

CVu3a UPDATE

Edition: Sixty-Six – June/July 2025

Editor: John Hayston.

Contact: Johnhayston1@gmail.com

A very warm welcome to those new members who have joined us since the last newsletter was sent out.

June Speaker

Terence McCarthaigh gave us an entertaining hour with tales from the past. He has a vast number of stories held inside his head which he can remember and recite once given the prompts which he bought along, such as a puppet Crow & Fox, Dragon, Sword, to mention but a few.

Terence said how story telling was very common up until 70 years or so ago but is dying out due to modern devices in the main & people not gathering to talk. Terence was a member of several story telling clubs in the past in Midsummer Norton & Wells. Many stories follow the rule of three, 3 things, repeat 3 times with a fortuitous meeting included.

We heard the tale of 3 heads from Colchester. The tale of Tom and the 3 seeds. - From the middle east, the tale of Muller, about tax and smuggling donkeys. The tale of the Fox & the singing Crow eating cheese. Then the clever tailor who made clothes for the bishop from the fine cloths hanging in the cathedral. This tale was made famous by the renowned storyteller "Taffy Thomas". The last tale being about a man who asks a tree how to make a fortune, involving a wolf and a farmer's wife, all very intriguing.

July Speaker

At our July meeting we will hear from Peter Isaacson about the life-saving work of the charity Medical Detection Dogs. This charity is engaged in harnessing the power of a dog's nose to detect the odour of human disease. This pioneering work aims to create faster cheaper and non-invasive diagnostic methods.

Bio Detection Dogs are trained to identify the scent of diseases, such as cancer and neurological conditions e.g. Parkinson's Disease, in samples of urine, sweat and breath. Medical Alert Dogs work with individuals who have complex health conditions, such as Type 1 Diabetes, seizures and severe allergies providing them with warnings before a medical crisis occurs.



CVu3a Art Display at the College Surgery, Cullompton

On behalf of the Trustees of the Community Life Hub Group, I should like to thank you and the members of Culm Valley u3a who participated in submitting the wonderful selection of artwork and Photographs during the year 24/25.

The showcase of work done by u3a members was a great therapy for patients and admired by the staff members, who very much appreciated the varied selection of exhibits submitted.

A special note of thanks must be attributed to Sue Hooper-Lawrie who coordinated the programme and assisted in hanging the artworks and paving the way for St Andrew's School display for this current year.

We do hope the u3a members will be willing to contribute in the future.

Yours sincerely

Norman John Mouldsley

Trustee

Culm Valley u3a working with Daisy at St Andrews School to prepare their art ready for display at the College Surgery, Cullompton



A big thank you to Yvonne Doherty and Alison Waple for your help in getting all the artworks ready.

Committee news

It is hard to believe it is June already, but I hope you have all been able to enjoy the weather thus far. Before we know it, we will be announcing the AGM taking place on 4 September 2025.

As some of you will be aware several of the current committee will be retiring as they have either been in their roles for 3 years or they have other commitments within the u3a that they wish to pursue.

The roles we need to fill for the Culm Valley u3a to continue are:

Business Secretary – currently me, Lorna Knowles

Treasurer – currently Alison Waple

Membership Secretary – currently Marian Luck. Marian will continue in her role of Beacon Administrator for us and she is also on the SW Region Third Age Trust Committee.

We are dispensing with the role of Vice Chair, and our thanks go to Janet Bryant who has held the role for 3 years.

Please find below an outline of the roles to be filled and I would encourage you to read them and see if anything in your past working life might give you the confidence to step forward.

Please feel free to contact any committee member to ask questions but I would say, that as a committee member, you are not working alone so don't be afraid to give it a go.

Thank you,

Lorna Knowles

Business Secretary

cvu3abussec@gmail.com

PS. Gill Sole is also looking to step down from her role as Speaker Coordinator, not a committee role but vital non the less.

Business Secretary

- Liaise with Chair re arrangements for AGM
- Distribute AGM papers at appropriate times
- Keep copies of insurance certificates and licences
- Submit changes in Officers to Third Age Trust and Regional Trustee
- Attend "external" meetings as and when required
- Liaise with National office
- Ensure Policy and Procedures document/file are kept up to date and reviewed periodically.
- Prepare and circulate agenda and related documents for committee meetings within the required time scale.
- Record and circulate minutes of committee meetings and write summary for newsletter
- Send approved minutes to webmaster for website
- Receive and distribute reports of sub-committees or working group and other meetings as appropriate
- Guardian of the Minute Book
- Take and circulate minutes of AGM

Membership Secretary

- Prospective members
 - Respond to external/initial membership enquiries and related information.
 - Send out membership information and forms or guide interested parties to the relevant page on the website.
- Registered new members
 - enrolment and collection of subs in liaison with Treasurer
 - creation Membership record for new members
 - Inform Groups Co-ordinator of new members records on Beacon

- Update members information, membership renewals and resignations on database as required
- Attend Executive Committee Meetings
- Represent the Executive Committee at alternate Management Team meetings

Treasurer

- To attend the majority of Executive Committee meetings and to assist the Management Team in any financial matters as required
- Maintain appropriate records for accounting purposes
- Ensure liaison with Membership Secretary for membership fees & renewal fees
- Ensure payments are made for all approved expenditure
 - Expenditure must be approved by at least one other Executive Committee member and in accordance with constitution
- Co-ordinate with Meetings organiser** for the collection of entry fees, and payment to speakers and other meeting transactions and to account for them in the “Books”
- Control bank mandate as directed by the Executive committee and ensure that any AGM changes to Executive Committee are actioned in a timely manner
- Provide quarterly financial reports for Executive Committee meetings, on an ad hoc basis as required, and also to provide an annual report for members at the AGM as instructed.
- When the Culm Valley U3A reaches appropriate size, to identify and work with a suitable auditor to sign off the accounts in accordance with current legislation

