

Upcoming Monthly Talks

Members £2, Visitors £4, Talk starts 10:30am.
Talks are held in The Flavel Auditorium

No talk in August

The Women Who Went Around the World

Presented by Sally Smith

Thursday 10th September

The story of the women who were the very first to achieve a full circumnavigation by sea, land, and finally, air. Starting with the incredible story of Jeanne Baret, who faced real drama when, dressed as a man, discovered the Bougainvillea plant in Brazil in 1767. Sally gives a fascinating glimpse into these journeys and an insight into society at different times in history with a range of astonishing tales.



Africa's Overlooked Heroes

Presented by Astrid Madimba & Chinny Ukata Ogunlusi

Thursday 8th October

Join Astrid and Chinny, authors of *It's a Continent* book and podcast series, as they spotlight overlooked African figures. They will share the stories of remarkable individuals whose vision and achievements shaped the continent, exploring their impact, challenges and the legacies that continue to inspire.



Details of upcoming talks can be found on our website by clicking on this link:

<https://dartvalley.u3asite.uk/events/>

News and Notices



Painting on an iPad

New group starting soon!
See below for more details.



What's on in August 2026

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.

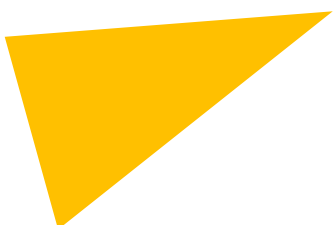
AM/ PM	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
	2	3	4	5	6	7	8
AM		Walking	Archery Bridge			Mahjong	
PM			Yoga for Beginners				
	9	10	11	12	13	14	15
AM		Walking	Archery Bowling Bridge Crafts Club				
PM			Yoga for Beginners	Geology		Scrabble	
	16	17	18	19	20	21	22
AM		Walking	Archery Book Group 4 Bridge Crafts Club Cryptic Crosswords		German Conversation	Garden Group 1 & 2 Mahjong	
PM			Yoga for Beginners				
	23	24	25	26	27	28	29
AM		Book Group 1 Walking	Archery Bridge Crafts Club				
PM			Yoga for Beginners	Pub Lunch (A)	Wine Group – Noble Rotters		
	30	31					
		Bank Holiday					

Membership

MEMBERSHIP SECRETARY Sarah Nottrodt membership@dartvalleyu3a.org

Sarah Nottrodt is our new membership secretary. Please continue to use the membership@dartvalleyu3a.org email address for any queries about your membership, or questions about joining us. Our membership application form can also be found on the welcome page of the Dart Valley u3a website and at The Flavel ticket desk.

If you haven't paid this year's fee, (£10 for individuals and £5 for associate memberships) please email membership and we will assist you. Alternatively ask for a u3a envelope at the monthly meeting.



Groups and Events

GROUPS COORDINATOR Suzie Dodsworth 01803 770134 groups@dartvalleyu3a.org

Suzie is your contact on the committee for groups and conveners. She can help with any issues or support new groups and ideas for groups, etc. For starting new groups, your committee can support with advertising, publicity, advice, and reasonable financial assistance.

The philosophy of the u3a is that we all have an interest or skill we could share. You are not expected to be a teacher, or an expert in the field, but to just bring likeminded people together to enjoy an activity, meet others and have fun!

NEWSLETTER Wiz Tehel 07770912100 newsletter@dartvalleyu3a.org

If you wish to have an entry in this newsletter then contact me by email or phone.

ARCHERY Colin Payne 07919 933891 colinpayne43@hotmail.com (Tues am Stoke Fleming Cricket Ground).

If anyone would like to join us for the coming summer, you will be welcome to give archery a try. We give basic instruction. Please contact the convener.

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

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

Architects are taking to the beach for July, August and September while visitors visit and all frolics off to wherever. We resume in October with a close look at the city of Bristol. Have a lovely summer everyone.

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

We are resting for the summer, resuming in October (dates to be confirmed).

During these summer months I will organise sketching events in various locations, informing members by mail shot. In preparation for this we have been working on useful skills, first with studies from our lovely hedgerows, then with a more challenging exercise of sketching without taking your pen/pencil off the paper. This second exercise is good for focussing attention and helping to create a characterful sketch without being too concerned with precision. All members seemed to enjoy the challenge. Our last session focused on the use of pen in sketching with a variety of shading techniques.

Examples of what the group produced 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)

When The Cranes Fly South by Swedish author Lisa Ridzen was a very popular choice for our July meeting. All about an elderly man and his beloved dog in the last weeks of his life, simply told but very effective. Next month we shall be discussing *The House on the Strand* by Daphne du Maurier.

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

In *'The Sunrise'* where 40,000 people flee their homes from Famagusta, as Turks invade Cyprus, Victoria Hislop creates a fascinating tale of family and friendship, loyalty and betrayal. Not our favourite book but based on facts in the 1970s and the people of Cyprus, it is an interesting read, even though the story line is not always convincing.

