

## Next General Meeting & Monthly Talk

**When and where: 13<sup>th</sup> November at 10:30am The Flavel Auditorium,  
Members £2, Visitors £3**

### The Medical Aspects of Flying in the RAF

Presented by **Dr Aroop Mozumder**

Director General of the RAF Medical Services

Fighter pilots are among the most elite athletes in the world, subjecting their bodies to extreme conditions during training and combat.

The demands of flying high-performance aircraft at high altitudes, pulling high G-forces, and being subjected to stress and physical strain often result in unique health challenges that go beyond what most people encounter in their everyday lives.



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

## News and Notices

### **NEW GROUPS STARTING.**

Please register your interest quickly with the convenor as we need to know if there is sufficient interest to get these groups started.

The idea of the **Virtual Film Club** is that once a month (or more often if desired) we watch a film on BBC, Film4, Netflix, or other streaming service, at the same time from either on your TV at home, at friend's or each other's homes. Either during or after the film, we would discuss it via WhatsApp. Contact Adrian at [ask323.shopping@gmail.com](mailto:ask323.shopping@gmail.com) or on 07890 392444 for details or to join.

**Beginners Yoga.** Local yoga teacher Kirsty Bradley will run a beginners yoga class for u3a members at Stoke Fleming Village Hall. The classes would start on Tuesday 11<sup>th</sup> November at midday for an hour. Please contact Julia Churchley (07900 321681 [julia.churchley@hotmail.co.uk](mailto:julia.churchley@hotmail.co.uk)) as soon as possible if you are interested in joining this group or would like more details.

The first session will cost just a few pounds to see if the class is for you, but thereafter the cost would be £10 per session to cover the hall and teacher fee.

**Book Group 4.** At the open day our book group conveners will be signing up anyone who would like to join a new book group. Email or call Julia Churchley to express your interest.

# What's on in November

Summary of events on this month, further details are in the Groups and Events section below in this newsletter. 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	4	5	6	7	8
AM		Art Group Walking	Archery Bridge Crafts Club	Sports Morning	Classical Era	Mahjong	
PM		Wine Group		Book Group 2 Medau		History of Art Italian Conversation	
	9	10	11	12	13	14	15
AM		Spanish Conversation Walking	Archery Bridge Crafts Club	Sports Morning Book Group 3	<b>Monthly Talk</b>		
PM	Sunday Lunch			French Conversation Geology iPads 4 Beginners Medau		Italian Conversation Scrabble	
	16	17	18	19	20	21	22
AM		Art Group Walking	Archery Bridge Crafts Club German Conversation	Sports Morning		Garden Group 1 & 2 Mahjong	
PM		Book Group 1		Medau	Pub Lunch (C)	Italian Conversation	
	23	24	25	26	27	28	29
AM		Spanish Conversation Walking	Archery Bridge Crafts Club Cryptic Crosswords	Sports Morning			
PM		Writers		French Conversation iPads 4 Beginners Medau Pub Lunch (A)	Wine Group – Noble Rotters	Italian Conversation Scrabble	
	30						

## Groups and Events

**GROUPS AND NEWSLETTER** [Wiz Tehel 07770912100 newsletter@dartvalleyu3a.org](mailto:Wiz_Tehel_07770912100_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 colinpayne43@hotmail.com](mailto:Colin_Payne_07919_933891_colinpayne43@hotmail.com) (Tues am Stoke Fleming Cricket Ground).

Archery extends an invitation to any would-be archers. The group will run introductory tuition for anyone wanting to have a go. 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 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](mailto:mike.d.trevorrow@gmail.com)

**27<sup>th</sup> November - Edwin Lutyens and the Smallest Royal Palace**, presented by Wiz Tehel.

Each year, this palace is visited by over a million people. Wiz Tehel takes us on a guided tour of Lutyens' most loved building.

**ART GROUP** Pat White 07929 271658 [lespatwhite@icloud.com](mailto:lespatwhite@icloud.com) (Monday 10am Townstal Community Hall).

During October we have been exploring cloud effects through various media and experimenting with palette knife painting. The latter was quite a challenge as it allows for a broader approach and the opportunity to appreciate effects as they occur with colours blending into each other, being cautious not to overwork these effects. Some exciting results!

Upcoming dates: December 1<sup>st</sup> & 15<sup>th</sup>, January 5<sup>th</sup> & 19<sup>th</sup>, February 2<sup>nd</sup> & 16<sup>th</sup>, March 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup>.

Examples of what the group produced are on our website at [https://dartvalley.u3asite.uk/u3a\\_groups/art-group/](https://dartvalley.u3asite.uk/u3a_groups/art-group/)

**BOOK GROUP 1** Lindsay Charlesworth 01803 834592 [lindsay@jpcharlesworth.plus.com](mailto:lindsay@jpcharlesworth.plus.com)

(10.30am – 3rd Monday Stoke Fleming)

We decided on *Mansfield Park* by Jane Austen for our October book only, belatedly, to be reminded that it is Austen's darkest and most complex novel. On 17<sup>th</sup> November we shall be discussing *A Terrible Kindness* by Jo Browning-Wroe. No meeting in December and then a complete change for January when we thought we should read something by Jilly Cooper and have chosen *The Rivals*. Sadly, Jilly Cooper died in early October this year.

