



REGISTERED CHARITY 1045085

*"Everyone in the u3a should be an involved member, **not** a customer being served."*

Eric Midwinter - Founder

Committee:

Chair: John Hough

Vice Chair: Vacant

Treasurer: Maria Manojlovic

Membership Secretary: Karen Daly

Business Secretary (TBC): Joan Roberts

Welfare Coordinator: Glynis Greening

Group Coordinator: Barbara Green

Newsletter Editor: Barbara Green

Speaker Finder (2026): Marilyn Ham

Committee Member: Kate Parsons

Committee Member: Karen Chesterfield

Support Team

Webmaster: David Beckett-Smith

Facebook Manager: Abby Beckett-Smith

Quarterly Editor: Freya Hartley

Audio Visual Support (for Speaker Meeting): Brian Kenny

Kitchen Team Support Manager (for Speaker Meeting): Christine Snowden

Chairman's Report

By the end of June we'll pretty much have our new Committee and Support Team in place – see above. Having said that, one sign of a healthy u3a is constant renewal with new members embracing our central ethos of "an organisation run by members for members". And we will always welcome new volunteers and helpers.

I believe now is the time for myself and all of you to show our gratitude and thanks to the Committee members who have served us so well over many years.

❖ **Kate Parsons:** Over the years, Kate has taken on many roles (often multiple roles) in our u3a, and always with enthusiasm and efficiency. Most recently Kate has served as Treasurer; and has handed over the finances in an excellent and healthy position. Apart from the specific roles, Kate has always helped ensure we follow our central ethos and act in accordance with our constitutional objectives. I'm sure she will continue to apply that oversight going forward.

❖ **Peter Snowden:** Again, Peter has served our u3a in many roles including Chair and Vice Chair. Peter has also provided continuity in the essential support for Speaker Meetings, plus leading his own groups. As Chair over the past year I found Peter's experience and advice most valuable.

❖ **David Campbell:** David had the role of Newsletter Editor for several years, a role that needs constant attention, month after month. In addition, David played a central role in ensuring our Group information was up to date. Not easy in such a dynamic organisation as ours with over fifty groups and constant change. David has moved from Torbay and we wish him well in his new location. He will be a major asset to any u3a he decides to join.

❖ **Bob Hackwith:** Bob took on the role of Webmaster with little background in web technology, but he quickly taught himself, applying his own instinctive design capabilities and innate curiosity to build us a robust, easy-to-use Website that has served us well over the years. We are so lucky to have Bob as one of our members – with so much talent. Many u3as around the country have no such person. Bob's wider IT understanding helped him working with our Membership Secretary in facilitating our move to the u3a BEACON membership system.

❖ **Gwen Smith:** Gwen has stepped down from her roles as Welfare Officer and committee member, but she is still very much playing a key role in our u3a, not least in leading our two largest Groups – The Lone Rangers and The MOTO group. Gwen was and is one of our most colourful members. Renowned for her compassion and ‘plain- talking’ she was, and will always be, a close friend of many members. And we will continue to respect her input to the committee.

With everything in a u3a, members working together is so important and I pay tribute to all the members listed above - how well you all worked together. Thank you. Take a bow!

John Hough - Chair

Next Newsletter

Please send your contributions for the June edition by 23rd June. You don’t have to wait till the last minute! If you can, try to make sure that you advertise your events nice and early – at least a month in advance if possible. You may have two (or even three) email addresses for me. Use the one above to avoid confusing this elderly lady. Thanks,

Barbara

Speakers

On **June 10th** Mary Smith will talk to us on A Schoolgirl’s War. Mary spent her career in teaching, and while a teacher at a large secondary school she made two fascinating discoveries about school life during WW2.....looking forward to finding out more!

In **July** our Speaker slot will be taken by Torbay u3a member Sarah Ballard: Experiences of a “Jeune Fille Au Pair”. It’s 1966 and a young convent educated girl downsizes her navy blue knickers to begin her stint as an Au Pair in France. She is full of hope and expectations to meet her Captain Von Trapp and his delightful children. She takes off with a bang from Manchester Airport and the rest is history..... There will also be a brief musical demonstration from the A Capella Group.

