



Retired Staff Association (UERSA)



Chair's message

Dear Friends

As I write, the improvement of the weather as we move into the latter part of May should act as an encouragement to you to join some of the outdoor activities promoted by UERSA. The Garden and Walking Groups, especially, have a number of enticing outings over the coming couple of months. If you are not on the individual group mailing lists, do look at the UERSA website where you'll find details (<http://groups.exeter.ac.uk/uersa/index.html>). And I'm hoping for fine weather on the occasion of our annual summer party, this year on Tuesday 25 June at the usual venue of the Exeter Cricket Club pavilion; you'll find a registration form attached to this newsletter, as you will for a Tiverton Canal trip in July.

Showers and cloudy skies were no deterrent for those of us who went on the recent trip to Aerospace Bristol to view a museum open only just over a year. After a very informative guided tour, we were left to our own devices for the rest of the visit, marvelling at the ingenuity of people in getting us up into the skies. The *pièce de résistance* was undoubtedly the last flying Concorde, such a sleek and beautiful aircraft. It made me very regretful that I did not take up the opportunity of joining one of the plane's flights out of Exeter Airport around the Bay of Biscay and back.

One social item under current consideration is the future of our Christmas lunch. Comments have been made by a number of members over the last couple of years that they would prefer a slightly less formal occasion, perhaps enabling more opportunity for guests to mix and making more allowance for those with less demanding appetites. Chris Austin writes about this later in the newsletter.

Such activities do need volunteers to organise them and cannot rely on the input of just a few. Do please consider, for instance, if you might be able to offer assistance to a special interest group. Likewise, the UERSA Executive Committee currently has a couple of vacancies – do contact me if you'd be willing to put your name forward to fill one of those.

I should not finish this letter without expressing our sadness over the recent death of Alan Leadbetter, one of the founders and greatest supporters of UERSA, and about whom Laurie Burbridge has written a tribute. Many of our events were enlivened by his humour, stories and, especially, his real interest in others. We shall greatly miss him and extend our deep sympathy to Brenda and the family.

I do hope that you will have a most enjoyable summer.

David Batty

GROUP NEWS and FORTHCOMING UERSA EVENTS

UERSA general events are found on the [website](#).
If any member would like to advertise their forthcoming event in the newsletter, please do not hesitate to contact the newsletter editor
[Sandy Day](#)

A quick reminder of some of the UERSA and [special interest groups](#) booked events for 2019:

Coffee Mornings are held on the last Tuesday of most months, from 10:00 to 12:00 at The Imperial in New North Road. They are very informal (not to mention noisy on occasion) and an average of around 30 members attend. A reminder about parking charges: If you pay for parking and show the 'parking receipt' this amount will be refunded at the bar on your purchase of coffees etc.

Garden Group
Wednesday 5th June
Hillersdon House, Cullompton
Meet at the entrance at 2pm.

Wine Group
Tuesday 11th June
St David's Church

"Wines of the Levant",
(Eastern Mediterranean wines)
being presented by Brian Kirby. An unusual, generally unknown and very interesting area with some iconic wines.

Afternoon Tea
Sunday 16th June

David and Tina Smith and Judy Mead are hosting an afternoon tea to raise money for FORCE Cancer Charity.

This will (hopefully) be held in the garden at 25 Matford Avenue Exeter EX2 4PL on Sunday 16th June 3-5pm

Walking Group
Tuesday 11th June
A walk in the Quantocks (8/9 miles) including Wills Nick (the highest point in the Quantocks)

UERSA summer party
Tuesday 25th June
Cricket Club Pavilion

Please see below for booking form and details

Walking Group
Wednesday 26th June
Parke, National Trust estate on the edge of Bovey Tracey (6 miles)

Garden Group
Wednesday 10th July
Middle Wall, Stoke Gabriel

Horse Drawn Barge
Tiverton Canal
16th July

Please see below for booking form and details.

