



News

Heritage Coast Lyme Regis

A BUSY FEBRUARY MEETING AT WOODMEAD HALL



Issue 49 SPRING 2018

Free to Members

All the information on Groups,

Talks & Meetings.

Details of trips

U3A Heritage Coast Lyme Regis

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More info on our U3A website:
www.lymeregisu3a.org

Registered Charity No: 1115022

Some members of the
Needles and Stitches
Group are making
"wiggly bags"

See page 13



From the Chairman

Dear Member

I will start with the good and bad news. The bad bit: We are losing our superb secretary, Mary Jane Jones, who is moving to Exmouth in the next few months. I realise some of you may not know her, but she has been an important part of the smooth running of this U3A. I will miss her, her calmness, efficiency and also her cheerfulness. Many thanks MJ.

The good news: We have a new member who is willing to step in and take over the post of secretary, Ann Fleet. She has been at some monthly meetings, you may have met her, and I am sure you will see more of her. She was a PA in her working life, so keeping us under control should be easy for her. Contact - annfleet60@outlook.com.

In the last two months we have run three social events, it is fantastic to see you all getting together. In December John Bartholomew ran a QUIZ. I think he must spend all year planning this session. There were amusing challenges as well as simple questions. Everyone got at least 50% - I think you all enjoyed it. There was food and drink to sustain you all. It was noticed the noise level rose after the wine had been poured. Some people have asked for something other than a quiz in our next December "Christmas" meeting, can anyone suggest something?

We had a beautiful talk in January, given by Brigit Strawbridge about wild bees, this was followed by another party. We thought we should offer something for people who didn't like quizzes. Enough people stayed behind to join in to make it worthwhile. Can anyone suggest any other social event we could run that would get us all together?

In February we held the regular "Social Coffee Morning" as our monthly meeting to give members a chance to talk to group leaders and to chat to each other. We felt the morning had a real buzz, lots of people came, many signing up for activity groups, some people have suggested new ones, which you will see in this News. We had a number of visitors - ten of them signed up as new members. Some members paid their subscription, which was appreciated. It was due 1st January!

When you read through this News you may notice that we only advertise U3A activities in it. This has been our policy from the beginning. Newsflashes are seen differently, they give you-up-to date U3A information and bring to your notice talks and activities of other societies which we think you may wish to attend. However these only get into the Newsflash if they give U3A members a benefit, such as a free session, or money off. We are very aware there are rules around the use of email address lists and we conform to those rules. Obviously if you do not want to receive Newsflashes you can have your name removed from the list.

I hope you enjoy reading this edition of News and that the U3A gets you out of your home doing things, keeping you active and healthy.

Val (Doney)

HERITAGE COAST U3A GROUPS

INSURANCE - Did you know that £3.50 of your yearly subscription goes to the national U3A office? Part of it pays for your insurance. A member on a U3A activity is insured under most circumstances. However, if your accident involves a car or coach you are covered by the vehicle's insurance and not the U3A. Also, if you pay a teacher regularly to lead your group, the U3A will not get involved. Your teacher must have Public Liability Insurance to cover you.

Every effort is made to ensure that the information listed is correct. If you're interested in joining a group please contact the Group Leader, even if there is a Waiting List.