Help Please! Tech support desperately wanted for monthly meetings

I'm looking for someone to help me at the monthly meetings by setting up projection and microphone equipment. This would suit someone with much better technical capabilities than me, whilst I continue to do the meet and greet and introduction parts of the Speaker Coordinator role. This extra pair of hands would also allow me time to speak to people with my other hats on i.e. Behind the Scenes visits and Walkers Group. If you can help, full instruction will be given by me and Andy Arnold who is often available too. Please get in touch via email gill.sole@yahoo.com and I can phone to discuss if you have any questions. Many thanks, Gill

Celebrating Art

In September we are hosting a 2-day art event, Celebrating Art. 8 workshops each facilitated by a different tutor will run over the 2 days and cover a wide variety of art media. From Acrylic to Textiles and Soft Pastels to Gelli Printing, there will be something for everyone, whether you have never tried anything to do with art, or you have been doing art for years!

You can find out more about the 2 day event and the link to the booking form here: www.culmvalleyu3a.org/celebratingart2025 or by scanning the QR code with your mobile phone.



If you are able to help with the event by being on the refreshment team or helping with setting up, cleaning and clearing up, or showing visitors to their workshops etc. please get in touch with me on CelebratingArt2025@gmail.com

While this event is being referred to as a Culm Valley u3a event, it is not being financed by any CVu3a funds. We felt it was important that the event be self-supporting and anticipate that all costs will be met through workshop and evening event bookings.

Andy Arnold is cycling for charity - we wish him well.



FORCE Cancer Charity provides free support and information to anyone affected by cancer at our centre in Exeter and at local community hospitals. We offer counselling, group sessions, complementary therapies, benefits advice, specialist physiotherapy and exercise guidance and other health and well being support. Our services are available to cancer patients and their families.

The FORCE Cancer Support and Information Centre is on the Royal Devon and Exeter Hospital's Wonford site. It's open

Monday to Friday, except Bank Holidays, between 09:30am and 4:30pm.

We work at the Ottery St Mary Hospital cancer hub, where our volunteers support FORCE's team of experts and the nurses delivering chemotherapy daily. We also provide support by appointment at Tiverton Hospital (Mondays) and Okehampton Hospital (Wednesdays).

We fund local research and buy equipment to improve patient care.

We are an independent charity. The majority of our work is funded by local donations, fundraising, grants, legacies and our award-winning shop. We are not part of the NHS and receive no regular NHS or government funding.

<https://forcecancercharity.co.uk/nello/>

The Nello is an annual fundraising bike ride in support of the FORCE Cancer Charity. In 2025, it will start and finish at

Topsham Ruby Club on 29 June and offers two routes around the Devon countryside – one at 60 miles and one at 100 miles.

As announced at our June monthly meeting, Andy Arnold will be undertaking the 60-mile route. CV U3A members very generously donated £132, which with Gift Aid added a further £33 for which Andy is very appreciative.

Anyone still wishing to support this effort can contribute through his just-giving site -

<https://www.justgiving.com/page/andrew-arnold-2>. Please remember Gill Sole's comment that after entering your donation details and completing the Gift Aid section, if relevant, you are invited to add an additional some of money to support the just-giving website. This is not obligatory, and you can edit the amount down to zero if you wish.

We wish Andy a "padded saddle" and every success on this venture.

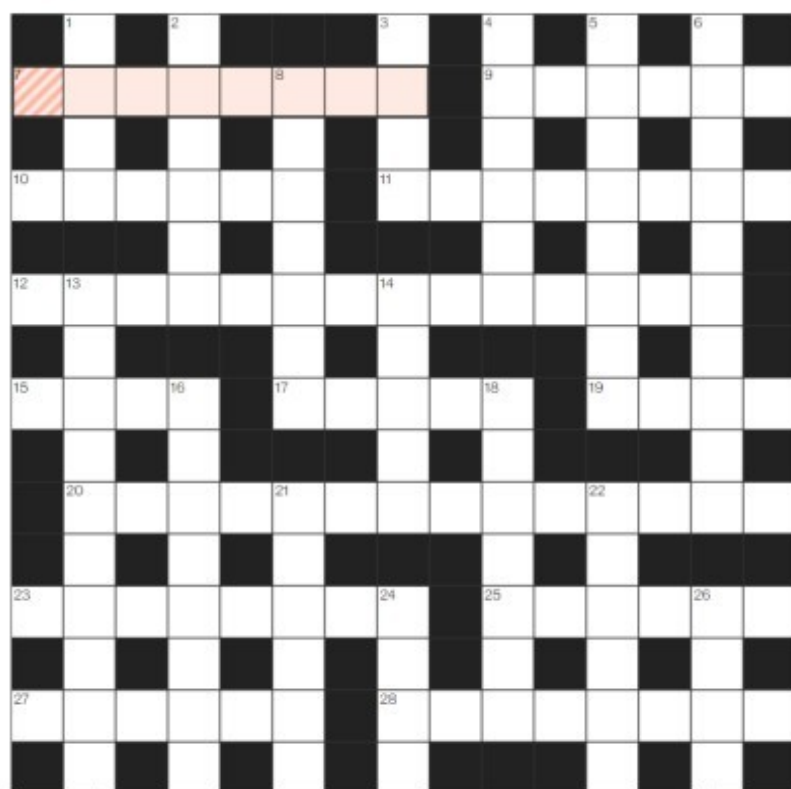


Cryptic Crossword

Over 30 Culm Valley u3a members attended the Cryptic Crossword Workshops kindly provided by Graeme Cozens of Tiverton u3a in April and May. Please find on the next page the latest crossword, and separate solution, compiled by the Tiverton u3a team who are happy to share their work with us. As Graeme "preached" at the workshops, all compilers are different. Some of the clues are, how shall I say, "esoteric" and some are more straightforward!

