

Hello Everyone

Oops, the date for the October Meeting was shown in the last newsletter as 6 October, it should of course be 13 October.



We now need a few people to step forward to help Sidmouth u3a run smoothly, and with 694 members your committee is hopeful that some of you will come forward to fill these vacancies and help share the load.

Firstly, a **Speaker Finder**. This is a very interesting role and not an onerous job, particularly as CaroleAnn filled the calendar almost to the end of next year. As with all the positions there is always help at hand if needed.

We also need a **Groups Coordinator**, a friendly face to provide support and advice to Group Leaders and help set up new groups. You should be OK with sending emails and using easy technology, for which full training will be given.

Another role that needs filling is **Groups Treasurer**. To work alongside the Sidmouth u3a treasurer, a Groups Treasurer is required to manage a separate bank account, payments and receipts for Groups who collect subscriptions through the Beacon system.

Lastly, the **Social Committee** really needs an extra pair of hands. Please contact Jackie on social.jackie@sidmouthu3a.org

People please come forward. To find out more, just ask myself, or our Chairman, Gail, as either of us would be happy to help you.

Is there anyone who is a **First Aider** amongst our membership and who comes to most of the meetings? Please can you make yourself known to Gail, our Chairman - chairman@sidmouthu3a.org

At the Stowford meetings, if anyone spills their tea or coffee on the floor please can you wipe it up. Please, also leave the toilets clean and do not put anything other than toilet paper in the toilet bowl.

We are fortunate to have the facility of Stowford Hall for our meetings and we should leave it as we find it. These are requests from Bob the hall manager.

Thank you.

Thank you again to Neil Morley for this month's quiz, which you will find at the end.

A reminder that articles for the newsletter must be received by 23rd of each month. Group news items for the newsletter should be sent via the Group Coordinators in plenty of time.

Kind Regards. Francetta Bridle - newslettereditor@sidmouthu3a.org

CHAIRMAN'S MESSAGE

AUTUMN.... What a lovely mellow season after the heat of the summer and before the cold of the winter. A time for "getting ready"...sorting the garden, having a last "fling" in the sunshine, finding autumn clothes.

Several people have said to me that they are happy when all the groups in u3a are running regularly - and they can have an ordered week. There are certainly plenty of topics to choose from and we are always open to suggestions for new groups. We do need some help with organising...don't let volunteering be a word that is unfamiliar to you! We still need more members for the committee... We do not bite!!

Just think your opinion on the organisation could be considered if you were there in person.

And now that Autumn is here, there are fewer holidays to go on, and more time for supporting your favourite organisation!

Enjoy! Gail Richmond - chairman@sidmouthu3a.org

IMPORTANT DATE for your Diary - **Our Christmas Party.**



Tuesday 8th December 2026

This year the Christmas Party at Stowford on 8 December is limited to 120 members and is strictly on a first-come, first-served basis. To ensure this we have introduced a booking system.

Tickets are free but please note that there will be strictly no admittance unless you have pre-booked.

Members will receive an email at the end of October/early November with details of how to make a booking. Members without email will be sent a booking form. Details will also be shown on the Christmas Party webpage:

sidmouth.u3asite.uk/u3a_events/christmas-party

MONTHLY MEETING

Open Meeting - October 13th 2026: Neil Morley - Quiet London

Our own Neil Morley, reflects on his time in our capital city.

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

Open Meeting - November 10th 2026: Devon Air Ambulance

An in-depth talk about this very important service in Devon.

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

Guest Speaker Disclaimer.

Regretfully it appears to have become necessary to include this disclaimer Sidmouth u3a does not vet or endorse the content of representations given by guest speakers. The views, opinions and information expressed by individual speakers are their own and should not be taken as representing the views or position of Sidmouth u3a.

When presentations refer to historical events, attitudes or practices, some content may reflect the language, attitudes or conventions of the period being discussed. While appropriate in its historical context, such content may differ from contemporary views and standards and could, in some circumstances, be considered sensitive or offensive by today's standards.