Wine Group
Thursday 19th September
Ian Smith of Smith's Wines, Magdalen Road

Please note this is a later start date than usual at 7.30pm.

RECENT UERSA EVENTS

Walking Group

Snowdrop Valley, Wheddon Cross

Tuesday 12th February



Trevor Priest and David Smith led 2 groups totalling 18 UERSA members on a walk through the privately owned Snowdrop Valley, Wheddon Cross, Exmoor which is only open when the snowdrops are in bloom in February each year. The weather was dry and warm, but the route was extremely muddy. After the walk some members enjoyed a lunch at Exmoor House, followed by tea and cakes (and clotted cream), whilst other members brought a picnic lunch, or headed to the Rest and Be Thankful Inn.



Restaurant Group

Redwing

26th February

On one of the warmest days of the year, with sun streaming through the windows, 17 members enjoyed the 2-3 course lunch.

Walking Group

Belstone and Oke Tor

Wednesday 27th February

Members enjoyed blue February skies on their walk over the moor taking in various tors.



Lunch at Oke Tor



Walking Group

Monday 18th March

Eight members enjoyed a walk towards Kentisbeare led by David Smith, who kindly provided the photographs below.



The view is north from the forest at Blackborough.



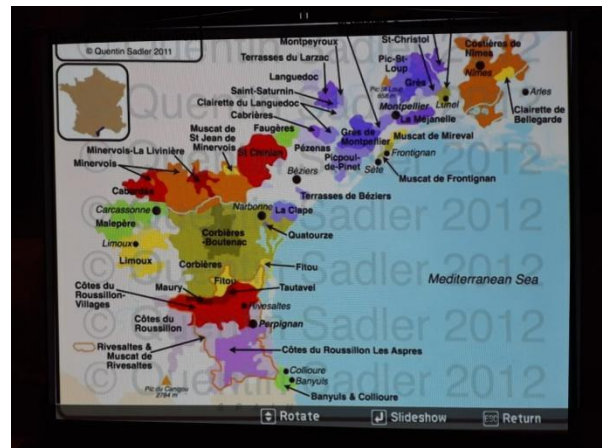
All members kept to the pace and 'no brakes were needed'!

Wine Group

Tuesday 19th March

Laurie Burbridge presented an informative talk on wines from the Languedoc-Roussillon area of southern France, at a new venue – St David's Church, Exeter. It has been estimated that one in every 10 bottles in the world produced in the 20th century originated from this region.

The first vineyards were planted along the coast near Narbonne by the early Greeks in the fifth century BC. Along with parts of Provence, these are the oldest planted vineyards in France.



There were 10 wines to taste - a sparkling wine, three white wines, five red wines and a dessert wine to finish. As you can see from the image below, there was very little waste !



Walking Group

Friday 29th March
Longdown to Dunsford

Fourteen UERSA members met at David Kernick's home for coffee and delicious homemade cake, before setting off on a stunning 5-6 mile walk over fields and lanes to the Royal Oak Inn, Dunsford for a well deserved pub lunch.



Holcolme Burnell church



Refreshments at The Royal Oak Inn

Walking Group

Monday 15th April
Otterton Circular Walk

Walkers followed the coastal path to Ladram Bay, descending into Colaton Raleigh, with a gentle walk along the river to Otterton.



The group walking towards Ladram Bay with wild waves beyond



Beaver-carved stump by the River Otter

Bristol Aerospace

Wednesday 24th April

Concorde first took to the skies on 2nd March 1969, with the first flight from Filton on 9th April 1969. To celebrate Concorde's fiftieth anniversary, members were treated to a fascinating tour of Concorde Alpha Foxtrot – the last Concorde ever to fly.



The group on the guided tour with a guided missile behind.



