



March 2015

www.paignton-u3a.co.uk

Thought for the day

Only when you banish the belief of the impossibility of the possible, will the impossibility become possible. Mary Ward

A Message from your Chairman

Dear Members,

Spring has arrived. I love the light mornings, so does Muffin wanting an early morning walk in Victoria Park and the clocks go forward at the end of the month.

A lovely time was had by our members who spent five days at the Kingswood and Devoran Hotel in Sidmouth. The hotel is on the seafront very central. The food was excellent again and the staff are all so very helpfully. It has been suggested by some that we should return again next year others somewhere different perhaps Cornwall. Please let me know where you would like to go in February 2016.

April will be the AGM at the Redcliffe Hotel, If any of you would like to join the committee please don't be shy, come and join us, you will be welcome.

I do hope you will come to our 10th Birthday Party on the 10th March where our guest speaker will be Tony Beard and of course Cake.

Looking forward to seeing you all

Barbara

Barbara Collins

Trips & Outings & Events

There have been a few suggestions for a summer holiday.

We are keen to gauge support for a 5 day/4 night dinner bed & breakfast coach holiday with Hemmings Holidays to **North Wales**, staying at The Hand Hotel (3*) from Sunday 23rd to Thursday 27 August for a **Canals and Railways holiday** £275. The hotel stands above the River Dee in its own beautiful garden and close to the centre of the pretty market town of Llangollen. The hotel does not have a lift or any ground floor rooms. Excursions include Portmadog / Ffestiniog Railway; horse-drawn boat ride to see Horseshoe Falls; Shrewsbury/ Welshpool/ Llanfair Light Railway. Details will be on the notice board. Contact Barbara Tel: 01803 669238

On Wednesday 29th April, we again will be hosting the **Link Bridge meeting** where bridge players from various U3A groups in South Devon will meet at the Redcliffe Hotel at 1.30pm. The cost will be £8 per person to include a cream tea. Please register with your partner for an afternoon of friendly playing. Contact Barbara Collins on Tel: 01803 669238 Email: barbara@bes1.co.uk

Palace Theatre Paignton on 23rd April. Everyone who put their names down for the farce "**It Runs in the Family**", would you please make your cheques payable to Paignton U3A for £8.50 and put them in the basket near the notice boards at the general meeting. The play starts at 7.30pm. All meet in the Foyer at 7.15pm or contact Norma Ellis telephone 405517.

Messages from your committee

Please will all members notify the Membership Secretary of any **changes of address, phone number or e-mail**? Cindy Ball Tel: 01803 411046 Email: cindy1945@hotmail.co.uk

Membership renewal is due from April and Membership Secretary Cindy Ball will have the forms available for you to collect at the February and March meetings. Any not collected by 10th March will be posted to you.

We will have a couple of vacancies on the U3A committee. If anyone is interested, please contact Barbara for more information on 01803 669238

Forthcoming General Meetings

General Meetings 2nd Tuesday monthly 11.00 a.m. with coffee from 10.15a.m.

Meetings are at the Redcliffe Hotel, Marine Drive, Paignton.

10th March Paignton U3A 10th birthday celebration with
"The Wag from Widecombe" Tony Beard

Groups' News

Members have suggested ideas for three new groups as follows.

SKITTLES If interested contact Barbara 01803 669238

DARTS Maybe at the Conservative Club in Preston. If interested contact Barbara 01803 669238

SOCIAL BREAKFAST CLUB Meeting monthly at Talk of the Town, Torbay Road, Paignton TQ4 6AL. The first meeting will be on Good Friday 3rd April at 9.30am in the rear of the premises which overlooks Torbay Park. Please let the organiser John Ball know if you are attending so tables can be booked. Contact John on 01803 411046 or 07879 492795 or johnball1946@talktalk.net by 27th March.

BOOK GROUP

THE POPPY FACTORY BY LIZ TRENOW

This novel tells the parallel stories of two soldiers returning from wars a hundred years apart.

Jess has served tours as an army medic in Afghanistan and turns to alcohol after suffering Post Traumatic Stress Disorder on her return with disastrous results. She goes to stay with her mother who gives her some diaries written by her great grandmother Rose, whose husband, Alfie lost a leg in WW1. In the diaries Rose describes how her husband also suffered from the then called 'shell shock' and how he also turned to drink to forget. His salvation came from working in the Poppy Factory which was set up in the Old Kent Road by Major George Howson MC to help disabled servicemen. Reading about her great grandfather's struggle after his war, Jess gets help with her PTSD.

