



Learn, laugh, live

LYME REGIS

SPRING NEWS



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ISSUE 57

SPRING 2020



Seafront Gardens If you enjoy gardening and fresh air, why not join this group from March onward - Merry Bolton 01297 443334



First aid course



Strollers

John Ombler



Chris Bartlett

Photography group contributions from John Ombler and Chris Bartlett

Front cover - in all this gloomy weather this camellia was a real tonic (photo taken on February 12th 2020) SW

Lyme Regis U3A

Chair - Rachael Pope

01297 445575
rachael pope1@outlook.com

Secretary - Ann Fleet

01297 442651 or 07761 468608
annfleet60@outlook.com

Treasurer - Graham Cumming

07776 473481
gd_cumming@hotmail.co.uk

Membership - Graham Pitts

01297 561569
graham.pitts@btinternet.com

Vice-Chair & Membership Adviser

Mary Bohane
01297 444566 marybohane@yahoo.co.uk

Groups' Coordinator - Penny Rose

01297 561076 pennyrose2009@gmail.com

Newsletter - Sue Wilson

01297 444606 sue.wilson44@outlook.com

Speaker Finder - Kate Pitts

kate.pitts@btinternet.com

Publicity - Susie Butter

01297 442290
butter471@btinternet.com

Refreshments - Pat Chambers

01297 443443

Trips - John Bartholomew

01460 279739 jdbart45@gmail.com

Technical Support - Heather Britton

07802 797427

Website Support - Jenny Finch

jenny@whatsoninlyme.co.uk

Registered Charity No: 1115022

Letter from the Chair

The new website is taking shape and some of the committee members have received training from John Marriage (our Web Master) on how to manage the content relating to their responsibilities. The website will have full details of groups, news and newsletters etc along with our policy on expenses, 2019 AGM minutes and a copy of the Lyme Regis U3A constitution.

Progress has been made on setting up the Knitting Project teaching children to knit at the St Michaels Primary School in Lyme Regis. Teaching a skill and mixing the generations - should be fun. We start on 26th February for six weeks.

Abbeyfield and Magna have offered free rooms for groups in return for including their residents in the activity. This is working well at Abbeyfield with the Board Games group.

A very big thank you to Pat Chambers, who has resigned, for providing refreshments for the meetings over the last 8 years.

And now we ask for volunteers to come forward from our 600 plus members:

****Coordinator & volunteers required** - men or women - for refreshment duty at the monthly meetings.

****Newsletter and Newsflash** - Sue Wilson wishes to hand over this responsibility. It would be good if 1 or 2 with experience come forward (Job share?). However, If you would like to take on this role, but don't currently have the necessary publishing skills/experience we can look into providing some training. As we know U3A is all about learning! We are reducing to just the two full Newsletters a year. The monthly newsflashes will continue. Contact Sue please.

Thank you, Rachael Pope

HERITAGE COAST U3A GROUPS

INSURANCE - Did you know that £3.50 of your yearly subscription goes to the national U3A office? Part of it pays for your insurance. A member on a U3A activity is insured under most circumstances. However, if your accident involves a car or coach you are covered by the vehicle's insurance and not the U3A. Also, if you pay a teacher regularly to lead your group, the U3A will not get involved. Your teacher must have Public Liability Insurance to cover you.

Every effort is made to ensure that the information listed is correct. If you're interested in joining a group please contact the Group Leader, even if there is a Waiting List.