A Bristol city tram - the company which built Concorde started as a business making trams! In 1910 the company built its first plane, Bristol Boxkite, as seen in "Those Magnificent Men in their Flying Machines"

Walking Group

Avon Valley

Wednesday 1st May

Nine UERSA walkers enjoyed an 8 mile walk starting with a ferry trip. They crossed the River Avon at Bantham to Bigbury with a view of Burgh Island and proceeded to walk along the valley to Aveton Gifford, crossed the medieval bridge and returned on the east side of the valley. There was easy navigation "Just keep the river on your right". They enjoyed excellent views, early orchids, woods filled with flowers, butterflies, moths and bugs.



Quiz

Isca Centre

Tuesday 21st May



An enjoyable evening was had by all 26 members who joined in the quiz evening. Stuart Martin posed some tricky questions to the 5 teams, but the outright and deserving winner was the 'Tatty Bogles' (scarecrows) team. Thanks to Linda Hale who organised this event.



Gardens Group

Bishop's Palace Gardens and Kilver Court
Friday 17th May



Anne Mayes organised a visit to the 14 acre Bishop's Palace gardens including a tour of the 800 year old medieval palace.

Thirty three members joined Anne but split into 2 groups, with many enjoying lunch at the Bishop's Table cafe, before moving on to Kilver Court for the afternoon.



View of the Cathedral and swans



One of the wells feeding the city.



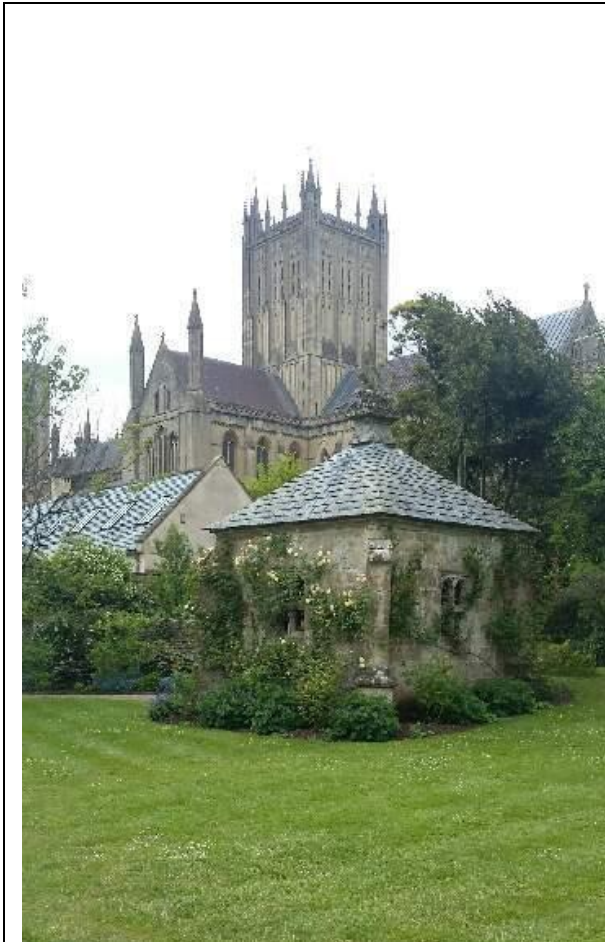
Modern sculpture in the Bishop's gardens.



The chapel



Camassia (N.American wild hyacinth)



Kilver Gardens and Charlton Viaduct



UNIVERSITY OF EXETER NEWS

A study by **Dr Sam Jones**, of the **University of Exeter**, finds that early risers are 35% less likely to suffer from depressive symptoms. However, the silver lining for night owls suggests that their 'late riser' genes may make them more intelligent. The findings, publicised in the journal *Nature Communications*, say 13 % of whether someone is a lark or owl is inherited from their parents. (Daily Mail, January 2018)

Controversial and ex **University of Exeter** student **Katie Hopkins** appeared at the 'THW (This House Would) Prioritize Its Own Citizens w/Katie Hopkins' event organised by the debating society at the **University of Exeter**. She arrived to the debate as students protested outside, with both Police and campus security in attendance. (DevonLive, February 2019)