Please find the crossword on the next page and the solutions near the back of this edition of UPDATE. Good luck with solving this one:

Cryptic Crossword: June 2025 (Solution provided separately)



Across

- 7 Firstly, it's never true, even rarely, police over look international crime investigators (8)
- 9 Putting this lot in the Ute gives a way out (6)
- 10 The purpose of somewhere to camp? (6)
- 11 The silly farm, without the eye, makes a pip squeak (5,3)
- 12 Relationship improvement for civil engineers (6,8)
- 15 Part of plant in post-embolism stage (4)
- 17 Italian poet sat so awkwardly (5)
- 19 Close to the tip of an open orifice (4)
- 20 Fights over the Christmas selection box? (4,2,3,5)
- 23 You could drink it or wear it to bed (8)
- 25 So, we'd like not to be ill too (2,4)
- 27 In the fen Nellie found a herb (6)
- 28 Topless, having twice changed tack, but otherwise immaculate (8)

Down

- 1 Nobody knows who's about to come (4)
- 2 Long epic great endless new drama's origins make a mythical story (6)
- 3 Two minuses and addition (4)
- 4 This delivery doesn't count (2-4)
- 5 Sexually active male needs a castrated stable and a big cat (8)
- 6 Go back to standard – not a good move (10)
- 8 Nit tape doesn't work for one seeing the doctor (7)
- 13 Tenacious German citizen gains title: "Rower of the Year" (10)
- 14 Overturned and discombobulated (5)
- 16 French sea & a chorus might take you to Venice (8)
- 18 A negative follows alternative, for example a herb (7)
- 21 If you are this, you should never be far from a pager (2,4)
- 22 Writer named after a Suffolk flower (6)
- 26 & 24 Bugle announces end of Royal Mail? (4,4)

News from Interest Groups

Walkers

Trudy and Ged led us along the beautiful Hunters Path under Castle Drogo in May, high above the deep Teign Gorge at Fingle Bridge. Their familiarity with this stunning route paid dividends as we benefited from their guidance as well as an explanation of the engineering features, we encountered along the riverbank including the hydroelectric powerhouse built 100 years ago and still providing power for the castle and cafe. Our lunch afterwards at the Fingle Bridge Inn wrapped up a lovely spring outing for the group.



Our next walk on June 19 starts at 10.30am from the Beambridge Inn on the A38 towards Wellington. A 4.5 mile walk through Rockwell Green and Hollywell Lake on a mix of quiet lanes, paths and fields. Lunch afterwards at the Beambridge (optional). Email gill.sole@yahoo.com if interested in joining us.



Beginners Jewellery

Our group meet once a month and have so far completed Basic Necklace assembly, Earrings, Bracelets and Wirework. We have further projects scheduled.

Please contact Julie Murphy

email: murphyjulie74@gmail.com for details

Strollers 1

Our group members enjoying (or enduring) completely different weather but still fully enjoying themselves.

We are saddened to hear of the passing of our dear friend & stroller, Tony (Sutton) on Thursday 29th May.

Tony and his wife Sandra have been members of Strollers since Culm.Valley u3a was formed in 2019

We will all miss Tony very much
Rest in Peace Tony .x



Creative Writers

The clue is in the first word: 'CREATIVE', and we are certainly that in our scribbling or tapping of the keys to feed our screens. Just ONE word is enough to get us going. We have all been scribbling for years but each month, we try to come up with something fresh, usually connected with our word of

the month suggested within our meeting. Sometimes, we come away thinking we'll never come up with anything much about a particular word, but invariably, the ideas tumble around in our heads, and we do.

Last month, our word for May was S P A C E ... suggested by Hazel. Much scratching of heads as each one of us got cracking with ideas. Pat cleverly wrote about an invasion of the space in her garden, with an amusing discussion taking place between two greedy pigeons: Martha and Cedric, intent on clearing the bird table of titbits. The shallow space under the decking had also been invaded by furry creatures which no-one would want in their space.



Hazel triggered our memories with her account of the spaces to hide in or escape into when living as a child in her first rambling house. Linda wrote about the essential pauses or spaces provided by punctuation in the written word, the rests or silences in music, and the spaces between people's understanding. Paula chose to write about the inspiration provided by an artist, ending by showing us a photo of an empty picture frame being held at an angle with three faces grinning out from it. And Sue got away with murder, killing off three lads in her piece about the happy space in her village which had to be protected. So, we are a lively lot.

If your appetite is whetted by all this, then there is just one **S P A C E** in the Creative Writers' Group for one lucky U3A person. Contact Hazel, our lovely host if you would like to join in the fun.

Linda McMillan

Art in Action

This month Art in Action has been busy, some of us painting cards for charity, thanks to one of our members Sue Worthington who has been doing this with success for a while and passed on the idea.

We also went out to visit the art exhibition of James Marsden at The Old Brick works in Wellington, incredible realistic oil paintings, the subject, Crowded Isolation, showing young people preoccupied with their mobile phones and laptops. As James put it himself this will show a part of history.





Quilting

Last month I reported that we were working on our Sunrise-stained glass patterned quilt, to make a cushion cover each. You can now see some of the finished items in the pics below - one or two are still in progress. We have found that this quilting method has given us more skills and challenges, but has been a lovely task to take part in.