GROUP NAME	INFORMATION AND VENUE	TIME	CONTACT
GROUPS WITH NO FIXED DAY			
GARDEN LOVERS	Visits to gardens throughout the Summer months.		Mary Bohane 01297 444566
Jazz APPRECIATION – LIVE!	Visits to live concerts and groups		Heather Britton 07802 797427
PLANT SHARING	Members contacted by e mail to exchange plants and seeds		Laura Noel 07702131710
SEAFRONT GARDENS	Keeping a section of Lyme Regis gardens in good order		Merry Bolton 01297 443334
TURKISH FOR BEGINNERS	Flexible, weekly, in Group Leader's home		Dennis Hebden 01297 443615
MONDAYS			
BEGINNERS ITALIAN	1 st and 3 rd Mondays of the month in members' homes	10.00am	Allan Swannell 01297 443003
BOOK GROUP 1 Waiting list	1st Monday in the month in members' homes	2.30pm	Jocelyn Marsh 01297 442830 jmwmarsh@gmail.com
CREATIVE WRITING	2nd Monday of each month in members' homes	2.15pm	Philip Peed 01297 442808
SCOTTISH DANCING	Weekly at Woodbury Hall, Axminster	10.00am	David Acland 01460 65981
PLAY READING	Fortnightly - in members' homes	2.00pm	Frances Barter 07986 794722 frances.barter@hotmail.com
SPANISH LEARNERS and CONVERSATION Waiting List	Fortnightly in members' homes	10.00am	Wendy Howard 01297 445195

WALKING 1 Waiting List	Fortnightly. Meet Uplyme Village Hall car park. Walks of 4 to 6 miles organised by members on a rota basis.	9.30am	Maurice Liddiard 01297 33783
WALKING 2	Fortnightly alternating with Walking 1. Meet Uplyme Village Hall car park. We walk for about 1½ hours covering a distance of approximately 3 miles. NB INCLUDES HILLS	10.00am	Marion Richardson 01297 33824
STROLLERS	Monday afternoons for a leisurely short walk. Walks organised by the members	2.15pm	Ros Pritchard 01297 443507
TUESDAYS			
BADMINTON	Weekly at the Hub. Limited places, please enquire	4.30pm	Sue Gale 01297 444260
BOOK GROUP 2 Waiting list	3 rd Tuesday Members Homes	2.00pm	Dawn Armstrong 01297 678932
CURRENT AFFAIRS 1	Fortnightly at Group Leader's home	10:15am-12:30pm	Iain Paterson 01297 631193
CURRENT AFFAIRS 2	Fortnightly at Group Leader's home alternating with Group 1	10:15am-12:30pm	Iain Paterson 01297 631193
FRENCH CONVERSATION	Fortnightly in members' homes	10.00am	Keith Robson 01297 442183 Maggie Allison 01297 443983
FRENCH FOR FUN	Fortnightly in members' homes	10.00am	Kay Luckraft 01297 599416 kay.luckraft@talktalk.net
ITALIAN INTERMEDIATE Waiting list	Fortnightly at Chideock	10.00am	Allan Swannell 01297 443003
MEDITATION Waiting List	2 nd and 4 th Tuesday of the month at Group leader's home	10.30 - 12.00	Jo Smith Oliver info@josmitholiver.com
TENNIS Waiting list	Weekly Charmouth Tennis Club	10.00am – 12.00	Joyce Beadle 01297 442279

DIGITAL PHOTOGRAPHY GROUP	Fortnightly Tuesday. Meet in group leader's home	Afternoon	Mark Gillams mark.gillams@gmail.com 07754 309609
QIGONG [Chi gung]	Weekly at St Michael's Church Hall, Lyme Regis.	5.30pm	Dave Edwards 01297 443696
WEDNESDAY			
BADMINTON	Weekly at the Hub. Limited places, please enquire	3.00pm	Sue Gale 01297 444260
COMPUTER LEARNERS Waiting list	Weekly, for 8 sessions for two members at a time, in members' homes.		Klaus Wagner 01297 792978
CURRENT AFFAIRS 3	Alternate weeks at Charmouth Library	10.00am - 12 noon	Guy Barnes 01308 427430 valandguybarnes@gmail.com
GERMAN CONVERSATION	1st Wednesday of month and in the 3rd week, the day is flexible- afternoons 2.30 - 4.30 pm. Group Leader's home	2.30pm- 3.30pm	Audrey Standhaft 01297 442427
MAKING MUSIC	Mornings. Newcomers very welcome at James Hargreaves Hall, Morecombelake	AM	Rob Walker 01297 444811
MEMOIR WRITING	Fortnightly from 24 th October at Guild Hall, Lyme Regis	10:00 – 12:00	Jackie Lloyd 01297 443516 ladylloyd@msn.com
POETRY-READING	First Wednesday in every month	2.00pm	Kevin Benfield: kevin@wordsonwords.co.uk 01297446066
THURSDAY			
BOARD GAMES	2 nd and 4 th Thursdays of month Abbeyfield	10.00am- 12.15	Wendy Alexander 01297 445152
BOULES GROUP 1	The Hind, Musbury Weekly from Spring 2020	12.00- 2.30pm	Joan Pitt 01297 631363