GROUP NAME	INFORMATION AND VENUE	TIME	CONTACT
GROUPS WITH NO FIXED DAY			
BEGINNER'S CLAY	There will be sessions on 2 consecutive days in February (fully booked) another in April (26 th and 27 th) and others in the Summer & Autumn		Janet Steer 01297 631831
GARDEN LOVERS	Visits to gardens throughout the Summer months. Meetings to share plants and seeds and occasional newsletter		Mary Bohane 01297 444566
TURKISH FOR BEGINNERS	Flexible, weekly, in Group Leader's home		Dennis Hebden 01297 443615
GEOLOGY Understanding our local landscape	Fully booked for 2018-19 year but contact leader for next run. Talks and field sessions.		Geoff Townson 01297 561337 geofftownson@btinternet.com
MONDAYS			
BEGINNERS ITALIAN	1 st and 3 rd Mondays of the month in members' homes	10.00am	Allan Swannell 01297 443003
BOOK GROUP Waiting list	1st Monday in the month in members' homes	3.00pm	Marilyn Trask 01297 792046 taylortrask@btinternet.com
CREATIVE WRITING	2nd Monday of each month in members' homes	2.15pm	Philip Peed 01297 442808
SCOTTISH DANCING	Weekly at Woodbury Hall, Axminster	10.00am	Sue Taylor 01297 551445
PLAY READING	Fortnightly - in members' homes	2.30pm	Frances Barter 07986 794722 francesbarter@tesco.net

RUSSIAN LANGUAGE GROUP	1st and 3rd Mondays at Fernhill Hotel, Charmouth. On bus routes X53 and X51	10.00am-noon	Gerald Clark 01395 488605
SPANISH LEARNERS and CONVERSATION Waiting List	Fortnightly in members' homes	10.00am	Wendy Howard 01297 445195
WALKING 1 Waiting List	Fortnightly. Meet Uplyme Village Hall car park. Walks of 4 to 6 miles organised by members on a rota basis.	9.30am	Jim Moseley 01297 443170
WALKING 2	Fortnightly alternating with Walking 1. Meet Uplyme Village Hall car park.	10.00am	Marion Richardson 01297 33824
STROLLERS	Monday afternoons for a leisurely short walk. Walks organised by the members	2.15pm	Jan Robertson 01297 560450 sandjrob@gmail.com
SCRABBLE	Fortnightly in Leader's Home	2.30PM	Brian Chambers 01297 443443
TUESDAYS			
BADMINTON	Woodroffe School, Lyme Regis	6 -7pm	Susan Gale 01297 444260
BEGINNER'S DIGITAL PHOTOGRAPHY	This course has finished but will resume if 8-10 members wish to join. It may be different day.		John Marriage 01297 443469
BOOK GROUP 2 Waiting list	3 rd Tuesday Members Homes	2.00pm	Dawn Armstrong 01297 678932
INTERMEDIATE GERMAN CONVERSATION	1 st and 3 rd Tuesdays at Group Leader's home	2.00pm-3.00pm	Audrey Standhaft 01297 442427
CREATIVE CLAY Waiting List	Fortnightly at Group Leader's Workshop. Small charge for materials.	10.00am to 12.00	Janet Steer 01297 631831
CURRENT AFFAIRS 1 Waiting List	Fortnightly at Group Leader's home	10:15am-12:30pm	Iain Paterson 01297 631193
CURRENT AFFAIRS 2	Fortnightly at Group Leader's home alternating with Group 1	10:15am-12:30pm	Iain Paterson 01297 631193

TUESDAY cont

FRENCH CONVERSATION Waiting List	Fortnightly in members' homes	10.00am	Keith Robson 01297 442183
FRENCH FOR FUN Waiting list	Fortnightly in members' homes	10.00am	Kay Luckraft 01297 599416 kay.luckraft@talktalk.net
ITALIAN INTERMEDIATE Waiting list	Fortnightly at Chideock	10.00am	Allan Swannell 01297 443003
MAH-JONG Beginners and experienced players welcome	2 nd and 4 th Tuesday of the month at Group Leader's home.	2.00pm	Nina Haskins 01297 445497 ninahaskins97@gmail.com
TENNIS Waiting list	Weekly Charmouth Tennis Club	10.00am – 12.00	Joyce Beadle 01297 442279
DIGITAL PHOTOGRAPHY GROUP	Fortnightly Tuesday. Meet in group leader's home	Afternoons	Mark Gillams mark.gillams@gmail.com 07754 309609
WEDNESDAYS			
CURRENT AFFAIRS 3	Alternate weeks at a members' home	10.00am - 12 noon	Guy Barnes 01308 427430 valandguybarnes@gmail.com
MAKING MUSIC	Mornings at Members' homes. Newcomers very welcome		Sue Calder 01297 561302
MEMOIR WRITING	<i>This group is on hold at present</i>		JackieLloyd 01297 443516 ladyllloyd@msn.com
POETRY-READING	First Wednesday in every month. Old School poets pre-1950 will be read and discussed.	2.00pm	Nina Haskins 01297 445497 or email Kevin Benfield: kevin@wordsonwords.co.uk
QIGONG	Weekly at St Michael's Church Hall, Lyme Regis.	5.30pm	Dave Edwards 01297 443696
SINGING TOGETHER	2 nd and 4 th Wednesday of the month, starting in March at Group Leader's home.	2.00pm-3.00pm	Liz Sansom 01297 560681