The group member who recently set up the online prize draw for the farmyard quilt, was so thrilled to announce that the draw made over £400 to go to the operations of the BHWT charity - British Hen & Welfare Trust. Very well done, that quilter! What a lovely thing to do for those girls.

We have all, also, been working on our own individual projects, as can be seen, including one members beautiful scraps quilt, which is made from. ...scraps and leftovers from other projects. It's amazing what you can achieve with leftovers.

Th Autumn challenge, as detailed below, is making good progress. You can see this too, in the pics below. Each block is so different from the next. We have all enjoyed the coming together to take part in this project and at the same time, using our own ideas on what to produce. The quilt is now almost ready to be put together, with additional borders etc. look out for a progress update in next month's Newsletter.



Group members have been set a challenge to create a quilt, with an Autumn theme, which will be raffled, with the proceeds being donated to charity later in the year.

It's hoped that many U3A members will participate in buying raffle tickets, to win this unique quilt - either for themselves, or perhaps as a gift? More details will follow, nearer September.



The group is run by Lin Arnold and we meet on the first and third Tuesday of the month, - 9.30 to 12.30 in the Committee Room at Willand Village Hall. Anyone wanting more information can contact Lin on Impish4me@gmail.com or talk to her, directly, at the monthly meetings.



Craft

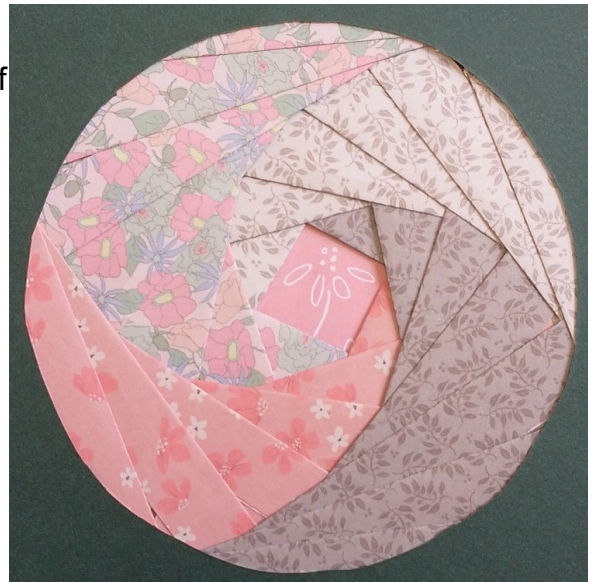
This month we were doing the craft of 'Iris Folded', which was so called as the results can resemble the 'Iris' lens of a traditional camera.

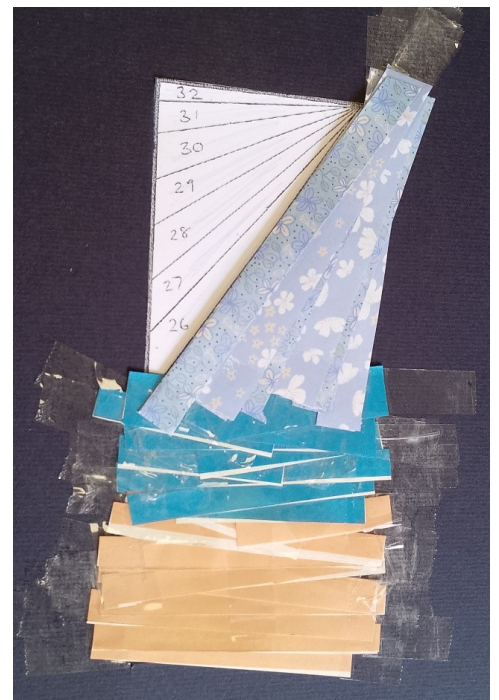
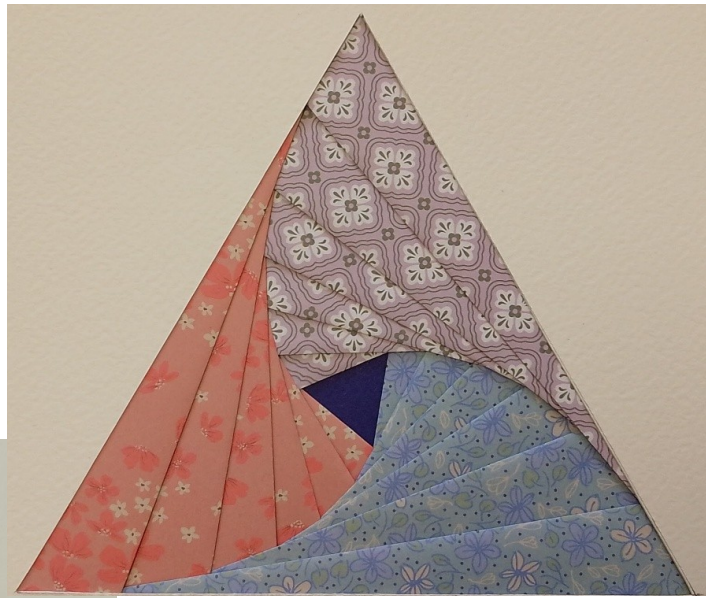
After two sessions of this craft, we have all opted for carrying on for a further session, partially because of the near instant gratification of finishing a piece.

Some of you may have spotted some examples at our Craft table at the meeting on 5 June, so you will have seen the scope of the craft to produce lovely pictures.

Some of us are attending the Fibre Festival at Coldharbour Mill this month, so no doubt we will be inspired to try new crafts, so watch this space.

Lorna





From CVu3a IT and Computing Group to All Members

Windows 10 – End of Support.