If you feel you have cause for complaint, the procedures set out in the Complaints Procedure document on the Information page of the website should be strictly adhered to.

Notice should also be taken of the Members Code of Conduct document.

"Treat fellow members with respect and courtesy at all times."

SOCIAL EVENTS

Evening Social Invitation

A Drink & Chat at The Blue Ball, Sidford.

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

Any queries please contact secretary@sidmouthu3a.org

GROUPS NEWS

IMPORTANT

Please email the relevant Group Leader for any of the groups you are interested in and not via the Coordinators.

Thank You.

The full groups list (with group leaders' details) can be accessed here - at tinyurl.com/ytjpzu4p or full details of all groups, with group leader contact details, can be found on our website: sidmouth.u3asite.uk/groups

Exotic Flavours is now called Global Flavours.

Film Club is not happening, due to lack of numbers it will not be progressed.

DISCONTINUED

Psychic Development
Knit and Natter

NEW GROUPS

Spanish for Holidays

Would you like to learn some Spanish for your holiday? No Spanish necessary, rusty Spanish speakers welcome! Not suitable for fluent speakers. Please contact Pauline Rayner paulinemrayner@gmail.com or 01395 568027

Living Well, Dying Well

The group will look at aspects of ageing, healthy living and caring for oneself, physically, mentally, emotionally, and spiritually up to the end of life. Generally a holistic approach with lots of discussion, completely confidential within the group.

3rd Thursday morning from 10 to 12 noon, commencing October.

Please contact Angela Bea angelabungalow@yahoo.co.uk or 07807 234461

Stitch and Yarn

A new group to be held every 3rd Monday of the month 2pm until 4pm.

It will offer an opportunity to sew, crochet, knit or embroider/needlepoint and socialise. Also, help each other when needed.

It is to be held in my home, so I hope we'll be comfortable. Parking isn't a problem but access to the house involves stairs.

Janice Paul. janicepaul46@gmail.com

Play Reading

Deirdre Dee (Hounsom) and Mike Terry are taking over the mantle from Gail. We are both professional performers, although I seem to have spent too much time 'Resting' since covid. Deirdre is also a very successful writer, and I have written several short plays, and even have had a couple win something. I only mention this to show that we do know what we are talking about and, I hope, understand what an audience and a reader would enjoy.

If you are interested in knowing more, could you email us either through my email which is:

miketerry26@gmail.com or to Deidre deidre.dee@outlook.com

We have not decided when we will meet other than it will be daytime.

Once we have received some response we will ask you to confirm when it suits you best, and as important, when you could not make it.

Looking forward to hearing from you soon.

Deidre Dee & Michael Terry

Introduction to Bridge

Would you like to learn how to play Bridge?

A new group for 10 possible members.

To commence weekly from 1st October 2026.

Please contact John Howton at howtonj37@gmail.com

ESTABLISHED GROUPS

Organic Gardening - now has vacancies.

Contact Chris Gaine at christinegaine@gmail.com

Cook and Share - now has a vacancy.

Please contact - Chris Gaine at christinegaine@gmail.com

Global Flavours - We are a small group of members who like to try out the food and drink of other countries. Each month we all make a dish or snack from the chosen country and bring them together at lunchtime. The group is very friendly and supportive, none are expert chefs, we just like to explore other culture's food. The next few countries will be Turkey, Portugal and Sri Lanka.

If interested, please contact Janet on jbailey194@yahoo.co.uk

A Good Read - This group now has a vacancy.

We meet on the afternoon of the 3rd Thursday of the month.

Please contact Eileen Conn - eileenconn1@yahoo.co.uk

EVENTS

Longleat - Tuesday, 22 September 2026.

On the recent trip to Longleat, we were all like excited children spotting and photographing the wild animals. Unfortunately, because the weather was warm most of them were in repose. However, just seeing a large paw in the air as the Lions laid on their backs or the back view of the Silverback Gorilla brought forth many oohs and aahs. Spread over 9000 acres, the animals have plenty of room and looked very well kept. The tour of the house was really interesting, learning about the history of the family and why they opened the Safari Park.