Marilyn Ham, Speaker Finder

Torbay u3a Membership

We have had 7 new members join us in May, bringing our total to 397.

Karen Daly - Membership Secretary

Photography Group

We held our first meeting this month. We started by discussing what people like to photograph - places we visited, family, pets etc. We also talked about any problems we may with have in putting photos onto an SD card, to allow us to store the photos we take. Some of us have digital cameras and use these as well as our mobile phones. We would welcome anyone else who enjoys photography at our next meeting which will be at the **Livermead Cliff Hotel on 19th June at 2pm**. There is free parking but don’t forget to log your registration at reception to avoid a parking penalty!

Karen Chesterfield

History of Art

Current talks have now all finished. I will start again in September, details will follow nearer the date. Thank you to those who have attended.

Adrian Addington

Monday Coffee Morning Group - Belgrave Sands Hotel, 2 Belgrave Road, TQ2 5HF

We meet every Monday morning for coffee and conversation from 10.30am until 12.00pm (some members often stay on for lunch!) We have space for several more members so if you would like to join us please contact me by email.

Christine Snowden

Skittles

The next skittles will be on Thursday 25th of June. There will then be a break until September 24th. We meet at Boots and Laces at 11am. We have room for more players so just bring £1 and come along!

You can contact me, Pat Gorin, if you need further details.

German Conversation

Following our introductory meeting on 15th May, we will be getting together next on Friday 19th June at 3pm at The Livermead Cliff Hotel. If you are interested in joining us please come along. There is parking on site (don't forget to log your registration to avoid a parking ticket), and buses stop nearby.

Natalie Holford

Library Tour

Torquay Library has offered our members a visit and talk about Torquay Library on Friday 26th June from 3 - 4 pm. If there is a large number of members who would like to attend, the library will do a second tour from 4 - 5 pm.

The visit will comprise: Welcome - start in the main area to look at the art deco features, where the librarian will talk about the history of the building and how libraries have changed as we go round. The tour will end up in the John Pike Room for tea and a look at local studies. To reserve your place, please RSVP to

Karen Daly (Membership Secretary)

AI Explorers: A New Group for Curious Minds

The group is open to everyone with no technical background required. Everyone is welcome to attend the first meeting even if you're just curious. That first meeting will be held on Friday, June 12th from 2 to 4pm in room 3 at the Central Church, Torquay.

Refreshments will be provided and there will be no charge. The format will be a 1-hour talk, 15-minute break, 45-minute Q&A session.

The talk will cover a wide range of topics including what AI can and cannot do, and how it might fit into our individual lives. A well-developed set of notes will be provided to take home. Depending on interest, the group will meet twice monthly: once for beginners, one for people further along, with both meetings open to all.

Personally, I've been using computers for over 40 years. My biggest surprise? After all of those years of learning to speak the computer's language, I find that it now knows mine. Please R.S.V.P. early as seating is limited. Contact Brian Kenny

Play Reading Group

The Play Reading group is held on the third Friday of each month at 2pm, at my home. There is space for one or two more members. No AmDram experience is required, we are very easy going. Please contact me if you are interested in joining us.

Joan Roberts

Shanty Singing

We're ready to go! It seems to have taken a while to get this group off the ground, but I'm delighted to announce that our first meeting will be at 11.30 on Thursday 18th June at Ye Olde Smokey House in Marldon, and thereafter on the third Thursday of each month. We already have a lot of people who have expressed an interest, so if you are only now thinking about coming along, please let me know beforehand, just in case we run out of space! For clarity, I am not the Group Leader, just an admin person (and singer). Sue (our leader) is on holiday at the moment so for the time being please use my contact details.

Barbara Green

Friday Coffee Morning Group

We are a small group of people who have been meeting at our Coffee Mornings since 2013. We enjoy socialising and, above all, supporting each other. I like to think of us as a good option for new members to u3a who may live locally and want to find out more about different groups in a smaller, informal setting. You are most welcome to come along to The Coffee House, St Marychurch Precinct at 10.30 on the 4th Friday of the month, we are very welcoming.