Any Member still using a Windows 10 based laptop or PC should be aware that Microsoft will officially end support for Windows 10 on October 14, 2025. This means that after that date, Windows 10 will no longer receive security updates, new features, or technical assistance from Microsoft. However, your Windows 10 computer will still function, but it will be vulnerable to security risks without those updates.

For further information see the Microsoft Support details at the link below.

<https://support.microsoft.com/en-gb/windows/windows-10-support-ends-on-october-14-2025-2ca8b313-1946-43d3-b55c-2b95b107f281>

Home Telephone Network – Analogue Switch-off

As advised at the June monthly meeting, Members should be aware that the 'old' copper cable driven telephone network (Analogue Network or PSTN) is being upgraded and replaced by a fully digital network. The target date for the switch-off of the PSTN should have taken place to the end of 2025 but this has now been delayed to January 2027 because the telephone network infrastructure upgrade project has slipped.

Members should be informed by their telephone service provider (i.e. BT, Virgin, Sky Vodafone etc) when their home phone service is due to be migrated. If you already have a home phone that is connected via your internet connection (broadband router) you need not be concerned. If you think you will be affected or you have a specific concern, you should contact your service provider and ask when they will require all customers to use the new digital landline network.

The official government guidance is provided at <https://www.gov.uk/guidance/uk-transition-from-analogue-to-digital-landlines>. Ofcom states that communications providers should take steps to identify at-risk customers and engage in effective communications to ensure all eligible customers are protected throughout the upgrade process. They have also published a guide to treating vulnerable customers. <https://www.ofcom.org.uk/phones-and-broadband/landline-phones/future-fixed-telephone-services>

Mobile Phone Theft

The statistics show that there is a significant rise in the theft of mobile phones particularly by criminals on bikes and mopeds. Given the cost of today's smartphones – many are in excess of £750 – it's not surprising. The criminal network is fast and efficient, within one month a stolen phone could well be in China or Africa.

There are a number of things users can do:

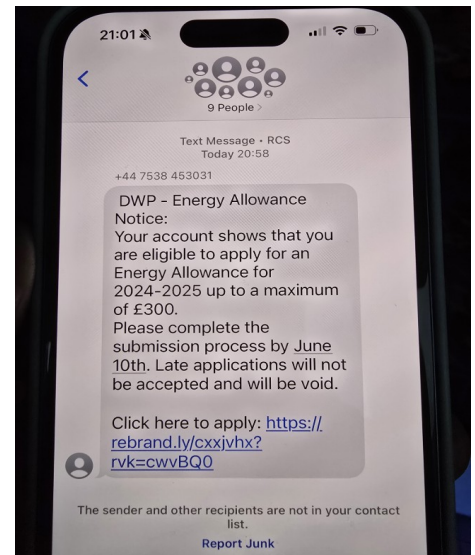
1. Use a strong PIN or password on the front screen.
2. Use biometric authentication – face id or fingerprint.
3. Enable two factor verification.
4. Enable the phone tracking app – Find my device etc.
5. Enable the phone's theft protection in your settings
6. Android – Theft Protection
7. Apple - Stolen Device Protection

There are plenty of YouTube tutorials online to help you with this issue.

In the event of your mobile phone being stolen, report it immediately to the police and your service provider, ideally providing the IMEI number. The IMEI number is a unique 15-digit serial number which can be used to identify, track and block mobile phones from accessing the network. It is on the box which came with your phone, or you can dial *#06# on your keypad or in your settings under "About phone". You might want to write down and keep it safe somewhere nearby!!

A scam currently doing the rounds as a text from the DWP.

Stay safe.
Chief Geek



Photography

This month's topic was 'sunshine', which was interpreted in many ways by the members, but the one thing the images had in common was the ethereal quality of the photographs. The votes for the best photo were evenly distributed, however Bob Deeley won for the second week in a row. He captured the beach and sun, using silhouettes to add drama.

Since Bob won the competition, he has chosen 'flowers' as the next subject. He has suggested we capture the images in an artistic way - this should produce some fun ideas!

We had two online tasks, firstly to submit baby photographs for the members to put names too. Secondly, to photograph a weird object in the kitchen drawer or an unusual utensil. Not one person got all the babies or utensils right.

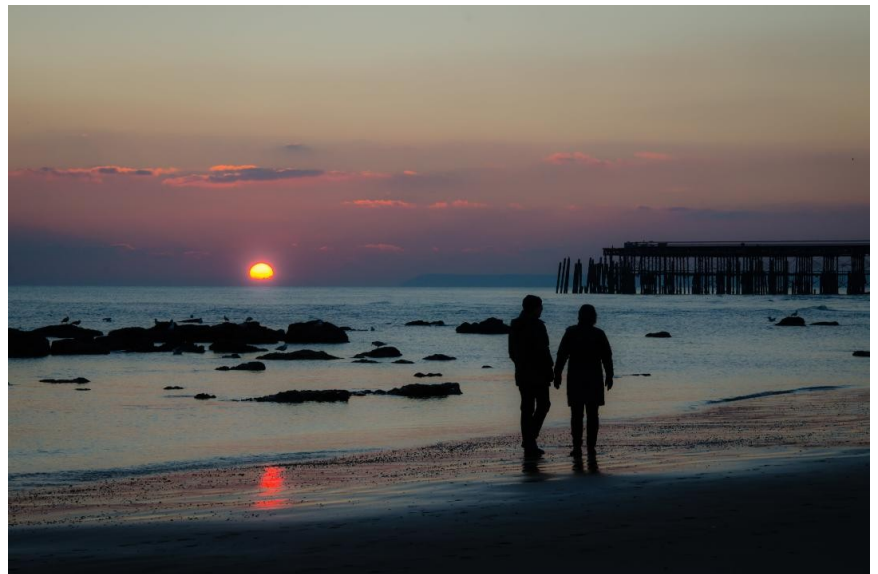
Our next meeting will be on Monday 30th June 11:00 at my house. I hear there has been a murder, and the members will have to find and photograph the clues.