FRENCH EXPERIENCE (INTERMEDIATE)	Weekly in members' homes - Learning the language through written materials, games, documentaries and films in French and French conversation.	10.00am-12.00	Wendy Howard 01297 445195
ITALIAN CONVERSATION	1 st and 3 rd Thursday in the month at Kilmington.	2.30pm	Allan Swannell 01297 443003
LITERATURE	1 st Thursday in the Month at the Lyme Regis Guildhall.	2.00pm	Guy Barnes 01308 427430
RELIGION & ETHICS	1A St. Michael's Business Centre, Lyme Regis	10.30am	Ed Standhaft 01297 442427
SHORT TENNIS	Weekly, Musbury Village Hall	2.00pm	Jill Menzies 01297 444863
SOCIAL MEETING	An informal drop-in event. The last Thursday in the month at the Pilot Boat, Lyme Regis Everyone is welcome. Meet up with friends.	10-00 am.	Rachael Pope 01297 445575 Ann Fleet 01297 442651
TABLE TENNIS	Weekly at Lyme Regis Baptist Hall. Small charge for room.	2.00pm	Brian Watson 01297 32060
FRIDAY			
BOULES GROUP 2	The Hind, Musbury Weekly from Spring 2020	12.00-2.30pm	Joan Pitt 01297 631363
CANASTA GROUP	Charmouth Library Meeting Room, 2nd and 4th Friday of the month	2.15pm until 4.15pm.	Valerie Penn 01297 560717
RARE BOOK GROUP	The Sanctuary Bookshop, Rare Books Room. 65 Broad Street. Lyme Regis. Monthly from April	7:30pm	Bob Speer 01297 445815
SCIENCE & TECHNOLOGY	Usually 3 rd Friday – see website www.u3ascitec.weebly.com Woodmead Hall. Small charge	10.00am – 12:00noon	John Marriage 01297 443469
SATURDAYS			
BREAKFAST	First Saturday in each month – alternating venues Bellcliffe Cafe and Courtyard café	9.30am	Rachael Pope 01297 445575
SUNDAYS			
SUNDAY LUNCH CLUB Waiting list	In a variety of Inns	4 th Sunday	Linda Green 01460 220356

Group News by Penny Rose [Groups Co-ordinator]

We had an interesting “Activities” morning on 14th February - renamed because some members became confused with the title “Coffee Morning”. Thank you to all group leaders who came, many with examples to illustrate their group activities.

As a result of the meeting, the following new groups were suggested by members interested in learning particular skills. If you could teach or co-ordinate any of the following please contact me on 01297 561076 or pennyrose2009@gmail.com.

***Calligraphy** - Calligraphy is a visual art related to writing. It is the design and execution of lettering with a broad tip instrument, brush, or other writing instruments. Have we an expert in this skill amongst members?

***Mah Jong** - a Chinese game played with tiles - needing 4 players.
[There are videos online for learning how to play this game.]

***Snooker** - does anyone know of a local venue for Snooker, rather than Pool?

***Fencing** - after the fencing demonstration held earlier this year many of the 25 members who attended showed interest in forming a group, with specialist instruction and provided kit. So far only 4 members have committed to this. No day has yet been decided but if you are interested, please contact Penny Rose

***Astronomy** - a few years ago we had a list of many members interested in this, but nobody wishing to teach or co-ordinate.

