

Hello Everyone

We had a fantastic turn out for the Groups Forum Meeting. Thank you to everyone who came to make it such a success. Angie did a great job organising it all. We had about 150 people there and we also signed up 13 new members.

New groups have started up and you can see all of them on the Sidmouth u3a website here - <https://sidmouth.u3asite.uk/groups>

Please email as usual for A-L groups to Angie at - groupsal@sidmouthu3a.org and for M-Z groups to - groupsmz@sidmouthu3a.org

IMPORTANT - We still need a Vice Chairman to continue forward with Sidmouth u3a. We now have over 670 members, so someone could step forward for this position. There is plenty of help available.

u3a Sidmouth are in need of an independent examiner to review the accounting records for the year end accounts (31st January) . The examiner cannot be a member of, or related to any member of, the Executive Committee (EC) and would need to be approved by EC and the members at the AGM. An accounting background is not necessary, a good understanding of basic record keeping will suffice. If you are able to help could you please contact Lesley Tuck at treasurer@sidmouthu3a.org

A reminder that articles for the newsletter must be received by 23rd of each month.

Group news should be sent via the Group Coordinators in plenty of time:

Thank You and Kind Regards. Francetta Bridle - newslettereditor@sidmouthu3a.org

CHAIRMAN'S MESSAGE

Well here we are, almost at the end of the summer, but lots of good things to look forward to, as autumn draws near.

What a terrific afternoon was had in Stowford Hall on Tuesday, August 12th. Thanks to some excellent advertising by Chris Powell about our "Market Place" exhibition consisting of many of the u3a interest groups, manned by the group leaders, there were plenty of people milling around.

Most groups represented had members signing up to join, even if they had to go on a waiting list, which often disappears quite quickly. Chris put up posters around town and in the library, which encouraged new people to discover u3a.

And then we had an unexpected visitor, in the form of a reporter from the Sidmouth Herald. She was very impressed by the buzzing atmosphere in the hall and has written an article about us. Keep a look out in the local paper, together with a photo.

It was great to receive a response to my plea to hear from a member of u3a, on their reasons for joining. There are so many reasons for being part of this organisation. So, follow this up and let's hear from some more of you!

I look forward to meeting lots of you in September. Until then.....

Gail Richmond - chairman@sidmouthu3a.org

MONTHLY MEETINGS

Open Meeting - 09 September 2025: Hugh Sutherland. Round the World Yacht Race.
Stowford Rise Community Centre from 1.30-3.30pm. Refreshments served until 2pm

Open Meeting - 14 October 2025: Rick Lockwood, The Lower Otter Restoration Project.

Stowford Rise Community Centre from 1.30-3.30pm. Refreshments served until 2pm.

SOCIAL EVENTS

More events have been planned for 2025

If you would like to join the social committee please contact Jackie on social.jackie@sidmouthu3a.org

Evening Social - A Drink & Chat at The Blue Ball, Sidford

7-9pm, 3rd Tuesday of the month.

For the next few months, by popular request, we will be at the Blue Ball, Sidford. All are welcome and it would be great if you could email confirming attendance please.

If you would like to be added to the group mailing list, please contact me at secretary@sidmouthu3a.org

Tuesday 23 September 2025 - Killerton House & Gardens

National Trust Killerton House & Gardens ~ A fine 18th-century family home and a great estate, with a glorious landscaped garden surrounded by parkland.

Cost: NT Members £9.50; Non-NT Members £25.65 - **Booking Required**

For further information contact Marian Gadian. social.marian@sidmouthu3a.org

November 19th 2025: Death on the Nile - Agatha Christie.

Final Notice For tickets to Death on the Nile. All tickets need to be paid for by the 15th of September. This is due to us having to pay for tickets two months in advance.

Torquay Princess Theatre - Matinee performance. Ticket price - £50 including Coach from Sidmouth. Further information from Jackie Cox. 07788255463.

social.jackie@sidmouthu3a.org

BSO Serenades and Starbursts this September! In St. Paul's Church, HONITON

On **Saturday 20 September**, the Bournemouth Symphony Orchestra are thrilled to be bringing another of their ever-popular BSO On Your Doorstep Concerts to Honiton, with Serenades and Starbursts. The BSO Strings Ensemble will be tugging at your heartstrings with beautiful pieces you won't want to miss...

Let them serenade you with **Tchaikovsky's string masterpiece** and take you on a musical tour from the Mediterranean coastline with Jenkins' Palladio, then to the East with **Bartok's Romanian Folk Dances** and **Skyork's beguiling Ukrainian Melody**.

And for a taste of home, **Holst** plays homage to traditional British folk music with **St. Paul's Suite**.

Plus, they will be soaring through symphonic galaxies with the explosive melodies of **Jessie Montgomery's Starburst** and **Gershwin's ethereal Lullaby** - a whole universe of classical constellations, what could be better?

PLEASE NOTE -

This fantastic concert in Honiton **is for individual members to arrange themselves**.

Tickets can be booked online or over the phone - so don't miss out on your chance to see the BSO Strings Ensemble right on your doorstep.

If you are after more from the BSO, their **2025/26 Season begins** at the **University of Exeter's Great Hall on Tuesday 9 September** with *Moser Plays Dvořák* – an unforgettable night not-to-be-missed!