THURSDAY			
FRENCH EXPERIENCE (INTERMEDIATE)	Weekly in members' homes - Learning the language through written materials, games, documentaries and films in French and French conversation.	10.00am-12.00	Wendy Howard 01297 445195
ITALIAN CONVERSATION	1 st and 3 rd Thursday in the month at Kilmington.	2.30pm	Allan Swannell 01297 443003
LITERATURE	1 st Thursday in the Month at the Lyme Regis Guildhall.	2.00pm	Guy Barnes 01308 427430
NEEDLES AND STITCHES	Fortnightly - Hallett Court in Queen's Walk. Lyme Regis. Needlework of all types	2.00-4.00pm	Ann Fudger 01297 444901 Janet Moyes 01297 444697
RELIGION & ETHICS – (formerly THEOLOGY)	1A St. Michael's Business Centre, Lyme Regis	10.30am	Ed Standhaft 01297 442427
SHORT TENNIS	Weekly, Musbury Village Hall	2.00pm	Jill Menzies 01297 444863
STRINGED INSTRUMENT GROUP	New learners or refreshers		Rosalind Tarry 01297 444476 rmtarry@gmail.com
TABLE TENNIS	Weekly at Lyme Regis Baptist Hall. Small charge for room.	2.00pm	Brian Watson 01297 32060
MIDDLE EAST -An Introduction to political history	Fortnightly from 22 nd February At the Hub, Lyme Regis	2:00 – 3:30pm	Maureen D'Albertanson 01297 631025
FRIDAY			
CANASTA GROUP	Charmouth Library Meeting Room, 2nd and 4th Friday of the month	2.15pm until 4.15pm.	Valerie Penn 01297 560717
SCIENCE & TECHNOLOGY	Usually 3 rd Friday – see website www.u3ascitec.weebly.com Woodmead Hall. Small charge	10.00am – 12:00noon	John Marriage 01297 443469
FAMILY HISTORY GROUP Waiting list	Monthly at Charmouth Central Library. On bus route. Parking at rear.	10.00am - 12.00noon	Sue Bradley 01297 792426

BIRD INTEREST and WATCHING	Last Friday in the month	10am	Marjorie Waters 01297 445388
WALKING GROUP 3	Walks start at Uplyme Village Hall. First walk Friday, March 9th	10.00am	If you are interested please contact Paul Butter paulndbutter@gmail.com
SATURDAYS			
BREAKFAST CLUB	First Saturday in each month – alternating venues Bellcliffe Cafe and Courtyard cafe	9.30am	Rachael Pope 01297 445575
THE CYCLE GROUP abilities ranging from electric bikes to avid cyclists. New members are welcome.	The cycle group offers friendly low key riding, intended for leisure and enjoyment, on the second and fourth Saturdays of the month. The rides are of moderate pace and length, and include stops for refreshment.		clivegodfrey@gmail.com annvgray@hotmail.com 01297 442532 07800 662596
SUNDAYS			
SUNDAY LUNCH CLUB	in a variety of Inns	2 nd Sunday	Di Wilkinson 01297 678639
SUNDAY LUNCH CLUB 2	in a variety of Inns	4 th Sunday	Ann Macnair 01297 560611



In Budleigh Salterton



Fault Corner, Eype's Mouth



U3A GEOLOGY



Charmouth Heritage Coast Centre. Geoff took the Geology Group there and they are listening to Phil, the Senior Warden

NEW groups and possibilities.....