***2nd Sunday Lunch Group** - The existing group is full, but if a member would come forward to co-ordinate a second group, Linda Green, who runs the Sunday lunch group would be very willing to advise and give a list of recommended venues with contact details. She says that it really is not an arduous task and gives so much pleasure and discussion on all sorts of topics to those participating. It is particularly enjoyable for those living on their own. Contact Linda on 01460 220356 or Penny Rose 01297 561076

***3rd Book Group** - If any member is interested in co-ordinating a new Group, the leaders of the other two existing groups have offered to be of assistance in setting it up. Please contact either Dawn Armstrong 01297 678932 or Jocelyn March 01442830 for help in setting it up. If you wish to join, but not co-ordinate contact Penny Rose 01297 561076 pennyrose2009@gmail.com.

***Mini Bridge Learning** - If you wish to learn how to play bridge, please contact Eileen Nightingale for a day's group tuition for a £5 fee [to cover costs of cards etc] for U3A members on 01297 443915

Thank you very much to those who agreed to co-ordinate new groups:

***Art and Craft Group** - Having lost our wonderful Needles and Stitches Group, there has been a fresh request for a craft group, which could mean any craft at all e.g. painting, knitting, stitching, batik, silk pictures, lino cutting, quilting or any other of the myriad of crafts now available. If interested, please contact Jayne Avery 01297 33544 or jayne.avery@btinternet.com

***Beginners' Digital Photography** - John Marriage is willing to lead a beginner's group if six to eight members are interested. Please contact John on 01297 443469

***2nd Memoir Writing Group** - Jackie Lloyd will be starting a second Memoir writing group in the autumn which will meet once a month. Day (not Wednesday) venue, and time to be decided. She has a waiting list which is probably now rather out of date. If you are interested please email her at ladyllloyd@msn.com when she will record your details and contact you later in the year to make arrangements.

***Boules Group** - This new group will begin in the Spring at The Hind in Musbury 12.00 - 2.30 on Thursdays and/or Fridays. If you are interested, please contact Joan Pitt 01297 631363

***Family History Group** - This new group will meet monthly from 10.00 -12-00 on various days. If you are interested in joining, please contact Pam Melhuish pammelhuish@gmail.com

Current groups needing more members:

***Seafront Gardens** - If you enjoy gardening and fresh air, why not join this group from March onward - Merry Bolton 01297 443334

***German Intermediate Conversation Group** - Audrey Standhaft 01297 442427

***Religion and Ethics** - Ed Standhaft 01297 442427

***Current Affairs** - Iain Paterson 01297 631193

***Strollers** - maximum walks of 2 miles - slow, avoiding hills and slippery ground! Ros Pritchard 01297 443507

***Board Games** - Wendy Alexander 01297 445152

Miranda Pender - the Late Flowering Lyricist - came to speak & sing to us in September last year. One of her entertaining songs was entitled **Petrol Station Flowers!!** This reminded one of our members of a poem she had written some time ago.

Result !

Malcolm the Brave went wooing.
The lady was hard and cold.
She refused to join the cooing
But he was pushy and bold.
He gave her **petrol station flowers**.
(She wasn't too impressed).
He gave her Chanel Number Five.
(I think you've guessed the rest).
Vivienne Graham. February 1995.





MEMBERSHIP RENEWAL

Annual Subscriptions became due on 1st January and there are still members who have not yet paid. A reminder that single membership is £12 and joint membership (two people living at the same address) is £22.

If you are unsure how to pay please contact Graham Pitts - membership secretary on 01297 561569 or email- graham.pitts@btinternet.com or better still send him a cheque at Spinnakers, Old Lyme Hill, Charmouth. DT6 6BP.

If you no longer wish to be a member it would be appreciated if you could let him know.

IF FEES ARE NOT PAID BY 31ST MARCH MEMBERSHIP WILL BE ASSUMED TO HAVE LAPSED.

Gardening and Gardens - A joint meeting for the members of the Garden Lovers, Plant Sharing and Seafront Gardens groups will be held in the Woodmead Hall in April (date to be confirmed). The programme of this year's garden visits will be presented and members will be invited to sign up for the visits, to bring along any plants they have which are surplus to their requirements and to volunteer to help in the seafront gardens at Lyme.