Don't forget to get out and photograph this beautiful part of the country. Sue xx

Mystery object by Sue



Bobs winning photo



Mystery object from Barry



Quizzing

At our May meeting Jean and Paula teased us with questions on history, places, Disney villains, art and culture, geography and actors.

Knowing about the 1275 earthquake at Glastonbury and the first animal to leave Noah's ark would have been a big help, and ultimately the Eurovision-themed Muppets on a String came out just ahead of Boom Bang a Bang.

Our next meeting is on Friday 20 June in the Club Room at Willand Village Hall at 10.30 (for 11.00 start). Martin

Jazz

Dear "UPDATE" reader, welcome to the Jazz Music Appreciation Interest Group's FREE prize draw! If you have already emailed "YES" to the Editor, as outlined at the top of the lead page, then you will be entitled to try your luck and enter the draw for the prize valued at £10.00 by following the instructions set out below:

By clicking on the "Winter Solstice" FREE Bandcamp link below, kindly donated by jazz musician Charlie Hearnshaw (see below), you will be then able to view the playlist of 14 jazz tunes; simply note the title of Tune Number 4, then write that information in an email to Richard Taylor farmerzboy@icloud.com and send it with your name and phone contact number, soonest. (There is no requirement to actually play and listen to the track, but please feel free to listen to all or any of the tunes listed, without any payment required - just enjoy the musical experience!

NB: The names of all correct tune title submissions, received before 30th June 2025, will be put in a hat and an overall winner's name will be drawn and announced at the CVu3a July monthly Willand hall gathering. The prize will constitute an entry ticket to a Gordon's Jazz Club evening performance in the Magelake Pavilion, Uffculme, value £10.00, to be used on a date selected by the winner!

CLICK ON THIS LINK:

<https://charliehearnshaw.bandcamp.com/album/winter-solstice-jazz-at-magelake-uffculme>

We wish all draw entrants Good Luck and thank you for taking part.

Jazz music announcements for Gordon's Jazz Club, Uffculme:

A) Wednesday 18th June- Gordon's Algiers Strutters band.

B) Wednesday 16th July - Bessie Smith Blues sung by Julia Titus.

Here's that important prize draw entry link once more:

<https://charliehearnshaw.bandcamp.com/album/winter-solstice-jazz-at-magelake-uffculme> >

GORDON'S JAZZ CLUB
at
Magelake Pavilion,
Uffculme,
Devon
EX15 3DP
7.30 - 10.00
Doors open 6.45
£10 p.p. (cash only)
3rd Wednesday
In every month
Early arrival and
Prior seat reservations
are not essential,
but helpful,
to ensure a prompt start.

New Orleans and Traditional Jazz

18TH JUNE 2025

GORDON'S ALGIERS STRUTTERS

DAVE MARTIN
TRUMPET

TERRY WILLIAMS
TROMBONE

NICK WHITE
CLARINET/REEDS

JOHN NODDINGS

COLIN FULCHER
BASS

ANDY MAYES
DRUMS

For more information visit
Gordon's Algiers Strutters on Facebook,
Email - gordonsjazzclub@hotmail.com
Or phone Jane - 07799 014173

*Gordon's Jazz Club
is a not-for-profit group of Jazz lovers,
aiming to promote and support live
New Orleans and Traditional Jazz*

That's all for this month; keep on Jazzin!

Pétanque

Devon Pétanque Annual Singles Competition, where one of our very own CVu3a Boulistes, Richard Brickles, made a big impression through his successful achievement as Runner Up after a most impressive performance. Well done!

DEVON SINGLES CHAMPIONSHIP:

Honiton staged this year's event and with the fine weather continuing a full entry field saw some highly competitive play. In the Singles the format was 4 leagues followed by quarter and semi-final knockouts in Main and Plate competitions.

Isca's Paul Mellor won the Singles title, defeating Richard Brickles from Wellington 13-5 in the final. A deserved win for our new champion, having come close in recent years. And high praise was also given to the

runner-up who has only taken up the game

relatively recently and this was his first championship!

In the Precision Shooting competition, which followed later in the day, Mike Porter won the title for a second time scoring a decisive total of 17 points. Going last Richard Adams managed too narrowly clinch the runner-up spot from Richard Brickles.

Congratulations go to Richard for achieving such high rankings, so early on in his Pétanque career. Clearly, his regular practice sessions with CV u3a colleagues, have already begun to pay dividends and should surely inspire others to come along to The Walronds House gardens on a Friday a.m. / p.m. to get "LOBBIN!"



Richard Brickles receiving his trophy!

Theatre, Cinema & Music

Thank you all for your patience, as Carol and myself have been away. We are now back and looking forward to the meeting tomorrow. On holiday, I spoke to fellow members in different locations and I know that we are very lucky to have such super opportunities in our local groups at Culm Valley. Our theatre, music and cinema group cannot tell you everything that is available, we are lucky to have so many entertainment venues available to us all. None of us like driving at night now, however, there are always the 2.30pm matinees, if one can book early enough. On a positive note, the evenings are so much lighter at the moment. The cinemas are showing Mission Impossible the final reckoning.

