

25p or free on-line or by email



November 2018

www.paignton-u3a.co.uk

A Mother's Lament after 1918

**Proudly we watched our young men go
All stepping out in the sunlight's glow
They are off to fight, they know not why
Poor young lads, theirs is just to do or die.**

**Your country needs you was the cry.
Alas, I let you go with many a sigh
Now sadly you lie in a foreign field
My broken heart has never healed.**

**O but I had such dreams for you my son
Of the life you'd lead in the years to come
So to our country we must say, never again
To make sure your sacrifice was not in vain.**

**Now we stand where the War dead rest
Alas we weep and say, never again at our behest.
Nothing is gained from war but grief and pain
To you I say let peace between nations be our aim.**

Ruth I'Anson 2016

Message from your Chair, Rodger

Well folks, here we are in NOVEMBER, a time of changes in many ways. The clocks have already 'gone back', the trees are changing and dropping their foliage, shops are changing their frontage and adverts, buses (the 12 in particular are advertising "it is not too early to shop for Christmas"), and, finally, who knows what changes are in store in the coming months?????

DON'T FORGET WE HAVE CHANGED THE DATE OF THIS MONTH'S MEETING – IT IS NOW ON TUESDAY NOVEMBER 20TH ; the alteration is at the request of the Redcliffe Hotel, and is for ONE MONTH ONLY. Usual dates for next year have already been agreed with the hotel.

This month we welcome Rt Hon Ann Widdecombe to our meeting, and we are really looking forward to her talk – I bet she has seen some 'changes' over the years!!!! Ann is bring her latest book to sell, so come with your cash and buy some Christmas presents for your friends.

Yet there are more changes to inform you of!!! Three of your Committee resigned over the last month. We say thank you to Cindy Ball, Penny Avery and Madeleine Collier, who, for various reasons have left the Committee. So, look out we will be seeking, speaking to and searching for new members to fill the spaces left!!!

A number of our interest groups are planning events for the Christmas period, and our DECEMBER General Meeting on TUESDAY 11th, is a 'CHRISTMAS PARTY TIME' theme, with the TEIGN AGERS carol singers coming to sing for us, get ready to join in!!! So come along in 'changed into Christmas theme clothing', ready for an enjoyable time. There is even going to be FREE mince pie and tea/coffee, but, we still have to pay our £1.00 to get past the desk!!!!!! Groups have been invited to have a table and promote their activities, so, group leaders get going and get your displays ready, and contact Sue to let her know what you are planning.

Also in the next few weeks, we have two visits to Babbacombe Theatre for their CHRISTMAS SPECIAL, on Wednesday November 28th and also Wednesday December 19th. THIS MONTH IS THE LAST MEETING YOU CAN BOOK FOR THESE EVENTS, so payment IN FULL (£11.00 per seat) is required on TUESDAY 20th NOVEMBER. The CHRISTMAS MEAL on FRIDAY DECEMBER 14TH at PAIGNTON CLUB, on the sea front is still available and bookings close on DECEMBER 1st. So, again, the meeting this month is your last chance to book a place or table!!! £13.95 per head, with dessert £3.00 extra as is tea or filter coffee at £1.00 extra but payment for the buffet meal is required to secure your booking.

Finally, congratulations to Paignton U3A Quiz team who won the U3A Devon Link competition again!

Rodger

Committee News

Help required

We are asking any members who can help to run your U3A to get in touch. Currently we have 7 committee members/trustees plus others who attend committee meetings and do sterling work keeping Paignton U3A going (e.g. Membership and Meet & Greet) and others who do not attend committee meetings but regularly provide the support needed to run your U3A (eg Paignton U3A website and e-mailing the monthly Newsletter). All help is very much appreciated.

Our Constitution requires a minimum of 9 and a maximum of 12 committee members/trustees who are legally responsible for all aspects of the running of Paignton U3A but National Office has advised that we can continue with 7 until our AGM in April or co-opt additional committee members/trustees to fill any gaps.

In particular, we are seeking someone to help with Membership, someone who could help by doing the Minutes for the Committee meetings each month and someone who could help to get the Newsletter printed at a Copy Shop in Paignton each month and brought to the Speaker meetings at the Redcliffe Hotel.

All these positions are on offer now, with a view to the volunteers becoming Trustees/Committee members now or in April if they so wish. If any members feel they are able to help in any way either now or after April, please get in touch with Rodger (391966) or Kate (267527) to find out more.

