

Dawlish U3A



Monthly Newsletter – July 2019

You can view this newsletter and much more on our website: <http://u3a.dawlish.info/reports-and-newsletters>

From the Chairman, Barrie Hamill

We would like to remember Kift Aubreen who died after a short illness.

On a happier note, our groups seem to be going from strength to strength. We have a new group started – Watercolours, which you will read about further in this newsletter. Our committee is strong and working very well together to make sure that Dawlish U3A remains strong and healthy and continues to grow.

Enjoy the sunshine and warmth. See you at the next Monthly meeting (details below).

To contact me: chairman@u3adawlish.info or 01626 682895

To contact our secretary: steve.angove@btinternet.com or 01626 862486

Our next monthly meeting is being held at 2pm on Monday 15th July, Methodist Church Hall, Brunswick Place, Dawlish. The speaker will be Felicity Harper (Archivist at Powderham Castle). The talk is entitled "The Courtenay Family of Powderham Castle". This family has played a large role in the area and I am sure this will be a very interested talk.

PIANO NEEDS NEW HOME - CAN YOU HELP?

Do you, or any community organisation, church, school, retirement home etc you know of want a full sized modern regularly tuned piano? I would not expect any payment but the new owner would have to meet the costs of removal. Contact Barbara Roberts. Tel: 01626 865319

News from Interest Groups

Bookworms



Bookworms meet on the 4th Thursday of the month (**25th July**) at 2 o'clock. Our usual venue is 8 Honeysuckle Drive, Dawlish. If you want to know the difference between a Saab driver and a Volvo driver read "A Man Called Ove" by Fredrik Backman our book for June. July we will be reading "Where The Crawdads Sing" by Delia Owen. New members always welcome.

For more information, contact Barbara at bookworms@u3a.dawlish.info

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Patricia Angove, Editor, Dawlish U3A newsletter

Lunch Club



On June 21st eight of us enjoyed a delicious meal at Pierres's in Torquay. Our next outing will be on Friday **July 26th** at Zizzi in Exeter, I have booked a table but will need to know who will be joining me to confirm number of diners.

For further information, contact Tracey at luncheon@u3a.dawlish.info

Here, There and Everywhere



Our next outing will be on **Tuesday 23rd July** at the River Exe Cafe – times to be notified

Thursday 18th July 10.30-11am. - Coffee morning at the "Open Daw".

Saturday 27th July - Jurassic Coast Cruise - times to be notified.

AUGUST - Monday 12th Historic Dockyard, Plymouth - 10am from Dawlish Community Transport office. £10.00 deposit payable at either July U3a meeting (15/07/19), or the "Open Daw" Coffee morning on Thursday (18/07/19).

Contact Andy Pluck for further information on 01626 865765 or hte@u3a.dawlish.info.

Art Appreciation



For further information, contact Lynne at art@u3a.dawlish.info

Great Lives



If you would like to join us, please contact the convener at great_lives@U3A.dawlish.info

Badminton



We meet every Monday at 5pm at the Dawlish Leisure Centre where we play for an hour, with rests between games. Come and have a go, you never know, this is something you may have a real talent for and just enjoy hitting a shuttlecock over a net. You might even enjoy the company and the banter. All are welcome even if you've never played before.

For more information please contact Patricia at badminton@u3a.dawlish.info

Spanish



Next meeting of the Spanish group is taking place on **Tuesday 2nd July** 2019 at 10.15am.

For further information contact Ray on spanish@u3a.dawlish.info

Coffee and Chat

The next Coffee & Chat will be on **July 18th**, 10.30am at No 1 Cafe corner of Queen Street.

For more information, contact Tracy at coffeeandchat@u3a.dawlish.info

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History



George managed to cover nearly four millennia in just under two hours! His account of the lengthy history of The Lebanon vis-a-vis the present state of affairs, was an excellent introduction to the complexities that exist in that part of the world. He added some sobering spice to his talk, with one or two anecdotes about his early naval days, sailing in those troubled waters in an armed vessel. Good stuff!

Barbara will follow that on the **23rd July**, with the story of Eleanor of Aquitaine... a modern woman before her time.

For information please contact Richard at history@u3a.dawlish.info

Strollers



You will find Information on the walks on the web site. New members to our group are always welcome.

For further information, contact Jean on 01626 779140 or strollers@u3a.dawlish.info

Discussion



In the discussion group we sometimes follow up if it's relevant and members were pleased to get a prompt reply from the House of Lords with further information of 2 of the 4 points we put forward after our discussion on The House of Lords last month. In the past we have had replies from The Northern Powerhouse and our MP. At the next meeting on **Monday July 8th** we will be discussing drugs. We will meet at 10.30 at Anne's house.

For venue and any further information contact Barbara on discussion@u3a.dawlish.info

Play Reading



We will take a break for July and August and hope to reconvene on **Tuesday 17th September** at 1.30pm at Edens Court Teignmouth. The plays we read are chosen from a selection provided by the Library service, now called 'Libraries Unlimited', from Exeter. We try to choose something with the right number of characters for the group and not too long. Please come along and enjoy a couple of hours of escape from the real world.

