

Next General Meeting & Monthly Talk

**When and where: 8th May at 10:30am The Flavel Auditorium,
Members £2, Visitors £3**

The Science of Spices

How to use spices to revolutionise your cooking.

Presented by **Dr Stuart Farrimond**

Stuart is a doctor, food scientist, author and popular broadcaster for the BBC and commercial radio stations.

He will explain the nature of spices, why they are so important for cooking, the science underpinning flavour and how to harness this in everyday cooking to create more flavourful dishes, equipping us with knowledge and skills.

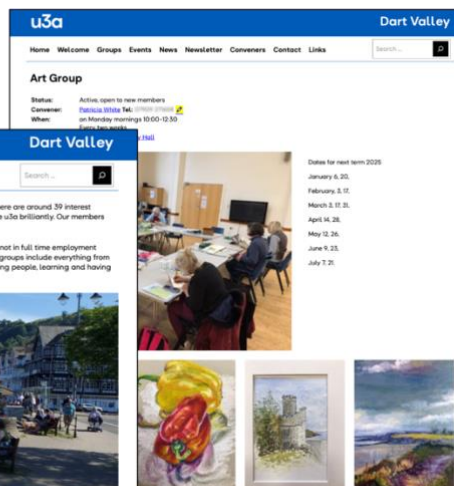
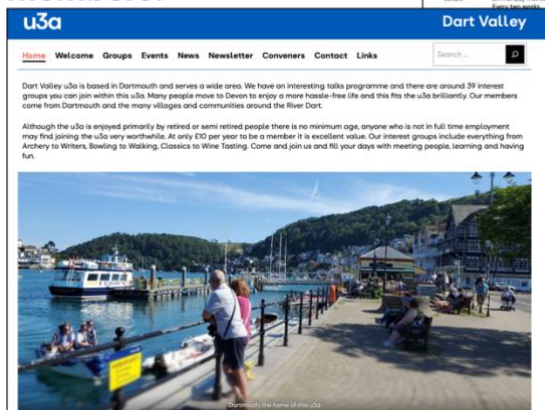


Details of upcoming talks can be found on our website by clicking on this link:
<https://dartvalley.u3asite.uk/events/>

News

- A friendly reminder that your annual membership renewals were due **1st April**.
- There are vacancies in the Archery, Bowling, Scrabble, Spanish, Walking, Wine and Writers groups. Contact the relevant convenor to join (details below).
- Visit our new website by clicking on the link <https://dartvalley.u3asite.uk>

Dart Valley u3a new website is now live for members!



We moved to our new website in December 2024.

Tim Freeman, Wiz Tehel and Peter Avis have been working with the Committee and group coordinators.

The site is updated regularly with new information on groups, events, the newsletter, and other items,

Please see if the link above works for you! If not, please email one of us at peteravis1@gmail.com, timfreeman61@goolemail.com, or wiz@tehel.net.

What's on in May

Summary of events on this month, further details are in the Groups and Events section below in this newsletter. **Some groups are having a break for the summer.** Please always check with the convenor as details may change after the issue of this newsletter.

AM / P M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
AM					Classics	Mahjong	
PM						Italian Conversation	
	4	5	6	7	8	9	10
AM		Walking	Bridge Crafts Club	Sports Morning	Monthly Talk		
PM		Wine Group		Book Group 2 Book group 3 iPad 4 Beginners Medau		Garden Group 3 History of Art Italian Conversation Scrabble	
	11	12	13	14	15	16	17
AM		Art Group Spanish Conversation Walking	Bridge Crafts Club	Sports Morning		Mahjong	
PM	Sunday Lunch		Bowling Pub Lunch (C)	Geology Medau		Italian Conversation	
	18	19	20	21	22	23	24
AM		Walking	Bridge Cryptic Crosswords Crafts Club Garden Group 3	Sports Morning	Architecture German Conversation		
PM		Book Group 1		Medau	Wine Group – Noble Rotters	Garden Group 1 & 2 Italian Conversation Scrabble	
	25	26	27	28	29	30	31
AM		Art Group Spanish Conversation Walking	Bridge Crafts Club	Sports Morning			
PM		Writers Group		Pub Lunch (A)	Pub Lunch (B)	Italian Conversation	
	30	31					
AM		Walking					
PM							

Groups and Events

GROUPS AND NEWSLETTER [Wiz Tehel 07770912100](mailto:Wiz%20Tehe107770912100@dartvalleyu3a.org) newsletter@dartvalleyu3a.org

If you wish to start a new group or want to have an entry in this newsletter then contact me. For starting new groups, your committee can support with advertising, publicity, advice and reasonable financial assistance.

