

CVu3a UPDATE

Edition: Seventy– Oct/Nov 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.

October Meeting

At our last meeting our Chair and Editor of this newsletter, John Hayston, gave us a crash course on sheep breeding and rearing in Britain by introducing us to the unique SBSPS. This is the three-tier UK sheep stratification system (hill, upland, and lowland) that uses different breeds and management practices suited to various environments to produce lambs. It involves breeding hardy hill ewes with upland sires to create more prolific crossbred ewes, which are then mated with terminal sires (such as Suffolk or Texel) on lowland farms to produce high-quality prime lambs.

No, I didn't write that myself but am grateful to AI for enabling me to sound like I have perfect recall of John's talk! He gave us a fascinating glimpse into the breeding practices sheep farmers have adopted to suit our environment. We couldn't fail to be impressed at John's depth of knowledge and interested in his peripatetic life as a shepherd. Our thanks John for this insight. Gill

November Meeting

Mary King MBE DL - Deputy Lieutenant of Devon and Equestrian Superstar

is our fabulous guest speaker on November 6th. I'm sure her name will be familiar to you as a topflight British equestrian who represented Great Britain at six Olympics from 1992 to 2012 in Eventing, winning team silver in 2004 and 2012, and team bronze in 2008. At the World Equestrian Games, she won team gold in 1994 and 2010, and team silver in 2006. She has also won four team golds and one team bronze medal at the European Eventing Championships. In 2016 Mary was appointed a Deputy Lieutenant of Devon so we can look forward to hearing about this too.



Mary is still competing at the highest level in equestrian eventing (the combination of dressage, showjumping and cross country jumps in one event) and runs a training yard with her daughter at her home in Salcombe Rogus. I'm grateful to her for including CVu3a in her incredibly busy schedule!



Last month I missed putting in this contribution for the newsletter. (sorry folks - Editor)

National Racehorse Week.

It was a beautiful day on the 26th August when we visited Culverhill Farm stables, the home of racehorse trainer, Jane Williams. The farm is situated at George Nympton, near South Molton. Jane has about fifty horses, all thoroughbreds. She likes to buy yearlings and two year olds, so they are at the yard from the start of their careers. Jane is very knowledgeable and obviously loves her horses. All her staff were friendly and answered our many questions. We found it amazing that we were encouraged to touch the horses. When we have visited other stables, there is a strict regime where you are not allowed to do this or be within a metre of the horse. Jane always has in mind that horses go on to another stage in their careers after racing, so she prepares them for hacking, show jumping or as pets. We thoroughly enjoyed our three and a half hour visit to Culverhill Farm among such beautiful racehorses.

Linda and Keith Grantham.

Photos for National Racehorse Week.



16-year-old horse
Aubusson.

Jane Williams with her
terrier, Nutmeg, watching
her youngest
racehorses, Fred and
Murray.



Inside Man and Jaminska, racehorses trained by Jane Williams. On the 29th September Jane Williams entered one of her racehorses at Newton Abbot again. There were twelve horses running in

the Novices' Hurdle and Jaminska, ridden by Ciaran Gethings, won the race.



Behind The Scenes Needs Your Help!

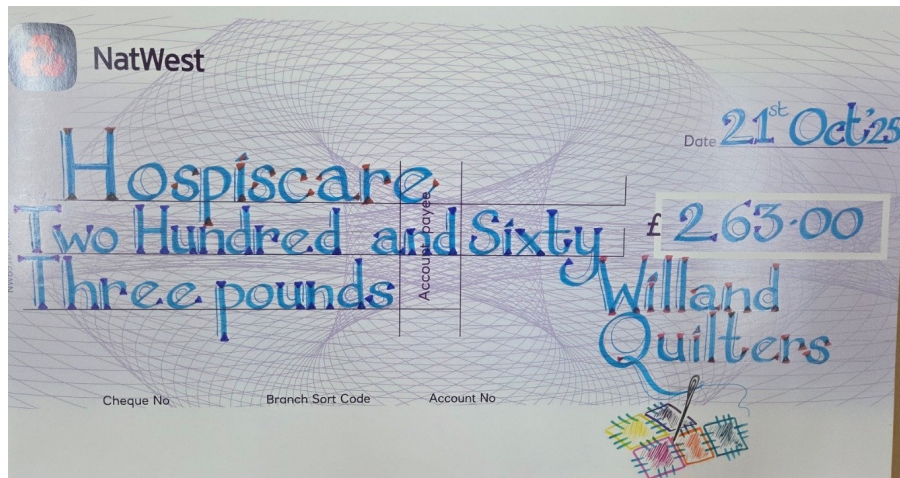
Can You Help?

