

Dawlish and District U3A Newsletter

June 2021

Our next Members Meeting Monday 21st June on the Lawn, Dawlish

Bring your own chair or something to sit on. Plenty of places to buy coffee/tea. Meet with others.

We will be able to get together in one large group or sit in circles of six depending on Government guidance which should be out later today.

Fingers crossed the weather will be kind.

Our last members meeting was held on zoom on Monday 17th May. Here is a report of that very interesting talk by **John Vick**.

'A Picture of Waste in Devon'

Devon County Council's Lucy Mottram and Bobby Hughes are passionate about Waste.

More particularly, they are passionate about putting waste to good use or, better still, making sure waste is eliminated altogether. Following their latest monthly meeting held on Zoom, such was the enthusiasm Lucy and Bobby shared, Dawlish & District u3a members will find it impossible not to join their crusade.

We have all become rather weary of slide presentations in the presentations from Downing Street, but Lucy and Bobby's presentation was of a different order. Amid

all the statistics and graphs, there was a great deal of good news, while of course recognizing fully that there is a great deal more we can all do if we are not to allow Devon to go waste.

Most of us diligently fill our recycling boxes, doing our best to ensure that the right sort of plastic goes into the correct box, and that we try to limit what will be sent to landfill. Although we care, we are usually rather vague about how what we do fits into the whole picture. Lucy and Bobby gave us some important information to put our efforts into context. Just 12% of all waste is from households while a massive 61% comes from construction or demolition. A worryingly large 30.1% of residential bin waste is kitchen waste. Food waste is a massive contributor to greenhouse gases globally. 40.8% of residential black bin waste could have been recycled. If everyone did what they were asked to do, 70% of all residential waste could be recycled. Apart from the environmental cost of this, it costs Devon CC (ie council tax payers) £6.7million to deal with this, so it's in our own interests.

Members learned about one of Exeter's most imposing

landmarks – the incinerator at Marsh Barton which has dominated the skyline since its construction in 2014. This major piece of engineering makes a major contribution not



just to dealing with waste but also with generating electricity. As we would expect, there is a great focus on ensuring that harmful emissions are tightly controlled while it generates enough power to serve over 6000 homes.

Much of Lucy and Bobby's mission is to encourage us all to change our behaviour. Their colleagues across the county use positive psychology strategies, including story-telling and nudge techniques to move us in the right directions. They work with schools and community action groups, encourage reuse and repair schemes, mount publicity campaigns ('Don't Let Devon Go To Waste'), and visit households to help us make the right decisions. In 2019-20 there were 13,571 visits to households across Devon, giving personalized advice and help to meet each person's circumstances.

It is encouraging to know that Devon is leading the way in many respects. Other local authorities look to Devon to learn best practice, especially on education. Our record on recycling is amongst the best but we really can do more. Teignbridge has a good record on recycling but Exeter currently lags behind in some respects. Just 4% of Devon's waste goes to landfill, a good record compared with many local authorities – but the aim is to get that down to zero. Lucy and Bobby urge us all to audit our own waste to help us reduce what we produce in our own lives. We should become 'conscientious consumers' so that we don't buy products with non-recyclable packaging, reuse what we can, recycle as much as possible, and aim for zero waste. We can get involved in community projects such as Beach Cleans and Litter Picks, and support Community Action Groups.

With the leadership and encouragement of Lucy and Bobby, we can all achieve what we know needs to be done.

'Don't Let Devon Go To Waste'!

Speaker for July's meeting will be Lynne McVernon - '25 years working in Theatre'

Bookworms

Bookworms are invited to read the following books over the next 2 months, sharing their reviews by email, during the last week of each month. We decided to write as briefly or extensively as we felt able, also sharing other books we had read recently. The emphasis is on an informal, relaxed approach, during such a difficult time.

JUNE 24th - I offer a choice this month, both Italian authors; either 'My Brilliant Friend' by Elena Ferrante, the first of her Neopolitan Quartet, again, very well regarded. This is the portrayal of the intense friendship between two girls, set in post-war Naples, and covers a wide spectrum of social issues, recommended by Irene. Alternatively, 'The Path to the Spiders' Nest', by Italo Calvino. This is an unusual story set in World War 2, and concerns the Italian resistance movement, but so much more too, again with reference to relationships and issues around loyalty.

JULY 29th - Hopefully, we should be able to meet in person this month, for our first, celebratory meeting.

The book for this month will be 'The Whistling Season', by Ivan Doig. It has been described as a 'heart warming story' set in the 20th century in Montana, and it is another coming of age description of 3 boys, growing up without their Mother, and the struggles of their Father to cope, with the help of an amazing housekeeper! The story has some very unexpected twists, and the references to a passing way of life are poignant. It really is an enriching book, and one that many state they are sad to finish.

So, I do hope that if you choose to join with us, you will enjoy this next selection of books. **Jenny Pestridge** To contact Jenny email: enquiries@u3a.dawlish.info

Coffee and Chat

The next Coffee & Chat is on **Tuesday June 22nd 10.30am** at The Bandstand, hopefully the weather will be sunny. I won't be able to join you all as I'm going to Guildford for a few days to visit friends. I will see you in July.