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

Over the summer break we have been reading *We Need to Talk About Kevin* by Lionel Shriver. Our reactions were divided. This is a long novel about a fictional school massacre with many layers of input. Written in the first person and in the form of letters by mother to father, she questions her relationships with her son, and much else besides. It is a chilling, deeply shocking and mesmerising story. We are currently reading *Conclave* by Robert Harris.

**BOOK GROUP 3** Sarah Nottrodt 0777 8547064 [sarah\\_nottrodt@hotmail.co.uk](mailto:sarah_nottrodt@hotmail.co.uk) (2nd Weds 10am)

Book group meetings will return to 2<sup>nd</sup> Wednesdays.

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

The group will resume activity next spring at the outdoor green of the Dartmouth Bowling Club.

**BRIDGE** Judi Cotes 01803 834802 / 07870897108 [judigrovecotes7@gmail.com](mailto: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.

**CLASSICAL ERA** Wiz Tehel 07770 912100 [classics@dartvalleyu3a.org](mailto:classics@dartvalleyu3a.org) (1st Thurs 10.30am Flavel Auditorium, £4).

**6<sup>th</sup> November - A visit to the Theatre**, presented by Peter Baker. Theatres are often among the most impressive remains of the Greco-Roman cities across the Roman Empire. We shall consider their development, architecture and the uses to which they were put. At the same time, we explore how Greek tragedy and comedy, and Roman drama became the pantomime and reality shows of today.

**4<sup>th</sup> December - The Changing Faces of Greek Myth**, presented by Adrian Deeny. Using the myth of the greatest hero of them all – Heracles - this talk explores the origin of myths and how they adapt to reflect the customs and social mores of the day. Understanding myth is a way of better understanding ourselves.

Full list of upcoming talks is on our website at [https://dartvalley.u3asite.uk/u3a\\_groups/classical-studies/](https://dartvalley.u3asite.uk/u3a_groups/classical-studies/)

**COFFEE CUPS** Gwendolyn Alker 01803 833270 [jsgmalker@yahoo.co.uk](mailto:jsgmalker@yahoo.co.uk)

We always need helpers to serve coffee and tea at our monthly meetings. It only takes up 45 minutes of your time, is easy, a great way to meet people and you get **free entry** for the meeting when you help.

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

We are a friendly multi-level skills group who has met on 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](mailto:jsgmalker@yahoo.co.uk) (3rd Tues)

Our next Cryptic crossword meeting is on Tuesday 25<sup>th</sup> November at 10.30am. If you are interested in joining us please contact Gwendolyn.

**FRENCH CONVERSATION** Steve Stevenson [steelboatsteve2@btinternet.com](mailto:steelboatsteve2@btinternet.com)

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

Salutations à tous les francophiles de l'U3A. Après une période d'inactivité due aux vacances d'été, le groupe de conversation française reprendra ses réunions le 10 Septembre à l'hôtel Brown's de Dartmouth, à 14:30hrs. Que vous parliez couramment le français ou que vous souhaitiez simplement rafraîchir votre français, rejoignez-nous. La conversation sur des sujets variés est un excellent moyen d'améliorer son vocabulaire et sa grammaire. Pour plus d'informations, contacter moi, Steve Stevenson as above. Merci, et à bientôt!

**GARDEN GROUP 1&2** Clare Ball [ceball@live.co.uk](mailto:ceball@live.co.uk) (11am 3rd Friday)

The Gardening group is out and about digging, weeding and viewing each other's gardens. 🧑🌱💡🍄🌿

**GARDEN GROUP 3** Howard and Elaine Sones 07803 605010 [gardens@sones.org](mailto:gardens@sones.org) (Irregular meetings)

The group is having a break at the moment. Howard and Elaine are taking on leadership of the group and will be in touch with members of the group shortly with details of the next garden visit.

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

Wednesday 12<sup>th</sup> November - **The Italian Job**. It's not easy predicting earthquakes. If you get it wrong, you wouldn't expect to get a 6-year prison sentence for manslaughter. But that's exactly what 6 Italian scientists got in 2012 for failing to predict an earthquake. It's an odd story. Right now, there are rumblings in the ground under Naples, we will look at how predicting today is fraught with risks, especially in Italy. All welcome.

**GERMAN CONVERSATION** Ingrid Sidell 01803 770870 [ingsid23@yahoo.co.uk](mailto:ingsid23@yahoo.co.uk) mob 07818208721 (for texts)

There is a change for this month only. German Conversation will meet on Tuesday 18<sup>th</sup> November, not Thursday 20<sup>th</sup>, in Strete from 2pm to 4pm. We will have Kaffee und Kuchen!! Contact the convenor for details.

