



October 2017

www.paignton-u3a.co.uk

I have received a supply of 2018 U3A pocket diaries. I will be selling these at the next monthly meetings for £2.50. Kate

Many of the committee have taken on dual committee roles and are also group leaders of multiple groups. We need to share the time commitment and responsibility amongst more members to spread the self-help ethos that is at the heart of the U3A organisation. Not all help requires being a trustee and committee member. Could you help with any of the following?

The committee is still looking to co-opt someone who will be able to take over the Treasurer's role in April 2018 when Colin Gee must retire as he has been Treasurer for the maximum term of six years. Ideally this person should "shadow" Colin prior to taking over and start their own system of book-keeping etc from February 2018. If you feel able to help please contact Colin or Rodger for an informal chat.

The committee is also looking for someone to take on the role of Membership Secretary as soon as possible but definitely by April 2018. The role is to keep accurate records of all paid up members on a computer, give this information to those committee members who need it, collect the subscriptions each year and distribute membership cards. The Membership Secretary is often the first point of contact for prospective members. Both the Treasurer and Secretary will help at membership renewal time. Contact Rodger or Cindy if you feel you can help or would like to learn more.

We also need someone (maybe two people together) to keep the register of attendance at our general meetings and to collect the entrance fee each month. There is no need to become a committee member but you would be welcome to join us. You will need to be able to arrive at the monthly meetings by 9.45am. Contact Rodger or Cindy if you feel you can help.

A Message from your Chairman, Rodger

Oh dear!!! Another month has gone and let's not forget those happy memories of the summer!! Trips out, shopping (for some - no doubt!), new friendships; so let's keep those memories as we look ahead.

CONGRATULATIONS to one of our quiz teams who came second to Exeter by just ONE point in the area team quiz. WELL DONE to SUE ALLEN, CAROLE GIFFEN, LEE HAYWARD and VAL TREEBY. Many thanks for all your effort.

Yes, 'time stops for no man (so somebody has said); we are to look ahead and hope the future will be kind to us all. What have YOU got planned? Our USA has many activities planned, as well as our 'normal' monthly activities.

We have just had the area quiz here in Paignton, did you come and support our teams??

We have our Antiques Day on Wednesday 1st November, bring yourself along and get your favourite antique valued.

Don't forget the 'music and words' afternoon in November, which Barbara Collins is kindly arranging for us - buy your ticket soon, or else.....no tea!!

Oh yes, food, let's have your bookings for our Christmas lunch on 8th December as soon as possible as half the places available are ALREADY BOOKED!!

Have you put your name on the list for the Christmas Theatre visit on a Wednesday afternoon to Babbacombe Theatre yet? Many have - what about you??

PLEASE REMEMBER that our monthly meeting at Redcliffe Hotel has changed for one month only to TUESDAY 7TH NOVEMBER. So, let's remember to look after each other, a friendly word is often welcome; who have you spoken to since the last meeting?? Some of our members are not able to join us regularly, who are they? Let us know -- we need to know!! That is to support them!!

Rodger

Events, Trips, Holidays and Outings

As a matter of courtesy, please will anyone who has booked a day trip or holiday let the organiser know if you are unable to come as soon as possible.

ANNUAL INTER-U3A QUIZ As we won in 2016, on Monday 2nd October, Paignton U3A hosted the Inter U3A Quiz at the Redcliffe Hotel. We had 20 teams participating from twelve different U3As from Kingsbridge Estuary to Exmouth and Crediton. There were lots of positive comments regarding location, choice of questions and atmosphere. The winning team came from Exeter, 2nd place went to Paignton and 3rd also to an Exeter team. Thank you to everyone who helped me put this together; Kate, Penny and Pauline, also to Rodger who lent his support and took photos. Carol Owens

APPRAISAL OF ANTIQUES DAY on **Wednesday 1st November at 10am** followed by optional lunch at South Devon College. Entrance £2 includes coffee & biscuits on arrival . Observers not submitting valuables welcome on the day.

If you wish to book a 3 course lunch for £8 please indicate your Menu Choice ASAP and pay a deposit of £5 with balance of £3 on the day.

