

**25p or free on-line or by email**



*October 2018*

[www.paignton-u3a.co.uk](http://www.paignton-u3a.co.uk)

*Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace in the soul. It also comes from laughter and love.*

***Message from your Chair, Rodger***

Oh dear, it's happened – September has come and gone – and with it the daylight lessens and the nightlight.....and now later this month we change the clocks BACK – darker earlier!!!!

But what memories do you have of a lovely summer and very pleasant early autumn? Colours and scents from nature – walking through the countryside, outings and holidays with friends and family – that special meal, that celebration trip spending valuable time with grandchildren and hosting visitors, places you have revisited after many a year and some that you have visited for the first time.

Now is the time for looking forward – facebook said today (September 30th) only 13 weeks to go.....!! But let's make most of the time we have before the sleet, snow (?) and maybe sliding again!!!!

Some folks are looking forward to the end of October (!! ) yes, they are moving home and all that involves – do I really need this? What shall I do with this?? And so on. Who are they??? Well that's where talking, chatting and showing interest comes in – speak to another member this month that you haven't spoken to before and see where it leads!! Ask if they are going to any of the groups events, having a day trip somewhere, needing some company (a number of our group are 'solo company' – living on their own).

Remember, there will be lists to sign at the tables in the bar area coming in. Write your name down, write your cheques out (payable to Paignton U3A), and come and join in; more details elsewhere in this newsletter.

A couple of your committee have resigned over the last few weeks, and I personally would like to thank LOUISE MURRAY and CELINE HAWKINS for their help over the last few months, and we wish them well in whatever the future holds for them and their family and friends.

You will see an item from FRANK WYE regarding volunteers needed for an interesting event in Paignton this month, 'read all about it', and have a chat to Frank or myself.

***Rodger***

**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!!!!

**In a situation where you can't speak (choking, heart attack, intruder, domestic violence) you can dial 999 and when they answer press 55. This tells them that you need help, but can't speak, and that the call is genuine. TELL OTHERS !!!**

## ***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.

Bookings for both dates at **BABBACOMBE THEATRE – Wednesday 28<sup>th</sup> November** and **Wednesday 19<sup>th</sup> December** at 2.30pm, are being taken in the bar area. Limited number of seats available. To reserve your seat, a FULL payment of £11.00, by cheque, payable to PAIGNTON U3A, is required. No cheque = no seat!!!! Cheques will be held and banked at the end of each month. Bookings ONLY confirmed when payment has been made. **Rodger Smith**

The SOCIAL GROUP has opened up their December meeting to all members, so come along to **PAIGNTON CLUB**, Esplanade Road on **Friday 14<sup>th</sup> 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!!

Expressions of Interest to attend a **Workshop on Powers of Attorney** are sought. This will be held in Paignton in February or March 2019. **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** 2<sup>nd</sup> Tuesday monthly 11.00 a.m.

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

### **Tuesday 9<sup>th</sup> October**

### **BEHIND THE BADGE**

Alex Leger

Television Producer, Director and Cameraman

Over the last 60 years the BBC's world-famous and award-winning 'Blue Peter' programme has been entertaining and exciting children and adults alike. For 36 years Alex has been at the heart of the action as the show's most prolific film maker. His book, Blue Peter: Behind the Badge is a compelling, and sometimes scary, account of the hits, misses and near-death experiences of a life on the road.

He has survived sandstorms, landmines, erupting volcanoes, food poisoning, difficult presenters and flying bullets to make over 600 films across five continents. Although, he would say, not all turned out in the way he expected. From his first adventure encouraging John Noakes to climb Nelson's Column through to persuading Helen Skelton to wear a beard of bees, and from flying with the Red Arrows to building in orphanage in Romania; he can truly say there has never been a dull moment.

He is a great raconteur and his talks are lavishly illustrated with film and video clips and enriched with many behind the scenes anecdotes.

Devon born, Alex was educated at Exeter School before leaving to spend a year as a VSO volunteer in the Solomon Islands. On his return he studied engineering and management sciences at Loughborough University. He then joined the army on a permanent regular commission before joining the BBC in 1973 as a junior management consultant. Two years later came an opportunity to work on children's programmes and he joined Blue Peter where he stayed for the rest of his BBC career.

