MAKE CONTACT MAKE FRIENDS KEEP LEARNING



Spring 2024







website: www.lymeregisu3a.org Registered Charity No. 1115022

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Vice-Chair

[Vacant]

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Speaker Finder

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From our Chair

Message from Richard Doney

Having become Chair last March, I had to prepare for and face my first AGM at the beginning of January. How did it go from my perspective you might wonder. OK is the short answer. Any worries I had about enough members attending to be quorate (10% of membership = 46) were quickly banished when 80+ of you turned up. So please give yourself a pat on the back if you were there.

I felt that the business was transacted smoothly and the accounts for 22/23 (our 'year' finishes on 31 August) were approved. The other major item of business was to elect the committee. This is required by our constitution. Of the committee, Rachel Jordan (publicity), Alex Ruck (treasurer) and Mary Bohane (membership adviser) stood down. On your behalf, I would thank them for their generous giving of time and thought to their roles. In particular, I

need to single out Mary who has been at the heart of our U3A since its formation in 2005. Mary's membership number is '2' and she is very much the corporate memory of Lyme's U3A.

The treasurer's role has now been taken on by Steve Miller who has been shadowing Alex for a while. And I am pleased to be able to tell you that since the AGM, we have a new Publicity Officer (David Ruffle) and Speaker-Finder (Frances Barter). A final smile; a team has formed by Philippa Fortescue to reinstate 'refreshments' at our meetings. But they could do with a few more volunteers to make a rota. Please let Philippa know if you could manage this a few times a year.



In his report to the AGM, our groups coordinator, Mark Gillams, noted that the number of groups remains relatively stable. But it



would be good if we could have some more, to broaden what we have to offer. Groups typically form because a member is interested in a subject or activity; they kick start a group. Could that be you? And down at the other end of the telescope, a group might close because the leader 'retires' and no group member is willing to step up. Please don't let that happen to a group of which you are a member.

So things are looking pretty good for the year ahead. BUT - I'll repeat the point I made at the AGM. All of us need to help keep refreshing our U3A. Members leave for a variety of reasons and we need to encourage and introduce new (and younger) members. Do you have new neighbours who've just moved here? Do you know of people who are on their own who would find the social side beneficial. If just 10% of our membership introduced one new member, we would have nearly 50 new faces. Also, we've just reprinted our A5 size flyers. How about putting one in your car's rear window? Get in touch if you would like one.

Let's all keep on learning and having fun.

Trip Organiser Required

A volunteer is still needed to take on the important role of Trip Organiser. If you are interested in the role please contact Ann on annfleet60@outlook.com and she will explain what is required. Again, thanks to Ann for the sterling work she has done as Trip Organiser over the years.



Monthly Talks Programme Richard Doney

The monthly talks take place on the second Friday of each month in the Woodmead Hall, beginning at 11.00am.

We are delighted to announce that from now on, we are able once again to invite members to refreshments before each monthly talk, from 10:15 to 10:45am.

2024

9 February	Life on the Licence Fee - Alex Leger
8 March	Atlantis - fact or myth? - Richard Hutley

12 April Nine Lives of an RAF Fast Jet Navigator 1962-1980 -

Alan Harrison

10 May Good Hare Days - David Bailey

14 June A Life in Zimbabwe - The Standhafts

12 July Historic Jamestowne, Virginia. The birth of English

America and founding of the British Empire - John

Dover



Lyme Literature Group Frances Barter

We have had an interesting time with our very varied choices leading up to Christmas. We started with Ishiguro's *Clara and the Sun*, followed by Penelope Lively's Booker Prize winner, *Moon Tiger*. Brian Moore's *Black Robe* offered a real contrast with its serious religious/colonisation background.

We were due to continue in December with Barbara Kingsolver's *The Poisonwood Bible*, but have had to hold this over for after Christmas. We had planned to have a jolly after the discussion with each of us bringing something to the table, but felt that it was inappropriate, following the deaths of two of our members and our hostess's husband Gilbert Bland. All this has hit us hard.

The two members were great contributors to our discussions and will be sorely missed. A number of us were able to attend the funeral and wake of one member which brought some closure. With the start of a new term, both will be lovingly remembered. Gilbert, although not a member of this group, had generously opened his house to us along of course with Yvonne following Covid and where we have stayed since. A big thank you.

We now have nine members who meet on the second Thursday of each month at 2pm. Two members live a distance away and therefore cannot always attend, so we have two vacant places.