Then it is the Salt Path starting 6th June until 12th June worth seeing I know we will get a group together to see this film as I expect we ladies enjoyed the book. In addition, there are operas and lots of ballets and Andrea Rieu on Sunday 31st August at 2.30pm. In October Torquay's Princess Theatre has something for every taste including the West End musical SIX and Lulu Monday 13th a couple of us are going to that. River Dance 30 in November, ELO Experience in November.

We can never name them all but if you can we hope you will get out and enjoy what is on offer. Come and say hello to Carol and myself at the meeting to remind you who we are. Let us know what you would like in a bulletin from us. In the meantime, there may be some clouds and rain this week, but the sun will have its hat on ready to cheer us all up once again. Enjoy it all, the gardens love it. Keep well keep safe and keep active Kind regards from myself Daphne and Carol.

Behind the Scenes Trips

Our next day out to WHW's Glenda Spooner Farm Rescue Centre and Glastonbury is now full, many thanks to everyone and fingers crossed for a fine day on 18 June.

I'm now working on a trip to South Wales on **Tuesday 2 September to the Royal Mint and Abergavenny** which I've booked with Blakes Tours. This will be a bespoke trip for Culm Valley, Exe Valley and Tiverton u3as in order to get the numbers needed to fill a 53-seater coach. Not only does this give us the opportunity to join with our neighbouring u3as and meet new people, but by collaborating we are able to offer more activities for everyone to enjoy.

The guide price for this trip is £27 if we fill the coach, otherwise a slight increase may be needed. I will advise the final price before requesting payment so you will be able to confirm your acceptance then. Full details of the day's itinerary are being sent to everyone by email - to secure your place please reply to that email from me.

Here's a summary of the day: -

Morning coach to Abergavenny - 2 hours free time in this small Welsh market town.

Depart by 1pm to arrive at Royal Mint Experience nr Llantrisant, S Wales at 2.00pm.

Guided factory tour plus Interactive tour of Mint Museum (including bespoke museum talk from guide)

Shop/refreshments on site before return home

Gill Sole, Behind the Scenes Organiser

Information on Lyme Regis Fossil trip.

22 Culm Valley U3A members are looking forward to a bespoke Fossil hunting visit to Lyme Regis on the 16th of July. The list is now closed, however there are 3 individuals still in need of a lift. Final details, an update on lifts and request for payment will be sent to the 22 individuals shortly.

Kind regards

Paula

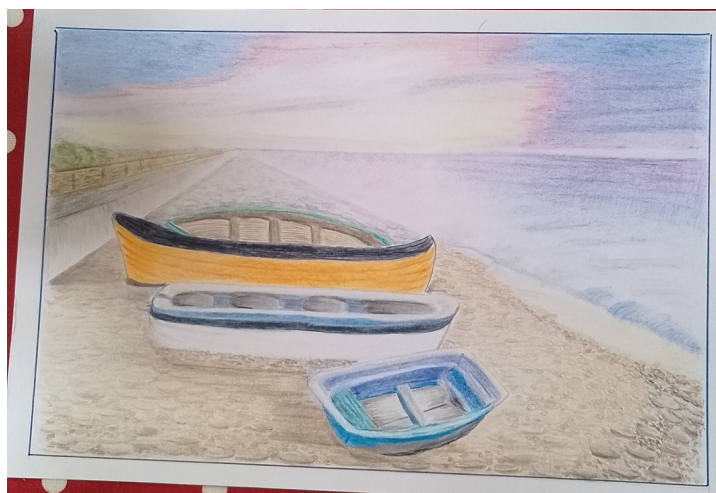
Colour Pencils

We continue to enjoy our themes, with the latest one being Faces. This followed a colourful and enjoyable theme of the Seaside which in turn followed the themes of the Weather and Childhood. Our themes can last for up to 6 sessions, giving us a good opportunity to research and learn to create a good selection of ideas.

A big thanks must go to Linda Chainey who tirelessly creates and delivers fantastic mini tutorials to do with aspects of each theme.







Interest Groups information

Group	Contact Please click on name to email	Venue, Day & Time
Art in Action	Rachel Kingdom	2nd & 4th Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Beginners French Conversation	Terence McCarthaigh	Monday Fortnightly. Members' home, Uffculme
Beginners Spanish	Josy Tidmarsh	Weekly at The Bakehouse, Cullompton
Beginners Jewellery	Julie Murphy	Contact Julie
Behind the Scenes	Gill Sole Paula Longdon Moira Wood	6 times each year

All trips will be announced by email and offered to all u3a members on a first come first served basis in future so as to give everyone the opportunity to participate. Given the different nature of the venues, we visit some numbers will be small and if over-subscribed we may be able to repeat the trip

Group	Contact Please click on name to email	Venue, Day & Time
at a later date.		
Boules/Pétanque	Richard Taylor Mobile: 07816337456	Every Friday 11:00 and 14:00 Weather dependent
Bridge	Maggie Lambert	Contact Maggie
ITCG (Computers/IT)	Andy Arnold	1st & 3rd Wednesday each month at 15:00 The Hayridge, Cullompton
Colour Pencils	Sue Hooper-Lawrie	1st & 3rd week each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	Linda Arnold	1st & 3rd Wednesday each month 9:30 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	Meet every 3rd Tuesday 14.00
Draw It!	Sue Hooper-Lawrie	2nd & 4th Thursday each month 10:00 – 12:00 Club Room, Willand Village Hall
French Conversation	Sally Graham	1st Monday each month at 11:00
French Conversation #2	Julie Murphy	2nd and 4th Tuesdays each month at The Bakehouse, Cullompton from 15:00 to 16:30
Gaming	Jean Turner	1st Monday each month 10:30 to 12:30 Club Room, Willand Village Hall
Genealogy	Walter Longden	2nd Wednesday each month 10:30 to 12:30 Hayridge Centre
History	Alison Waple	3rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor 07816337456	Contact Richard
Mahjong	Jean Turner	2nd Monday each month 10:30 to 12:30 Club Room, Willand Village Hall