***MEET and GREET** is a vital part of Paignton U3As activities to welcome new members and inform them of any news and events that are taking place and to welcome them to our group. We are looking for some volunteers to say 'high, how are you?' to members when they arrive at our monthly meetings, interested?? Have a word with Penny or one of the committee members and find out more – NOT every month, NOT long chats, a welcoming face is always very welcoming!!!!*

The next Committee meeting will be on Tuesday 4th December at 10.30am. There will not be one in January. Venue: The Redcliffe Hotel. If members have any issues that they would like brought to the committee's attention, please can they let a committee member know?

Your Committee for 2018 to 2019

Trustees/Committee Members

Chairman— Rodger Smith	Tel: 01803 391966	Email:drodgersmith@outlook.com
Vice Chair - Carol Owens	Tel: 01803 551237	Email: nanadance19@yahoo.com
Treasurer — Avril Leitch	Tel	
Secretary/Newsletter Edeitor – Kate Parsons	Tel: 01803 267527	Email: kate@computerhotline.co.uk
Groups' Co-ordinator – Sue Lewton	Tel:	
Audio Visual – John Mathews	Tel:	
Committee member- Steve Ward	Tel	
5 Trustee/Committee Member vacancies		

Attending Committee Meetings

Membership Secretary – Cindy Ball	Tel: 01803 411046	Email: cindy1945@hotmail.co.uk
Meet & Greet- Penny Avery	Tel:	

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.

The SOCIAL GROUP has opened up their December meeting to all members, so come along to **PAIGNTON CLUB**, Esplanade Road on **Friday 14th December** for a **Christmas Buffet meal**. Starting at 12.30 ready for 1.00, the buffet is £13.95, (with desserts £3.00 extra and coffee and tea £1.00 which are payable on the day).

Prawn Sandwiches, Honey Roast Ham Sandwiches, Mature Cheddar & Chutney Sandwiches
Open Finger Rolls with Free Range Egg & Cress, Battered Chicken Bites with Garlic Mayo Dip,
Pigs in Blankets, Torpedo Prawns with Sweet Chilli Dip, Mini Duck Rolls, Pâté en Croûte,
Cod Goujons with Tartare Sauce, Vegetarian Quiche, Mature Cheese & Pineapple Sticks,
Onion Rings, Dressed Mixed Leaves, Curly Fries

So, sign up, pay up (payment for buffet £13.95 required by cheque payable to Paignton U3A), and find out who else is going!!

We have enough interest from members to attend a **Workshop on Powers of Attorney** This will be held in the Isadora Duncan Suite at the Redcliffe Hotel on Tuesday 26th February from 2.30 to 4.30pm. Further details nearer the time. **Kate Parsons**

Expressions of Interest to attend a **Workshop on Dementia** are sought. What do we know about Dementia Friends? They provide speakers to help us understand how we can recognise in our everyday activities ways of helping those with problems. Maybe you have been in a queue at the cash out and felt frustrated when the person in front of you can't sort out their cash. What should you do if anything? Do you recognise the shops that are Dementia Friendly? Why not find out more? Venue and date to be decided if there is enough interest. **Sue Lewton**

Forthcoming General Meetings

General Meetings **usually** 2nd Tuesday monthly 11.00 a.m.

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

Tuesday 20th November (note date)

STRICTLY THE GOLDEN YEARS

Rt Hon Ann Widdecombe

This will be a popular meeting and we will need to limit the numbers in the ballroom for your safety to 140 people due to Fire Regulations. Members only; no guests.

Tuesday 11th December

CHRISTMAS PARTY TIME

at Redcliffe Hotel

Carol Singing with the Teign Agers, Groups Displays, Mince pies

From our Members

GIFT & CRAFT FAYRE
IN AID OF
DEVON AIR AMBULANCE
&
TORBAY HOSPITAL LEAGUE OF FRIENDS

SATURDAY 1st December 2018
2PM – 4PM
CHRISTCHURCH CHURCH HALL
TORQUAY ROAD, PAIGNTON.

Admission by DONATION please
Various Stalls
Tea and Coffee available
CINDY BALL on 01803 411046

Following on from previous years, anyone wishing to join us on Christmas Day for lunch and tea (singles or couples) you are more than welcome for a voluntary contribution perhaps. From 12 noon until 6pm. Please advise in advance! Sarah Malcolm, 18 St Andrew's Road, Paignton. Tel 01803 698554

Do you take Manganese supplement?

If so, maybe I can help. I recently ordered another supplement but in error ordered Manganese. I have three sealed bottles which it would be a shame to throw away. If you could use them please give me a ring on 01803 690592. John Battison

Groups' News

The next **copy deadline for the newsletter** is Wed 5th December 2018 at 5pm as the copy is sent to the printers at 5.30pm.

