

CVu3a UPDATE

Edition: Eighty– Aug/Sept 2026

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Contact: Johnhayston1@gmail.com

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

Notice

The Culm Valley u3a Annual General Meeting will be held at the start of the next monthly meeting on Thursday 3rd September 2026. If you have anything you would like included on the agenda please email it to Business Secretary, Paula Rees by Saturday 15th August.

There are no roles, on the committee, being vacated this year.

Culm Valley u3a Executive Committee

August Speaker

Mick Harrison, Cyber Protect Officer for Devon & Cornwall Police gave an extremely interesting and pertinent talk on how to stay safe online, dealing with purchases, legal business and all the other things we deal with online or on our phones & computers.

Always remember **ABC**, NEVER **A**ssume, NEVER **B**elieve and ALWAYS **C**onfirm.

If a phone call or email arrives out of the blue, treat it as being NOT for you!

Never share your passwords, which need to be 12 characters or more, a different password for each account. Strongest passwords are 3 words together e.g. "ExeterSunGreen" Keep passwords in a safe place locked away.

Mick was very clear about how we keep ourselves safe online and advised the following:-

Use 2 step verification, when possible, i.e. your password and fingerprint or SMS text to verify.

Always install Microsoft Updates, they include up to date protection from spam, phishing and all the other electronic scams. You do not need any other security software apps on your computer/laptop as long as you always download and install these updates. You do not need additional security on mobile phones or tablets either.

Make sure your anti-virus & firewall are turned on, and use an external hard drive or USB stick to

back up your data.

Do not trust call centres, beware of using public wi-fi it can easily be hacked.

Do not trust QR codes they can send you to a scammer site.

Check your privacy settings and social media settings to best effect.

Dial 159 for your bank's fraud department, do not trust phone numbers in emails or text, they could be a set up by fraudsters.

Text 7726 if you receive suspicious text's

Follow these rules to stay safe from fraudsters.

IF YOU ARE UNSURE about your online safety contact AbilityNet

Website: <https://abilitynet.org.uk/>

Ring: 0300 180 0028 or

Email: enquiries@abilitynet.org.uk.

3rd September (after AGM)

Mission to the Moon - Ken Kelly

When Neil Armstrong walked on the moon in July 1969, almost 400 people across America helped him get there! Ken has studied the US and Soviet space programmes extensively, visited Mission Control Centre in Houston and corresponded with astronauts from that period and will shed light on some of the men and women behind this giant leap for mankind





Monthly Meetings

Please note that for the rest of 2026 we have reinstated the charge of £2.00 per person attending a monthly meeting. From February 2027 the charge will be £1 per person.

New Speaker Co-ordinator needed for Speaker Programme

Gill Sole is now stepping down from the Speaker Co-ordinator role. Over the past 4 years we have been very well served by Gill Sole, who has provided us with a wide variety of interesting speakers, introducing us to a wonderful assortment of subjects and topics.

We are planning how best to continue with our speaker programme for our monthly meetings and are pleased to announce that 2 members have stepped forward to work together. We would ideally like another one or two members to join Trisha Luxton and Yvonne Doherty. With a small team of 3 or 4 the load is spread, meaning one person isn't carrying the entire load. Please consider this possibility, as we believe it is the way forward to keep our monthly meetings running. If you are interested please contact any committee member (contact emails are at the back of this newsletter).

Gill has kindly provided this information about the role -

The speaker slot at every u3a monthly meeting is a treasured tradition and the focal point which draws our members together at Willand Village Hall to meet, chat, listen and learn. Topics are varied and the speakers range in experience from those on the professional circuit to the enthusiastic and courageous member who offers to share their lived experience with us. All are equally appreciated and make for a varied programme with, hopefully, something for everyone throughout the year.

The role roughly divides into two parts -

- selection of speakers from a variety of sources available* and written confirmation of each engagement,
- introducing speakers at the monthly meeting and giving thanks at the end

* Speaker databases for SW Region/recommendations from members etc/submissions to our website.

Do contact me on email gill.sole@yahoo.com with any questions you have about the role.
Thanks, Gill

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.

News from Interest Groups

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

Quilting

The last session before our summer break went down well. Several of the group made a little quilted pyramid knapsack thingy. This was under the guidance and supervision of our leaders. They always manage to come up with some great ideas, for projects large and small, often involving a new technique that many have not tried before. And as is usual, some of the ladies carried on diligently with their 'current, or ongoing' project.

After the session, we went to The Bakehouse, in Cullompton for an end of term lunch. We had the back room to ourselves, which was lovely, enjoyed our lunch and had a good chit chat.

Our next collective project is going to be a table runner - and depending on what fabrics each person chooses, it may be for the Christmas dinner table or maybe for regular everyday use. The design will be interlocking hexagons. Look out in the future newsletters to see the progress and how different everyone will look.