ARCHERY [Colin Payne 07919 933891](mailto:Colin%20Payne07919933891@hotmail.com) colinpayne43@hotmail.com (Tues am Stoke Fleming Cricket Ground).

Archery extends an invitation to any would-be archers. The group will be running introductory tuition for anyone wanting to have a go this season. Archery improves your concentration and calms your mind as you focus on that target. Archery is a highly accessible sport, one of the few that almost everyone, regardless of gender, age or ability, can enter, enjoy and potentially excel at.

ARCHITECTURE Mike Trevorrow 01803 752928 / 07470 484858 mike.d.trevorrow@gmail.com

(4th Thurs, 11.15 for 11.30am start, Flavel Studio – all welcome)

Thursday 22nd May – Coleton Fischacre (TBC). This wonderful arts & crafts house. is celebrating its 100th anniversary this year and we have a speaker from the National Trust who will talk on the design, construction and history of the house.

Thursday 26th June - Ugbrooke House visit. We are off out on a jolly to see Ugbrooke House in Chudleigh which is not as it first seems. A couple of places are left on the classic bus so if you'd like to go, contact Mike to be added to the list.

ART GROUP Pat White 07929 271658 lespatwhite@icloud.com (Monday 10am Townstal Hall).

During April we have been enjoying experimenting in a more abstract fashion with use of wax-resist and watercolours. This can create some interesting and unexpected effects as you can't always see where you initially drew with the wax, all is revealed as you apply the watercolour.

Examples of what the group produces are on our website at https://dartvalley.u3asite.uk/u3a_groups/art-group/

BOOK GROUP 1 Lindsay Charlesworth 01803 834592 lindsay@jpcharlesworth.plus.com

(10.30am – 3rd Monday Stoke Fleming)

It was decided to delay our April meeting by a week due to our usual Monday being Easter, so we haven't yet met to discuss *Death at the Sign of The Rook* by Kate Atkinson. In May we shall be discussing *There are Rivers in The Sky* by Elif Shafak.

BOOK GROUP 2 Valerie Church 01803 834280 churchval2@aol.com (1st Weds 2.30pm - 4.00pm)

We have again gone back in time. To academia, the dreaming spires of Oxford and Lord Peter Wimsey. In other words, *Gaudy Night* by Dorothy L Sayers discussed in April. This will be followed by *Lessons in Chemistry* by Bonnie Garmus for May.

BOOK GROUP 3 Sarah Nottrodt 0777 8547064 sarah_nottrodt@hotmail.co.uk (2nd Weds 10am)

Book group 3 is meeting 7th May for this month only. Will return to 2nd Wednesdays there after.

BOWLING Tim Freeman 01803 832663/07792 620176 timfreeman61@googlemail.com (2nd Tuesday 3pm).

Tuesday 13th May. For just £2 you can come along and try bowling using the outdoor bowling green near the Guildhall in Dartmouth. For anyone who lives close enough to walk there it is a useful facility that we ought to keep alive. All equipment is provided. A bit of free cake is provided. If you would like to join, please contact the convenor. **New members welcome.**

BRIDGE Judi Cotes 01803 834802 / 07870897108 judigrovecotes7@gmail.com (Flavel Studio Tues 10–12)

No stress bridge. £4 which include tea/coffee and biscuits. A partner will be found if you come on your own.

CLASSICS Wiz Tehel 07770 912100 classics@dartvalleyu3a.org (1st Thurs 10.30am Flavel Auditorium, £4).

Full list of upcoming talks can be found on our website on this link

https://dartvalley.u3asite.uk/u3a_groups/classical-studies/

1st May - History of Vindolanda and the Vindolanda Trust. Presented by Gary Calland. Vindolanda Fort is one of Europe's most important Roman archaeological sites. It is situated near Hadrian's Wall, and it considered a must-see attraction in the England's Northeast. Vindolanda is managed by a charitable trust, established in 1970, who continue to manage this World Heritage Site. Gary traces the history of the Roman fort, the Trust, and the significant discoveries that the fort has revealed over the years.

June, July & August – Summer break with no talks. Talks resume 4th September.

COFFEE CUPS Gwendolyn Alker 01803 833270 jsgmalker@yahoo.co.uk

We are always needing help to serve coffee and tea at the monthly meeting.

Please sign up to help at the next meeting. You will have **free entry** for the meeting when you help.

CRAFTS CLUB Joan Buscombe 01803 832662 c/o vcbest@hotmail.co.uk (Tues 10am -12 noon ring first)

We are a friendly multi-level skills group who has met more than 1000 occasions since we started. We would welcome anyone else interested in needlecrafts to come and join us and share their knowledge with ours, or if a complete beginner for us to share our knowledge with you. Do come forward if you enjoy creative stitching.