We have several **New Groups** starting soon:

Singing Together: This Group will meet on 2nd and 4th Wednesdays of the month starting in March 2.00 - 3.00pm in the Group Leader's home. Please contact Liz Sansom 01297 560681.

An Introduction to the Middle East - a political history: This will be a short course of 6 sessions and on Thursday afternoons. Fortnightly from 22nd February 2:00 - 3.30pm at The Hub, Lyme Regis. Please contact Maureen D'Albertanson 01297 631025.

Beginner's Clay: This will be sessions over two consecutive days. The February course is fully booked. The Spring course will be 26th and 27th April and there will be a Summer and Autumn course. Please contact Janet Steer 01297 631831.

Strollers' Group: This Group meets on Monday afternoons for a leisurely short walk, lasting about an hour, stopping to look at views and nature. Start time is 2.15 Please contact Jan Robertson 01297 560450, sandjrob@gmail.com if you wish to join.

Walking Group 3: This Group will start at the beginning of March. Walks will be mornings on Fridays. If you are interested please contact Paul Butter paulndbutter@gmail.com

Possible New Groups:

Beginners' Digital Photography: John Marriage is willing to start a new course if enough members are interested. It could be used as a refresher course for those who have attended before. Please contact John Marriage 01297 443469.

Beginners' Painting Group: We are still looking for a leader for such a Group. Have any of our newer members talents in this area?

Please contact Penny Rose if you are interested in joining (and possibly leading) these or other groups suggested by members - or creating another interest group.

- **Creative writing 2**
- **Ukulele playing Group**

- Rummikub Group - a numbers game with tiles
- Archaeology

GROUP NEWS

Two long standing Group Leaders are now standing down after ten years. The Committee wish to thank John Wood who led the Jazz Group and Pam Moseley, the Relaxation Group, who is retiring in the summer. They have both earned a well-deserved retirement and we do hope we see them at events in the future.

Pam has sent the following which should give us all food for thought:

Leisure - a poem by W. H. Davies

What is this life if, full of care,
 We have no time to stand and stare.
 No time to stand beneath the boughs
 And stare as long as sheep or cows.
 No time to see, when woods we pass,
 Where squirrels hide their nuts in grass.
 No time to see, in broad daylight,
 Streams full of stars, like skies at night.
 No time to turn at Beauty's glance,
 And watch her feet, how they can dance.
 No time to wait till her mouth can
 Enrich that smile her eyes began.
 A poor life this if, full of care,
 We have no time to stand and stare.

However busy we are we should find space to have time to ourselves. If we feel weary or stressed we should try and sit quietly, slow down our breathing and just let our minds go blank. If the weather is good find a corner of the garden and just sit and watch the birds or flowers opening in the warm sunlight. We are so lucky to live by the sea and one of the best ways to relax and wind down is to go down to the sea shore and watch the waves washing up and down the beach. Try it sometime I am sure you will enjoy and benefit from it. Pam Moseley

Jazz Group - this has not dissolved because John has left, but it is taking a new direction, with John's blessing. Ken Goddard and Heather Britton are hoping to arrange outings to live Jazz concerts instead of meeting in homes. If you are interested please contact either of them: ken.a.goddard@gmail.com or hpb@hpbritton.com

The French Experience Group consists of 6 members so we are now open to new members. Please contact Wendy Howard for more information.

Breakfast Club is always on the first Saturday of the month in Lyme Regis, alternating between the Courtyard Cafe at the Town Mill and the Bellcliff Caf e opposite Sea Salt. They meet at 9.30 am. Please ring Rachael Pope 01297 445575 for further details.