Group	Contact Please click on name to email	Venue, Day & Time
Photography	Sue Childs 07398 686612	Last Monday each month
Quilting	Linda Arnold	1st & 3rd Tuesday each month 9.30 to 12.30 - Committee Room, Willand Village Hall.
Quizzing	Martin Newman	1st and 3rd Friday each month at 11:00 - Willand Village Hall
Reading	Sally Graham	3rd Thursday each month, 14:30 upstairs at Cullompton Library
Soloists (But not alone)	Jenny Day	Contact Jenny
Strollers	Elieen Turner & Jackie Sim	2nd Tuesday each month @10:30 4th Tuesday each month @10:00
Theatre/Cinema/Music	Daphne Dowsing Carole Eden	Contact Daphne or Carole
Ukulele	Terence McCarthaigh	Thursdays 10.00 -11.30 @ Markers Community Room, Uffculme, EX15 3DZ
Walkers (4-6 Miles)	Gill Sole	3 rd Thursday each month a/m

**If you have an idea for an Interest Group, please get in touch with
Groups Co-ordinator on email: cvu3agroupscoord@gmail.com**

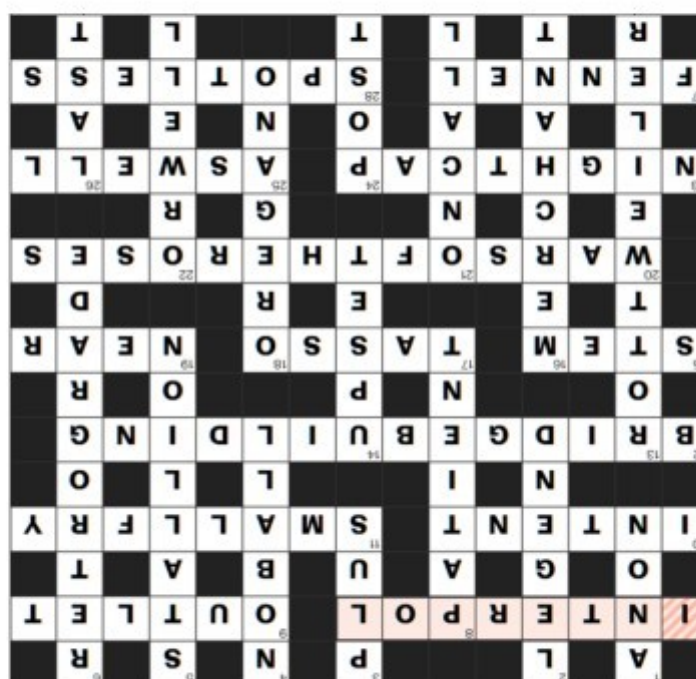
Contact Emails for current Executive Committee members:

Email	Current role holder
cvu3achair1@gmail.com	John Hayston
cvu3avicechair@gmail.com	Janet Bryant
cvu3afinance@gmail.com	Alison Waple
cvu3abussec@gmail.com	Lorna Knowles
cvu3agroupscoord@gmail.com	Sue Hooper-Lawrie
cvu3amemsecretary@gmail.com	Marian Luck

Monthly Meetings:

Monthly Meetings are held on the FIRST THURSDAY of each month, except January. The meeting starts at 2pm, with members arriving any time after 1.15pm. We hold our meetings at Willand Village Hall, Gables Road, Willand, EX15 2PL. Check monthly newsletter for more information about arrangements for upcoming meeting/s.

Cryptic Crossword: June 2025



Suggested Venues for Group Meetings

John Tallack Youth & Community centre, Meadow Lane, Cullompton. Ex15 1LL.

Email: info@jtc.org.uk Website: www.johntallackcentre.org.uk

The Walronds, 6 Fore Street, Cullompton.

Email: Info@walronds.com Website: www.walronds.com

The Bakehouse, 3 High Street, Cullompton.

Email: enquiries@thebakehousecullompton.co.uk Website: www.thebakehousecullompton.co.uk

Phone: 01884 35222

The Steamer, Five Bridges, Cullompton.

Email: hello@the-steamer.co.uk Phone: 01884 904960

Willand Village hall, Gables Road, Willand. Bookings contact: Frances Wilcox.

Email: bookings@willandvillagehall.org.uk

Willand Health & Community Centre, (opposite Village Hall) Bookings contact; F. Wilcox

Email: info@whacc.org.uk

Cullompton Library, (part of The Hayridge Centre). Contact; Rachel Kidd.

Email: Cullompton.library@libraryessunlimited.org.uk. Phone; 01884 824555

Go to <https://www.devonlibraries.org.uk/web/arena> to pre book a computer time slot by using the iCAM booking system or directly. <https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings>

Opening hours (Staffed): Monday-Friday – 09:00 – 17:00 Saturday – 09:00 – 13:00

Square Corner, The Square, Uffculme, Ex15 3AA: <https://www.squarecorner.org.uk/book-online>

Bridwell, Uffculme, is under new ownership and **The Orangery** is open once again. They are happy for large groups to meet there again. If you are planning to hold a meeting in the Orangery for 8 or more people, please email cafe@bridwell.co.uk to book the group in and let them know numbers and if you are planning to eat or not.

If you know of any other suitable venues, please let us know.

Deadline for items for UPDATE is always the 10th of the month.
Please send to johnhayston1@gmail.com