Experts from Exeter's top firm of auctioneers, Bearnas, Hampton and Littlewood will be available to value and talk about your valuables from 10am in the Horizons Restaurant. If you wish to submit items, please register **now** by signing the list at general meeting. There is no guarantee that all items will be assessed as we have quite a few entries. It would be helpful if you can submit pictures in order for some research to be done in advance. Please note all entries are submitted at owners risk and should be insured individually.

Colin Porter 698377 or E-mail: colintippy@onetel.com

WORDS and MUSIC CONCERT. An afternoon of entertainment in the restaurant of the Redcliffe Hotel on **Wednesday 15th November** to start at 2.30pm. We are planning to have a troupe of performers on the theme of "All for Love" with love songs, music, verse and amusing readings which will last about one hour followed by tea. The restaurant will have tables of ten and members will make up their own tables with their friends.

Cost will be £5 per person to include a cream tea and tickets are available now. The ticket price has been subsidised and initially will be available to Paignton U3A members only with 60 tickets sold so far. Contact Barbara Collins on 01803 669238 or E-mail:

barbara@bes1.co.uk

ANIMALS IN DISTRESS CENTRE, Ipplepen. **Thursday 16th November.** Meet 10.30am in the Coffee Shop at Morrisons **Totnes** for Car Share (Catch 10am Gold Bus from Paignton). Please sign list if you wish to attend. Also if you are willing to pick up passengers from Morrisons please advise. Passengers will share costs with drivers please. Colin Porter 698377 or E-mail: colintippy@onetel.com

DARTMOUTH ROYAL NAVAL COLLEGE VOLUNTEER BAND CHRISTMAS CONCERT. Tuesday December 5th at 7.30pm. Tickets £10. Sign list please if interested Details and payment in full by 7th November. Colin Porter 698377 or E-mail: colintippy@onetel.com

Paignton U3A Christmas Lunch at Churston Golf Club on Friday 8th December at 12 for 12.30pm. The No 12 bus passes the Club House and there is ample parking. So far 50 places have been booked out of the 88 available. A non-returnable deposit of £10 per person is required to reserve your booking by **10th October** and with full and final payment of the balance by 7th November.

We have been offered a choice of TWO menus as follows which need to be pre-ordered.

A) a two or three course meal with many wonderful choices (£21.50 for two courses; £24 for 3 courses)

B) a hot and cold 'eat as much as you can / like' buffet for £20.75

The above prices include a £1 gratuity. Full menu details at the monthly meeting.

Enquiries to Rodger Smith on 391966 or drodgersmith @outlook.com or sign up at the general meeting.

CHRISTMAS THEATRE VISIT to BABBACOMBE THEATRE on a WEDNESDAY afternoon, either late November or early December (to be confirmed). Place your name on the forms at the doorway to show your interest. Full details in next month's newsletter. Enquiries to Rodger Smith on 391966 or drodgersmith @outlook.com

Coach trip to THE CORNWALL GARDEN SOCIETY SPRING FLOWER SHOW at BOCONNOC and LOOE. Sunday 8th April 2018. We will have approximately 3 hours at the flower show. Following this visit we will travel the short distance to Looe for a meal (good location for 'Fish & Chips' – not included). Price includes admission to Boconnoc Gardens, Lostwithiel and coach for members of Paignton U3A as the coach only has 48 seats and 26 have already been reserved! Tickets will be available from early January for £20 but you can express your interest now. Contact Cindy Ball on Tel: 01803 411046 Email: cindy1945@hotmail.co.uk

Forthcoming General Meetings

General Meetings 2nd Tuesday monthly 11.00 a.m.

Coffee from 10.15a.m at the Redcliffe Hotel, Marine Drive, Paignton

Tuesday 10th October

Richard Haigh

The Sicilian Mafia

The behaviour of the Mafia is more brutal and horrifying than we read in novels and the sense of 'honour' is more grossly distorted than in Hollywood movies. Richard Haigh is a retired headteacher and amateur historian. He loves Italy and Sicily in particular. The term 'Mafia' used for criminal organizations, originally named 'Costa Nostra', originated at the time of the Italian unification and became part of Italian political life after the trauma of the second world war. It is the story of family greed, ambition, danger, and grossly distorted honour.