We really enjoyed this book and felt it was well written and described the lives of the women left at home and how they coped with damaged partners. The parallels with Jess and her grandfather and the significance of the poppies and healing were drawn well. We gave this book a score of 9 out of 10. Carole Giffen

BUS PASS GROUP

This will be starting after Easter when it should be a little warmer. It will be on a Friday or Saturday depending on the journey. The first outing of this group will be on Friday 24th April. Ron and I are going to do a dry run to see how the timings work in the next week.

Meet at Paignton Bus Station, for the 120 bus at 9.30am to Kingswear crossing the Dart on the passenger ferry then on the 93 bus to take the scenic route through Slapton Sands then on to Kingsbridge. Time in Kingsbridge to eat, shop etc. then back to Paignton via Totnes. I will put the final details in April's newsletter. Contact Barbara 01803 669238 if you are interested.

CHEW & CHAT

Friday 24th April at 7pm. Four course meal and coffee. £15 per person; bring your own drink. Numbers limited to 14 so please book by Friday 17th. Disappointingly, five people who had said they were coming to the last meal on 20th February did not turn up nor let Sarah know. Please phone or e-mail if you unexpectedly cannot come. Despite this everyone had a good evening and mixed well. Contact Sarah on 01803 698554.

DINING OUT GROUP

The last outing was to the The Pig and Whistle where a small party of ten enjoyed an excellent meal. Next event is at the Babbacombe Inn on Thursday March 26th. Please contact Joan Cooper on 556019. Menu on notice board. Please ring Jeannette on 557450 if you wish to join this group.

KEEP ON SINGING GROUP

Next session 10th April. Jasmyn House, Midvale Road at 2pm Rita Wood

PHOTOGRAPHY GROUP

A slightly smaller turn out this month as several of the group members were away, but we had a bumper number of entries for this month's competition on the theme of Still Life.

Dave Hudsons' crystal candle stick and candle was voted into first place with Bob Tames' Fruit Bowl and Ruth L'Ansons' china cat warming itself in front of the fire were both voted a joint second. After the voting we had the usual discussion about the entries. The winning photographs will be displayed on the notice board at the March Meeting.

After a short break for some refreshments we had a short PowerPoint presentation about an often misunderstood subject Depth of Field and how it can be used to improve your photography. There was also a short video on Landscape Photography.

A suggestion asking if we would like to have a field trip when the weather warms up was met with approval from the group, this will be discussed in the March meeting any suggestions for a venue will welcome.

The Theme for the March is Celebration of Spring and for April it will be Landscapes.

Keep snapping, Ron

QUIZ GROUP

The next quiz will be held on Friday March 20th at 2.00pm in room 12 Paignton Library - come along & spring clean the brain cells!!! Further info:- Sue Allen 01803 556522

WALKING GROUP

We had a lovely walk in February - the weather was warm and sunny, and the snowdrops were in full bloom.

The walk on Wednesday 18th March will be from Teignmouth to Dawlish/Dawlish Warren. We will use the local buses. Meet outside Debenhams on Torquay Harbour at 10.25. The bus leaves at 10.35 but it is an hourly service so we don't want to miss it. Please bring a picnic. The route will be on the SWCP, including on the beach. Please contact me by 9.00am on the day of the walk if you will be coming. Norma Ellis 01803 405517 07758 859061

Third Age Trust News

U3A Summer Schools

If anyone is interested in attending either school, Paignton U3A will part-fund your costs. Costs are £285 for full residential board in en-suite accommodation.

Harper Adams University, Newport, Salop 13th to 16th July

Choose from Art History, Creative Writing, France, Film History, Philosophy/Literature, Practical Theatre Project, Recorder Ensemble, Shakespeare and the Supernatural, What is this thing called Mathematics?

Royal Agricultural College, Cirencester, Glos 17th to 20th August

Choose from Drama, Garden Design, Golden Age of Rome, La Bella Italia, Literature, Music, Scandinavian Noir, Science, Singing for Pleasure, Writing.

A brochure will be displayed at the general meeting. More **details on www.u3a.org.uk or 020 8466 6139**

Fantastic Website for walkers!

Walking in Devon www.walkingindevon.co.uk is a website packed with useful information for walkers.

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John said 'There is so much walking information on the web but it is difficult to find. Walking in Devon (part of the Walking in England suite of websites (www.walkinginengland.co.uk) – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

email: john@walkinginengland.co.uk

Your Committee for 2014 to 2015

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