We will resume our sessions on Tuesday 1 September at 9.30 - so if you fancy joining the group, please contact Lin (details below) for more information. You don't have to be a serious qualified quilter, but it helps if you know your way around a sewing machine and which side is up of a sewing needle!

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 Club 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.





Art in Action

Recently group members have been creating art works using palate knives and credit cards, also pressing on with individual projects, Sue Worthington has been busy producing cards for charity see below for a sample of what has been produced.

Next month we have a challenge set, which is to create a Paul Cézanne painting. Should be fun.

We are also planning a visit to the Tiverton Art Society Art Exhibition, see below, open to the public admission free, recommended, excellent talent there.

Tiverton Art Society
ART
EXHIBITION

CASTLE PRIMARY SCHOOL
 BARRINGTON ST, TIVERTON EX16 6QR

AUGUST 8th - 15th 2026

 10.30am - 4.30pm daily
 Excluding Sunday - closes 2pm last day

 Parking Available - Disabled Access
 Free Entry







Threads & Yarns

The last session of the season saw a new member join the group, who was working on a friend of Luna Lapin (a well-known rabbit/hare character). Watch this space in future editions to see how he/she turns out.

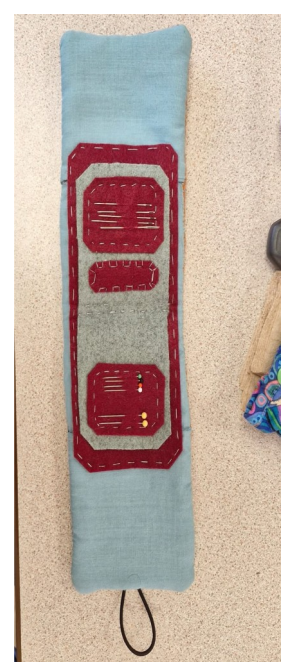
There was also some beautiful hand stitching on show this month, in the making of a needle case. The style of stitching is Japanese in origin and is called Sashiko - meaning 'little stabs' - it was originally created by working-class farming and fishing communities out of practical necessity to mend and add warmth to clothing.

Hetty, the supervisor was putting her foot down this month and in her capacity as Quality Controller, decided to sit on the job, whilst scrutinising the quality of this stitching! (See pic)

Whether experienced or not - if you enjoy sewing, knitting, crochet, or any other creative activity, using threads or yarn, why not consider joining our helpful and friendly group?

The next meeting will be on Wednesday 14th October. at 9.30am – 12.30pm Willand Village Hall – please note there is NO GROUP MEETING in August or September.

We currently have spaces available so if you wish to join please contact Yvonne.



Creative Writers



The pictures we collect and the photographs we keep give a record of who we are and where we come from. Most of us have photos of people we can barely remember as well as some of our most cherished memories. Loved ones who have gone before us; special animals we have loved; and images of ourselves from childhood onwards. Favourite paintings or prints; each picture tells a story.

Hazel gave a vivid description of some of her ancestors who are displayed in the original frame on a wall in her lounge. The mahogany frame is probably 150 years old. 'Each of the nine portraits is painted on an oval of finest porcelain, which gives them a delicate, almost translucent look.' The picture comprises nine of her ancestors.

Ernst, pictured as a baby in a white dress with a blue bow at his neck, was born in 1872 so perhaps this was the date when the family portraits were framed. Ernst died when Hazel was seven. Hazel's great grandparents, David and his wife, Susette, are with Ernst in the centre, and the other six children are lined up on either side of them. On the left, next to his mother is Max aged five, in his blue velvet suit, with his sailing boat; a sickly boy who died aged 13; Alice, aged ten is next to Max. She is wearing a white dress with blue trimming, drawing; and beside her at the end of the line is Adolph, aged nine. He has a book and will follow his father into the world of finance. On the other side, next to her father is Evelyn, a sweet girl aged four in the picture. She has pink trim on her white dress and flowers in her lap. Next to her is Paul, aged seven. Last, on the end is Olga, aged eight, with long blonde hair tied up with a blue bow, and holding a bouquet. David and Susette went on to have thirteen children; Hazel's grandfather was child eleven of thirteen.

They do say that 'every picture tells a story, But this picture of Hazel's family contains many stories of these long-dead children. There is a wealth of family history within that frame. Chris gave us an unusual thought with her memories of a large sepia photograph of her grandmother, Eleanor, who died when her own daughter, Elsie was just three. Eleanor remained forever the young wife and mother in the photo, trapped in time and in that frame. Neither Elsie nor her daughter, Chris, knew Eleanor, who remains a mystery. Throughout the years we collect pictures and those we love most travel with us on our journey from home to home. For Chris, her favourite pictures are stored in bubble wrap, waiting to be unpacked when she moves again. However, I suspect those same images remain clearly in her mind so travel with her.