Dr Sarah Flanagan, Sir Henry Dale Research Fellow at the **University of Exeter Medical School**, has received the G.B.Morgagni Silver Young Investigator Award, a prize which celebrates exceptional research in the field of metabolic diseases.(National Institute for Health Research, Winter newsletter 2018/9)

The “monster” fatberg found blocking a sewer in Sidmouth, has been successfully excavated and samples have gone to the **University of Exeter** for analysis. (BBC News, February 2019)

Senior Lecturers from the University of Exeter 's College of Life and Environmental Sciences have taken the latest advances in 3D imaging and created a tool that enables students and researchers to explore some of the world's most challenging environments. Known as InVenTA it provides virtual landscapes to enable trekking across the Greenland ice, exploring peripheral ice caps, or having panoramic tours of glaciers. (Public Technology, February 2019)

Fred Warren, a student at the **University of Exeter**, led a cast and crew of 15 and shot the film “Refuse” at the Bridport Recycling Centre. The film explores how a group of unacquainted individuals react when someone begins to flout the code of the centre. The film will be released during the summer. (Dorset Echo, March 2019)

Greenpeace volunteers and scientists from the **University of Exeter** are currently collecting water samples at 13 rivers across the UK. The samples will be analysed and compared for a report on small pieces of plastic pollution known as “microplastics”, which come from degraded and synthetic clothing. During sampling otters have been spotted swimming alongside plastic bottles, voles eating plastic, and plastic in the nests of swans, moorhens and coots. (Telegraph, March 2019)

People who drink tea and eat fish four times a week may halve the risk of getting dementia. **Prof Clive Ballard** of **Exeter University** found that both caffeine and omega-3 are associated with improved brain health and a reduced risk of cognitive decline. (Daily Mirror, March 2019)

Exeter University is running a new project which aims to encourage people to be more sustainable when choosing their clothes. Volunteers have spent the year learning how to make clothes, mend and recycle old garments. (BBC Spotlight May 2019)

Professor David Hosken, a researcher at the **University of Exeter's** Penryn campus, is investigating the use of crickets as a protein source to feed animals and people (BBC News online, May 2019)

JUST FOR FUN

Where am I in Devon?



1.



2.



3.

REMINDER

UERSA committee members list can be found [here](#)

NEWSLETTER PUBLICATION DATES

End of May
End of September
End of January

NOTICES

Deaths:

Lilian G Button died in Kingston Hospital on 14 December 2018 at the age of 95. Miss Button was a Lecturer in Mathematics at Exeter from 1950-1985 (approximately) and the last Warden of Birks Grange Hall of Residence.

Malcolm Heggie, passed away on Thursday 18th January. He was a graduate, post graduate and post doctoral fellow of Exeter University and then moved to Sussex as a lecturer in 1966, later becoming a Professor at both Sussex and Surrey Universities and most recently at Loughborough.

Jane Kingdon who used to work in the University's Accommodation Office passed away on 2 February at the age of 81.

Dr Brian Walker, worked in the Engineering Faculty of the University between 1998 and 2011 and was responsible for student support in the teaching of Engineering Mathematics and passed away in late January/early February

Doreen Seaton, formerly St Luke's Campus passed away peacefully 15th February 2019

EXETER SCHOLARS

The **Exeter Scholars programme** provides academically able school pupils from underrepresented groups with the opportunity to progress to higher education and make informed decisions about their future. Programme participants have the opportunity to discover more about university, develop a passion for a chosen subject and gain first-hand experience of student life at the University of Exeter.

The programme delivers subject specific advice, as well as general guidance and skills development, starting from year 9 all the way through to the end of year 13. Activities include face to face events, residential stays on campus and online support. Participants in years 12 and 13 are able to undertake subject specific activity strands to provide insight into subjects they are interested in studying at university. We hope to see some of our Exeter Scholars studying with us in the future, and for those who decide that Exeter is the right option them, an alternative offer to study will be made at two grades below the standard entry offer.

