

CVu3a UPDATE

Edition: Seventy-Seven– May/June 2026

Editor: John Hayton. **Contact:** Johnhayston1@gmail.com

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

May Speaker

Marylyn Bishop gave a fascinating and very enjoyable talk, together with slide show, about Beryl Cook, (1926-2008). A celebrated British artist, renowned for her distinctive, humorous paintings depicting the everyday lives of ordinary people. Born in Egham, Surrey, Cook worked in various jobs before discovering her talent for art later in life. She began painting in the 1960s after moving to Plymouth, where the vibrant local culture inspired much of her work. Cook's style was instantly recognisable—her subjects, often plump and cheerful, captured moments of joy, conviviality, and sometimes cheeky mischief. Her paintings frequently featured scenes in pubs, clubs, and parties, reflecting the warmth and wit of British social life.

Despite achieving widespread popularity, Cook was famously shy and avoided the limelight, preferring the comfort of her home studio. She never formally trained as an artist, yet her work found enthusiastic audiences, leading to exhibitions across Britain and even abroad.

Beryl Cook's legacy endures not only through her art but also through the joy and humour she brought to everyday scenes, making her one of the most beloved contemporary artists in Britain. Her work continues to be displayed in galleries and cherished by collectors, celebrating the quirks and pleasures of ordinary life.



Next Monthly Meeting



Iona Abbey

I will tell you some of the history of the island, of the formation of the Iona Community and my life living and working there. My talk will be accompanied by many photos of this beautiful place.' I do hope you can join us to hear more of this fascinating story.



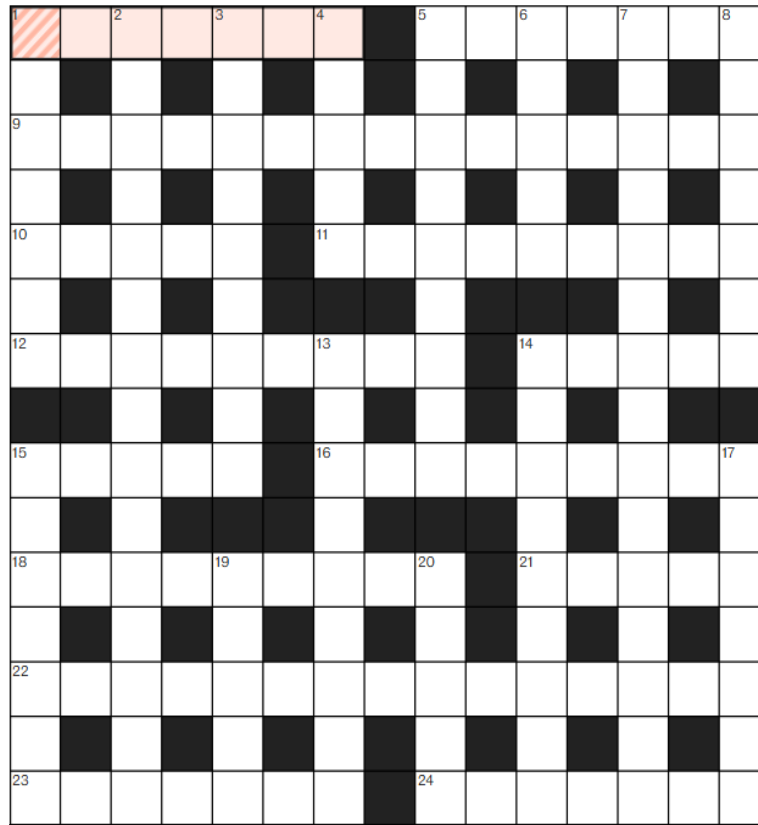
On 4th June our speaker is **Christine Redhead** talking to us about **Iona, Pilgrimage or Quest?** Some of you may know Christine as she was secretary of Exe Valley u3a until moving to Willand in 2025. Whilst Christine is still a member of Exe Valley we're delighted that she's also joined our group and is here today to tell us about her time on Iona.