Here are only a few snaps of a really great day out.



Please note that for all Events once booked there is no refund. If you do need to cancel, you will need to find a replacement, or we will do our very best to find someone to take your place.

Bournemouth Symphony Orchestra (BSO)

BSO "**Last Night of the Christmas Proms**" on Friday 18 December 2026 at Exeter Great Hall on the University of Exeter Campus.

BSO concert "Christmas Proms" promises to be a lively and entertaining evening once again. Tickets are available and will include pre-concert meal and transport by coach.

Tickets to include 2 course meal and transport:

Please note the pre-concert meal will be at 5.30pm approx. and the concert starts at 7.30pm

£70.50 (or without pre-concert meal £52.50) upper circle centre Rows D E F

£65.50 (or without pre-concert meal £47.50) upper circle centre Row G

£49.50 (or without pre-concert meal £31.50) rear stalls Row W

IMPORTANT

Please note the CLOSING DATE for tickets will be THURSDAY 29th OCTOBER 2026, after which date we are obliged to pay for reserved tickets.

You can make a reservation via the website:

sidmouth.u3asite.uk/u3a_events/bsc-christmas-proms-2026

OR contact Marian Gadian before Tuesday 13th October 2026 by email or telephone to confirm your interest - Mobile 07592 639538

Some may remember from previous years that this concert is not the standard Christmas concert. It is more a light-hearted Proms style concert with some jazz piano, modern day and impromptu music requests from the audience. To quote the programme:

"This year we welcome back pianist and singer extraordinaire, Joe Stilgoe. Joe will perform a selection of pieces from his latest albums, and astound with his improvisation skills once again.

A sprinkling of musical magic and sparkle will be added with a feast of favourite tunes."

Looking forward to seeing you there for this light-hearted Christmas Proms.

All the best. Marian social.marian@sidmouthu3a.org

Bath Christmas Market - December 1st 2026.

Please Note: this event is now fully booked.

To put your name on the waiting list for cancellations, contact Jackie: social.jackie@sidmouthu3a.org.

LOST IN SPACE? NOT ANY MORE



Have you ever wondered how your smartphone instantly knows you're standing outside the Sidmouth Mocha cafe rather than wandering into the sea? We usually just shrug and blame "the GPS." But the truth is rather more crowded.

"GPS" is actually just one player in a giant cosmic orchestra officially called ****GNSS**** (Global Navigation Satellite Systems). Today, your clever little phone doesn't just talk to America's original GPS. It simultaneously listens to Europe's *Galileo*, Russia's *GLONASS*, and China's *BeiDou*.

Instead of relying on a handful of satellites, your phone is juggling signals from 30 or 40 of them at once to pinpoint your exact coordinates. Think of it as a very cooperative international committee, all working together to make sure you find the correct footpath to the Donkey Sanctuary.

This brings us to a fascinating "chicken or the egg" question: who actually kicks off this conversation? Does your phone desperately shout up into space every few seconds asking, "Where am I?"

In fact, it's quite the opposite. Your phone remains completely silent. It is a passive listener. Up in orbit, these brilliant satellites are constantly shouting down to Earth, broadcasting a continuous stream of data. Inside that stream is a very precise time stamp of exactly when the signal left the satellite.

But wait, how does your phone know how long that signal took to travel through the atmosphere? To calculate distance, you need to know the exact time difference between the signal leaving the satellite and arriving at your phone. Satellites carry atomic clocks worth hundreds of thousands of pounds that are accurate to a billionth of a second.

In fact, those clocks are so precise they have to contend with Einstein's two theories of relativity ("general" - slows time, "special" speeds time). Because the satellites are whizzing around high above Earth's heavy gravity, NET time is a fraction *faster* up there, than it is down here!