**Help needed to organise Behind the Scenes trips.
Will you help plan 6 trips per year?
Please contact Gill Sole or Paula Longdon if you can
contribute.**

Thank you

News from Interest Groups

**Quilting Challenge Cheque to be received by Hospice staff 9.30am
on 21st October in the Club Room at Willand Village Hall**



Quilting

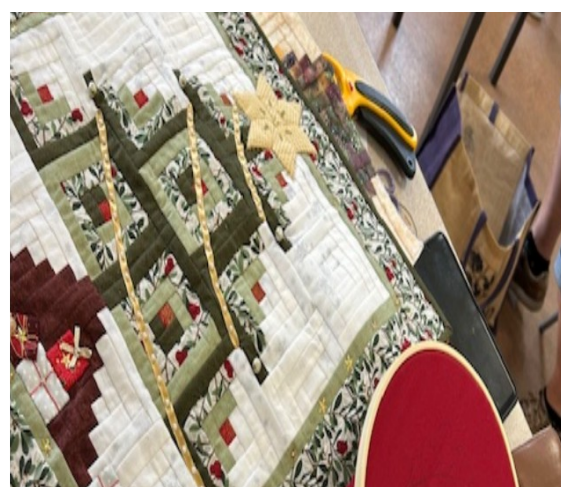
The months and the year is flying by - is anyone else feeling this?

The group continue to work on their own individual projects and the new seasonal group project is now underway. Our log cabin block technique is being used to make a Christmas tree piece, which can be turned into a wall hanging, advent calendar, table runner, cushion cover, or whatever else and wherever else the imagination of the members mind might go to! See the pics for progress so far. The room has been looking quite industrial lately! Hetty continues to keeps an eye on the goings on and keeps everyone in check!

Hospiscare have agreed to come to our group session on 4th November to collect the donation cheque of £263 which we raised from the proceeds of the raffle in September. We'll share some pics next month, of the handover.

Hunker down now as Autumn sets in and the weather cools down - I bet you wish you had won that lovely quilt now!

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.



Quizzing

Our September meeting saw Sue and Paula asking us an exciting variety of questions, including food and drink, surnames of the famous, some teasing clips of artworks, definitions of unusual words, music and composers, and some cunning dingbats.

With the arrival of October, we began our Autumn / Winter programme where we have two quizzes a month, with the first of these on 3 October. Hazel and Martin's rounds included Australia, spotting wildflowers, and postcode lottery.

Art in Action

"September was an interesting month for our group as the open art studios for both Devon and Somerset were held. We had some interesting visits to galleries.

We had a challenge to paint a still life, there will be plenty more of that to come.

We are full at the moment but if you are keen to join a group such as ours then please contact us to show your interest, this will help to get a new group started."





Photography

This month the Photographic Group met at Exeter Quay to take advantage of the many photo opportunities. It was a beautiful sunny day, which ironically causes quite a few problems with some pictures. There was a lot of glare coming from the water and your photos can look over exposed. However, some wonderful shots taken.

This month's challenge was 'something really old'. No photos of our partners were allowed. Barry Wilson was this month's worthy winner. He has set Octobers competition to be 'Halloween', again no photos of partners are allowed!

Our next meeting is on Monday 27th October at 11:00 either in Cullompton High Street for a photographic treasure hunt, or if the weather is bad at Barry's house for comical or serious portrait photography.

"The camera is an instrument which teaches you to see without a camera"

Winning photos from Barry



Barry holding the trophy

Crafts

We welcomed three new crafters to our group in October, Valerie, Tracy and Toni. We hope that they continue to enjoy the group and inspire us to try some new crafts.