In Christine's own words: 'In 2001 I gave up my career as a Primary School teacher and lived for a while in an old motorhome, exploring England, especially its cathedrals, and ending up living and working on the Isle of Iona in the Inner Hebrides.'

Please Keep Saving Your Stamps

Please remember to save your stamps and bring them along to the next monthly meeting. They will be collected and sent off to the Royal National Institute for the Blind.

Cryptic Crossword April 2026



**Solutions on
page 16**

Across

- 1 Memorised - close to the core (2,5)
- 5 Disneyland is a nasty attraction, highly expensive in midsummer. I would initially avoid going there! (7)
- 9 Quick drawing shows shark catcher etc (9,6)
- 10 Last two of a dozen attempt to gain admittance (5)
- 11 Frenchman in tune. Fanatic enjoys a snack (6,3)
- 12 Extended picnic (6,3)
- 14 A venue, a near riot breaks out (5)
- 15 Ready for battle in a hospital dept (5)
- 16 Hal rebelled (5,4)
- 18 Does a farmer hope for this old school punishment when he plants corn? (1,5,3)
- 21 The drain is broken down at the bottom (5)
- 22 Where buttons are pushed and wallets are emptied? (9,6)
- 23 Digital grip needed to understand this problem (3,4)
- 24 Strange fellows add Tango to create a remnant (7)

Down

- 1 Containers. American pales reportedly (7)
- 2 George's horrible habitat (10,5)
- 3 Whatever the tariff whatever happens (2,3,4)
- 4 Vocal piece can be rearranged to form sacred emblem (5)
- 5 Scottish town came together to form a team (3,6)
- 6 Is it a thankless task, holding this bone? (5)
- 7 A French alliance? (7, 8)
- 8 Mum's holding headwear for Gandhi! (7)
- 13 Recovering, tailor's work in progress (2,3,4)
- 14 Sara or Don prepared a stick with magical powers (6,3)
- 15 80's pop singer or Garden dweller and insect? Sure! (7)
- 17 Art seen around grave (7)
- 19 Belief system requires manipulation of right code (5)
- 20 Originally, risk altered the investment order in proportion (5)

News from Interest Groups

To find contact information and meeting details please see the Interest Group Information section further on in this newsletter.

Walking

April 16th Walk

This walk, led by Diana Shepherd and Valerie Hoar, was about 4.5 miles. Starting at the Culm Valley Inn, Culmstock. Mainly level walk, on fields and road, towards Uffculme, then back along the river path. Slight ascent and then descent. No stiles, a few gates and steps over 2 bridges. Meal at the Culm Valley Inn afterwards. Ideal!





May 21st Walk - Clatworthy Reservoir

Meet at 10 for a 10.15 start. Clatworthy Reservoir Car Park TA4 2EJ

Angie Cheshire will lead our next walk around Clatworthy Reservoir which will be familiar to many of you, but for our newer members the reservoir is a peaceful escape into the heart of the Brendon Hills. It is a gentle circular route on well-defined paths with constantly changing views of water, woodland and open countryside. The full circuit is 5 miles and can take 2-3 hours, depending on pace. There are a few gentle inclines, but nothing too demanding. Benches appear along the way, perfect for pausing to enjoy the stillness and fresh air and a banana break. Rather than a pub lunch we will also stop towards the end for a picnic lunch to make the most of the beautiful surroundings.

The ancient settlement of Syndercombe was flooded on the creation of the reservoir. It was created between 1959 and 1960 and officially opened in July 1961 by Princess Alexandra of Kent.

Car sharing arranged via our WhatsApp group but please confirm if you're planning to join us.