NOTICE TO ALL GROUPS USING BRIGHT BEAN CAFÉ IN PRESTON. We are very fortunate to have the co-operation of Tom, the owner, helping some of our groups. Along with others who use the café for the functions, Tom has asked that **EVERYONE** using the café, buys at least ONE drink, EACH VISIT, or, he will ask for a donation / fee of £2.00 per person per visit. NOT TOO MUCH TO ASK???? Go on, buy a drink and maybe a cake, teacake, biscuit and support a local business, which has been going less than a year.

Tables will be available for your displays at the **December General Meeting** on 11th December. Some of you have already linked with other groups to share space. If you require anything special please contact me as soon as possible otherwise I will allocate a place for your group. Please encourage your members to be involved by taking part on the day so that you will also have time to circulate and enjoy your free mince pie and coffee. Sue Lewton

GERMAN CONVERSATION GROUP

To date we have three people interested in a German Conversation Group. It will be held a member's home in Sandringham Drive on 4th Tuesday of the month, 10.30-12.30, starting 22nd January. Would this interest you? Contact Linda Tel: 07925 617766

AN OPEN HOUSE

Are you on your own sometimes at the weekend and would like some company. Sarah Malcolm is offering her time and home in St Andrews Road from 4pm to 6pm every Sunday afternoon for tea and a chat. The offer is open to any member who feels that weekends drag by. You maybe caring for a family member and can manage to get some free time so why not join Sarah. Perhaps one of your first discussions will be about what to call the group, who knows. Contact **Sarah** on 01803 698554.

New Group CANASTA

How about adding a bit of Latin American colour and excitement to your life; no, not dancing, but Canasta. We had a successful first meeting in September and you are welcome to come and join in - singles, beginners or experienced. The day for our meeting has been changed, because the current day conflicts with other U3A events. Please note the day will now be Friday afternoon - 2nd and 4th Friday monthly at 2.00 pm at my home in Broadsands. Already, this has resulted in new members joining us. Ring **Avril** on 01803 842889

ARMCHAIR EXPLORERS

We will be meeting at my house on Saturday 1st December at 10.30. a.m. The topic will be Adventures in Scotland. On 15th December we will be exploring Romania, again at my house. **Barbara Collins** 01803 669238 or email barbara@bes1.co.uk.

BREAKFAST CLUB

We meet on the first Friday of the month at Grand Central, Torbay Road, Paignton, which at the present time gives us good value for money and what is considered one of the best breakfasts in Paignton. We always meet at 9-30am for 10am. So if you wish to join us for some light chatter and good hearty breakfast please let John Ball know on 01803 411046.

GARDENING GROUP

Our next meeting will be held at Pam Bushby's 17 Winsu Avenue Paignton TQ3 1QG at 10.15 a.m. on Monday 12th November. It is a DVD "How to garden organically." Look forward to seeing everyone. **Barbara Collins** 01803 669238.

HANDICRAFT GROUP

The renamed HANDICRAFT GROUP meets on the fourth WEDNESDAY each month, so it's on the 28th, and this month will be our first at the BRIGHT BEAN CAFÉ, (note the change of venue). With NO group in December because of the holidays, we start again on WEDNESDAY 23RD JANUARY in BRIGHT BEAN CAFÉ in PRESTON. Come along, bring your handicraft – whatever your preference is – and over a cake and cuppa, enjoy an afternoon together. Details from **Janette** on 391966.

LUNCHEON CLUB

We meet on the second Wednesday of the month at venues throughout the area, so do join us for a relaxed gathering of friends and a nice meal of your selection. The next meetings are:

14 November Brewers Fayre, Goodrington, Paignton

5 December (**not** 12th) Templestowe Hotel, Tor Church Road, Torquay TQ2 5UU.

This will be a Christmas lunch with afternoon entertainment, all for £18 per person. There will be a raffle (donated prizes please) should you wish to take part.

Limited spaces, therefore all payments are due by 20th November please to confirm your place. There are bus stops nearby, the number 12 and 22 service the location.

Should you wish to join our friendly lunch group please contact the organiser Cindy Ball on 01803 411046.

PHOTOGRAPHY GROUP

A slightly different meeting in October. Instead of the usual competition and Photoshop Elements workshop we started with a very informative talk by John Battison on some examples how he uses Photoshop to convert photographs he takes to look like paintings.