To conquer this cosmic time-warp, scientists have to deliberately program the satellite clocks to run a tiny bit slower before launching them, ensuring they stay perfectly in sync with our terrestrial watches.

Your smartphone, meanwhile, does not have a fancy atomic clock. If its internal clock is off by even a fraction of a second, the calculations would put you on Mars. To solve this, your phone uses a clever mathematical trick: it listens to a *fourth* satellite. By comparing the slight timing discrepancies between four different space signals, the phone can calculate and correct its own internal clock error.

Still with me?

It's easy to take this for granted, but how on earth did commercial aircraft cope before this technology?

Before GNSS, pilots relied on ground-based radio beacons and "dead reckoning"—essentially a highly educated guess based on speed, time, and compass direction. Tragically, this reliance on older tech had devastating consequences. In 1983, Korean Air Lines Flight 007 drifted off course due to a navigational error, inadvertently straying into restricted Soviet airspace where it was shot down. Seeking to prevent such a disaster from ever happening again, US President Ronald Reagan announced that the military's secret GPS network would be opened up entirely free for civilian use worldwide once fully operational.

So, the next time your phone successfully guides you through the winding lanes of Devon, spare a thought for the 40-odd silent atomic clocks whizzing above your head, shouting the time down to your pocket.

Anthony Warren

THIS MONTH'S QUIZ

The theme is – **General Knowledge**

This 24-question quiz also has an added bonus question.

The first letters of each correct answer spell out a phrase.

This phrase was topical for the night of the 31 Aug 2012 when the quiz was held at Fazakerley's bar.

See next page...

QUIZ NO. 3. September 2026 Newsletter

1. Who is the main character in the film The Raiders of The Lost Ark?
2. Complete the name of this Scottish football club PARTICK
3. Which Port is the capital of the Falkland Islands?
4. What alternative name was given to German Shepherd Dogs after World War 1 because of the German part of their name?
5. What species of ape has a natural copper tinge to its hair or fur?
6. Kim Jong-Un is the leader of which country?
7. In 69BC the Romans invaded Crete, which modern day city on the island was the first to fall?
8. According to the Beatles, who Picks up the rice in the church where a wedding has been?
9. Which poem by Rudyard Kipling ends with the line - And which is more, you'll be a man my son?
10. Which Norfolk city was the first in the UK to adopt the postcode system?
11. In what film does John Hurt die in a gruesome chest bursting scene?
12. William H Bonney is one of the aliases of which cowboy bank robber?
13. What was Tarzan's main item of clothing?
14. Which actress emerged from the sea in Dr No wearing a white bikini?
15. What is the full name of the first man to climb the Matterhorn?
16. Which British crooner sang, From Russia with Love; and Born Free and The Impossible Dream?
17. In the Star Wars films what is the real name of Ben Kenobi played by Alec Guinness and Ewan Macgregor?
18. What does the Greek word Portokalos mean in English?
19. Which Labour leader was filmed falling into the sea at Brighton beach in 1983?
20. The point directly above an earthquake's focal point is called what?
21. What is the first name of Posh Spice, married to David Beckham?
22. Which ground is home to the Warwickshire County Cricket Club?
23. Where in the USA would you find La Guardia, JFK and Newark airports?
24. How many times have we had a full moon this month (Aug 2012)?
25. BONUS QUESTION - WHAT DOES THE FIRST LETTER OF EACH ANSWER SPELL OUT?

ANSWERS

1. Indiana Jones
2. Thistle
3. Stanley
4. Alsatian
5. Orangutan
6. North Korea
7. Chania
8. Eleanor Rigby
9. If
10. Norwich
11. Alien
12. Billy the Kid
13. Loin Cloth
14. Ursula Andress
15. Edward Whymper
16. Matt Monroe
17. Obi Wan Kenobe
18. Orange
19. Neil Kinnock
20. Epicentre
21. Victoria
22. Edgbaston
23. New York
24. Twice
25. **Bonus Answer** - It's A Once in a Blue Moon Event

CONTACT DETAILS

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