CRYPTIC CROSSWORDS Gwendolyn Alker 01803 833270 jsgmalker@yahoo.co.uk (3rd Tues)

The next meeting is on Tuesday 20 May at 10.30. If you are interested in joining the group, please contact Gwendolyn

FRENCH CONVERSATION Steve Stevenson steelboatsteve2@btinternet.com

(2:30pm 2nd and 4th Wednesdays of the month, at Brown's Hotel, Bar & Bistro, Victoria Road.)

French Conversation will reconvene on Wednesday 10th September and then every fourth and second Wednesday of the month thereafter. If anyone would like to join our group in the autumn, please email me

FRENCH CULTURE Anne Goody anne@goody.org.uk

We have been meeting irregularly and continue to love all things French. We have decided to pause until the autumn. Contact the convenor for more details.

GARDENING GROUP 1&2 Clare Ball ceball@live.co.uk (3rd Friday)

Please note that Garden Groups 1 & 2 are now amalgamated and meet 11AM 3rd Friday of the month.

GARDEN GROUP 3 Julia Churchley 07900 321681 julia.churchley@hotmail.co.uk (Irregular meetings)

May 9th 11am (Friday) Delamore Arts, A joint trip with History of Art group. Delamore Estate, Cornwood PL21 9QT. Near Ivybridge with large, beautiful gardens and an outdoor sculpture and indoor art exhibition. £12.50 in advance or £15 on gate includes the catalogue guide.

May 20th at 10am (Tuesday) Dartmouth Community Orchard. Peter Shaw will be giving us a tour of the orchard and as we go around, will talk to us all about, apples, orchards and their importance. Meet at the orchard at 10am.

GEOLOGY Tim Freeman 01803 832663 timfreeman61@googlemail.com (Irregular Weds 2.30pm Flavel Studio, £2)

Wednesday 14th May at 2:30pm, Lydford and the edge of the Moor. The very beautiful gorge there is owned by the National Trust. Why is it there? It's a story of piracy. Tim will tell the tale along with the geology of the area including a tor that is not granite and what happens when the granite of the moor has its junction with what is adjacent. All welcome. New members welcome to just turn up.

GERMAN CONVERSATION Ingrid Sidell 01803 770870 ingsid23@yahoo.co.uk mob 07818208721 (for texts)

Next meeting 22nd May (3rd Thursday) at 10.00am in Strete.

HISTORY OF ART Julia Churchley 07900 321681 julia.churchley@hotmail.co.uk (1st Fri 2pm Studio, Flavel)

May 9th 11am (Friday) Delamore Arts, A joint trip with Garden Group 3. Delamore Estate, Cornwood PL21 9QT. Near Ivybridge with large, beautiful gardens and an outdoor sculpture and indoor art exhibition. £12.50 in advance or £15 on gate includes the catalogue guide.

June 6th 2pm at the Flavel Studio. The Art of Madrid

IPADS 4 BEGINNERS Suzie Dodsworth 01803 770134 suziedwong@gmail.com

(Stoke Fleming Village Hall, Weds 2:00 to 4:00pm twice a month.)

iPads for Beginners started and is currently full. Contact Suzie to register for future courses.

ITALIAN CONVERSATION Tasha James 0795 750 9351 nataliarh9@gmail.com

We meet on Fridays at 2 pm. Contact Tasha by email or telephone.

MAHJONG Elaine French 01803 832304 frenchfamily1@live.co.uk

(1st & 3rd Fri 10am to 1pm Stoke Fleming Village Hall)

MEDAU Yvonne Cottam 01803 835251 ycottam@live.co.uk (Weds 12.30pm-1.30pm, Townstal Hall)

Everyone is working hard at improving their movement and fitness. Dates for summer term are 23rd April to 21st May (5 weeks) and 4th June to 25th June (4 weeks). Contact Yvonne for more details.

PITCH AND PUTT

The group is now closed and is looking for a new convenor to restart. Contact Wiz at newsletter@dartvalleyu3a.org if you are interested in becoming the new convenor.

PUB LUNCHES GROUP (A) Alan Cole 01803 752902 alan5cole@icloud.com (4th Weds monthly)

April's lunch was taken at the Steam Packet Inn, Kingswear. Nine of us enjoyed good food, service and great views of Dartmouth from the first-floor dining room. Contact Alan Cole for details of next pub lunch venue.

PUB LUNCHES GROUP (B) Alan Drew 01803 833219 asdrew@btinternet.com (last Thursday Monthly)

Contact Alan Drew for details of next pub lunch venue.