The New Year brings us back together again, saddened by recent events but respectfully looking forward to getting our brains working again. I wonder what people read over Christmas. This we shall find out over tea, chat and cake.



Walking Group 3 Yvonne Marsh

The Walking Group 3 are continuing to meet through the winter although our walks are sometimes shortened by the weather conditions when we enjoy a coffee and a chat rather than the walk! Walking Group 3 is a walking for fitness group, we walk for about 2.5 to 3 miles and try to walk at a reasonable pace. We meet twice a month on the 1st and 3rd Thursday at 10.00 am, details of the walk is emailed to the group the weekend before the walk giving details of likely route and walk conditions. New members are welcome so do get in touch if you would like to try one of our walks or to join the group.

Walking with Group 3 on Thursday 5th October 2023

I joined the Group 3 walk run by Yvonne Marsh for the first time with a friend who had been a member of U3A a few years ago. Twelve of us met at 10am at Uplyme Village Hall, and set off hoping it wouldn't rain, and fortunately we were blessed with good weather! It was a lovely walk to Cannington Viaduct and we returned to Uplyme afterwards. I took this picture under the viaduct. Most walkers adjourned to the Black Dog for refreshments (Black Dog do lovely cakes, I am

told, so I shall include that in future walks). I look forward to going again.

Jane Healy U3A Newsletter Editor





Play Reading Group Frances Barter

We have continued to enjoy our readings of murder mysteries and farces, among others, and ended our term with a Christmas jolly at the Harbour Inn, Lyme Regis. A good meal was provided and attended by ten members who were all in the best of festive mood. Our regular £1 contribution by members ensured that our drinks were paid for and also to a well-deserved tip for the staff. This has been our third year running.

There has been a changeover in members selecting copies of plays, and we have returned to borrowing plays from the Lyme library. The changeover has been smooth and I thank those involved for their efforts.

We currently have 12 members with a waiting list of two. Sadly, we lost one member, who died recently after a long illness. She had been in the group longer than any of us and at one time been responsible for choosing and providing the plays. Two of us attended her wake at the Hunter's Lodge where she was remembered lovingly and respectfully. She was a very brave lady.

Sylvia Lee, another long-standing member, also had to step down after her stroke in April.

She has made an amazing recover, however, and enjoyed our visit to her for one of our readings held at Bymead House.

Two new members have joined and have fitted in well. There is such good humour in the group and friendships have been made beyond the actual play reading sessions.

We reconvene in January, every alternate Monday afternoon, in members' homes. No doubt there will be a good amount of chat over tea and biscuits following the Christmas break.



The Hedgehog Diaries Jane Healy

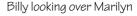
Hedgehog Maintenance

My husband, Martin, and I have always loved hedgehogs. We are old enough to remember them snuffling around the back garden every night. Sadly, numbers have declined drastically over the last 30 years, so to see numbers slowly rising again is heartwarming.

We've been feeding hedgehogs this year in our garden since midsummer. Martin has done a lot of research on how to care for hogs and we hope you find this article helpful. It all started on 27th June 2023 when Martin rescued a tiny hoglet, about the size of a tennis ball, from a neighbour's garden. This little chap was only about 12 days old. He was christened Robbie, and once he had reached the weight of 400g, he was released back into the wild on 1st August by a very committed volunteer contact of Ali Foxcroft*. When hogs are young, they need feeding every few hours, which takes a lot of dedication.

It's particularly important for hedgehogs to feed well in early autumn, so they can hopefully achieve a 500g body weight, which

greatly increases their chances of surviving hibernation. Hogs love to nest in log piles or compost heaps, but as you can see from the image, practically anything dry and safe will do! This usually begins in early December and they'll wake up in early Spring, usually March. We're lucky on the coast with warmer winters than the Midlands and the North, so they might hibernate late and awake early, so be prepared for that. They are really hungry when







they wake, so please do feed them. It is so rewarding and grandchildren love them.

We noticed signs of a hedgehog in our garden in late August 2023 and christened him Nobby. We think he was male due to his size and habits. From mid-September last year, we've had a trail camera in the garden to observe him. If you want to observe nocturnal beasties in your garden, trail cams can currently cost as little as £50, and it really is money well spent.