Tuesday 7th November (one week earlier than normal)

To be advised

Tuesday 12th December

Brian Freeland

A View from the Wings

Brian's theatre career started direct from National Service, in 1959, as Trainee Manager at the London Palladium, and has taken him to forty-three different countries including three residencies in the Middle East; eight tours of the Indian sub-continent and two circumnavigations of the globe. He has worked with the Royal Shakespeare Company, the National Theatre, Sadler's Wells and London Festival Ballet Companies, Scottish Opera, Nottingham Playhouse and Joan Littlewood's Theatre Workshop Company.

Groups' News

The next **copy deadline for the newsletter** is Wed 1st November 2017 at 5pm.

Rosemary Shuffell, Groups' Co-ordinator is arranging the next **Group Convenors' meeting** and buffet lunch for Wednesday 31st January at Jasmyn House, Midvale Rd Paignton from 10.30am. Please can you let Rosemary know whether you are able to come.

ARMCHAIR EXPLORERS

Our next meeting of this group will be on the topic of Poland at Andrej's home in Preston on Saturday 14th October. Contact Kate on kate@computerhotline.co.uk or Tel 01803 267527.

BREAKFAST CLUB

We meet, normally on the first Friday of the month about 10am to enjoy a local 'breakfast' and have plenty of chat. If you would like to join us please contact the organiser **John Ball** on 01803 411046, as places have to be reserved at the venues, which are normally located in Paignton town centre area.

Next meetings: Friday 6th October 2017 at The Isaac Merritt, Torquay Road, Paignton.

Friday 3rd November 2017 at Grand Central, Torbay Road, Paignton.

Friday 1st December 2017 at The Isaac Merritt, Torquay Road, Paignton.

DISCUSSION GROUP 2

We have vacancies for up to 2 people for lively discussion and much amusement. Contact Colin 698377.

LUNCHEON CLUB We meet normally on the second Wednesday of the month at various venues in the Bay, about 12 noon for 12-30pm where we enjoy the hospitality of the venue and good meals. Should you wish to join us please contact the organiser **Cindy Ball** on 01803 411046, as places (and sometimes menu choices) have to be pre-booked.

Next meetings: Wednesday 11th October 2017 at The Babbacombe Inn, Babbacombe Downs, Torquay.

Wednesday 8th November 2017 at Brewers Fayre, Goodrington Sands, Paignton.

Wednesday 13th December 2017 at Churston Golf Club, Churston, Brixham.

All these venues have a bus service nearby with a short level walk.

MUSIC APPRECIATION GROUP

At our 17th October meeting we have THE STORY OF JAZZ with a live Jazz musician speaking and demonstrating..... Sounds Fun. **Colin Porter**

POETRY GROUP

We have had a good response to the idea of a new poetry group and the first meeting was held at Jean Benskin's house on FRIDAY SEPTEMBER 22nd from 2.00 to 3.30. Please phone Jean- 550139, or me -845336 for details of the venue and any other information. **Marie Handyside**

PHOTOGRAPHY GROUP

We had a smaller group than usual this month, but we had a bumper number of entries for this month's competition on the theme of "Reflections". Steve Benkel's car mirror shot made it to the first spot with Brian Tucker's river scene and Richard Havery's beach huts made it to a joint second place.

October's theme is "Black and White" so we went through some of the ways a colour photograph can be converted to a mono shot. November's theme is "Food and Drink", as usual there will not be a meeting in December as it getting rather close to the festive season, and the theme for January will be "Village Life" Keep snapping, **Ron**

QUIZ GROUP

The quiz group had a nice outing to Living Coast in September. Living Coast organized a quiz which was followed by coffee and cake. October's meeting will be back in the Library on the 20th at 2pm. **Carol**

SOCIAL AFTERNOON

We had our first get together in September when 22 friends joined together for a 'chat and cuppa' at the Park Hotel. We meet again on Friday 13th October and Friday 17th November at 2.30 for a couple of hours. No agenda, time together and many have suggested some events so come along and see what develops!! **Rodger**

SKITTLES

Skittles will be on Monday 16th October at 5.30p.m. at Preston Conservative Club. Do come along; its good fun. Contact **Barbara Collins** on 01803 669238 or just come along.

WEDNESDAY WALKING GROUP

It was a warm, sunny September morning for our most enjoyable walk from Galmpton down to Greenway Quay.