Email gill.sole@yahoo.com for more details

Quizzing

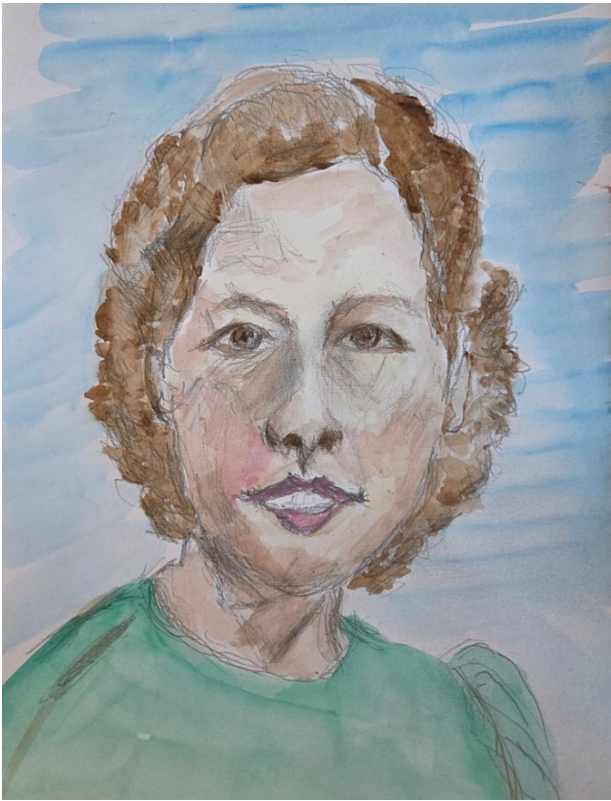
At our April meeting Judy and Linda gave us plenty of variety with questions on Science, History, Geography, Connections, April and Body Snatchers. One fun question, to which none of us got close to the answer was: in which year did the last widow of an American Civil War veteran pass away? The answer: 2020 (a 17-year-old married a veteran in his nineties in the 1930s, and she died aged 101). Most of us were about 100 years out.

Group contact information and meeting details in the Interest Group Information section further on in this newsletter.

Art in Action

Still life and Portraiture have been the art focus this last month. Can't let you see all the portraits due to ongoing litigation.





Quilting

This past month has seen a beautiful selection of completed projects, as well as others continuing in their progress.

In the coming weeks, some members will be embarking on work, using different types and techniques of appliqué work. Some amazing samples were shown to the group by our tutors. No doubt they will inspire more great pieces of work within the group of experienced and not so experienced quilters.





Petanque (The Iron Ball Game)

Members of this active, outdoors sporting interest group, which meets weekly on Friday mornings / afternoons in most types of weather, elected to celebrate the first day of May by car sharing to indulge in “lobbin” their heavy metal boules on the specialist terrain located at The Basins, behind the Wellington Sports Centre, where a beady-eyed Heron maintained close observation of our activities, accompanied by ducks, waterfowl and a squirrel! A very relaxed environment - therapeutically most enjoyable!

After three highly competitive games, the group adjourned to take a convivial, light lunch at The Iron Duke (Wetherspoons) public house, located in the centre of town.

[No inspirational pics were taken to record this jovial occasion, but I attach a view of the peaceful location of the Wellington terrain, to possibly trigger readers’ interest.] Members overwhelmingly voted to repeat the experience, ‘err too long!

NB: We welcome new players, so if you think you would like to give this FUN sporting activity a try, you will find contact information and meeting details in the Interest Group Information section further on in this newsletter.