We took delivery of a small female hog called Marilyn (she has a blonde coat!) on Saturday 30th September from a lovely lady, Emma Young, from Rousdon, who has cared for well over 100 hogs over the last few years. Marilyn spent a quiet night in her new boudoir, and the next night, she came out, ate all her food, and wandered about the garden. We separated the feeding stations to keep Nobby and Marilyn apart as we feared a confrontation. However, there were no issues, and we moved both feeding

When Nobby met Marilyn



stations closer together. On 2nd October, our hogs rubbed noses and then ran off into the shrubbery! If they both make it through the winter, we could have babies in early June, hurrah! Sadly, we haven't seen Nobby for 2 months now, but we hope to recognise him in the Spring - he's a big fella and of course Marilyn, who was very recognisable due to a tick that stuck to her right eyebrow. She

grew and gained weight quickly, which was encouraging. She also went awol, then appeared again on 25th October. We are hoping she's well and now hibernating.

May is the big month for mating and, after gestation of only 4 weeks, up to 6 hoglets will be born in June. They stay with Mum (Dad disappears after mating) and forage outside happily but will return to Mum for some milk. By August, they are ready to live independently, and can continue living in their solitary way until they need to settle down for the big sleep.

It's a good idea to site a hogbox in your garden by November to increase your chances of helping a hedgehog to hibernate, particularly if you have been feeding them there. They have been observed to wake early from hibernation, go food-gathering, then hibernate again, so maybe keep an eye out for them through the winter as they will need food to enable them to start hibernating again.

When feeding hedgehogs, do remember to put out fresh water every night, particularly if you use dry food. (Although we have seen them on trail cam preferring to drink rainwater.) Hogs love earthworms and in drought, worms tunnel deeper down and can't be reached, so hogs do need help.

Martin purchased several 37 litre Crystal transparent lidded storage boxes to make hedgehog feeding stations and you can buy these from most supermarkets. It is simple to take a hacksaw blade to cut a 13 x 13cm access hole on one of the short sides. It doesn't want to be bigger or other creatures can get in easily. Make sure to place food bowls in the opposite diagonal corner so cats can't reach the food. Martin created a chicane with a brick in between the entrance and the back of the box and still had room for his trail cam. It is advisable to put a heavy stone or paving slab on top of the feeding station as well if you use the same type of



transparent box as we do. We have great footage of Tiger, a half-feral cat that lives on Rousdon Estate, squeezing into Marilyn's feeding station, eating frantically, and then finally turning around like a wraith and exiting the box with obvious relief. A week or so later, we had even better footage of his absolute outrage when he couldn't get in after Martin's modifications to the feeding box and was condemned to watch Marilyn chomping away happily inside. However, the next night he worked his way into the box again, and ate everything. Martin has now solved this by creating mazes that no cat, even Tiger, can navigate. So far, no more cats eating all their good food!

Another lady hog, Maeva, came to us on 8th December, 2023 and she seemed happily ensconced in our garden, but we haven't seen her for a while. None of our hogs are eating at the moment, and while we provide feeding stations and shelter with hibernation boxes, we don't want to disturb them by opening the boxes to see if they are hibernating. We hope our two ladies are now asleep.

Martin has persuaded lots of Rousdon Estate residents to acquire hogboxes so we hope Nobby has taken up residence elsewhere and that more hogs will survive the winter. Nobby, Marilyn and Maeva all loved wet puppy food and kitten biscuits and it was very amusing observing Nobby overturning food trays in his eagerness and charging around in front of the camera! Marilyn and Maeva, as befits their sex, were more genteel, eating daintily, and wandering rather than charging. They are the sweetest animals to watch all year round and it's so rewarding seeing them grow and live well. Just a little help is needed and they just thrive.

Beer Men's Shed makes beautiful hogboxes, among other things, and currently supply them free of charge to Hedgehog Hut, who then ask for a donation. Martin donated £25 per box and our neighbours seem happy with this. All monies are used to care for hedgehogs.



Our contact at Hedgehog Hut is Ali Foxcroft* and she can be contacted on her Hedgehog mobile 07305 129160. You can also find her Hedgehog Hut on Facebook. Emma Young can also be contacted on 07876 506858 (evenings only).

More useful websites for hog info: www.hedgehogstreet.org.uk www.hedgehog-rescue.org.uk www.britishhedgehogs.org.uk





Group Organisation

Key details of each group are given below. The groups are divided into five categories namely: Exercise, Knowledge, Languages, Skills, and Social. The final table lists activity by day of the week, where the day is known.

There are several changes since the last list was published including recent additions for chess, jewellery making and singing. If you are interested, please give these groups a try and help to get them established. Further details will be given in our monthly newsletters.

We could still do with more groups to get us back up to prepandemic numbers. Why not develop a passion, satisfy your curiosity or follow your instinct to fill a gap in your knowledge, master a skill you wish you had or just for fun? Anyone who thinks that they may wish to run a group to share their interest, curiosity or passion in any area is invited to contact Mark Gillams on groups@lru3a.org for information or a chat. Support and guidance will be provided.