Play Reading: This Group needs more members, particularly men! Please contact Frances Barter 07986794722

Scottish Dancing Group: We now have an intrepid group of members who regularly brave the cold on Monday mornings at the Woodbury Village Hall, just outside Axminster. However we quickly warm up. Since September we have turned our feet to over 30 dances, making up one or two variations on the way. Our dances have included "Belfast Hornpipe", the strathspey "Gang the Same Gate" and the ever popular 40-bar jig "Mairi's Wedding". Do come and join us. Please contact Sue Taylor 01297 551445



U3A Geology 2018-19: Geoff Townson is taking "expressions of interest" (deadline 31st March). Ten places will be offered in early May. Sometimes, for unforeseen circumstances, places become available between May and the start of the course in October, so Geoff is happy for anyone still interested after end-March to contact him by email (geofftownson@hotmail.com) or phone 01297 561337 for more information.

Poetry Reading Group: This group has space for one more member. Please contact Kevin Benfield 01297 446066

Digital Photography group: This group meets fortnightly on Tuesday afternoons. The group is intended for all of those who wish to improve their photography by knowing their cameras better and improving their skills by

experimentation and practice. For details please contact Mark Gillams at mark.gillams@gmail.com Although there is a short waiting list please do not hesitate to make him aware of your interest.

Needles and Stitches Group: (see also inside front cover.) Although this Group encourages every kind of stitching some of the members are at present designing and sewing "Wiggly Bags". Children who are having treatment for cancer may have a central line known as a "Wiggly". This is also known as a Hickman Line - a tube coming out the chest for IV access for bloods or chemotherapy. The "wiggly bag" is a little bag attached to a ribbon and worn around the neck which lets the line rest in them, taking the weight, stopping them from getting tugged and keeping them clean and safe. These particular bags are to go to Dorchester Hospital and the John Radcliffe hospital. If you are interested in joining this group and pursuing your own or communal stitching, please contact Ann Fudger 01297 444901 or Janet Moyes 444697.

French for Fun - Intermediate Level

We are a friendly group and enjoy 'brushing up' our French for holidays or just out of interest (most of us studied French at school, many years ago!) We read articles from a French language magazine on a wide range of topics from culture, history, food to current affairs, and listen to the accompanying CDs. We sometimes play language games or try to chat on various topics, and this year we have also enjoyed a summer barbecue and a New Year Party with a delicious French-style buffet with home-made baguettes, paté, quiche, fromages, tartes, vin, etc!

We meet on alternate Tuesdays, from 10.00 - 11.30 a.m., but as our numbers have almost doubled over the last eighteen months sadly we feel that at present we do not have room for new members. If you would like more information or to put your name on a waiting list, please contact Kay Luckraft on 01297 599416 or kay.luckraft@talktalk.net.

From time to time we have members who have particular needs - such as: how to cook or how to improve computer skills. These needs have been advertised in Newsflashes anonymously, and in both cases have been met with great success. They have not led to "groups" but helping individuals.

If you have either a need or can offer a skill but do not want to form a whole group, please contact Penny Rose.

Penny Rose 01297 561076 or pennyrose2009@gmail.com

Brigit Strawbridge's Talk "BEE AWARE"

In January Brigit enchanted us all by her enthusiastic talk on bees. Here was a happy person telling us about her great passion, bees. She meant wild bees, not hive bees. She went through the different types in the UK, she showed us beautiful photos of some of these bees. There is 1 type of wild honey bee, 25 species of bumble bees and 240 solitary bee species.

Some live in colonies where the young are tended by older bees until the end of the season when new queens are born. These will mate and eventually form new colonies. Others start as eggs laid individually in holes and tubes with enough pollen to survive until they emerge. In winter few are active, they hibernate as adults, eggs, instars or pupating cocoons.