On Wednesday, 18th October 2017, Rob Brennan will be leading the walk from Churston to Kingswear. We are planning to meet at Churston Railway Station at 10 30 am for the 5 mile walk. As it will be a bit steep in places, it would be advisable to take a walking stick/pole with you. We are planning to come back on the bus so don't forget your Bus Pass!

Please ring Rob on 01803 844803 before 9 00 am on the day if you intend to join the walk.

Hoping for fine weather again. **Jim Cairns**

WRITING MY LIFE STORY – NEW!

The start of a new group meeting at a new venue. It is a joint group with Livermead & Preston U3A.

The meeting venue is the Bright Bean Coffee Lounge, near the Preston Bus shelter. The group will meet on the 3rd Wednesday of the month at 10.30am so the next one is 20th October.

We have been offered a quiet room to meet; all that is required it to buy something from the counter.

The idea for this group came from a member at Torbay U3A who has offered to visit us at our next meeting.

I am hoping to meet each month at the same day and time and finish 12.30 pm. Please let me know if you would like to join us Stan. 07732 015 457

Your Committee for 2017 to 2018

| | | |
|---|-------------------|-----------------------------------|
| Chairman— Rodger Smith | Tel: 01803 391966 | Email:drodgersmith@outlook.com |
| Vice Chair - Carol Owens | Tel: 01803 551237 | Email: nanadance19@yahoo.com |
| Treasurer – Colin Gee | Tel: 01803 552055 | Email: colandmo@btinternet.com |
| Secretary – Kate Parsons | Tel: 01803 267527 | Email: kate@computerhotline.co.uk |
| Membership Secretary – Cindy Ball | Tel: 01803 411046 | Email: cindy1945@hotmail.co.uk |
| Groups' Co-ordinator – Rosemary Shuffell | Tel: 01803 842601 | Email: rose.shuffell@gmail.com |
| Speakers Secretary – Colin Porter | Tel: 01803 698377 | Email: colintippy@onetel.com |
| Trips /Holidays Co-ordinator— Colin Porter | Tel: 01803 698377 | Email: colintippy@onetel.com |
| Audio Visual – John Mathews | Tel: 01803 267469 | Email: johnmathews52@yahoo.com |
| Publicity Officer – David Hudson | Tel: 01803 666293 | Email: halbutt@gmail.com |
| Committee member- Sheila Wenman | Tel: 01803 844162 | Email: sheilawen@btinternet.com |
| Newsletter Editor – Kate Parsons | Tel: 01803 267527 | Email: kate@computerhotline.co.uk |

The next Committee meeting will be on Monday 30th October at 10.30am at the Park Hotel Paignton. If members have any issues that they would like brought to the committee's attention, please can they let a committee member know?

Sarah Malcolm has kindly agreed to provide a "Listening Ear" for members of Paignton U3A. If anyone needs to talk in confidence about their problems, Sarah is only a phone call away and she will try to signpost you to sources of help. Contact Sarah on 01803 698554.

National Office Newsletter

The National Office of the U3A is starting a newsletter for U3A stories, events, advice, opportunities and more which you can sign up for. Visit www.u3a.org.uk where you will find details of this and many relevant items. Why not register as a member to give access to guidance and member benefits? It is what you pay your annual Capitation fee for!!

Royal Mail Opt Out

The Opt Out service only relates to unaddressed mail.

Royal Mail is still legally obliged to deliver all addressed mail, which includes mail that is addressed "To the Occupier" as well as mail that is personally addressed to you by name. It is not possible for Royal Mail to separate material you don't want from those you do want.

Opting out from Royal Mail Door to Door stops all unaddressed items from being delivered by us. Election material is not delivered by the Door to Door service and is therefore not affected by this opt out. The form can be down loaded from the Royal Mail website or ask a committee member if you do not have a computer.

Taken from an article in the Sunday Telegraph by Joanna Lumley to celebrate Silver Sunday on 1st October

Growing up, I remember our households being full of all generations – aunts and grandmothers, someone's step-grandfather, cousins of cousins, a maiden aunt, children whose parents were abroad (as mine sometimes were). We bought them presents at Christmas, wrote thank you letters and postcards, and kept in touch with them as we in turn grew up and left home.

It happens less and less these days. Shut away in their care homes or halfway up a block of flats, our elderly are frequently isolated and forgotten. Cut off both emotionally and physically, they naturally become lonely. Humans are pack animals: social connections are crucial to our wellbeing and survival. But, according to Office for National Statistics figures, more than half of all people aged 75 and over live alone, while Age UK reports that two fifths of older people say the television is their main company. Behind statistics like this lie millions of lives blighted by loneliness.