EXERCISE

Exercise	Day	Time	Place	Contact
Badminton	Monday	5.00 pm	The Hub, Lyme Regis	Janet and Mike Moyes via groups@lru3a.org
Chi Gung (Qigong)	Tuesday	5.30 pm	St Michael's Church Hall, Lyme Regis	ТВА
Circle Dancing	Monday	2:00 pm	Baptist Pine Hall	Christina Baines via groups@lru3a.org
Scottish Dancing	Monday	10:00 am	Woodbury Community Hall	David Acland, 01460 65981
Short Tennis	Thursday	2.00 pm	Musbury Village Hall	Sharon Young
Table Tennis	Thursday	p.m.	Baptist Church Hall, Lyme Regis	Brian Watson, 01297 32060
Tennis	Tuesday	10.00 am	Charmouth Tennis Club	Jane Littler via groups@lru3a.org
Walking 1	Alternate Mondays	10.00 am	Various locations	Sue Wilson via groups@lru3a.org
Walking 2	Alternate Mondays	10.00 am	Uplyme Village Hall	Vacant via groups@lru3a.org
Walking 3	1 st & 3 rd Thursdays	10.00 am	Varies	Yvonne Marsh via groups@lru3a.org



KNOWLEDGE

Subject	Day	Time	Place	Contact
Archaeology	1st Wednesday	3:00 pm	Various	Maggie Davidson via groups@lru3a.org
Book Group	1st Monday	pm	Members' homes	Jo Marsh via groups@lru3a. org
History	2nd Wednesday	4:00 pm	Members' homes	Monika Ripley via groups@lru3a.org
Literature	2nd Thursday	2:00 pm	Members' homes	Frances Barter, francesbarter@francesbarte r.plus.com
Play reading	Alternate Mondays	2:00 pm	Members' homes	Frances Barter, francesbarter@francesbarte r.plus.com
Rare Book Group	1st Friday, alternate months	7:30 pm	65 Broad Street, Lyme Regis	Bob Speer, 01297 445815 (day) / 01297 443653 (evenings)
Science & Technology	3rd Friday (excl. August & December)	10:00 am	Woodmead Hall, Lyme Regis	Richard Doney via lru3aSciTech@gmail.com



LANGUAGES

Language	Day	Time	Place	Contact	
French Conversation	Alternate Tuesdays	10:00 am	Members' homes	Maggie Allison, 01297 443983 / Keith Robson, 01297 442183	
French Club	Thursdays	10:00 am	Members' homes	Wendy Howard, 01297 445195	
French for Fun	Alternate Tuesdays	10:00 am	Members' homes	Kay Luckraft, 01297 599416	
German	Alternate Tuesdays	2:30 pm	Members' homes	Kay Luckraft, 01297 599416	
Italian Conversation	1st & 3rd Thursdays		Kilmington	Allan Swannell, 01297 443003	
Italian Intermediate	Alternate Mondays	10:00 am	Whitchurch Canonicorum	Allan Swannell, 01297 443003	
Spanish Conversation	2nd & 4th Mondays	10:00 am	Members' homes	Rosemarie Hearn 01297 34342	



SKILLS

Skill	Day	Time	Place	Contact
A Capella Harmony Singing	TBA	ТВА	ТВА	Christina Baines, Christina. Baines@btinternet.com
Craft and chat	2nd & 4 th Mondays	Afternoon	Hallett Community Hall	Jacqueline Pettitt on membership@lru3a.org
Creative Writing	2nd Tuesday	11:00 am	Members' homes	Lesley Smith via groups@lru3a.org
Great Big Dorset Hedge Volunteers			Zoom	John Calder
Jewellery Making		TBA	Uplyme	Angela Cooper via groups@lru3a.org
Making Music	Alternate Weds		Morecombelake Village Hall	Rob Walker, 01297 444811
Meditation	2nd & 4th Tuesday		Member's home, Lyme Regis	Jo Smith-Oliver, via groups@lru3a.org
Snooker	Tuesdays Fridays	3:00 to 5:00 pm 3:00 pm	Royal Lion Hotel Colyton Memorial Social Club	Keith Barfoot via groups@lru3a.org