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

Friday 7<sup>th</sup> November **Australian Landscape Art** – Wiz Tehel. Wiz comes back with the second part of his series on Australian art, please note we are back to our usual time this month starting promptly at 2pm. Visitors always very welcome, £2 on the door thank you.

**IPADS 4 BEGINNERS** Suzie Dodsworth 01803 770134 [suziedwong@gmail.com](mailto:suziedwong@gmail.com)

(Stoke Fleming Village Hall, Weds 2:30 to 4:30pm twice a month.)

iPads for Beginners started again on 15<sup>th</sup> October at 2.30pm. We are updating to iPadOS 26. Please bring your iPad, a notebook, a small address book and £3 for hire of the room. Please email your interest in joining us. No other u3a offer such a course so take advantage while you can!

**ITALIAN CONVERSATION** Tasha James 0795 750 9351 [nataliarh9@gmail.com](mailto: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](mailto:frenchfamily1@live.co.uk) (1st & 3rd Fri 10am to 1pm Stoke Fleming Village Hall)

New players always welcome.

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

Good attendance as usual starting off the autumn term but have a few spaces if there are any new 'would-be' members out there.

Term Dates: 10<sup>th</sup> September - 22<sup>nd</sup> October (£7 for 7 weeks to cover cost of hall)

5<sup>th</sup> November - 17<sup>th</sup> December (£7 for 7 weeks)

Looking forward to seeing you all again!

**PUB LUNCHES GROUP (A)** Alan Cole 01803 752902 [alan5cole@icloud.com](mailto:alan5cole@icloud.com) (4<sup>th</sup> Weds monthly)

Contact Alan Cole for details of next pub lunch venue.

**PUB LUNCHES GROUP (B)** Christine Bond 07541 199158 [christine.b.bond@gmail.com](mailto:christine.b.bond@gmail.com) or Virginia Best [vcbest@hotmail.co.uk](mailto:vcbest@hotmail.co.uk) 07752 720724 (last Thursday Monthly)

Pub Lunch Group B will be held on Thursday 4<sup>th</sup> December. Please get in touch if you would like to come along.

**PUB LUNCHES GROUP (C)** Mike Dodsworth 01803 770134 [mike1.dodsworth@btinternet.com](mailto:mike1.dodsworth@btinternet.com) (3<sup>rd</sup> Thurs monthly)

The group will lunch on the revised meeting date of **THIRD** Thursday of the month.

**SCRABBLE** Sue Manley 07840257045 [manleysusan7@gmail.com](mailto:manleysusan7@gmail.com) (2<sup>nd</sup> & 4<sup>th</sup> Fridays, 2pm Flavel Studio, £4)

The Scrabble Group is a small friendly group that meets the second and fourth Fridays of the month, upstairs in The Flavel. 2 pm start. We cater for all abilities and are always looking for new members. The cost is £4 a meeting with tea and biscuits provided. Come and try a session. We are meeting on 14<sup>th</sup> and 28<sup>th</sup> November.

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

We have room for one or two more - but you need to be able to speak some Spanish or be on a learners' course.  
Future dates: 10th & 24th November, 8th & 22nd December (22nd is TBC)

**SPORTS MORNING** Yvonne Cottam 01803 835251 [ycottam@live.co.uk](mailto:ycottam@live.co.uk) (Weds 10am Dart Leisure Centre)

This group just continues without stop but I'm afraid we are full at the moment.  
Contact Yvonne if you'd like to be put on a waiting list.

**SUNDAY LUNCH** Anne Taylor 01803 363257 [jonquil\\_shapley@hotmail.com](mailto:jonquil_shapley@hotmail.com) (2nd Sun month 12.30.pm)

Sunday Lunch will be at Fortescue Arms, East Allington, 1pm, 9<sup>th</sup> November.

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

The walking group meet at Ivatt Road, Townstal, on Monday mornings when the later start of 10am has proved popular. We cover between 3 and 6 miles, averaging about 5, and have recently enjoyed some of our regular walks through the countryside and down to the sea. New members are welcome; we are a friendly bunch. With autumn now upon us we hope there are not too many wet Mondays.

Photos of recent walks can be seen on our website at [https://dartvalley.u3asite.uk/u3a\\_groups/walking/](https://dartvalley.u3asite.uk/u3a_groups/walking/).

**WINE GROUP-NOBLE ROTTERS**  Anne Taylor 01803 363257 [jonquil\\_shapley@hotmail.com](mailto:jonquil_shapley@hotmail.com)

Noble Rotters is meeting November 27<sup>th</sup> in The Royal Castle Hotel. Many thanks to them for their generosity in letting us use such a beautiful room.

Many thanks to Woodroast who has so kindly let us use their space for most of the year.

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

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) (4<sup>th</sup> 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 the convenor.

## Membership

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

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.

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 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 the front desk at the Flavel in a u3a box, or from me.

