valley catchment area.

We recommend car sharing with other jazz enthusiasts, wherever possible.

"The Wivey Has Jazz" Club, meets on the 2nd Wednesday each month at

the Langford Budville Jubilee Village Hall, near Wellington, TA21 0RL:

On the 3rd Wednesday each month, "The Gordon's Jazz Club" presents excellent live music performances at the Magelake Pavilion, Uffculme, Cullompton, EX15 3DP:

We hope to see Culm Valley u3a members enjoying and appreciating live jazz music at some of these publicised performances. Keep on Jazzin !

All best wishes,

Richard Taylor - Live Jazz Music Appreciation interest group Co-organiser.

M: 07816 337456



NEW ORLEANS AND TRADITIONAL JAZZ

Magelake
Pavilion
Uffculme
Devon
EX15 3DP



£10
Cash only
Raffle
Bar
Parking

**3rd Wednesday in the month
7.30 - 10 pm
Doors open 6.45**

For more information
visit our Facebook page,
'Gordon's Aiglers Strutters'
email - gordonjazzclub@hotmail.com
Or phone Jane - 07799014173

GORDON'S JAZZ CLUB



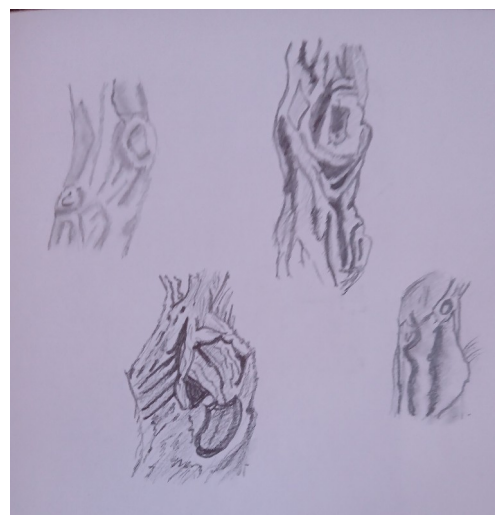
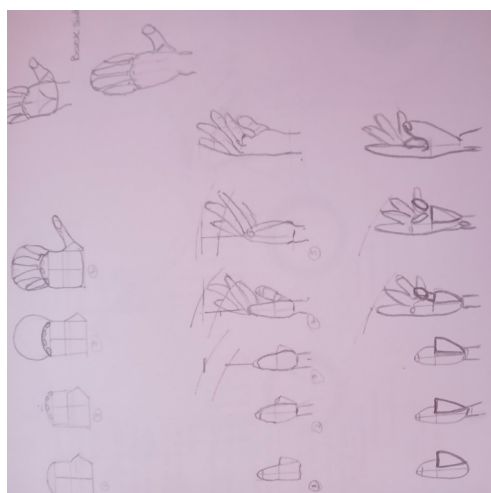
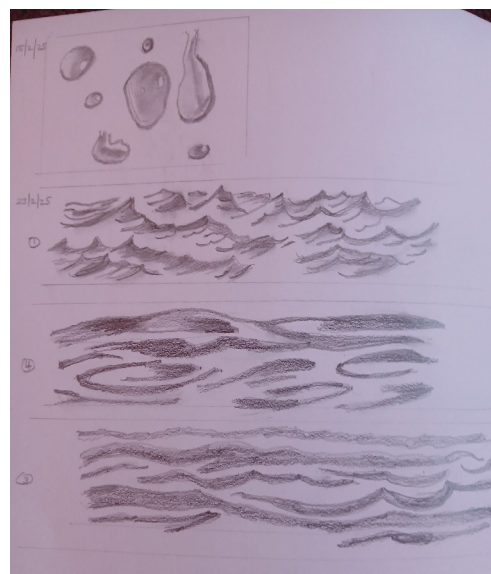
2025 PROGRAMME

January 15th	Hotsy Totsy
February 19th	Gordon's Aiglers Strutters
March 19th	Wee4
April 16th	Spats Langham's Hot Fingers
May 21st	Gordon's Aiglers Strutters
June 18th	Gordon's Aiglers Strutters
July 16th	Spirit of the Blues
August 20th	Gordon's Aiglers Strutters
Sept. 17th	Charlie Heermshaw's Band
October 15th	Gordon's Aiglers Strutters
November 19th	Dave Martin's City Steam Band
December 17th	Gordon's Aiglers Strutters

Gordon's Jazz Club is a not-for-profit group of Jazz lovers,
aiming to promote and support live New Orleans and Traditional Jazz

Learn to Draw

Continuing the progress of members of the current Learn to Draw course





A New Course

Introduction to Painting

A new course starts in October and covers the core principles of painting, the properties and power of paint; different media and surfaces, the handling of brushes and the basics of colour theory.