PUB LUNCH GROUP (C) Mike Dodsworth 01803 770134 mike1.dodsworth@btinternet.com (2nd Tues monthly)

Contact Mike for details of next pub lunch venue. Lunch Group C is currently full. Potential members should be aware that a possible switch from 2nd Tuesday to 1st Tuesday is in discussion at present.

SCRABBLE Sue Manley 01803 414774 Mobile 07840257045 susancmanley2004@yahoo.co.uk

The Scrabble group meets upstairs in The Studio in The Flavel. Meetings take place on the second and fourth Fridays of the month. 2-4 pm. £4 to play. Tea and biscuits are provided. **Vacancies for new members.**

SPANISH CONVERSATION Yvonne Cottam 01803 835251 ycottam@live.co.uk (Fortnightly Mon 11.30am – 1.00pm)

We could take a couple more Spanish speakers if there is anyone out there wanting to practise for their next visit to Spain. We do not teach Spanish - you need to be on a learners' course and use our group for practising.

Sports Morning Yvonne Cottam 01803 835251 ycottam@live.co.uk (Weds 10am Dart Leisure Centre)

The group is full but contact Yvonne to register interest when there is a vacancy.

SUNDAY LUNCH Anne Taylor 01803 363257 jonquil_shapley@hotmail.com (2nd Sun month 12.30pm)

Lunching at Rockfish on 11th May.

WALKING Hilary Cranmer 01803 835812 hilarycranmer@hotmail.co.uk (Mon 10am Ivatt Rd, Townstal)

The walkers have been getting out into the spring sunshine for a much-needed boost to the morale. We have also been delighted to welcome some new members.

Photos of recent walks can be seen on our website at https://dartvalley.u3asite.uk/u3a_groups/walking/.

WINE GROUP-NOBLE ROTTERS  [Anne Taylor 01803 363257 jonquil_shapley@hotmail.com](mailto:Anne.Taylor@dartvalleyu3a.org)

We will be meeting on Thursday, 22nd May. Portuguese wines.

Wine Tasting [Bill Riddell 01803 752049 billriddell75@gmail.com](mailto:billriddell75@gmail.com) (1st Mon pm. Members' homes)

A most interesting tasting as we got to try wines from regions not usually associated with wine production, a Czech white, Turkish, Hungarian, Bulgarian and German reds, amongst wines from better known regions in France and the UK. Of the whites, the two Viognier based whites took contrasting approaches with the Les Pierres Bordes Marsanne-Voignier Pays d'Oc 2024 being crisper while the Côtes-du-Rhone Blanc 2023 by Guigal emphasised the fruit. Both were liked with preferences evenly split between the two.

The red wines included a Oküzgozu Vinkara Winehouse 2021 from Turkey which exhibited spices, nutmeg, berries, and other exotic flavours. One to be paired with a lamb tagine. The Tanyamacska Szekszardi Kekfrankos, Eszterbauer from Hungary was exuberant and would also benefit from pairing with food, a hearty goulash in winter perhaps. The Chateau Côtes de Chambeau, Lussac Saint-Emillion 2020 was the favourite red and had the structure to be enjoyed for a few more years. Many thanks to Jan and Ken for being our generous hosts for the evening.

The Wine Tasting Group has **vacancies** for new members. Contact the convenor for details.

Writers [Val Depledge 01803 834323 valdepledge@hotmail.com](mailto:valdepledge@hotmail.com) (Mon pm. Members' homes)

We are a small and close-knit group of enthusiastic writers who meet once a month to share our written pieces with each other for constructive feedback. The main purpose of our group is not to teach how to write or to correct punctuation, spelling and so on, but to help, support, encourage and enjoy our writing.

We currently have **vacancies for new members**, so if you think you might be interested in joining or finding out more, please contact me.

Membership

MEMBERSHIP SECRETARY -[Suzie Dodsworth 01803 770134 membership@dartvalleyu3a.org](mailto:Suzie.Dodsworth@dartvalleyu3a.org)

A friendly reminder that your annual membership renewals were due **1st April**.

The annual membership fees are £10 for Individuals, £20 for Joint Memberships (i.e. couples at the same address) and £5 for Associates. For new members who have or intend to join during the year, the membership fee per person is £10 if you join between April and June, between July and Sept it is £7.50, between October and Dec £5 and the remaining three months £2.50. Membership forms are available on the u3a website or from me.

A reminder for those who have not renewed that your membership starts on **1st April** each year. Our bank details are as follows: Account Name: **Dart Valley U3A**, Account Number: **06170102**, Sort Code: **52 30 20**. Alternately, write a cheque made out to Dart Valley U3A and post to Membership Secretary, Swallowfield House, School Road, Stoke Fleming, TQ6 0PR.