We are now taking our summer break during which we will read *Wrong Place Wrong Time* by Gillian McAllister. We will be back at the beginning of October.

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

We are taking a break in August and resuming in September. Since forming in May 2024, we have tended to focus on modern fiction. After much discussion we have decided to amend our format. Whilst the majority of the books we choose will continue to be modern fiction, every 3rd month we will be reading a book written in a different decade of the 20th century from various genres.

Our September read is *The French Lieutenant's Woman* by John Fowles and our choice for October is *The Artist* by Lucy Steeds.

We recently read *The Names* by Florence Knapp. *The Sunday Times* described it as "the best debut novel in years". Other reviews have praised it saying the story is powerfully moving and full of hope.

Some of the books we have read are on our website at https://dartvalley.u3asite.uk/u3a_groups/book-group-3/

BOOK GROUP 4 Jane Davies 07779 340062 mrs_j_a_davies@hotmail.com (2nd Tues 10:30am The Royal Castle)

This month our book was *The Midnight Library* by Matt Haig, spent a lovely morning in Sandra's garden in Stoke Fleming discussing it, our next meeting is 18th August in Janet's Garden discussing *The History of Love* by Nicole Krauss.

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

Come and have a go at bowling using the facilities of the Dartmouth Bowling Club. All equipment provided, cost just £2. New joiners welcome, just turn up at 3pm at the club in Victoria Road (opposite the Guildhall and along 100 yards).

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

As we have a very thriving bridge club now with several new members who have recently joined recently, our table money is **now reduced to £2** to cover venue hire, which include tea / coffee and biscuits, The bridge is no stress and a partner will be found if you come on your own.

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

Classics is having a summer break. Talks will resume on 3rd September with **Thermopylae and the 300 Spartans**, Presented by Jim Cocker. This is one of the most famous battles in ancient history where, in 480 BC, 300 Spartan soldiers held off a Persian army of more than 100,000. This battle changed the course of western history.

Full list of upcoming talks is on our website at https://dartvalley.u3asite.uk/u3a_groups/classical-studies/

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

We always need members to join our rota to help serve coffee and tea at our monthly meetings. All you have to do is be at the Flavel at 9.45 am and serve drinks until 10.30. You will have **free entry to the talk**, and it is a good way to get to know other members. Please sign up at the next monthly meeting or contact Gwendolyn.

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 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 (3rd Tues)

Our next meeting is on Tuesday 18 August at 10.30am

FRENCH CONVERSATION Steve Stevenson steelboatsteve2@btinternet.com

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

Chers Amis. Our meeting on the 8th of July was well attended and good fun. I'm sure lots of interesting vocabulary will have been acquired and hopefully retained. The session held 22nd July was the last one until 9th September, giving us all break from "intense study", and I look forward to meeting up with a fine, bronzed, excited group of French speakers then. Bonne chance, tout le monde, Amicalement, Steve

GARDEN GROUP 1&2 Clare Ball ceball@live.co.uk (11am 3rd Friday) 🌹🌿🌻🍄🌱

Contact the convenor for details of the next meeting.

GARDEN GROUP 3 Howard and Elaine Sones 07803 605010 gardens@sones.org (Irregular meetings)

One month, two visits, three very different gardens. On the 10th of July we visited The Garden House and Wildside Garden. Two fantastic gardens separated by a stop in the cafe for pasties, cakes and drinks. Keith Wiley's magnificent Wildside garden in Devon was recently featured in *Gardens Illustrated* magazine (<https://www.gardensillustrated.com/gardens/country/wildside-devon-garden-keith-wiley>).

On the 22nd of July, our third garden was to Sherwood House where 23 acres of wooded valleys were ours to explore.

We have decided to pause our garden visits for August for a summer break and will resume in September.

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

Dartmouth Geology Walk, Wednesday 12th August starting 2.30pm. Starting outside the Flavel and lasting an hour and a half or so this is a repeat of the Town Geology Walk that some of the group have done already. It may be of interest to some newer joiners or anyone who has missed the walk when it was on before. We will walk around Dartmouth looking at the building stones, spotting fossils in those stones, explaining Dartmouth's formation. Why is the water so deep? Why are the hills so high? How was tidal power once used. Where is the original shoreline? No charge but a retiring collection will be donated to the Flavel so please bring some coins with you.

(Note: this walk will be also taking place on Saturday 22nd August during Regatta week and is aimed on that occasion at visiting tourists)

Photos from July's Bude (Cornwall) field trip can be found on our website at

https://dartvalley.u3asite.uk/u3a_groups/geology/

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

The next meeting will take place on Thursday 20th August in Strete at the usual venue.