CRAFT

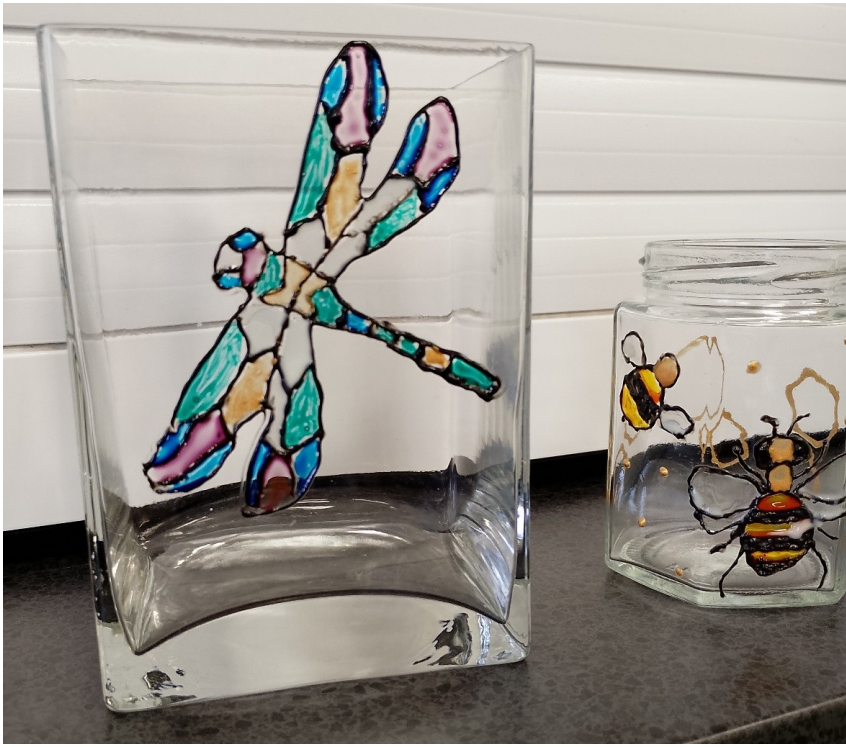
We last visited Glass Painting in 2023 and as we had lots of paints left it seemed only right to have another go.

I think it is fair to say we were a bit rusty, especially drawing the outlines for our ‘creations’, but we did manage to create something by the end of the session.

I had only done flat glass pictures before where the glass paint stays where you put it within the Cerne relief outline. I hadn’t realised that on a curved object, as in the Tea Light holders, each time I turned the glass the paint ran, bunching it up at one side. I think doing one bit and letting it completely dry before rotating the object might help!

As the saying goes “More Haste, Less Speed”

Lorna



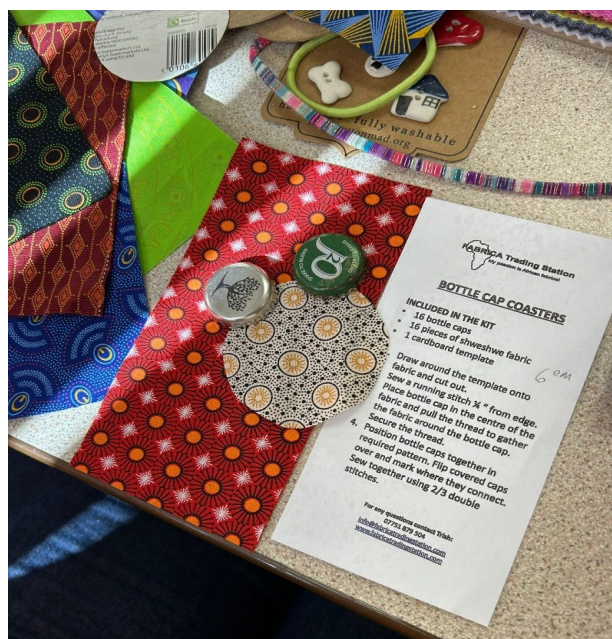
The Sewing Group

Another busy and cheerful sewing group session this week, with sewing machines humming, scissors snipping, and plenty of chatter and laughter around the room! This time we were also delighted to welcome an additional new four-legged friend to the group, who seemed very interested in supervising everyone's sewing projects and made themselves quite at home amongst the fabric and thread.

There was a lovely variety of projects being worked on once again. Some very creative bottle top coasters were taking shape, proving that even the smallest items can become something both useful and decorative. Blouse making was well underway too, with fabrics, patterns, and plenty of careful measuring spread across the tables. Alongside this, more patchwork pieces were being cut out ready for future quilts and projects, while others were busy tackling those ever-growing piles of mending jobs that somehow never seem to disappear!

As always, one of the nicest parts of the group is seeing everyone sharing ideas, helping each other with tricky bits, admiring each other's work, and enjoying a catch-up over a cup of tea while the creativity flows. No two weeks are ever quite the same, which is part of what makes the group such a lovely place to spend time.