### **Tuesday 20<sup>th</sup> November (note date)**

### **STRICTLY THE GOLDEN YEARS**

Rt Hon Ann Widdecombe

### **Tuesday 11<sup>th</sup> December**

### **CHRISTMAS SOCIAL**

at Redcliffe Hotel

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

***Christmas Sorted***  
***“Open House” 10 to 4pm***  
***@***  
***20 Seaway Road, Preston***  
***Saturday 10<sup>th</sup> November***  
***In Aid of Rowcroft Hospice***

***Drink & Mince Pie £2***  
***Cards, Paper Gifts, Stocking Fillers, Raffle, Gift Tags***

***Another Fun and Interesting Day FREE with Ageing Well Torbay***

***The 3rd Ageing Well Festival following a very successful one at Lupton House in 2017 will be held on Saturday 20th October from 10am-6pm. It will be at Paignton Community and Sports Academy, BOROUGH ROAD (not Waterleat Road, we've changed sites due to complications) TQ4 7DH, where they will be promoting a positive image of growing older, and celebrating ageing. There will be talks, advice, arts & crafts, sports for all, live music, comedy, food & drink, and lots more.***

***Please be aware, parking will be at South Devon College for everyone (Long Road, TQ4 7EJ). It's free and includes a free shuttle bus ride to the Academy.***

***The only exception to this is for blue-badge holders, who can book a parking space at Borough Road, by calling 01803 212638 or emailing [ageingwell@torbaycdt.org.uk](mailto:ageingwell@torbaycdt.org.uk) The spaces are limited so please book early.***

***There will be Event Guides, newsletters and Volunteer Forms on the table at our next speaker meeting on 9th.***

***Come along for music a plenty as well as workshops and stalls providing advice on legal matters and benefits, family history and computers. There are speakers on a range of subjects from Robotics to Beryl Cook and we expect the art rooms to be busy throughout.***

***Ageing Well is dependent upon volunteers throughout the year and on the festival day, so any help will be greatly appreciated. Paignton U3A already has a few members who volunteer, so if you want further information please ask Frank Wye or your chairman Rodger Smith.***

## ***Groups' News***

The next **copy deadline for the newsletter** is Wed 7<sup>th</sup> November 2018 at 5pm as the copy is sent to the printers at 5.30pm.

### **A Message from Groups Co-ordinator**

Hello to all members.

Congratulations to Avril Leitch who has successfully convened the first **Canasta** Group. There is more in this newsletter from Avril so read on.

### **GERMAN GROUP**

To date I have three people interested in a German Group. Would this interest you? If so, let me know and I will arrange a first meeting so that you can investigate when where and how the group should develop.

### **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.

**Sue Lewton**

### **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. 2nd and 4th Wed @ 2pm at my home in Broadsands. Ring **Avril** on 01803 842889

### **ARMCHAIR EXPLORERS**

The group is back from hols. The next trip will be from Kent to Cornwall a coastal journey on Saturday 27<sup>th</sup> October at 10.30. Do come along and enjoy the journey.

On 3<sup>rd</sup> November we will take a trip to Sri Lanka with a friend, Elaine, who will be telling you of her visit of six months but stayed ten years.

**Barbara Collins** 01803 669238 or email [barbara@bes1.co.uk](mailto: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**

The next meeting will be on Monday 8th October at my home 12 Logan Road Paignton at 10.15a.m. There should be parking in Meads Lane which is my back gate entrance I will put a note on the gate for everyone if they come in that way. As you know Colin Stratford and I have taken over the Gardening Group and we have a provisional programme for next year where would like

your input to help and take the group forward. The theme of the next meeting is Monty Don's Italian gardens part 1 a DVD. We will put the finishing touches to next year's programme. My telephone number is 01803 669238. **Barbara.**

## **HANDICRAFT GROUP**

KNIT AND NATTER group have changed its name to HANDICRAFT GROUP. This is to reflect the wider scope of activities they wish to be involved in, as there are some members who would like to be busy doing CRAFT as well as KNIT. We still meet each month in JASMYN HOUSE in MIDVALE ROAD. The next meeting is WEDNESDAY 24th October starting at 14.00. Knitting, sewing, needlework and any handicraft activities you wish to bring. Come along and join in. Further 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:

10 October Ship Inn, Manor Road, Paignton

14 November Brewers Fayre, Goodrington, Paignton

5 December (**not** 12<sup>th</sup>) (New Date and venue). 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 14<sup>th</sup> 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.

**MUSIC APPRECIATION GROUP** meets at Preston Baptist Church Thursday 18<sup>th</sup> October at 10.30am and this month it will be under the guidance of Ann Berrow as I will not be available myself. Members are asked to bring a CD of their very favourite music to play and any stories about their choice will be appreciated. There is space for new members to come along and enjoy a relaxed musical morning. Fee £2.50 includes refreshments.

