



## MONTHLY MEETING

**2pm TUESDAY 27<sup>th</sup> JANUARY**  
at The Gateway, Seaton

### BRINGING HEALTH CARE TO RWANDA AND NEPAL

A talk by Dr. Daniels



**Nepal**, officially the Federal Democratic Republic of Nepal, is a land-locked country in South Asia. It is mainly situated in the Himalayas, but also includes parts of the Indo-Gangetic Plain.

**Rwanda**, officially the Republic of Rwanda, is a land-locked country in East Africa. Known as the “Land of a Thousand Hills” for its high elevation and rolling terrain, its geography is dominated by mountains in the west and savanna in the southeast.



### COMMITTEE

#### **A HAPPY NEW YEAR TO ALL OUR MEMBERS**

Honiton u3a is organising an All-day Walking Group and are wondering if anyone from Seaton u3a would like to join. Perhaps someone has a New Year's resolution to walk more! The contact is Brian Houlihan: [brianajh@gmail.com](mailto:brianajh@gmail.com) 07941-340907

### GROUPS

#### **People in History**

##### **Tenth Anniversary**

The People in History group first met on 17 February 2016. Next month's meeting on 18<sup>th</sup> February is therefore the group's 10<sup>th</sup> anniversary.

Meetings are usually a one-person presentation but to mark this special occasion there will be a series of talks given by 9 (possibly 10) group members, on a wide range of subjects.

If you are pondering whether History is a subject that might interest you then the 10<sup>th</sup> anniversary gathering might just be the perfect occasion for you to check us out. If you think that you might want to come along then please contact the group leader, Sandy Caple, on 01297-21034.



### **U3A Art group needs new members!!**

If you like to dabble with pens, pencils, paints or any other medium, do come and join our very sociable art group. We meet on the first Wednesday each month in the room above tourist information from 10 - 12 midday. It's £4 each month which covers the cost of room rental. Your first visit is free so you can come and try us out!

There's no tuition, everyone does their own thing. It's a friendly group of mixed abilities and members are always happy to share knowledge and experience when asked. If you have no materials, just a pencil and sheet of paper is all you need to start. Don't go rushing out to buy expensive stuff you might not need - I have a cupboard full of stuff I don't use so can supply until you decide what you need.

If you'd like more information, do contact me:

[franshepherd48@gmail.com](mailto:franshepherd48@gmail.com)

### **Photography Group**



The Photography Group is open to new members.

We meet for 1 day early in each month at a pre-chosen location to take photographs, weather permitting and then meet again on the last Thursday of the month indoors to display the results of the last outing and talk them over.

For further information, please send me an email via the photography Group link on our website.

Derek Thompson

### **MOTO's Last Outing**

At the end of November we went into Lyme to tour the Town Mill. It is a fascinating old building and we were given a great talk by one of the Millers, covering the history of the Mill, a demonstration of the Water Wheel and some of the milling equipment and an explanation of the different corns used and the resulting types of flour. We were then free to spend time in the shop!

Unfortunately this was Moto's very last outing, as we have no Group Leader and numbers have dropped, it has been decided that in future Moto will become a monthly social coffee morning aimed at those on their own, giving an opportunity to meet others in a similar situation, discuss problems and generally have a laugh!



We have a farewell lunch arranged for February so the next coffee morning will be on Tuesday 3<sup>rd</sup> March at Barrista, Cross Street, Seaton, 10.30am. Please do come along if you are interested in joining us.

There is a chance that a new 'Outings Group' will eventually be formed, open to all members, but this will need a Group Leader, if interested please get in touch with Sandy Caple our Groups Co-ordinator.

Jill Watts

## Proposed New Group

It is proposed to begin a new group called "Playing Music for Fun."

Meetings will be monthly and will last for 2 hours.

If you are interested in getting together to play folk music from the UK, USA and Europe then this might be the group for you.

Music would be provided via the Internet so you can print-out your own copies.

There are mp3s so you can try out the tunes.

Instruments: C instruments such as violins, whistles, flutes, guitars, ukuleles, recorders, mandolins, accordions, melodeon, are all welcome.

Anyone interested please contact Ann Faulkner at [2ann.faulkner@gmail.com](mailto:2ann.faulkner@gmail.com)



## Wanderers Walking Group

This Wanderers walking group meets on the morning of the 4<sup>th</sup> Tuesday in the month. It caters for those walking enthusiasts whose abilities lie between the rampant Striders and the gentle Amblers.

It is one of our more recent groups and has proved to be very popular.

Wendy Smith, the leader and founder, is moving on to new pasture so sadly the group's existence can no longer be guaranteed beyond March 2026.

If you would be interested in taking over the leadership of the group then please call Sandy Caple on 01297-21034.

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## OTHER ITEMS

Our Seaton u3a website contains information about all our groups and who to contact if you have any queries. You can also see the programme of talks for the coming months as well as the News Bulletins from previous months.

Here is the link: <https://seaton.u3asite.uk>

Also, there are web talks, online workshops and competitions to be found on the u3a Trust website. The link is: <https://www.u3a.org.uk>