

u3a4u

Autumn 2021



More information on our u3a
website: www.lymeregisu3a.org
Registered Charity No. 1115022

Committee and Contacts

Chair

Rachael Pope
chair@lru3a.org

Secretary

Yvonne Renouf
secretary@lru3a.org

Treasurer

Alex Ruck
treasurer@lru3a.org

Monthly Newsletter

Rachael Pope
chair@lru3a.org

Membership Secretary

Graham Pitts
membership@lru3a.org

Vice-Chairman & Membership Adviser

Mary Bohane
Vice-chair@lru3a.org

Groups' Coordinator

Mark Gillams
groups@lru3a.org

Speaker Finder

Andrew Lightfoot
Speaker-finder@lru3a.org

Trips

John Bartholomew
trips@lru3a.org

Publicity

[Vacancy]

u3a4u

John Marriage
webmaster@lru3a.org

Webmaster

John Marriage
webmaster@lru3a.org

Letter from the Chair

Another challenging year for everyone! The good news is that risk assessments, as required by the national u3a, are underway and many of the groups are restarting. We need to do everything we can to ensure the health and wellbeing of our members. Mark Gillams our Groups' Coordinator is supporting the group leaders through the risk assessment process.

The informal drop-in, which is open to everyone, has been happening at The Pilot Boat in Lyme Regis. There was a lot of rejoicing at the first one. Life felt almost normal with people just enjoying spending time together.

Our Science and Technology and main monthly talks continue to be online at least until the New Year. There are benefits to being online, such as having a speaker from anywhere, so we may eventually continue with a mixture of 'real life' and online talks. A date has been agreed for the AGM which will be online. Please put the date of 12 November 2021 in your diaries at 10.00 am. This will be followed by the talk on the Dorset (and East Devon) National Park proposal.

We decided that our more seasonal newsletter needed a name to distinguish it from the monthly e-mail newsletter. We did some brainstorming and Andrew Lightfoot our Speaker Finder suggested u3a4u. This is our first u3a4u newsletter. Thanks Andrew.

We are always looking for people to assist us on the committee. We currently need a Membership Secretary to replace Graham Pitts at the end of this year, but would welcome any offers of help to run this u3a.

Best wishes

Rachael Pope

Chair

Monthly Talks

While the continuing Covid pandemic has curtailed monthly meetings at the Woodmead Hall, the varied programme of talks has been maintained through the medium of Zoom. If you haven't tried it yet, don't be put off by the IT, it really is quite simple to use. Recent talks have featured the wildlife in a quarry, the development of UK food classics and behind the scenes anecdotes of a writer for most of the British comedy greats, like Tommy Cooper, Frankie Howerd and Bruce Forsyth.

In October, we shall be looking back 70 years to the Lynmouth floods and exploring the mystery of whether it was a natural phenomenon or Government interference with the weather. Pam Hogan has written a novel 'Seeds of Doubt' which draws on facts discovered in top secret government documents of the time. Her multi-media presentation will include this information, book readings and anecdotes about the research and writing process. So there will be something of interest in the science, creative writing and the topographical similarities between Lynmouth and Lyme Regis.

In November, the natural environment will again be to the fore when Richard Brown presents the case for a Dorset (and East Devon) National Park. This will be especially timely as the COP26 debate will be drawing to a close when we hear about this proposal, with its potential benefits for the local ecology, economy and community.

Hopefully we shall be able to enjoy the festive season this December and the surprise presentation this month will be designed to get you in the mood!

The uncertainties provoked by Covid mean that the return to meetings at the Woodmead Hall remains unclear. Nevertheless, you can be assured that the programme of talks in 2022, whether by

Zoom or in person, will include topics of local interest as well as some universal themes; in particular, the history of the BBC will feature as its centenary is celebrated.

If you have any specific suggestions of speakers or comments on past talks, please let me know via speaker-finder@lru3a.org.

Andrew Lightfoot

Friday 8th October 11:00 am: The Lynmouth Floods: Act of God or Act of Man?