Jackie Rowley

Theatre Club

Are you someone who really enjoys theatre? This group would welcome help with organising our visits, nothing too onerous. Maybe contact me to discuss? I would love to hear from you. **Tuesday 9th June**, 'The Last Laugh' should already be booked, but check for cancellations. **Tues 25th Aug**, Princess Theatre - 'Barnum' - including the famous tightrope walking scene. Circle seats £31.50. Book by beg June.

Also - no need to book yet but I would like to know if anyone interested before I reserve a number of seats: **Saturday 21st November** 'The Night Sky Show' by astronomer and author Adrian West. Blending dry science fact and light entertainment - suitable all ages. Circle seats £37.50.

Anne McKinnon

Poetry Reading Group

Do you like poetry? Would you like to join a group where we would read, enjoy and share poems? Poems can make us laugh, cry, reflect on life, stir up memories and a lot more. To quote Robert Frost, "Poetry is when an emotion has found its thought and the thought has found words".

We meet 11.00-12.30 on the third Wednesday of each month at my home. If you are interested in joining us you will be very welcome. Please contact me!

Jean Benskin

Little Theatre Group

We get together for each monthly production by TOADS at The Little Theatre, St Marks Road, Meadfoot, Torquay. All the productions are amateur and can be comedy, thrillers etc. We usually enjoy the group discount price and save £3 per ticket on the usual door prices. Members must make their payments in advance, either by cash or bank transfers. Check out current productions on their website: <https://www.littletheatretorquay.co.uk> Contact me or catch me at the monthly Speakers Meeting in Central Church, Torquay. We announce shows via a WhatsApp Little Theatre Group, for members who let me know their mobile phone numbers.

Cathy (Little Theatre Group)

Table Tennis Group

Hi, I am Ann Taylor and I run the table tennis group. We meet every Tuesday at 10am at the Acorn Centre in Barton (plenty of parking and on bus routes). One hour's table tennis is usually followed by coffee and a chat at a cost of £3 a week to cover the hire of the hall. We are mixed ability just there for gentle exercise and the social experience. We currently have up to five gentlemen and six women. We would welcome new members.

Film Night (previously Film Group)

Tuesday 16th June - Cold Mountain (2003) is an epic period war drama starring Jude Law, Nichole Kidman and Renee Zellweger. The film tells the story of a wounded soldier from the Confederate Army close to the end of the American civil war who journeys home to be with the woman he loved. Winning seven nominations at the 76th Academy Awards it was a critical and commercial success. Blue Walnut Cafe doors open at 6 p.m. Film starts 7 p.m. Usual snacks, bar and hot drinks - place your orders before 6.30 please.

Venue: Blue Walnut Cafe, Walnut Road (opp. Co-op) TQ2 6HS. Tickets £5 members, £6

Please contact me to book seats. **Jane Castellanos**

MOTO (Members on their Own)

Please note that while the afternoon sessions of MOTO are currently full we have plenty of room at the morning sessions, which normally meet on the 1st and 3rd Thursday of each month between 10.00am and 10.30am

However - there will **NOT** be MOTO sessions on the 18th June or the 2nd July due to holidays.

Ten Pin Bowling Group

We meet every second Wednesday (unless the date clashes with the monthly U3A meeting) when we meet the following Wednesday and fortnightly from there. We meet from 13:30 in the bar area, serving soft or alcoholic drinks, tea/coffee. Play commences at 14:00. Cost is only £3.40 for one game which we find adequate. Complimentary shoes and bowling balls to suit you are provided or just wear soft shoes and comfortable clothes.

Next games - 3rd and 17th June.

Please note – we take a break during July and August when the charges are much higher!

Cathy Walls

Creative Writing

Leadership of the Creative Writing Group will be changing from 14th July. The new leader will be Bryan Hill. We'll keep you informed about Bryan's deputy once that's been agreed.

Kathryn Bestwick

Scrabble Group

This group has officially got 15 members, but we usually have between 9 and 10 players each month, so we therefore have plenty of room for new members! We meet at The Anchorage Hotel, Aveland Road, Torquay TQ1 3PT, at 2pm on the third Thursday of each month. If you are interested in joining us please contact our new Group Leader, Karen Chesterfield

Lone Ranger – Days out for solo travellers.