You can find out more here...bsolive.com/whats-on/exeter/

The BSO box office is open from Monday- Friday, 9.30am-5pm. T. 01202 669925

SAVE THE DATE for our trip to BSO concert Viva Espana on Thursday 15th January 2026. More information can be found on the Events page of the website:

sidmouth.u3asite.uk/u3a_events/bso-viva-espana/

Sidmouth in Bloom - Sidmouth in Bloom (SIB) are the voluntary group that keep our magnificent gardens in our parks, open spaces, urns and the hanging baskets so full of colour all year round. Consisting of only a small group of people, who are mostly elderly, they have won for Sidmouth the RHS Gold Award most years since its inception. This year SIB has been nominated for the National Award, an incredible honour.

Part of the judging is how clean the town itself looks, litter, dog poop, pathway weeds, etc. Although Sidmouth Town Council pay 'Street Scene' and do volunteer themselves to be aware of how the town looks, maybe we could all play a part in making sure Sidmouth is 'glistening'; especially as there is a very prestigious award and the highest RHS accolade in the country on the cards for us.

They do not know when the judging takes place but the announcements for the South West awards are at Torquay on the 8th October.

If perhaps you have moved into a flat recently and miss your garden, helping out SIB would be greatly appreciated. If you can spare a few hours, contact Susan Goode at s_goode@talktalk.net and **LET'S WIN THIS**

GROUPS NEWS

Now, with many new groups starting, please contact the group leaders directly to find out more details. The full groups list (with group leaders' details) can be accessed here tinyurl.com/ytjpzu4p or full details of all groups, with group leader contact details, can be found on our website: sidmouth.u3asite.uk/groups

New Group: Exotic Flavours - It's not all about the spice! There are many flavours from around the world that are interesting and delicious, all food doesn't have to be hot and spicy, and that is what we are going to explore in this new group.

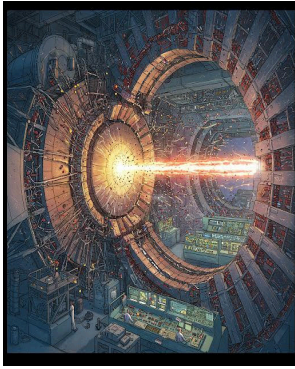
October will start with the Caribbean, then in November we will move to Southern India, (which is renowned for hot food, but we will be looking at more subtle flavours), then in December we will explore Morocco. We will meet on the 1st Wednesday of the month at noon and share food we have made.

1st Meeting: A Caribbean Dish: 1st October 2025 with a limit of 10 people. Each month will have a different theme and each member of the group will prepare some food from that country or region to share at lunch with the rest of the group. Each member of the group will take turns to host.

For more information please contact Janet on social.janet@sidmouthu3a.org

u3a National Learning offers on-line courses on many varied subjects.

Please see the link for details: u3a.org.uk/events/educational-events



Large Hadron Collider: A Scientist's Dream Machine.

Nestled beneath the picturesque landscape near Geneva, Switzerland, lies one of the most extraordinary scientific instruments ever created: The Large Hadron Collider (LHC).

Operated by the European Organization for Nuclear Research, known as CERN, this colossal machine is not just a testament to human ingenuity but also a window into the fundamental building blocks of our universe.

First, let's talk about size. The LHC is enormous—it's a circular tunnel stretching about 17 miles in circumference. This behemoth of a machine is buried about 100 meters underground, quietly humming away as it propels protons round at nearly the speed of light, that's eleven thousand laps every second. Protons, by the way, are made of even smaller particles.

Now, imagine two cars colliding head-on at full speed, with bits flying everywhere. Scientists then scramble to pick up the debris to figure out what the cars were made of before they crashed together. The LHC does something similar but on a much, much smaller scale. Instead of cars, it smashes these protons head-on into each other. When these protons ("hadrons") collide, they explode into a shower of even smaller particles. Scientists then sift through this subatomic debris for clues about the fundamentals of the universe. Keeping these protons on track requires some serious muscle—in the form of incredibly powerful magnets which bend the path of the protons around the ring.

The LHC has already led to some ground-breaking discoveries. One of the most famous is the Higgs boson, often dubbed the "God particle." This particle helps explain why other particles have mass, a property that allows everything in the universe to actually exist.

Another significant finding is the creation of an undiscovered state of matter ("quark-gluon plasma" if you must know..) that existed just moments after the Big Bang. Now, you might be wondering about the cost. Building and operating the LHC is no small feat—it costs billions of euros, and Britain is in a group of 23 countries that contribute towards the cost. But many argue that the knowledge gained is priceless.

Understanding the fundamental laws of the universe can lead to technological advancements that benefit society in ways we can't yet imagine. And what about the doomsday scenarios? Some people have joked that the LHC could create a black hole that swallows the Earth. While it's true that the LHC creates tiny, short-lived black holes, they are so minuscule and unstable that they pose no threat. So, rest easy—we're not about to be sucked into a cosmic vacuum cleaner!

In May of 2025, after about five months of upgrading, it came back online in a much more powerful configuration to search for the invisible and elusive "Dark Matter" which is about 27% of the universe, and the equally undetectable "Dark Energy", making up 68% of the universe. The rest (that's you, me, the stars, black holes, galaxies, planets and everything else) is about 5% of the universe. But THAT's another story!

CONTACT DETAILS

Contact details for the main committee and social committee can be found on our website: sidmouth.u3asite.uk/contact