We still held the usual monthly competition on the theme of Movement, with Peter Rose's shot making first place with Bob Tame's Waterfall voted into second spot, as there was a three way tie for the third spot it was decided that we would keep to just first and second spot this month. The winning photographs are attached as usual, the theme for November will be "Transport" and the January 2019 theme will be "Portraiture". As usual there will not be a meeting in December.

Keep snapping, **Ron**

QUIZ

Congratulations to our Quiz team who took first place at the U3A Devon Link Quiz held in Exeter. Our final meeting for the year will be held on Friday 16 November, 1400 at the Library. Hope to see you all then. **Carol**

SKITTLES

Thank you to everyone who took part in the Skittles group. There seems to be very little interest to continue so I have decided to cancel it completely from November. **Barbara**

SOCIAL GROUP

The Friday afternoon Social Group has decided – at the last meeting – to continue meeting at the BRIGHT BEAN COFFEE LOUNGE in PRESTON for the coming year. Meetings each month on the second Friday. Come along with your ideas and suggestions for the coming year – days out, places to visit – whatever we can do to enhance our group. **Rodger**

PAIGNTON U3A DETAILS OF GROUPS

Activity	When	M	Tu	W	Th	F	Su	Time	Location	Organiser/s	Phone
Armchair Explorers	Saturdays							10.30/12.30	Variable	Barbara Collins	
Art	3rd				X			10am/noon	Jasmyrn House, Midvale Road	Wendy Leishman	

Book Club	1st				X			10-30/noon		Marian Whiter	
Breakfast Club	1st					X		9.30am	Various	John Ball	
Bridge -Beginners & Improvers	Weekly				X			2-15/4.30pm	Paignton Club, The Esplanade	Barbara Collins & Mike Jeffs	
Bridge -Intermediate	Weekly		X					7-15/9-30	Paignton Club, The Esplanade	Barbara Collins & Mike Jeffs	
Canasta	2 nd & 4th					X		2pm/4pm	Member's Home	Avril Leitch	
Coffee Morning	4th	X						10-30/noon	Redcliffe Hotel, Marine Dr	Judy Punshon	
Creative Writing	3rd	X						10am/noon	Members Home	Carole Giffen	
Dining Out	Last				X				Various	Jeanette Taylor	
Discussion Group 1	4th	X						2pm/4pm	Members Home	Audrey Kibby	
Discussion Group 2	4th	X						2-15/4-15pm	Members Home	Colin Porter	
Gardening	2nd	X						10.15/12noon	Various	Barbara Collins Colin Stratford	
Genealogy	1st			X				10am/noon		Carole Giffen	
German Conversation	4th		X					10.30am/12.30pm	Member's home	Linda Dilley	
Handicrafts	4th			X				2pm/4pm	Bright Bean Coffee Lounge	Janette Smith	
Local History	1st	X						10-30/noon	Paignton Library	Chris Blake	
Luncheon Club	2nd			X					Various	Cindy Ball	
Mah Jongg (afternoon)	2nd			X				2.30/4.30	Paignton Club	John Battison	
Mah Jongg (evening)	3rd		X					7pm/9pm	Members Home	Pam Bushby	
Music Appreciation	3rd				X			10.30/12.30pm	Preston Baptist Church	Colin Porter	
Open House	Weekly							4pm to 6pm	Member's Home	Sarah Malcolm	
Patchwork	4th		X					10am/noon	Members Home	Norma Cox	
Photography	3rd		X					10am/noon	Members Home	Ron Collins	
Pins & Needles	3rd	X						10-30/12-30	Members Home	Pat Cossey	
Poetry	4th					X		10.30/12.00	Members home	Marie Handyside	
Quiz	3rd					X		2pm/4pm	Paignton Library	Carol Owens	
Rummicub 1	3rd			X				7pm/9pm	Members Home	Sheila Biggs	
Rummicub 2	3rd			X				7pm/9pm	Members Home	Pam Bushby	
Rummicub 3 & 4	2nd & 3rd	X						2-00/4pm	Members Home	Gill Bowie	
Scrabble	2nd			X				2pm/4-30	Members Home	Elizabeth Mills	
Social afternoon	2 nd					X		2.30pm/4pm	Bright Bean Coffee Lounge	Rodger Smith	
Table Tennis	1st & 3rd		X					2pm/4pm	Preston Con Club	Eugene Cox	
Walking Group (Wed)	3rd			X				am	Various	Norma Ellis	
Walking Group (Fri)	1st					X		am	Various	'Stan' Stanislaus	
Writing My Life story	3rd			X				10.30/12.30	Bright Bean Coffee Lounge	'Stan' Stanislaus	
Wine Tasting 1	1st					X		8-10pm	Various	Marie Handyside	