Financial hardship can be a barrier that prevents young people from attending university, which we can overcome together with your support. With limited funding the University is restricted in the number of scholarships it can offer, directly impacting upon the number of students we can successfully recruit. Our ambition is to offer all Exeter Scholars Scholarship Awards. Support from the Retired Staff Association would enable us to provide support to a specific student for part or for the duration of their time at Exeter, allowing them the time and space to concentrate more fully on their studies to achieve their best outcomes.

If you are interested in supporting our Exeter Scholars programme please contact Xiomara Pattison (Senior Development Manager) on x.l.pattison@exeter.ac.uk or telephone 01392 722237.

IN MEMORY OF ALAN LEADBETTER

who passed away after a period of ill health on Monday 11th March 2019.

Alan was an accomplished academic, being appointed as Professor of Physical Chemistry here at the University. In addition, he was also a talented scientific facilities manager as he showed when he was Director of the Daresbury Laboratory, Associate Director of the Rutherford Laboratory and the British Director of the ILL Scientific Institute, a prestigious scientific centre in Grenoble.

Alan was one of the founder members of UERSA and served 3 years as Chair. He was very active in several of the specialist interest groups. He arranged the first ever trip to attend the opera in Plymouth, setting a high standard for all subsequent trips. He also organised some excellent lunches for the Restaurant Group and led some first class wine tastings for the Wine Group. Until recently, he was also an active member of the Walking Group. Many UERSA members, whilst enjoying events, are reluctant to take on responsibility for organising activities – not Alan, who waded in and organised all manner of events for the benefit of members. Without more people like Alan, such events will be less common in future.

Alan was great company and many UERSA members will have happy memories of his amusing stories and his memorable rants about inefficiencies and stupidity. He will be sorely missed, but never forgotten. We should all celebrate a life well-lived.

Laurie Burbridge

RHYTHM ON THE RAILS POETRY COMPETITION

To accompany the forthcoming Teignmouth Railway Exhibition, Teign Heritage is running a railway related poetry competition. Poems on any aspect of the railway can be entered (entries are £2 per poem) Entries are now open and the competition closes at 5.00pm on 29th June. For rules and further information please scroll down on the [Teign Heritage](#) link.

RESEARCH INTO PARKINSON'S DISEASE

Parkinson's is a progressive neurological condition. It causes problems in the brain and gets worse over time. There is currently no cure although there are lots of different treatments and support available. Please see the helpful information at <https://www.parkinsons.org.uk/information-and-support>

Parkinson's UK are carrying out a long term research study, and are looking for the help of 10,000 people aged 60-80 who DO NOT have Parkinson's. If you would be interested in taking part, please visit <https://www.parkinsons.org.uk/research/predict-pd>

CHRISTMAS LUNCH 2019

The Committee have been turning their mind to Christmas - a little early I know but we need to be ahead of the game! There have been some comments received about 'time for a change' and we thought that a Reed Hall Christmas festive finger buffet would allow us to mingle a little and remind us of times past! We have provisionally booked the equivalent date to last year (Thursday 12 December) and the Upper Lounge, which I remember was once the common room and home to a grand magazine and newspaper collection. We are currently exploring menus and other options. We will make sure that there are tables and chairs for those who will need them and there may well be a quiz with clues hidden to encourage some mingling.

More to follow but please feel free to send any comments/requests to [Chris Austin](#)

Answers to Where am I in Devon?