Thank you **Colin Porter.**

## **PHOTOGRAPHY GROUP**

Just a few members attended in September. The votes on the monthly competition on the theme of "Water" included the votes that were emailed to me by some members who were unable to attend. Bob Tame's "Waterfall" made the first spot with Chris Whatley's "Wave Curl" making second spot with Steve Benkel's and Peter Rose's water studies making joint third place. Please find the PDF file attached to the e-newsletter. We then had a session on the modifying tools on Photoshop Elements 15.

October's competition theme will be "Movement" and November's will be "Transport". We have a guest speaker for the October meeting.

Keep snapping, **Ron**

## QUIZ

Many thanks to Val for hosting the quiz in September. We have a team going to Exeter for the annual inter-U3A Devon Link Quiz this month and we wish them the best of luck.  
Our monthly meeting is on the 19<sup>th</sup> October, 1400 at Paignton Library. Hope to see you all then.  
**Carol**

## SKITTLES

This will be on Monday 15th October at Preston Conservative Club 5.30p.m. Do come along and have some fun. Contact **Barbara** 01803 669238.

## SOCIAL GROUP

Going on a wintertime trip?? Day out shopping?? Couple of days for a break??? Come along to the SOCIAL GROUP on FRIDAY 12th October at 2.30pm at the BRIGHT BEAN CAFÉ in PRESTON and share your thoughts of where folks could go and be company for each other. **Rodger**

## WALKING GROUP

The walk this month will be on Wednesday 17th October around Dartington Deer Park and Linda Nuttall will be the leader. This is an easy walk of less than 3 miles.  
Meet at Dartington Cider Press Centre by Bayards Cafe at 10.30. The 10.00 Totnes/Plymouth Gold bus from Paignton bus station will get you there in time, or take your car. There is plenty of parking and it is cheap!  
Please ring Linda on 01803 664324 or 07757 169578 between 08.30 and 09.00 on the day if you will be there. I will not be joining you as I will be away on holiday.  
**Norma Ellis**

## *Committee News*

The next Committee meeting will be on Tuesday 6<sup>th</sup> November at 10.30am. 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*

Chairman— <b>Rodger Smith</b>	Tel: 01803 391966	Email:drodgersmith@outlook.com
Vice Chair - <b>Carol Owen s</b>	Tel: 01803 551237	Email: nanadance19@yahoo.com
Treasurer — <b>Avril Leitch</b>	Tel: 01803 842889	Email: fnl.a83@btinternet.com
Secretary – <b>Kate Parsons</b>	Tel: 01803 267527	Email: kate@computerhotline.co.uk
Membership Secretary – <b>Cindy Ball</b>	Tel: 01803 411046	Email: cindy1945@hotmail.co.uk
Groups' Co-ordinator – <b>Sue Lewton</b>	Tel: 01803 658051	Email: suelew@btconnect.com
Audio Visual – <b>John Mathews</b>	Tel: 01803 267469	Email: johnmathews52@yahoo.com
Committee member- <b>Steve Ward</b>	Tel: 01803 403484	Email:mands_dolphin@hotmail.com
Committee member- <b>Penny Avery</b>	Tel: 01803 402410	Email: penelope.avery@sky.com
Committee member- <b>Madeleine Collier</b>	Tel: 07813 189707	Email: madeline.collier@sky.com
Newsletter Editor – <b>Kate Parsons</b>	Tel: 01803 267527	Email: kate@computerhotline.co.uk
2 committee member vacancies		

**PAIGNTON U3A DETAILS OF GROUPS**

Activity	When	M	T	W	TH	F	Time	Location	Organiser/s	Phone
Armchair Explorers	Saturdays						10.30/12.30	Variable	Barbara Collins	669238
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
Canasta	2 <sup>nd</sup> & 4th			X			2pm/4pm	Member's Home	Avril Leitch	842889
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					10.15/12noon	Various	Barbara Collins Colin Stratford	559238
Genealogy	1st			X			10am/noon		Carole Giffen	391614
Handicraft	4th			X			2pm/4pm	Jasmyn House, Midvale Road	Janette Smith	391966
Local History	1st	X					10-30/noon	Paignton Library	Chris Blake	07835 192228
Luncheon Club	2nd			X				Various	Cindy Ball	411046
Mah Jongg (afternoon)	2nd			X			2.30/4.30	Paignton Club	John Battison	690592
Mah Jongg (evening)	3rd		X				7pm/9pm	Members Home	Pam Bushby	550229
Music Appreciation	3rd				X		10.30/12.30pm	Preston Baptist Church	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	Pat Cossey	842988
Poetry	4th					X	10.30/12.00	Members home	Marie Handyside	431398
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 <sup>nd</sup>					X	2.30pm/4pm	TBA	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	431398

(Subject to change -please check with group leader)