Mary Bohane (01297 444566)

A Day Out – Maureen D'Albertanson, Creative Writing Group

Once upon a time the 'day out' was something you probably looked forward to for a whole year. Now, things are different, at least for a section of the population. There are so many venues that you can visit, just look at your local railway station to find out about at least fifty places to go. Celebrations of any kind are seen as opportunities to have a special experience. Usually the cost of these outings is significant, a meal for 4 costs about £50, entrances can be around £100, plus food and mementoes, and how about another meal on the way home!!! I think you could easily spend £500.

The year is now divided into unique celebrations, let us start with Christmas. There are outings to Father Christmas, theme parks and trips to Iceland to see the reindeer. Just add up how much any of these this might cost for our mythical family of four. We move onto birthdays where commonly young children take themselves and their friends to 'Build a Bear', then onto KFC and then the cinema to complete the day.

Easter is full of bunnies and egg hunts so we have to go to a theme park to enjoy this pleasure. On the actual day, all seems a little tame as all you get is an Easter Egg. We move forward to Hallowe'en; the new celebration that has usurped Easter in terms of a Unique Selling Opportunity. We take our children to parties, after they have marched around the streets demanding money or sweets. How cynical I sound, but I believe that the day out has lost the excitement and sense of anticipation, because it has become commonplace.

I don't actually remember having a day out as such, occasionally we would visit my Granny. As she lived some way away this had to be planned carefully. The car had to be serviced because it was a long drive, the picnic had to be prepared; motorway cafes did not really exist. My mother would take seemingly hours to get ready, whilst my father paced the floor urging her to get a move on. I was reminded that I needed my 'I-spy' books because there was nothing to do apart from look out of the window. By today's standards we probably only travelled 50 miles, but there were no motorways so journeys took a long time.

Finally, we arrived at Granny's small rented house somewhere in Portsmouth. As she opened the door, always in her apron, I was grasped into her ample bosom as she hugged me. My mother usually brought a cake for her Mum, the tin was reverently taken into the back kitchen. As we took our coats off we were ushered into the back room. It was small and cramped, but usually there was a fire, more to dry the washing, than offer warmth. The front room was only used for funerals, or other grand affairs. I only remember sitting in there on one occasion. My Grandmother would have polished the brass to mark our visit, although most of it was in the front room! After lengthy adult chatting it was

time to go to the local pub. I sat outside because in those days children were not allowed in. A packet of crisps and lemonade provided sustenance.

Having spent an hour feeling bored, and rather fed up by the whole experience, my parents and Gran appeared. We went back home. There was cold luncheon meat, beetroot and salad, followed by tinned fruit salad and evaporated milk. For a while we listened to the radio, probably Billy Cotton's Band show, then my father would suggest we walked over to the local park. This was the best part of the day. Then just as suddenly as Dad had suggested we go out, he said after about half an hour that we must get ready to go home. So, we said goodbye, I was given some sweets and a comic and off we went. This was the 'day out'. My Husband remembers his Mother taking him on a circular tram ride, that was the extent of the 'day out'.

Do I feel envious of children now; probably not. We had few expectations, and none of our friends would compare notes, or photos on social media. Children were not encouraged to be as competitive as now.

Since I have had Grandchildren, and perhaps to compensate for things I did not do as a child, we have planned special days for them. Our Grandson who was eighteen recently, wanted to go somewhere 'posh' for part of his celebration, we had a theatre supper at The Savoy. The staff looked after him as if he had ordered a bottle of vintage Dom Perignon. He ordered his first cocktail - a James Dean, named after the actor who had stayed there. The chef made him a little cake, and it was all magical. The 2nd part of the evening was seeing London from The Shard, I thought this would stay with him as an image of this amazing capital city at night. The next day it was a speed boat on the Thames. When he got off he stopped people on London Bridge saying how awesome the experience had been. It was one of those special days when London was at its best, our Grandchildren had a good 'day out'.

Having reflected on this experience then I started to plan my day out, which in fact we achieved last year. We finally visited Sissinghurst which I had read about for years, the whole Sackville West story entranced me. The thought of this odd couple planning a wonderful garden, whilst conducting the most outrageous personal life, fascinated me. It was merged with the whole Bloomsbury set mythology. I imagined Vita summoning her children down for an hour in the evening, and then banishing them back to the nursery.