Pat took this idea of pictures in our mind further with a conversation between William and his grandfather. The grandfather was describing the difference between imagining the characters of a book and the watching of a TV adaptation or a film of it. I am usually disappointed when I see a film of a book I have read. So much of the detail is cut and the characters don't look like the characters I have imagined. When we read, our imagination supplies our own pictures and the voices of the characters. And as William's grandfather explained, our imagination, which gives us our own pictures, is far better than someone else's interpretation. Such is the power of reading. Sue gave us a rather complex plot. After their dad's death, his children, Saffy and Ben had the

task of finding official documentation of his life. Sifting through old photographs they spotted a likeness between a young woman and their dad. But they could not find any record of his birth. The arrival of a close family friend, Grant unravelled the mystery. Their dad was in fact their mum who had always felt trapped in the wrong body. With her childhood friend, Grant, assisting with a turkey baster, she gave birth to Saffy and later, using the same method, Ben. From then she disappeared slowly, morphing into their beloved Superdad. So, they were mourning both their beloved dad and their mum who had disappeared soon after their birth. Only Sue! We lack her incredible imagination.

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Shared Story Part 3 – Pat A Lonely Life

Although Sid had chosen a life of isolation, he was not without knowledge – of both animals and humans. The guards had a very narrow perspective of who or what Sid was, and his capabilities. The government minister, whose department allowed the lighthouse to be occupied knew full well the skills of the retired crab fisherman.

Taking rides out on Sid's crab boat was as good a secret meeting place as any clandestine get together on land. But for the moment the guards had landed him with a project he wasn't expecting. While searching for any possible help his first aid kit could provide, Sid pondered how he might turn the situation around.

Sid's knowledge of seals as a fisherman was far better than your average bloke. He also knew that getting the kilos of herring necessary to feed the pup was not going to happen without help. And without its mother's milk the pup needed sustenance to build up reserves.

The main form of communication from the lighthouse was by radio. He was aware his 'neighbour' would be able to listen in, but these days he was either talking to them or the mainland for supplies.

Sid made the call to Jake – a fisherman of his acquaintance. The problem was explained and delivery was duly arranged. He knew the listener in the control room of his neighbour would know what to do and inform the guards of the delivery.

oOo

We will try to conclude the story next month.
The Scribe – LJRM

Photography

This month the group was treated to a cream tea, which was very kindly provided by Dave and his wife Pam, with help from Barry's wife Sarah. We enjoyed a glorious summer's day and spent the morning showing some of our favorite photos and explaining where they were taken and why we liked them. There were some fantastic photos displayed including an underwater shot of a jellyfish, a nighttime London sky scene, a Menorcan sailing ship, a family memory from the beach, a Menorcan sunset, a shot of Manley Bridge on the Tiverton canal reflected on the water, and a number of shots of birds of prey.

Peter won the monthly competition with his photo of Minnow Trish's dog at the dog agility session and is shown with the trophy.

Next month we are looking forward to welcoming two



new members when we meet at Exmouth and are hoping for fine weather again.



Walkers July's walk

It was a small group of regular walkers, much reduced from our normal crowd due to holidays and heat, who met in Newton Poppleford for Sarah's choice of route, a lovely 5.5-mile circuit through Venn Ottery and Tipton St John. Deciding against a picnic by the river (no chance of shade there) we opted instead for a pub lunch at the Golden Lion in Tipton which proved an excellent choice and one to return to in future.





Be More Dog

When loved ones come home, run to greet them;
Never pass the opportunity for a joy ride. Allow
the experience of wind and fresh air in your face
to be pure ecstasy, rather than an inconvenience;

Take naps;

Stretch before rising;

Run, romp, and play daily;

Thrive on attention, and let people touch you;

Avoid biting when a simple growl will do;

On warm days, stop to lie on your back in the
grass;

On hot days, drink lots of water and lie down
under a tree;

When you're happy, dance around and wag your
entire body;

Delight in the joy of a long walk;

Be loyal;

Never pretend to be something you're not;

If what you want lies buried, dig until you find it;

When someone is having a bad day, be silent, sit
close by, and nuzzle them gently.

Be more dog."

Found this gem, "**Be More Dog**" in Venn Ottery, Church entrance notice board.

Walkers August Walk

The next walk on August 20 10am start - Otterton Mill and SW Coast Path

This 4.5-mile circular walk from Otterton soon joins the dramatic SW Coast Path heading North towards Budleigh Salterton via Brandy Head, turning inland at the Otter Estuary and returning to the Mill for lunch.

Anyone interested in joining the group please contact gill.sole@yahoo.com.