The burgeoning of Silver Sunday has coincided with an increased awareness of the plight of the elderly. Another such initiative, the Campaign to End Loneliness, was launched a year before Silver Sunday, in 2011, while more recently Age UK launched its own version, No One Should Have No One. And yet the problem persists.

My friends and I have often spoken of a plan: rather than reach the stage where we're old and alone, we'd prefer to live together; to buy a big house, bring in a housekeeper to look after us all, and enjoy our twilight years in good company. "Let's not get old alone," we have said. But so many people do. And as modern life has become ever more digitised, the loneliness of the elderly has intensified. The advance of technology makes many of us feel more connected, but for those who don't use it, it's a different story.

The little snippets of everyday chit-chat we once shared with strangers are at risk of dying out. I'm a great

believer in smiling at people and saying: “Good morning,” or asking: “How are you?” and “Isn’t it a lovely day?”

At 71, I count myself as an old person, and although I have mastered the art of email, I also know those who haven’t. A widowed friend of mine lives on her own and I can only get in touch with her by phoning or writing. I can’t send her emails at 11pm saying: “Did you watch Victoria tonight?” She cannot receive the emails she might otherwise be able to wake up to in the morning that would tell her that someone, somewhere was thinking of her. She doesn’t know how to use technology, and worries that if she tried to learn, she would have no one to turn to for help if she came unstuck.

She is by no means the only member of her generation to feel this way, and it can be detrimental to participation in modern life. If you want to do banking now, you’re encouraged to do it online, where in the past it seemed so easy just to write a letter to your bank manager. What do grannies do when they want to send a birthday cheque to their grandson in a world where everything is online?

Making bookings tends to happen largely on the internet now, too. Those who still wish to carry out their business by telephone will frequently be left hanging on for so long they’ll start worrying about their phone bill sky-rocketing. I can remember the days when calls made before 6pm were frowned upon as a wild and unnecessary extravagance, and if I recall those days of counting the pennies, how much more can those even older than me?

In the supermarkets, meanwhile, our cashiers are disappearing and being replaced by self-service checkouts, the use of which can deprive the elderly of the one opportunity for human interaction they might have that day. (I don’t use the self-checkouts, preferring to queue at the till for the pure joy of the human contact it involves.)

Our public debate is full of “young people’s” issues: GCSE grades, A-level results, universities. This was, of course, not always the case. When I was young, no newspapers wrung their hands endlessly over our grades: we were still schoolchildren. Somehow the present passion for youth has stolen today’s headlines.

So where do old people fit into this society? Those who are grandparents have their designated part to play, but what about those who are not? These are often the people who don’t know how to make contact with others and feel vulnerable and lonely. This, in turn, makes them less likely to go out and make friends.

Those living in flats can be especially cut off. The friendly neighbour of yesterday, who could see over the garden fence that you hadn’t hung out your washing one day, might have knocked on the door to check all was OK. This kind of gesture once helped bond a collection of neighbours into a community. In the modern era, people may live in the same locality but they don’t necessarily feel there’s a community there, or that they belong, or that their input and opinions are valued.

As we move from our 20s to our 30s and 40s, we have less time to be with our friends as our busy lives expand and family matters often fill up the gaps between work. Life becomes more complicated. But as we get older, we need friends more than ever. In Hamlet, Polonius says: “Those friends thou hast, and their adoption tried / Grapple them unto thy soul with hoops of steel.” Hoops of steel, however, aren’t enough when you reach that age where your friends start to die.

I have been blessed so far, and have always had someone there. But I can’t help thinking of the awful statistic that one in five of us feels lonely all the time.

No one should feel lonely. If we all take the time to remember them, and particularly the elderly in our community, no one has to.