Sadly, Annie is leaving us, you will be missed by us all Annie. Your wit gave us many a giggle!

We continued with our own projects again this month but from chatting amongst the group there will be some group makes come the new year which is exciting.

Watch this space.....

Lorna



Creative Writers

Now we are SIX. Yes, that's right, we have a new member, Christine or Chris, so our group is complete. It takes quite a while to entertain each other by reading out our scribbles.

Our word for the month was TABLES. We found it tough to get started. Nevertheless, we came up

with a variety of ideas, and ... hooked on the Happy Spice Cake, we all returned to the next meeting with our offerings. Hazel kicked off with a tale of a table which has remained in her family for generations and has now been restored. Sue and her two brothers used their table as a secret hideaway from their parents. As long as they were quiet, their pranks went unnoticed. When their parents died, they split the table into three parts, each carrying off their own special memories with their secret childhood graffiti.

Chris shared her memories of the tyranny of times tables at school and told us that her grandchildren now learn them using a computer game, scoring points for quick responses. This game, Times Table Rock Stars, sounds enormous fun and I'm sure it must be right for today's youngsters. For older people, times tables were engraved on their minds after chanting them so many times. I still find them useful in daily life.

Linda remembered all the tables she had owned and given away over the years, when downsizing. Recently, she found herself missing one of those tables when needing to cut out and stitch a new top ... but she resolved this problem by using a large piece of cardboard placed upon a small round table. Improvisation often wins the day. We are a creative lot one way and another.



Linda's Improvised Table

Pat never fails to delight and this meeting was no exception. Her table had its own personality, thoughts and feelings. Bequeathed to a young couple by a great aunt, it had served the family faithfully. It remembers all the stuff which had been piled on it over the years, and the special meals served on it. The years have passed by, and the now not so young couple are considering downsizing. This causes the table to fret about its future. But we end on a happy note when the daughter of that couple, who is about to become a bride, asks if she might have it for her first home. I'm sure the great aunt would have been delighted.

And Paula? Well Paula read us the beginning of a book she is writing! It starts in 1839 with a family emigrating from Dublin to England with the mother carrying 'ashes in a tin, from the old hearth to kindle new fires with old luck'. We leave them on board ship heading for their new lives.

Shared Story

Sue moved us on picking up where Linda had ended last month. At last, the couple are meeting for lunch ...

Shyly she joined him at his table. The school gate gossipers would have a field day if they were spotted. However, they chatted amiably over their meal as if they had known each other for years, so she felt comfortable asking Dave back for coffee. He looked uncomfortable as he sat in his chair. Zoe felt her face go scarlet.

To her amazement he unbuttoned his shirt and slipping his hand inside, seemed to be stroking his nipple. Bloody hell, she thought, he's a pervert!

Grabbing her handbag, she made to leave the table with all the dignity she could muster. Dave

grabbed her hand as she walked past him. Her instincts kicked in and she swung her handbag full force at his face. The sight of the blood as his nose exploded temporarily stopped her in her tracks, but clutching her bag to her she muttered, 'pervert' before storming out.

Just as she was throwing herself through the door, she felt his hand on her elbow.

'It's not what you think,' he gasped. 'It's all because of this,' he said, opening his shirt wider.

oOoOoOo

Paula will write the ending of our first joint story.

Bye for now. The Scribe – LJRM

Behind the scenes

For our final **Behind the Scenes** visit of 2025, we have arranged a second trip to **Exeter Energy Recovery Facility** on Marsh Barton on Tuesday 4 November. This is a repeat of the very interesting visit 20 of us made last year, and once again the November date was fully booked within hours with a large waiting list.

As a result I've arranged a new date of **Tuesday 17 February 2026** for our third visit to the Energy Recovery Facility and almost filled the 20 available places, but there are a couple left so please email gill.sole@yahoo.com if you're interested.