Group contact information and meeting details are in the Interest Group Information section further on in this newsletter.



Music

U3A Ukes & Co

The ukulele is a much-misunderstood instrument. When family members find out someone is going to take up the ukulele, it is like learning your child has taken up the drums! However, once you realise that not all ukulele players want to play George Formby and that it is easy to get a melodic tune from it, you may even be encouraged to join us!

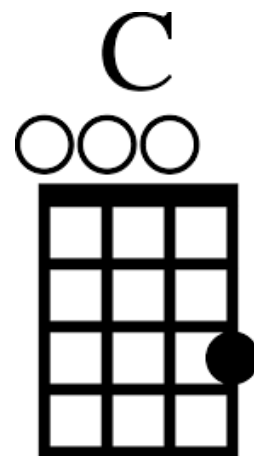
Learning a ukulele is so much easier than you might imagine. Firstly, we do not read music - we just have the chords. Secondly you only need to learn four simple chords before being able to play a host of music. Thirdly, we do not take ourselves seriously. If you play a wrong note - so what, if you forget what to play, just mime it.

From personal experience I can tell you that being able to play an instrument at my age has given me a sense of achievement and opened a fun new world to me.

Come along and join us on a Thursday morning we have different instruments you can try. All you need to bring is a sense of humour.

What burns faster, a ukulele or bagpipes - who cares!

Sue Childs



The first chord to learn, only three more to go!

3

Photography

The group travelled to Holwell Lawn in Widdecombe this month. A big thank you to Trish who drove most of us to reduce costs and congestion in the village.

The weather was glorious and we were hoping to be greeted by a wonderful display of bluebells. Unfortunately, although they were in bloom in many other places, there was only a sparse offering on the day, as you can see in the group photo. Despite this we managed to find a number of things to photograph, and this month's competition should have a variety of different subjects taken on the day.



Following our walk, we discovered the village café was closed, so had no choice but to visit the local pub!

Peter Williams was the winner in the monthly competition with his photo of the stained-glass window in Honiton Museum, the venue for last month's meeting. Congratulations to Peter for his second win since joining the group.

Next month we will be visiting the National Trust property at Knightshayes near Tiverton.



Jazz Appreciation



Magelake,
Uffculme
EX15 3DP

7.30 - 10.00
Doors open 6.45

3rd Wednesday of
every month

£10 door charge
Cash only

Bar
Free parking

20TH MAY 2026

TRUDGEON'S

Trad. Jazz

TROUBADOURS

ANY QUESTIONS?

or to reserve seats (not essential, but a good idea!)

Please phone Jane on 07799 014173 email gordonsjazzclub@hotmail.com
or go to our Facebook page 'Gordon's Algiers Strutters'

An invitation to CVu3a members who might enjoy a local evening out, listening to live jazz music, performed by talented musicians, in convivial surroundings namely the Magelake Pavilion, in Uffculme!

Please make your way to the Magelake Pavilion on the east extremities of Uffculme village, where you will find the Gordon's Jazz Club, open from 6.45pm on Wednesday 20th May!

Our group members look forward to other Culm Valley u3a members joining us for an enjoyable, foot-tapping evening.

See you there. 'Tis great Fun!

Group contact information and meeting details are in the Interest Group Information section further on in this newsletter.

Discovery Days

Next event: Friday 12 June – Fursden House (local outing please car share)

We're hoping for a sunny afternoon for a guided tour of Fursden House, Cadbury, Exeter, EX5 5JS.

- **Arrive:** 14:00
- **House tour:** 14:10 –15:05
- **Garden time:** afterwards (weather permitting)
- **Cream tea:** 16:00pm (or earlier) at the Coach Hall
- **Cost:** £19.00 per person (house tour + cream tea)

A few places are still available
It is self-drive/car share, if you
require a lift please let Paula
know.

To reserve a place: please see contact information in the Interest Group Information section of this newsletter.