SOCIAL

Event	Day	Time	Place	Contact
Breakfast	1st Saturday	9:30 am	Bellcliff Cafe, Lyme Regis	Rachael Pope, 01297 445575
Canasta	2nd & 4th Fridays	2:15 pm	Charmouth Library Meeting room	Valerie Penn, 01297 560717
Check Mate	TBA	TBA	ТВА	Peter Jackson via groups@lru3a.org
Garden Lovers	Varies	Varies	Varies	Mary Bohane, 01297 444566
Informal Drop-in	Last Thursday	11:00 am	Pilot Boat, Lyme Regis	Rachael Pope, 01297 445575 / Ann Fleet, 01297 442651
Monthly Catalyst	1 st Thursday	10:00 am	Bradshaw room, Axminster Heritage Centre	Rachel Jordan, rachelbramble@yaho o.co.uk

GROUPS BY DAYS

Day	Activity
Monday	Circle Dancing: Craft and chat; Badminton; Book Group; Italian Intermediate; Play reading; Scottish Dancing; Spanish; Walking Groups 1 & 2
Tuesday	Chi Gung (Qigong); Creative Writing; French Conversation; French for Fun; German; Meditation; Snooker; Tennis
Wednesday	Archaeology; History; Making Music
Thursday	French Club; Informal Drop-in; Italian Conversation; Literature; Monthly Catalyst; Short Tennis; Table Tennis; Walking 3
Friday	Canasta; Rare Book Group; Science and Technology; Snooker
Saturday	Breakfast
Sunday	



SciTech Group Richard Doney

Looking ahead to 2024, this is what we have lined up at Woodmead Halls at 10am:

Feb 19	Simon Petitt – How to Build an Aircraft Carrier
Mar 15	Richard Doney - Sparks Fly (well hopefully not)
Apr 19	John Marriage - What's to Dye For?
May 17	Steve Coles - Nutribabble
Jun 21	David Watson – He Speaks to the World
	(Bermuda in the 1960s)

If you would like to be added to our mailing list, just say hello to LRU3ASciTech@gmail.com

Chana Masala

This is a huge favourite with both my husband and I all year round. It's very easy to prepare, keeps well covered in the fridge, and is freezable too. Although lifelong carnivores, we are trying to embrace vegan principles by eating more pulses, grains and whole foods, in the hope of avoiding more Ultra-Processed Foods. Polishing my halo..... I use tinned chickpeas for this recipe, but dried chickpeas, then soaked and boiled, work even better and give a lovely, nutty texture. You can obviously use fresh tomatoes instead of tinned, depending on your palate – just make sure they are cooked thoroughly to maximise flavour and texture. Use fresh spices if you can, and if using dried spices, remember they lose their potency in the cupboard.

This serves 2 greedy people as a main course and 4 as a side dish.

Ingredients

- 1 tbsp vegetable or olive oil
- 1 onion, finely chopped
- 1 tbsp garam masala
- 4 garlic cloves, crushed
- 5cm/2in piece fresh root ginger, peeled and grated
- 2 red finger chillies, very finely chopped
- 20g/%oz fresh coriander, finely chopped, reserving a few leaves for garnish
- 400g tin chickpeas, drained or dried chickpeas
- 2 x 400g tinned tomatoes/800g fresh tomatoes
- 1–3 tsp caster sugar, to taste (optional)
- pinch salt, to taste
- 1–2 tbsp lemon juice, to taste





Method

- 1. Heat the oil in a medium pan, add the onion and garam masala and cook for 5–8 minutes, until soft and translucent.
- 2. Add the garlic, ginger, chillies and the chopped coriander, keeping some coriander aside for garnish. Cook over a low heat for 3–5 minutes until fragrant.
- 3. Add the chickpeas and tomatoes and bring to the boil. Reduce the heat and simmer uncovered for 20 minutes until the sauce is reduced to the consistency of thick soup. If it is looking too thick add a splash of water.
- 4. Remove from the heat, taste, and add the sugar, salt and lemon juice to taste.
- 5. Serve sprinkled with reserved coriander leaves.

Jane Healy

Adapted from www.bbc.co.uk/food/recipes



Sudoku

I sincerely hope you are good at these. I have never done one before ever, so thought I would include one just for laughs. If you are not familiar, each square must contain all numbers 1 to 9 and each horizontal and vertical line must also contain all numbers 1 to 9. Confused? – I don't believe it! Answer not included – you can easily see when you are right.

		7	5	2		6		
	4						8	
	3	6	1		4			
2	9		4		7	8	5	6
1	5						3	
7	6		9	5	3	1		4
	7					4		2
			3	4			7	8
		5			2			

Jane Healy https://www.easybrain.com





www.lymeregisu3a.org