Jazz Music Appreciation

There's always live jazz music being played in and around this wonderful County of Devon, where we are fortunate to reside. CV u3a Members may feel free to contact me for current information on where there are live performances happening locally and further afield, on any day of the week! We are blessed with many very talented musician residing throughout the Southwest, so it behoves us to gird up our loins and get out there to hear their music! There is a monthly Southwest Jazz Diary published, which I will be happy to forward to anyone requesting a copy.

Closer to home, in the rural village of Uffculme, at the Magelake Pavilion, the Gordon's Jazz Club will be hosting the "Gordon's Algiers Strutters Jazz Band" who will play from 7.30pm on Wednesday next week, 19th August.

NB: The venue at Magelake Pavilion offers spacious FREE car parking and a modern auditorium with competitively priced, well stocked Bar, with seats and tables that can accommodate 80+ and still leave room for dance enthusiasts!

Hope to see you there, on another summer's evening, with the eclipse long gone !

Petanque

Here is an inspirational piece by the Buddhist author, Sando Kaisen about the “Zen of Petanque” that may inspire some more CVu3a members to try their hand at lobbin Boule!



“For me, pétanque is more than a game, more than a sport and more than a competition.

It is a fabulous opportunity to develop exceptional qualities as a person and allows players to communicate better with the world and, above all, with themselves.”

France currently has 400,000 licensed pétanque players and just as many Buddhist practitioners.

What is the connection between these two disciplines? Sando Kaisen, a French Zen monk, provides the answer to this question in this original book. A supporter of top-level players whom he considers to be true artists, and a keen observer of major national and international competitions, Sando Kaisen has developed an original perspective on this popular game, which originated in La Ciotat at the beginning of the century.

In light of the great teachings of Zen Buddhism and his personal experience, Sando Kaisen introduces us to the main aspects of the “body-mind” that manifest themselves in the pétanque player “emotions, stress, mental disturbance, desire to win. However, it is through proper concentration (both peaceful and dynamic), forgetting the “body-mind”, making it lucid by entering into the great Presence, focusing on the inner breath, that the pétanque player – like any human being – becomes alive, creative and spontaneous, drawing on the natural momentum that dwells within each of us.

Sando Kaisen develops these different aspects - attention, lucidity, presence, posture, breathing; all words familiar to boules players and Buddhists who, without knowing it, come together in the field of self-knowledge.

In the tradition of Eugen Herrigel's famous book Zen in the Art of Archery, Sando Kaisen's treatise elevates pétanque to the rank of an ethic and reveals the astonishing parallels between the arena of the game and that of our own minds...

Sando Kaisen, Alain Krystaszek was born in Noyon in the Oise region in 1952. In 1968, he became a disciple of the famous Zen Master Taisen Deshimaru, from whom he received ordination in 1979 under the name Sando Kaisen (solitary hermit in the deep mountains). Passionate about martial arts, he decided to undertake a trip to China. He has been playing pétanque for nearly 30 years. He now lives in France in his monastery in the Dordogne.

So - if you have never lobbed a 700gm heavy metal boule over a distance of 6 metres or more, targeting an extraordinarily elusive target “Jack”, then now's your chance to experience the joys of playing Petanque!

Come and join us as we play for 2 hours on a Friday morning at the CCA Fields Sports Arena (car park adjacent to the Cricket Club pavilion. We have spare boules for you to borrow and willing amateurs to explain the simple rules!

You will be certain of a friendly and cheerful welcome. Phone me to let me know to expect you.

Discovery Days

A reminder, if interested, to book now for the Agatha Christie-themed day out in Torbay, on **Thursday 24 September 2026**.

- **Pick-ups:** 8.45am Willand bus stop and 9.00am Cullompton Leisure Centre.
- **Main activities:** Church welcome/talk, guided walking and coach tour of Torquay, Kents Cavern cave tour, and included Devonshire cream tea.
- **Return:** Coach departs Kents Cavern at 4.00pm.
- **Cost: £45 per person**, including coach travel, tours, Kents Cavern entry, room hire, and cream tea.
- **Booking:** Pay by BACS or if you wish to pay cash contact Paula by email

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
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
Dog Walkers	John Hayston	Contact John for more information
Drawing	Sue Hooper-Lawrie	1 st & 3 rd Monday each month 13.30 – 16.30 Club Room, Willand Village Hall
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

Group	Contact Please click on name to email	Venue, Day & Time
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, 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 & 4 th 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
Outsmarted	Sue Hooper-Lawrie	We stay in our own homes and meet online 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
Reading	Sally Graham	3 rd Thursday each month, 14:30 upstairs at Cullompton Library
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

Group	Contact Please click on name to email	Venue, Day & Time
Threads & Yarns	Yvonne Doherty	2nd Wednesday of each month, 9:30–12:30 Willand Village Hall
Ukulele	Sue Childs Mobile: 07398 686612	Every Friday morning from 10:00 at Makers Community Hall, Uffculme
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

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@librariessunlimited.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