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

We are taking a break for August. For our September meeting we are collaborating with the Dartmouth Book Festival Fringe and instead of a talk we are showing a short film (just under an hour) about the sculptor Steve Dilworth. The film features both the artist and writers discussing his work, with a backdrop of beautiful Hebridean scenery, where he is based.

The screening will be at the studio starting promptly at **midday on Friday 4th September**.

Our new series of talks will begin on Friday 2nd October at 2pm. I will be emailing all group members shortly to explore the idea of a small team of us running the group more collaboratively.

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

We will be meeting sporadically over the summer. Contact Tasha by email or telephone for details.

MAHJONG Elaine French 01803 832304 frenchfamily1@live.co.uk (1st & 3rd Fri 10am to 1pm Stoke Fleming Village Hall)

We are meeting on the 1st and 3rd Friday of the month. New players always welcome.

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

We are on our summer break until 9th September. Many thanks to everyone who has supported this class throughout the year - I hope you feel you've benefitted!

NEW GROUP PAINTING ON AN IPAD Suzie Dodsworth 07811 278133 suziedwong@gmail.com (Stoke Fleming Village Hall, Weds 2:30 to 4:30pm twice a month.)

Using an iPad to paint is fun and easy. It also has advantages - no paints, easels, canvas or paper, no mess, and you have a permanent image which can be printed as a poster or card. You do not have to be a great artist or even have any artistic background to join us.

We will be using ArtRage app which has a small cost (£3.50) and a second-hand book (£5) will get us started and a weekly fee (£3 to £4 for hall hire depending on numbers) will secure the groups future. Autumn, Winter and Spring only. The summer is too busy with friends, family, outdoor activities and holidays.

Contact Suzie to register interest to join the group.

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

The group's July lunch was at the Sportsman's Arms, eight of us enjoyed a very good meal, including a very brave Jan Wood. Many of you will know that Ken Wood died in the early hours of Monday 20th of July. He was a staunch supporter of our group and will be sorely missed.

The group's condolences go out to Jan and Ken's family, especially his daughters who were a great help during Ken's, thankfully, short illness.

Contact Alan Cole for details of the next lunch.

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

There will be no Pub Lunch (B) in August, the next one will be on September 24th.

PUB LUNCHES GROUP (C) Wendy Boulding 07902 765674 pwboulding@hotmail.co.uk (3rd Thurs monthly)

We will have a break for the Summer and meet again in September when we will change our lunch day to the 3rd Tuesday in the month so our next lunch will be Tuesday 15th September 2026. Venue to be advised.

SCRABBLE Sue Manley 07840 257045 manleysusan7@gmail.com (2nd & 4th Fridays, 2pm Flavel Studio, £4)

There will only be one meeting on 14th August then we will break for summer and resume on Friday 11th September.

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

We will be having a recess in August and will restart on 7th September.

SPORTS MORNING Yvonne Cottam 01803 835251 ycottam@live.co.uk (Weds 10am Dart Leisure Centre, £3.50)

We will have a break for August and restart on 2nd September

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

We are not meeting in August.

VIRTUAL FILM CLUB Adrian Kyte 07890 392444 adrian.kyte@btinternet.com (1st Tuesday 8pm)

We are a small group who watch the same film starting at 8.00 p.m. on the first Tuesday of each Month (except for the summer months of June, July and August) on TV at home and discuss the film via WhatsApp. If you want to join the WhatsApp group, email the convenor with your mobile number. We mostly use BBC iPlayer but can use ITV or the Channel 4 equivalent as they are subscription free.

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

The Walking Group does not have a summer break, so we have been taking advantage of the lovely dry weather - no muddy walks. The high temperatures during this summer have meant that walks have been shorter, making sure to take in hydration breaks. We plan to keep walking through the season except for bank holiday / Regatta. 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

We are meeting informally in August in the tennis Regatta tent as is our custom! Bringing bottles we have enjoyed or wish to try.

We are full with a waiting list. Please contact the other wine tasting group (see below) who may have space for new members.

WINE TASTING Bill Riddell 01803 752049 billriddell75@gmail.com (2nd Mon pm. Members' homes)

Our next tasting will be on Monday 14th September at Mike and Suzie's in Stoke Fleming.

Writing Group Val Depledge 01803 834323 valdepledge@hotmail.com (4th 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.

Please contact the convenor regarding the next meeting.

Yoga for Beginners Helen Howard 07786 673527 howardhj@btinternet.com (Tues 12:00, Stoke Fleming Village Hall)

Qualified Yoga teacher Kirsty Bradley runs these gentle and relaxing stretch classes for u3a members at Stoke Fleming Village Hall, which has the benefit of under floor heating, every Tuesday at 12 noon. All are welcome £10 per class, cash on the day. Bring a yoga mat if you have one but Kirsty has plenty to share. Please come and join us for a very worthwhile time of stretch and relaxation. If getting to Stoke Fleming is a problem, please contact Helen as it may be possible organize a lift from another attendee.