You don't have to be able to draw, to be able to paint.

So if you have ever wanted to learn to paint, now's your chance!



24 sessions (2 each month on the 1st and 3rd weeks) lead us on a colourful journey through colour theory, understanding what paint is and how it works, then on to various exercises as we start to play with paint. From here we move onto the specifics of acrylic paints and watercolours, then onto mixed media. Oil paints will not be covered in this course.

Through out the course you will develop your enjoyment of painting while expanding your knowledge and skills.

If you are interested in joining this course please email – shlawrieu3a@gmail.com

Interest Groups Information

Group	Contact Please click on name to email	Venue, Day & Time
Art in Action	Rachel Kingdom	2nd & 4th Monday each month 13.30 – 16.30 Club Room, Willand Village Hall

Group	Contact Please click on name to email	Venue, Day & Time
Beginners French Conversation	Terence McCarthaigh	Monday Fortnightly. Members home, Uffculme
Beginners Spanish	Micky Wood	Weekly at The Bakehouse, Cullompton
Beginners Jewellery	Julie Murphy	Contact Julie
Behind the Scenes	Gill Sole Paula Longdon Moira Wood	6 times each year
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.		
Boules/Pétanque	Richard Taylor Mobile: 07816337456	Every Friday 11:00 and 14:00 Weather dependent
Bridge	Maggie Lambert	Contact Maggie
ITCG (Computers/IT)	Andy Arnold	1st & 3rd Wednesday each month at 15:00 The Hayridge, Cullompton
Colour Pencils	Sue Hooper-Lawrie	1st & 3rd week each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	<u>Linda Arnold</u>	1st & 3rd Wednesday each month 9:30 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	Meet every 3rd Tuesday 14.00
Draw It!	Sue Hooper-Lawrie	2nd & 4th Thursday each month 10:00 – 12:00 Club Room, Willand Village Hall
French Conversation	Sally Graham	1st Monday each month at 11:00
French Conversation #2	Gill Westcott	2nd and 4th Mondays each month at The Bakehouse, Cullompton from 15:00 to 16:30
Gaming	Jean Turner	1st Monday each month

Group	Contact Please click on name to email	Venue, Day & Time
		10:30 to 12:30 Club Room, Willand Village Hall
Gardening	Michelle Crocker	Contact Michelle
Genealogy	Walter Longden	2nd Wednesday each month 10:30 to 12:30 Hayridge Centre
History	Alison Waple	3rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor Mobile: 07816337456	Contact Richard
Learn To Draw Short Course	Sue Hooper-Lawrie	Willand Methodist Church Hall
Live for Today, Plan for Tomorrow (Short Course)	Sue Hooper-Lawrie	Willand Health & Community Centre
Photography	Sue Childs 07398 686612	Last Monday each month
Quilting	Linda Arnold	1st & 3rd Tuesday each month 9.30 to 12.30 - Committee Room, Willand Village Hall.
Quizzing	Linda Le Milliere	1st and 3rd Friday each month at 11:00 - Willand Village Hall
Reading	Sally Graham	3rd Thursday each month, 14:30 upstairs at Cullompton Library
Soloists (But not alone)	Jenny Day	Contact Jenny
Strollers	Elieen Turner & Jackie Sim	2nd Tuesday each month @10:30 4th Tuesday each month @10:00
Theatre/Cinema/Music	Daphne Dowsing Carole Eden	Contact Daphne or Carole
Ukulele	Terence McCarthaigh	Thursdays 10.00 -11.30 @ Markers Community Room, Uffculme, EX15 3DZ

Group	Contact Please click on name to email	Venue, Day & Time
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
cvu3avicechair@gmail.com	Janet Bryant
cvu3afinance@gmail.com	Alison Waple
cvu3abussec@gmail.com	Lorna Knowles
cvu3agroupscoord@gmail.com	Sue Hooper-Lawrie
cvu3amemsecretary@gmail.com	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

The Steamer, Five Bridges, Cullompton.

Email: hello@the-steamer.co.uk Phone: 01884 904960

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

Email: bookings@willandvillagehall.org.uk

Willand Football club 3 Silver St, Willand, EX15 2RG

<http://willandrovers.co.uk> Phone 0188433885 or 07870727120

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?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, is under new ownership and **The Orangery** is open once again. They are happy for large groups to meet there again. 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.

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

Deadline for items for UPDATE is always the 10th of the month.
Please send to johnhayston1@gmail.com