The garden was as magical as I had imagined. Having had this sensory experience, we continued this theme by having lunch at an amazing restaurant in Oxfordshire. The meal was like a symphony of food, lovingly and skilfully prepared; it could not have been better if we had been invited to lunch with the Queen. It was an extraordinary day out. There were so many elements that made it something I will remember for the rest of my life. My best 'day out'.

FIRE SAFETY - Rebecca Siebenthal the **Safe and Well Advisor** covering **West Dorset for Dorset and Wiltshire Fire and Rescue Service** attended our 14th February meeting to talk with anyone interested in having a Fire Safety Safe and Well visit.

Contact **FREEPHONE 0800 038 2323** or visit the website at **dwfire.org.uk**. for a FREE Safe and Well Visit to assess the safety of your home.

Coronavirus Advice

Following the confirmed cases of coronavirus in the UK, the Government and NHS have issued advice for members of the public. The Third Age Trust wants to share this advice with you.

Up to date information about the virus, as well as symptoms and advice, is available to view <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

Or on the NHS England website at:
<https://www.england.nhs.uk/2020/02/statement-from-nhs-england-and-nhs-improvement-on-coronavirus/>

U3A MUSIC GROUP

On Saturday 13th July the U3A Music Group performed in the **'Whitchurch Has Got Talent'** event and played Michelle, Highland Cathedral and Fly Me to the Moon. This was our first concert performance so we were slightly nervous but afterwards were very proud of our performance.

The Music Group has been running for several years. At the start we had no conductor and muddled along attempting to play together without much success. Now we are fortunate to have Liz Carter as our conductor and she keeps us on track and in time and composes our music. At the moment in our group we have the following instruments being played - 2 key boards, a saxophone, a clarinet, recorders, a violin, flute, piano accordion and drum kit. We would welcome new members, with whatever instrument they have, even if you are very rusty or just beginning. It is tremendous fun playing music with others.

We play on alternate Wednesdays from 10 to 12 noon meeting at the James Hargreaves Hall, Morcombelake. If you are interested you are welcome to come to any session and just listen.

For more information contact Sue Calder 01297 561302 suecalder@gmail.com.



French group party



Rare book group



"Whitchurch Has Got Talent" event



Activities morning



"This was the 'Making Music group' entertaining the Charmouth Village People with some Carols and other lively music at their pre Christmas social. It was followed by wine and cake and fair to say a fun time was had by all!"

Forthcoming events:

Monthly Meetings held at Woodmead Halls, Lyme Regis, DT7 3PG.
10.00am-10.40am - coffee/tea and biscuits. 11.00am - talk

Friday, March 13th: Professor Jim Rose - The Ice Age in west Dorset

This lecture attempts to explain how the landscape around Lyme Regis formed in the last 2.5 million years of what we know as 'The Ice Age'. It will demonstrate that permafrost and melting permafrost was the most important process and that erosion of the valleys caused the land to be uplifted by about 170 metres. Evidence will also be presented to show that there is evidence for early humans in the area during short periods of temperate climate.

Jim Rose is Emeritus Professor of Geography at London University (Birkbeck and Royal Holloway Colleges) and Visiting Research Associate at the British Geological Survey. His research has attempted to understand the ways in which climate change in the past has shaped our landscape and the ways that this landscape has been occupied by the earliest human inhabitants. He has also worked with aggregate companies in their search for sand and gravel resources needed to build our homes and infrastructure, as deposits of this kind are the outcome of periglacial and glacial meltwater processes.



Wednesday, April 8th: Lottie Dale - Falling with Style

Lottie says: "My dad was a Spitfire, Hurricane, Mustang pilot in WW2 - he passed his love of flying over to me. Unable to learn to fly due to the costs involved, I took the next best route and learned how to fall out of a perfectly serviceable aircraft."



Wednesday May 13th - Vanessa Ainscough - The Flight of the Vulture -

"An adventure not to be missed for the world" - the British round-the-world flight attempt 1924

Other dates for your diaries for the monthly meetings - 10th June, 8th July, 12th August and 9th September.

**** CHAIRS** - before and after meetings. We need help to move chairs. It should not be left to just committee members. Thank you.