Brigit gave some fascinating details of the lives of these creatures. The different bees need different plants to produce the nectar and pollen they live off and feed their young. They have very different mouthpieces which are adapted for their food source. If you look at the shape of flowers, some are very long and only bees with a long proboscis can get to the bottom to collect nectar, as a bee goes into a flower pollen is deposited on its back or legs to be carried to the next plant.

Each type of bee has a different life cycle, but each bee is part of a healthy environment. Flowers need bees and other insects for pollination. Male sperm is carried, in the pollen, from plant to plant. Without this fruit would not form and plants would die out. As plants are at the bottom of any food chain/web all living organisms would suffer.

An environment needs biodiversity to work properly. By transferring pollen and aiding sexual reproduction insects help to maintain this. Of course man can spoil this by monoculture, insecticides or high density buildings, but it is surprising how a road with gardens can hold many different types of bees, all moving between different flowers. London Parks and gardens have bee populations among the car fumes. They need somewhere to forage, nest, and hibernate and some water. We could all try to give them that in our gardens. Brigit gave a list of bee friendly plants. Those early dandelions you destroy may be the only food available in March. She asks us to consider growing lavender, celandine, lungwort, wild marjoram, borage and others. It was a superbly illustrated talk on a fascinating subject.

Forthcoming events: Meetings held at Woodmead Halls, Lyme Regis
10.00am - 10.40am - coffee/tea and biscuits. 11.00am - talk

Note the change from Fridays (March & April) to Wednesdays (May & June)
10.00am - 10.40am - coffee/tea and biscuits. 11.00am - talk

Friday 9th March - Village life: England and India compared Raj Adgopul elucidates two cultures.

Raj Adgopul will take a wide-ranging and humorous look at the cultural differences and challenges of village life in two hugely dissimilar countries.

Born in India, Raj has been living in England for 15 years, and has been married for 11 of them to his English wife. Drawing on his own experiences in his unique and uplifting way, Raj uses village life as a source of amusement and thoughtfulness. Learn how to greet your neighbours, what to do about other people's children, and what to expect at village

celebrations. On a more serious note, Raj discusses attitudes to education, to having a boyfriend or girlfriend, and to marriage and work.



Friday 13th April - Mr Chips Rides Again

John Bartholomew lifts the lid on all our schooldays

John Bartholomew, former Chair of the Heritage Coast U3A, Organiser-in-Chief of U3A theatre and opera visits, and Quizmaster-Extraordinaire, takes a whimsical look at forty years in the education business.



John spent thirty five years full-time in secondary education, one third as head of a large comprehensive school and a further seven years, part-time, working as adviser, consultant and reluctant inspector. His talk will mix anecdote with observation in the hope of offering something that will stimulate lots of thought and some merriment.

Wednesday 9th May - The Grandeur and Art of Tuscany Christopher Legrand returns by popular demand

Last year Christopher gave us a fascinating illustrated talk on Vietnam and the Far East'. In May he will be bringing his newest presentation, called 'The Grandeur and Art of Tuscany'.

Tuscany is known for its landscapes, traditions, history, artistic legacy, and is regarded as the birthplace of the Italian Renaissance. In this demonstration of its beauty and significance, Christopher will take us on visits to some of the historic towns, enjoying aspects of the Tuscan artistic heritage.



Wednesday 13th June - The Wonderful World of Glass Dr Francis Burroughes also returns by popular demand

Last March Francis kept a large audience enthralled and entertained with his insider's understanding (by inheritance, not directly!) of 'The Victorian Head Gardener'. He is also an acknowledged expert on the history of glass, and is often asked to lend pieces and speak about them for various television antiques programmes. From his own personal collection, he will bring historic and valuable items of glass, for members of the audience to examine for themselves, illustrating the whole history of glass-making from 3,000 B.C. to the present day. Over the last few years this talk has proved to be one of the most popular talks Francis has given, so a treat lies in store.