Behind the Scenes in future

All good things must come to an end and the triumvirate of Gill, Moira and Paula who have brought you an annual programme of visits to places of interest for several years is no more as Gill and Moira are taking time out. Paula is very willing to continue to organise a new programme for 2026 if anyone else will offer to help her and share the responsibility. It's very rewarding (and greatly appreciated by our members) to run the trips but like many worthwhile tasks, much more fun and less lonely with a small team. So please contact paulajlongden@outlook.com

Walkers October 16 - Newton Poppleford

A lovely walk from the village of Newton Poppleford over the Pebblebed Heaths of Harford Common, the RSPB's Aylesbeare Common Nature Reserve and the Hawkerland Valley. Beautiful views across to the sea and distant hills if we are lucky with the weather.

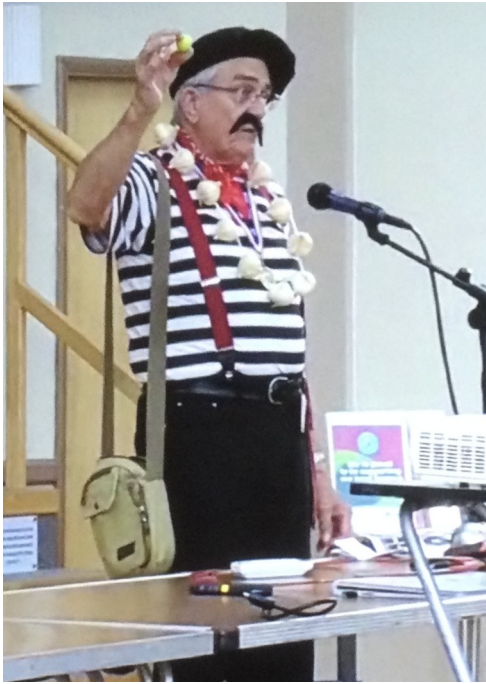
Distance is just over 5 miles, 2 1/2 hours. Lunch afterwards at the Hidden Oak Cafe on the Sidmouth Road, A3052

Start at 10.15 from the free car park in Newton Poppleford. Email gill.sole@yahoo.com to join the walk and the Walkers Group list.

Pétanque

For information and to satisfy the curiosity of non-boule lobbin u3a members, our active and (dare I say, highly successful) interest group is casting quite a large ripple in the local world of Pétanque!

The group meets weekly, throughout all twelve months of the year, generally gathering at 11.00hrs on Fridays unless the weather dictates otherwise! Our customary venue for practising the "dark arts" of playing the "Iron Ball Game" is in the beautiful and serene gardens in the centre of Cullompton town, behind the historic Walronds House.



The group usually play the addictive sport of Pétanque for two hours, finishing in time for lunch. Frequently another two hours session takes place during the afternoon, from 2.00pm. Anyone wishing to try their hand at mastering the accurate flight of projecting a 700gms steel ball over between 6 metres to 10 metres, aiming to end up close to the target "Jack", is most welcome to come along to join our group for a taster session. We have spare boules available for "beginners" and are always on the lookout for new players!

It is pleasing to report that several of our group have taken up the sport as a regular pastime, joining local Devon / Somerset registered Pétanque Clubs and competing in the Devon and Inter-Regional League contests, happily with an impressive level of successful achievements! Thus, truly fulfilling the aims and objects of the U3A movement, to Learn, Laugh, Live!

If you came to this year's crowded AGM in the Willand Hall, you would have seen a comical short presentation by the Onion Seller pictured below, who was imported specifically for the occasion in order to promote the lighter side of our interest group's activities! Yes, we have great fun, being active out in all weathers, enjoying good company in open air, peaceful surroundings.

Come and join us. Phone Richard Taylor - group organiser - on 07816 337456.

Live Jazz Music Appreciation

invite all CV u3a member's to come up the Culm Valley to Uffculme, next Wednesday evening, 15th October, to join us for a great evening's live Traditional Jazz music played by the talented musicians who perform as "Gordon's Algiers Strutters Jazz Band".



This month the main theme will centre on the annual traditional celebration of EVERYONE'S Birthday, all done on this one day of the year, to clear the decks, as it were! AND the word is out that THERE WILL BE CAKE for all ! So come and have some FUN !

October Live Trad Jazz Music in the Culm Valley on Wednesday 15/10/202



GORDON'S ALGIERS STRUTTERS featuring Dave Martin, Terry Williams, Charlie Hearnshaw, John Baker, Colin Fulcher & Brian Clark.