Friday 12th November 11:00 am: Dorset (and East Devon) National Park proposal

Friday 10th December 11:00 am: an entertaining surprise in store!

We need your help

Membership Secretary

Graham Pitts will be leaving this position at the end of the year so we are now seeking a replacement as quickly as possible. If you would like to volunteer for this role please let Rachael know so that we can arrange a smooth transfer of duties. Alternatively, if you would like to talk to Graham first, please contact him on 01297 561569

Key duties include

- Maintaining our u3a membership database (training given)
- Dealing with enquiries and sending out membership forms, welcome letters etc
- Organising annual printing of membership cards and their distribution
- Collection of renewal fees, cash, cheques or BACs, and passing details to Treasure
- Sending a list of Third Age Matters recipients to u3a headquarters five times a year
- Attendance (when available) at monthly talks, to answer queries and record attendance

Trips

Crewkerne, Lyme Regis and Bridport - Trip to London Southbank April 2022

Just to register interest in further information, with no commitment, get back to me at: trips@lru3a.org

John Bartholomew

Groups

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.

Since most of the Covid 19 regulations and guidance were relaxed earlier this summer a number of groups have been able to restart their face to face activities. The main proviso is that the group leader and the group members are comfortable with the activity arrangements including any agreed precautions, and satisfied that they will not knowingly expose themselves or other group members to harm.

Most of the outdoor activity groups are now operating as normal. A smaller proportion of indoor groups have also started regular meetings and will be joined by others in the coming months. Several groups have indicated that they hope to restart indoor meetings during September. Groups with the larger numbers and/or more crowded meeting venues may not restart until nearer to the end of the year. Many of these will however continue to meet on-line in the meantime.

A selection of news from a variety of groups is included below.

Archaeology. Leader Maggie Davidson 01297 598234 or davidsonmags@yahoo.co.uk. The group is planning to continue with its programme of site and museum visits.

Book Group 1. Leader Jo Marsh. The group intends to restart indoor meetings in September or October. Its next meeting is on September 6th.

Breakfast Group. Leader Rachael Pope 01297 445575. The group will restart when a suitable venue has been identified.

Canasta. Leader Valerie Penn 01297 560717. This group restarted indoors in the summer and is now taking a short summer break. As meetings resume again in September the group would like to extend a warm welcome to new members. No experience of the game is necessary as individual tuition will be provided to any new member who would like to give the game a go.

Canasta is a card game that can be played by two, three or four people so everyone gets to play at each meeting. Several games can be accommodated simultaneously in the Charmouth Library where the group meets on the 2nd and 4th Friday afternoon of each month. For further information please contact the group leader.

Creative Writing. Leader John McCallum 01297 561696. The next meeting will be on September 13th. The group currently has no vacancies.

Current Affairs 1 and 2. The previous leader has moved away hence the groups are in need of a new leader. Please contact the Groups' Coordinator if you would like to know more about either of these groups.

French for Fun. Leader Kay Luckraft 01297 599416. Following 16 months of meeting regularly on Zoom, the group and their spouses were delighted to get together for a Cheese and Wine (all French, of course!) summer garden party to celebrate the end of term (see below). It was wonderful to see each other again after so long; we have enjoyed our Zoom sessions but it was so good to meet up in person and we are looking forward to resuming our meetings in September.



Garden Lovers. Leader Mary Bohane 01297 444566. Visits to approximately 10 gardens throughout Summer months; no set days or times. Will restart next summer as soon as we have a sufficient number of members who are happy to share cars or a coach.

German. Leader Audrey Standhaft on aud.standhaft@outlook.com. We have room for a few more people now and eagerly await to hear from any members with '0' level or equivalent. We always enjoy Kaffee und Kuchen! Please contact me for more information.

History. Leaders Ed and Audrey Standhaft on aud.standhaft@outlook.com. Second Wednesday in the month, 4.00 pm on Zoom. The group will seek to expand their knowledge and understanding of history. This will cover world history, British, local, family, biography etc.

Informal drop-in. Leaders Ann Fleet and Rachael Pope. Drop-in meetings are taking place regularly on the last Thursday of the month at the Pilot Boat Inn.