PAIGNTON U3A DETAILS OF GROUPS

| Activity | When | M | T | W | TH | F | Time | Location | Organiser/s | Phone |
|----------------------------------|-----------------|---|---|---|----|---|------------------|---------------------------------|---------------------------------|------------------|
| Armchair Explorers | Variable | | | | | | | Variable | Kate Parsons | 267527 |
| Art | 3rd | | | | X | | 10am/noon | Jasmyn House, Midvale Road | Wendy Leishman | 522407 |
| Book Club | 1st | | | | X | | 10-30/noon | | Marian Whiter | 403323 |
| Breakfast Club | 1st | | | | | X | 9.30am | Various | John Ball | 411046 |
| Bridge -Beginners & Improvers | Weekly | | | | X | | 2-15/4.30pm | Paignton Club, The Esplanade | Barbara Collins & Mike Jeffs | 669238 606053 |
| Bridge -Intermediate | Weekly | | X | | | | 7-15/9-30 | Paignton Club, The Esplanade | Barbara Collins & Mike Jeffs | 669238 606053 |
| Coffee Morning | 4th | X | | | | | 10-30/noon | Redcliffe Hotel, Marine Dr | Judy Punshon | 843780 |
| Creative Writing | 3rd | X | | | | | 10am/noon | Members Home | Carole Giffen | 391614 |
| Dining Out | Last | | | | X | | | Various | Jeanette Taylor | 557450 |
| Discussion Group 1 | 4th | X | | | | | 2pm/4pm | Members Home | Audrey Kibby | 666321 |
| Discussion Group 2 | 4th | X | | | | | 2-15/4-15pm | Members Home | Colin Porter | 698377 |
| Gardening | 2nd | X | | | | | 10-15/12 noon | Various | Kate Parsons | 267527 |
| Genealogy | 1st | | | X | | | 10am/noon | | Carole Giffen | 391614 |
| Knit & Natter | 4th | | | X | | | 2pm/4pm | Jasmyn House, Midvale Road | Janette Smith | 391966 |
| Local History | 1st | X | | | | | 10-30/noon | Paignton Library | Diana Holdsworth | 557578 |
| Luncheon Club | 2nd | | | X | | | | Various | Cindy Ball | 411046 |
| Mah Jongg (afternoon) | 2nd | | | X | | | 2.30/4.30 | Park Hotel, Esplanade | John Battison | 690592 |
| Mah Jongg (evening) | 3rd | | X | | | | 7pm/9pm | Members Home | Pam Bushby | 550229 |
| Music Appreciation | 3rd | | | | X | | 10am/noon | Park Hotel, Esplanade | Colin Porter | 698377 |
| Patchwork | 4th | | X | | | | 10am/noon | Members Home | Norma Cox | 525079 |
| Photography | 3rd | | X | | | | 10am/noon | Members Home | Ron Collins | 669238 |
| Pins & Needles | 3rd | X | | | | | 10-30/12-30 | Members Home | Jean Turnbull | 403569 |
| Poetry | 4th | | | | | X | 2.00/3.30 | Members home | Marie Handyside | 845336 |
| Quiz | 3rd | | | | | X | 2pm/4pm | Paignton Library | Carol Owens | 551237 |
| Rummicub 1 | 3rd | | | X | | | 7pm/9pm | Members Home | Sheila Biggs | 524559 |
| Rummicub 2 | 3rd | | | X | | | 7pm/9pm | Members Home | Pam Bushby | 550229 |
| Rummicub 3 & 4 | 2nd & 3rd | X | | | | | 2-00/4pm | Members Home | Gill Bowie | 845116 |
| Scrabble | 2nd | | | X | | | 2pm/4-30 | Members Home | Elizabeth Mills | 557215 |
| Skittles | 3rd | X | | | | | 5.30pm | Preston Conservative Club | Barbara Collins | 669238 |
| Social afternoon | 2 nd | | | | | X | 2.30pm/4pm | Park Hotel, Esplanade | Rodger Smith | 391966 |
| Table Tennis | 1st & 3rd | | X | | | | 2pm/4pm | Preston Con Club | Eugene Cox | 525079 |
| Walking Group (Wed) | 3rd | | | X | | | am | Various | Norma Ellis | 405517 |
| Walking Group (Fri) | 1st | | | | | X | am | Various | 'Stan' Stanislaus | 07732015457 |
| Writing My Life story | 3rd | | | X | | | 10.30/12.30 | Bright Bean Coffee Lounge | 'Stan' Stanislaus | 07732015457 |
| Wine Tasting 1 | 1st | | | | | X | 8-10pm | Various | Marie Handyside | 845336 |

(Subject to change -please check with group leader)