Save this date

Thursday 24 September - Coach Trip to Kents Cavern

- Bespoke tour of the cavern
- Agatha Christie-themed coach tour of Torquay
- Guide will cover Agatha Christie's life story, including her archaeological interests
- Full details and costs will be confirmed once the coach booking is finalised.

Group contact information and meeting details are in the Interest Group Information section.

Outsmarted

This is a board game that is like a TV Quiz Show. It's a fun quiz game with a long list of question categories to choose from, making each game different. We each play from the comfort of our own home, on an App. 6 can play at any one time, with the day and time being put out on our WhatsApp group. Each member gets to choose a question category when confirmed in the game.

We have been playing for a couple of months now and have had a lot of fun and many different winners! Anyone can join the group. Group contact information is in the Interest Group Information section on following pages.

Interest Group 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	Please Contact Julie
Bridge	Maggie Lambert	2 nd , 3 rd & 4 th Thurs of the month 14.00-16.00, Club room, WVH
Coloured Pencils	Sue Hooper-Lawrie	1 st & 3 rd Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
Craft	Lorna Knowles	1 st & 3 rd Wednesday each month 10.00 to 12:30 Committee Room, Willand Village Hall
Creative Writing	Hazel Newman	3 rd Tuesday each month 14.00
Discovery Days	Paula Longden	Various

Group	Contact Please click on name to email	Venue, Day & Time
Dog Walkers	John Hayston	Contact John for more information
French Conversation	Sally Graham	1 st Monday each month at 11:00 -12.30
French Conversation #2	Julie Murphy	1 st Monday each month 15:00 to 16:30
Gaming	Jean Turner	1 st 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, Cullompton Library
History	Alison Waple	3 rd Thursday each month plus various other days
Jazz Appreciation	Richard Taylor Mobile: 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 Last Wednesday each month. 9:30 to 16:30
Music	Sue Mobile: 07398 686612	Every Thursday morning from 10:00 at Willand Village Hall in the Annex
Outsmarted	Sue Hooper-Lawrie	We stay in our own homes and meet on various days and times!
Pétanque	Richard Taylor Mobile: 07816 337456	Car park at the CCA Fields Every Friday 11:00 and 14:00 Weather dependent
Photography	Barry Wilson	Last Monday each month
Quilting	Linda Arnold	1 st & 3 rd Tuesday each month 9.30 to 12.30 - Club Room, Willand Village Hall.
Quizzing	Martin Newman	1 st and 3 rd Friday each month at 11:00 Club Room, Willand Village Hall

Group	Contact <small>Please click on name to email</small>	Venue, Day & Time
Reading	Sally Graham	3 rd Thursday each month, 14:30 upstairs at Cullompton Library
Sewists	Yvonne Doherty	2 nd Wednesday of each month, 9:30–12:30 Willand Village Hall
Soloists (But not alone)	Jenny Day Tel: 01884 840786/ Mobile: 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
Walkers (4-6 Miles)	Gill Sole	3 rd Thursday each month a/m
Wine Appreciation	John Hayston	Please contact John for more information.

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

Cryptic Crossword April 2026 Solution

T	N	E	M	D	D	O	D	L	O	H	E	O	T
S	L	O	I	N	D	S	N						N
E	D	A	R	C	A	R	T	A	R	E	M	S	A
N	I	S	A	V	M	R	O						M
R	D	I	N	A	R	E	A	R	K	C	H	I	A
A	R	O						H					D
E	S	R	O	R	O	D	T	U	D	E	A	R	A
	C	A	E	N	T	E							
A	N	A	R	E	A	T	O	U	T	A	D	E	S
M	T												P
T	U	N	Y	K	E	N	O	M	Y	R	T	R	B
A	E	L	U	E	N	R							T
H	C	T	K	E	S	R	E	T	C	A	R	A	C
A	N	N	Y	O	T	E							U
M	E	A	N	A	T	A	R	E	A	H	E	Y	B

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
cvu3abeacon@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.

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