Italian Groups. Leader Allan Swannell 01297 443003. The Monday and Thursday groups are operating at full capacity. Allan has materials if anyone wishes to start a new Italian Beginners Group.

Making Music. Leader Rob Walker 01297 444811. Since the easing of restrictions we have been meeting regularly each week on a Wednesday morning outdoors in a large sheltered garden in Whitchurch Canonorum. and have so far not missed a meeting due to bad weather!



We hope to find a large airy hall to meet in from the beginning of October, hopefully in Charmouth.

We have around 8 regular players plus a conductor but are always open to new members. The sessions are very informal and light-hearted.

Memoir Writing. Leader Jackie Lloyd 01297 443516 or ladylloyd@msn.com. Jackie already runs one group but is hoping to start a second one.

Autobiography? Life writing? Auto-fiction? Memoir might not be

what you think it is.

There are many reasons why we decide to write an account of our life: to leave something of ourself for future generations; to look back on earlier experiences and make sense of them; to justify our world view; to amuse – even to instruct, depending on the intended audience.

Writing about yourself and sharing the result with others may come at a price though, as accessing long buried memory can throw up subject matter that is difficult to deal with. We may avoid writing about significant matters because we are afraid of our intention being misunderstood. If that puts you off, I add that members of the current group spend much time laughing at our experiences.

Shall we always tell the truth, OR construct a narrative we can live with?

The choice is yours if you join a second memoir writing group I hope to lead starting in September, dependent on securing a suitable venue. We'll meet monthly, on a Tuesday, at a time reached by consensus.

Qi Gong Leader David Edwards. The Qi Gong group is awaiting clearance from the Church Hall to start up again in accordance with the u3a guidance.

Rare Book Group. Leader Bob Speer 01297 445815 (evenings 443653) or books@sanctuarybookshop.co.uk. Our first post-Covid meeting will be 7.30 pm Friday 22nd October.



We will be exploring an extraordinary 1551 Lyme Regis heritage treasure. The meeting will be in the Rare Book Room, first floor of 65 Broad Street, Lyme Regis, and directly above The Sanctuary Bookshop. Venue open from 6.45 pm with drinks and nibbles. Space is somewhat limited...10 - 12 maximum.

Existing Group members will be mailed about ten days prior.

Science and Technology. Leader John Marriage 01297 443469. An on-line talk on extraordinary insects is planned for September 17th.

Scottish Dancing. Leader David Acland 01460 65981. The first meeting is planned for September 27th.

Seafront Gardens. Leader Merry Bolton 01297 443334 has organised several weeding and planting sessions in the seafront gardens so far this year. If you would like to take part in any future sessions please contact Merry.

Short Tennis. Leader Jill Menzies 01297 444863. Playing restarted on September 9th.

Sunday Lunch. Leader Linda Green 01460 220356. Lunches will resume in September provided group members are comfortable with arrangements to do so.

Tennis. Leader Joyce Beadle 01297 442279. Regular tennis meetings are taking place.

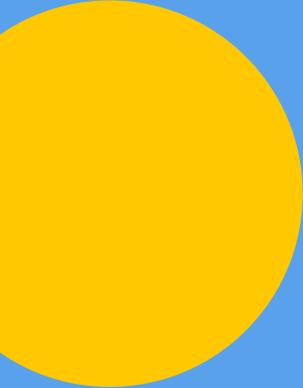
Walking 1. Leader Sue Wilson on sue.wilson44@outlook.com. This group has restarted its regular activities.

Walking 2. Leader Marion Richardson 01297 33824. This group has restarted its regular activities.

Other active groups

Other groups have been active in lockdown to varying degrees: French Conversation; Jazz Appreciation Live!; Literature; Meditation; Plant Sharing; Play Reading

If anyone wishes to share their enthusiasm for an interest or activity with like-minded people why not start your own group. Please contact the Groups' Coordinator for encouragement and support.



u3a Lyme
Regis
learn, laugh, live

www.lymeregisu3a.org