1. Gate at the Cockwood railway crossing in Dawlish Warren Road
2. Lynmouth
3. Canon on the beach at Trinity House on the River Teign towards Teignmouth

SOME 2019 LOCAL EVENTS FOR YOUR DIARY

June

Until 2 Nov	Tree of Life Fashion Exhibition National Trust Killerton
Until 9 June	Greenway Literary Festival Greenway, Galmpton
1-6	Crediton Flower Festival 2019 Colours of the Wind Crediton Parish Church
1	Garden Fayre (9.30-5pm) Free entry Buckfast Abbey
8	The John Ayres Ukelele Proms Oddicombe Beach
15	French Choral Classics Alvington Singers Buckfast Abbey
18	101 Things You (Probably) Didn't Know About Lundy £5 - to include a cream tea ! North Devon Records Office, Barnstaple
27	'My Life in Journalism' Talk by Philip Algar 14:00-16:00 £2.50 Honiton Library

July

1	Sir Ian McKellen – 80 th Birthday Tour Northcott Theatre
2 nd July – 24 Sept	Roof & Tower Tours (Various opening times) Exeter Cathedral
5-15	Ways With Words Literary Festival Dartington Hall
6	The Dream of Gerontius Exeter Philharmonic Choir, University Chapel Choir & St David's Singers Exeter Cathedral
19	Jimmy Tarbuck OBE Shares 50 years of Memories Babbacombe Theatre

August

2-9	Sidmouth Folk Festival Sidmouth
3-10	Salcombe Town Regatta Salcombe
6	Teignmouth at War walk inc entry to Museum Teign Heritage Centre
6	Exploring Historic Devon Maps North Devon Records Office
4,11,18, and 25	Summer Jazz on the Quay, Exeter 12.30-3.30 Transit Shed, Quayside
14	Herbaceous Plants and Grasses Buckfast Abbey
14-15	British Firework Championships Plymouth
19	200 th Anniversary of Peterloo Devon Heritage Centre, Exeter
22	The Phil Beer Band Barnfield Theatre
24-26	Torbay Royal Regatta Torquay

September

7-22	Devon Open Studios Various locations Devon Artist Network
15	Agatha Christie Mystery Day Torquay Museum
18	The Second Best Bed Teignmouth Pavilions
21-27	Sidmouth and East Devon Walking Festival – all walks are free but bookable Visit Devon site Festival Facebook page
29	Music for Male Voice Choir Buckfast Abbey

October

23	Autumn Colours Estate Tour with Lunch Gidleigh Park
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November

1	Jack Savoretti Plymouth Pavilions
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For further updated information please visit the UERSA [website](#) :
<http://groups.exeter.ac.uk/uersa/index.html> (Web Editor: Roger Coles)



INVITATION TO THE EXETER FORUM

The Exeter Forum is a friendly social group for retired people which has been presenting interesting and entertaining talks by leading local figures, experts and enthusiasts almost every week for nearly 50 years. We also have walks, visits and book and music groups. Our membership has always included a number of retired university staff and you should find some familiar faces.

We would very much like to invite you and any retired friends to meet us and come to any of our talks you may be interested in. They are at the Mint Methodist Church, Fore Street, Exeter on Wednesday mornings with tea/coffee from 10.00 and the talks are from 10.45 to 12.00.

The programme for May -July 2019 is as follows:

May 29 th	Maggie Draper - Head of Supportive Care : <i>Hospiscare</i>
June 5 th	Dr David Jenner - Local GP & Amateur Naturalist: <i>All of a Flutter: Chasing Britain's Butterflies</i>
June 12 th	Seona Ford - Retired Educationalist : <i>Dorothy L Sayers</i>
June 19 th	Brian Freeland – Actor : <i>Playing the Clown</i>
June 26 th	Thomas Cadbury – RAMM : <i>Roman Devon and the Seaton Down Hoard</i>
July 3rd	John Maclean: <i>Standing on the Shoulders of Giants.</i>
July 10th	Emily Macaulay (Centre Manager, Exeter Library) : <i>Libraries - More than you Think.</i>
July 17th	Katie Hopkins : <i>Fighting Back.</i>
July 24th	Richard Haigh : <i>Buon Gusto: The Story of Italian Food.</i>
July 31st	Katherine Finlay : <i>The Icelandic Adventures of Pike Ward.</i>

Admission is £3 per talk, free for members. Membership from April-September 2019 is £25.