Email playreading@u3a.dawlish.info or ask at the monthly meeting for contact details

Creative Writing



The next meeting of the Creative writing group will be **Monday 22nd July 2019** at 10.30am Edens Court in Teignmouth. At the June meeting we decided to take one of several bizarre items listed as being left in a hotel bedroom recently as inspiration for a piece of writing to be read at this meeting. They were; A Lord Mayor's chain, a glass eye, keys to a Bentley, an urn of ashes, a child, a suitcase of diamond jewellery, a 6ft by 6ft remote controlled helicopter, 'Princess' a Persian cat, an antique gold family necklace.

We meet on the fourth Monday of the month at 10.30am Email creativewriting@u3a.dawlish.info

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Wine Appreciation



The next Wine Appreciation meeting will take place on the **5th July** when I plan to introduce wines from a little known region of northern Italy.

If you are interested in finding out more please contact me (Steve) at wine@u3a.dawlish.info

Scrabble



This small group meets in friendly competition but would welcome newcomers to join us. For more details please contact George at scrabble@U3A.dawlish.info

Literature



For further information please see our website literature@u3a.dawlish.info

Psychology



In June we had a stimulating session looking at 'Sleep and Dreams'. The importance of sleep is not appreciated in our busy lives, nor the benefits of dreaming. That older people need less sleep is a myth and they often fail to connect their deterioration in health with their degeneration in sleep. Often with more advanced age we have more fragmented sleep and sleep deficit not only leads to depression, depressed energy and forgetfulness, but a decrease in the immune system and more cardiovascular disease. If we sleep better, we live longer. We finished by considering how to sleep better and discussed the need for care with taking sleeping pills especially when there are better alternatives to achieve sleep. Pleased to say that no-one dozed off during the session.

Our next group meeting will be on the **Wednesday 24th July**, when we will look at Nutrition and Mental Health. There is a relationship between what we eat and our mental health and we will look at what we should do to support a healthy mind. All U3A members welcome.

For further information, contact Steve on psychology@u3a.dawlish.info

Simple Science (formerly known as Gadgets and Gizmos)



Last month, Howard Lunn gave an excellent talk on how to create a simple web site. The next meeting of the Simple Science group will take place on Thursday 11th July at 10.00am. The topic is 'What life is like for the astronauts on the International Space Station' and is presented by Dave Pickton. Have you ever wondered how you clean your teeth in zero gravity, how to cut your nails, or how you lie down to sleep? The venue is 4A Lower Meadow Rise, Dawlish, EX7 9BX. Please park on the road, not the drive.

For further information, please contact Jack Whitehead at simplescience@u3a.dawlish.info

Gardens and Gateaux



Gardens & Gateaux group had a wonderful time visiting the village of Abbotskerswell. It is a delightful village with some quirky gardens. All the gardens were very different, some small with unusual plants; one spectacular large garden, beautifully kept with a wonderful display of roses, foxgloves and peonies, plus a meandering stream, just perfect!

Teas & delicious cakes were served in the village hall, it was heart warming to see the village pulling together to put on this event and raise money for charity. Apparently the villagers meet for a meal in the village hall in the evening, to count the total for charity and congratulate each other on a job well done. Village life at its best still survives in parts of Devon!

Then on Saturday 22nd June it was the Teignmouth gardens, with several new gardens open this year, plus many old favourites. One newly opened cottage garden was delightful, with many unusual plants and the luxury of the little Bitton Brook running through the garden. We were fortunate to see a dragonfly emerge from its nymph stage to eventually fly off over the roof, a real bonus! If you look at 'The Gallery' on the website you will see some of our garden photos. Teas were wonderful as usual at High Tor, and much appreciated, served in the bee and butterfly friendly garden overlooking the sea.

If anyone missed the visit to Bridge House, it is open again on **Friday 5th July** with the NGS Garden Scheme from 10.30_2pm.

Tuesday 9th July High Garden Kenton EX6 8NJ £3.50 donated to Hospicecare & FORCE cancer care. Gardens and a large plantsman's nursery. Meet at 1.30pm. or contact me to arrange a lift.

Saturday 20th July Squirrels Torquay TQ2 7NS Adm £5.00 in aid of Save the Children. Meet at garden at 2pm or contact me to arrange a lift.

A visit to Bicton is still planned for the future, contact me if you're interested in a visit.

Please contact me if you need a lift or more information. Janet 01626 867721 or email gardens@u3a.dawlish.info

Watercolour Painting Group

Tuesday, 9th July. This meeting will be held at 15 Wilbury Way, Dawlish. **Tuesday, 16th July** we will meet at the usual venue of 1 Kestrel Way, Dawlish. Both meetings are at 11am-1pm. At our meetings in July we painted lighthouses and pastoral scenes which everyone enjoyed doing. So far, we have concentrated on washes and we hope to develop colour washing techniques which will be the theme for our two meetings this month.

For more information please contact history@u3a.dawlish.info (temporary email address)

NOTE:

If there is a group or subject you are interested in but we are not providing, you do not have to be an expert to convene a group, just willing to 'put it out there'. Richard, our convenor co-ordinator is very happy to help/support and can be contacted at history@u3a.dawlish.info (temporary email address)

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