Tracy Penfound.

Weekly Zoom Quiz

Monday **21st June** and Monday **5th July** at **7.00pm** All are welcome. For your zoom link please contact: **Graham Carey** at enquiries@u3a.dawlish.info

Boules Group

We will be meeting on **Wednesday 23rd June** and **Friday 9th July** at **10.30 am** on The Lawn by the bandstand. If you're curious do please come along, you don't need your own equipment or indeed any skill, as the convenor can testify.

Contact me by e-mail at heydenmichael@yahoo.co.uk with any queries.

Theatre Group

We will be meeting on **Tuesday 15th June** at **2pm** on the lawn. Please bring with you a chair and your diaries (hopefully sun hats and not waterproofs!) Ideally by the end of our gathering we will have got to know each other, agree when we will hold our monthly meetings, set the date for our first meeting and have a rough plan.

With the uncertainty around whether all restrictions will be lifted on the 21st or not it may be difficult to plan our first Theatre trip but ever optimistic we can between us look at local productions as they are advertised.

Kate McCarthy

Wine Appreciation Group (WAG)

Our next meeting will take place on **Friday 2nd July**. To join us please contact: **Graham Petridge** at enquiries@u3a.dawlish.info

French Conversation Group

The French Conversation group is meeting next on **Thursday 17th June** with the theme being 'What I have written on my bucket list'.

Starting in July we will be meeting once a month on the 3rd Thursday of the month at 10.30am.

Graham Carey

Natural History Group

Kerry Sherwin has kindly offered to lead us on an undemanding walk around the Newhay (adjacent to St. Gregory's Church), Dawlish.

Kerry was a medical herbalist for 20 years before she retired, so the walk would be about the uses of common wild plants. It should give people a whole new perspective on what may be familiar as 'weeds'.

We will meet in the Newhay for 2 PM; and should you need to come by car, you'd be welcome to park on the pavement beside my two black garage doors at 6 Town Mills, Church Street.

George Lipscomb

Badminton

If restrictions allow will be starting up again on **Monday 28th June** at 5.00pm. Players will need to contact me by Friday 25th so that I can book them onto a court.

Please contact me by phone: 07789 743613 or email:

patricia.angove@btinternet.com

Patricia Angove

Proposed New Interest Groups

Hi everyone, Hope you're all well and being sensible in the sun (ha!). The weather certainly caught me unawares. I'd forgotten about things like long sleeves and sun tan lotion and now have two splendid lobsters for arms.

On to more important matters...

The **Singing for Health Group** has had several enquiries and it's time to see if a group can be formed. If you are interested and would like a discussion about the format and other matters, a meeting will be arranged for us all to get together.

Please contact me on annwhitehead63@yahoo.com Or ring 01626 867 001 Mobile 07786 693 849.

Craft Group: does anyone fancy meeting up and bringing your favourite craft stuff? Crochet, Card Craft, Embroidery, Wood Whittling, Sewing, Knitting, Beading – whatever. Traditionally a female dominated sort of group (the ability to multi –task is essential and talking and sewing without losing either thread is tricky), we must emphasise that men are also welcome. Contact details are above.

If anyone would like to suggest a new group please let me know. I've said several times that it doesn't commit you to leading it, you will be helped to find like-minded people. Don't be shy, please.

Anne Whitehead (Group Co-ordinator)

The next Dawlish & District Newsletter will be sent out on **Monday 5th July** so copy for the newsletter should be with me by **1st July**.

Please send any group news, views or anything of interest to the membership.

Patricia Angove, email: patricia.angove@btinternet.com

Mirthy Festival

From the **14th - 18th of June** (this week), Mirthy will be hosting 'Festival of Belonging 2021' - 5 days of FREE online events in support of Marmalade Trust's Loneliness Awareness Week.

Visit this website to learn more - <https://www.mirthy.co.uk/festival-of-belonging/>

From Storytelling to Belly Dancing, DIY poetry to Laughing Yoga, all events will be highly interactive, completely FREE, and focused on building a sense of belonging throughout the U3A community.

All events are FREE and I'm sure your members will get a lot of enjoyment out of it.

Online events are available to attend on the day by Zoom following the link on the website. So there's no need to book in advance.

National u3a Day

On Wednesday 2nd June your committee members could be found manning a stall for National u3a Day, armed with our new banners, leaflets and membership forms. The stall was meant to be set up outside the Strand Centre but the weather was very much against us and we took shelter inside the Strand Centre where we talked to members of the public who wandered in out of the rain to visit the craft sale that was also taking place inside. On the whole it was an encouraging day and the committee are discussing the possibility of a regular stall outside the Strand Centre.

We would be happy to welcome new committee members (AGM in September) so please let us know if you would be interested. We are available to talk to you and answer any questions you might have regarding being a member of the committee. Do come and join us.

Email: enquiries@u3a.dawlish.info