Venue: Magelake Pavilion, Magelake, Bridge St, Uffculme EX15 3DP.

Doors 6.45 for 7.30pm. £10 cash only,
Seats booking advised - phone Jane Mulholland - 07799 014173
or email - gordonsjazzclub@hotmail.com
Bar, free parking, disabled access.

Kind regards and best wishes, Richard Taylor M: 07816337456

Medical Detection Dogs Appeal Update



Patron: HM The Queen

Those who attended our July meeting may be interested in the news from Medical Detection Dogs about the success of the urgent appeal which the charity was running when they spoke to us.

“We launched an urgent appeal in the summer to raise funds for our bowel cancer project and other life-saving work. We needed to raise just over £130,000 to cover things like sample preparation, staff costs, running a mock trial to ensure the dogs were fully trained and the full, double-blind trial.

We are delighted that we have now reached this total and are able to progress to the full bowel cancer trial, as well as train and place even more Medical Alert Assistance Dogs.

We know that many of you donated to this appeal and are extremely grateful, thank you.”



Interest Groups information

Group	Contact Please click on name to email	Venue, Day & Time
Art in Action	Rachel Kingdom	2 nd & 4 th Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Beginners Spanish	Josy Tidmarsh	Weekly at The Bakehouse, Cullompton
Beginners Jewellery	Julie Murphy	Contact Julie
Boules/Pétanque	Richard Taylor Mobile: 07816337456	Every Friday 11:00 and 14:00 Weather dependent
Bridge	Maggie Lambert	2 nd , 3 rd & 4 th Thurs of the month 14.00-16.00, Club room, WVH

Group	Contact Please click on name to email	Venue, Day & Time
ITCG (Computers/IT)	Andy Arnold	1 st & 3 rd Wednesday each month at 15:00 The Hayridge, Cullompton
Colour Pencils	Sue Hooper-Lawrie	1 st & 3 rd Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	Linda Arnold	1 st & 3 rd Wednesday each month 9:30 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	3 rd Tuesday each month 14.00
French Conversation	Sally Graham	1 st Monday each month at 11:00
French Conversation #2	Julie Murphy	2 nd and 4 th 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	2 nd Wednesday each month 10:30 to 12:30 Hayridge Centre
History	Alison Waple	3 rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor 07816337456	Contact Richard
Mahjong	Jean Turner	2 nd Monday each month 10:30 to 12:30 Club Room, Willand Village Hall
Mixed Media Art	Annie Forster	Kentisbeare Village Hall 2 nd and 4 th Wednesday each month. 9:30 to 12:30
Photography	Sue Childs 07398 686612	Last Monday each month
Quilting	Linda Arnold	1 st & 3 rd Tuesday each month 9.30 to 12.30 - Committee Room,

Group	Contact Please click on name to email	Venue, Day & Time
		Willand Village Hall.
Quizzing	Martin Newman	1 st and 3 rd Friday each month at 11:00 - Willand Village Hall
Reading	Sally Graham	3 rd Thursday each month, 14:30 upstairs at Cullompton Library
Sewists	Yvonne Doherty	Contact Yvonne for more information
Soloists (But not alone)	Jenny Day 01884 840786/ 07770 985840	Contact Jenny
Strollers 1 & 2	Elieen Turner & Jackie Sim	2 nd Tuesday each month @10:30 4 th Tuesday each month @10:00
Theatre/Cinema/Music	Daphne Dowsing Carole Eden	Contact Daphne or Carole
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
cvu3afinance@gmail.com	Judy Morris
cvu3abussec@gmail.com	Paula Rees
cvu3agroupscoord@gmail.com	Sue Hooper-Lawrie
cvu3amemsecretary@gmail.com	Alison Waple
marian.luck@beacon.u3a.org.uk	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.

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@librariesunlimited.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?](https://lu.imil.uk/Account/LogOn?ReturnUrl=%2fbookings)

[ReturnUrl=%2fbookings](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, are happy for large groups to meet there. 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.

Kentisbeare Village Hall, EX15 2AA Contact Melanie on email –

villagehall@kentisbeare.net the Booking Secretary.

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