13th June Looe – Torquay Station 9.21am train, or Newton Abbot Station at 9.40am. If you would like to join us please turn up at either station at least ten minutes before the train leaves. Cost – just under £13.00 with railcard.

Gwen Smith

Tuesday Short Walks - Amblers

2 nd	June	Dawlish	Meet by the railway station
9 th	June	Goodrington	Meet by the crazy golf hut
16 th	June	Babbacombe	Meet by the Cliff Railway Cafe
25 th	June	Newton Abbot	Meet outside Asda Cafe
30 th	June	NO WALK	I'M ON HOLIDAY!
7 th	July	Totnes	Meet by Steamer Quay Cafe
14 th	July	Teignmouth	Meet at the Lighthouse Car Park

All walks start at 2pm and are subject to the weather. If you would like to join us please contact me: **Gwen Smith**

Swim Group

Would you like to be fitter and begin the week in a good way?

Then maybe think about joining our swimming group! We meet 10am on a Monday morning in the deep end of the Riviera swim pool and usually swim for 30-45mins. This is followed by a chat and coffee in the cafe. Price of swim £6-10 for non members

Please contact me for further details

Tammy Thomas

Produce Table

Our Produce Table will feature again at the June Speaker meeting. We wait to see what offerings there may be this month – if you have any surplus that you'd like to donate, please do! It provides a way to share produce grown or produced by members. If you see a gifted item you'd like to take home with you, could you please make a small donation to our u3a, in recognition of the members' contributions.

Email **John Hough**

Book Table

We wonder whether people would like to swap jigsaws as well as books?

New Members' Coffee Morning

The next New Members' Coffee Morning will be on Wednesday 17th June at the Livermead Cliff Hotel, Torquay from 10:30am. The Hotel is on the 12 and 22 bus routes, and there is limited parking. If you come by car, please remember to sign in at reception with your registration number to avoid a parking fine. New members who have joined in the past 6 months and prospective members are welcome. We hope to see you there.

Coffee/tea costs £4.00 - £4.50.

For more information phone or email

Karen Daly - Membership Secretary

FREYA'S TIPS

WELLBEING GROUP

Next meetings will be on Mon 1st and Thur 18th June, 2-4pm at Central Church, Torquay (private room). Facilitated by Brian. Theme to be announced. There are a maximum of ten people each time, first come first served. Reserve your place with Brian

WELL BEING RECIPE - TORTA CAPRESE

A real treat - quite decadent but gluten free and lots of protein.

Melt 200g of 70% good dark chocolate. Cream 200g sugar (I sometimes use light brown) and 200g butter. Whisk in 5 egg yolks and 200g ground almonds. (Easy one to remember- 200g of each) Mix in the melted chocolate. Fold in the 5 stiffly beaten egg whites. Bake in a 9" lined greased (loose bottomed if poss) cake tin about 40 mins at 160deg or until knife comes out clean. You can bake it in 2 small tins and sandwich with chocolate ganache! (Melted chocolate mixed with cream.) Hmmmm. For special occasions cover with melted chocolate. Nice served with raspberries or strawberries and Greek yogurt, cream or ice cream depending on level of treat fancied!

NON TOXIC CLEANING TIP - WEED CONTROL ON PATHS, PATIOS ETC

Much needed at this time of year. In dry weather pour a thin stream of boiling water over the weeds and immediately sprinkle on ordinary table salt. The more or bigger the weeds the more the salt eg for a big dandelion - a good teaspoon. The weeds die in 4-5 days.

MINDSET TIP

Back to the basic key to changing life for the better: FOCUS. This can't be emphasised enough: what you focus on grows....This definitely works. Awareness....watching what we spend time thinking about, watching our feelings....Feeling the tougher ones fully and letting them pass. Not dwelling in them. It's a sort of mental hygiene or mental diet. Taking care of what is in our heads! Filling our heads with love and gratitude and awe at this world and the beauty. Soon there's no room for fear or anger....That's how the world will change.