You will be very welcome. All enquiries to exeterforum@btinternet.com or Tel 01392 273732.

Our website is: www.exeterforum.org

David Oates
Chairman



RETIRED STAFF ASSOCIATION (UERSA)

SUMMER PARTY 2019

Exeter Cricket Club's pavilion is again the venue for this year's UERSA Summer Party, to be held on Tuesday 25 June between 3.00 and 5.00 pm. As ever, we are hoping for fine weather to enable UERSA members to enjoy the pavilion's balcony and view while enjoying sandwiches and a cream tea. Do please join us for this always very sociable event.

As in previous years, there is no charge to members for the tea and with the same caterers as last year, we are confident of an excellent standard. Glasses of Pimms – always a sign of summer and good cheer – will be on sale at £3.50 a glass.

Car parking will be available on the Cricket Club surrounds, accessible from along the left-hand side of the Squash Club.

As in the previous two years, we shall again be inviting voluntary contributions at the party in support of a needy charity. This year's choice by the UERSA Committee is Devon Air Ambulance which aims to provide helicopter emergency medical cover available to all in the County, 24 hours a day. In 2018 it cost £7.5 million to run the service. In addition, it needs to raise around £1m more to build capital funds in order to ensure it can replace its aircraft after 10 years' service and to meet significant maintenance and repair costs. Please be generous on the day.

It's important that we have accurate numbers of those attending, so please complete and return the form below to me at The Old Coach House, North Street, Topsham, Exeter EX3 0AP or reply by e-mail, **no later than 10 June**. And if you then have to drop out thereafter for any reason, please tell me ASAP.

The UERSA Committee looks forward to welcoming you on 25 June.

David Batty

To: David Batty, The Old Coach House, North Street, Topsham, Exeter EX3 0AP
(D.F.Batty@exeter.ac.uk)

I/We should like to attend the UERSA Summer Garden Party on Thursday 25 June at 3.00 pm at the Exeter Cricket Club pavilion.

Name(s): _____

E-mail: _____

Telephone: _____



RETIRED STAFF ASSOCIATION

VISIT TO TIVERTON CANAL CO The Wharf, Canal Hill, Tiverton, Devon EX16 4HX TUESDAY 16 JULY 2019

Tiverton Canal Co is home to one of the last horse-drawn barges in Great Britain and is run as a Canal Living Heritage Visitor Attraction. Relax on a horse-drawn barge as you are taken along the beautiful Grand Western Canal Country Park and Local Nature Reserve, with an abundance of wildlife. With the distant clip clop of the horses' hooves and the gentle ripple of the water, it's an experience that will take you back to times gone by of yesterday year. The barge travels for 1 hour to East Manley, turns around and moors up, providing an opportunity for a short walk to see the aqueduct (designed by Brunel's team of railway engineers) and/or meet the horse as he rests under the shade of a tree, before the barge makes the return journey to the wharf. During the journey you will hear memorable tales, anecdotes and historical facts about the horse drawn barge and the Grand Western Canal. There is also a 2 minute silence, where you can enjoy the peace and tranquillity of travelling by horse drawn barge.

With 11 miles of quiet unspoilt waterway, this 2.5 hour trip commences at **10.45am, but please be ready to board by 10.15am**. There is provision for storing wheelchairs, walking frames on the bank (not allowed on board) but please note there are 3 steps down to board the barge. The 75 seat traditional and colourful barge has large opening sliding windows, upholstered seating and toilets. In addition, there is a licensed bar, tea, coffee, snacks, ice cream and gifts available on board, and as the company reserves the right to sell/supply all catering, please do not bring your own food/drinks aboard.

At the wharf, there is a floating canal side cafe/bar with additional benches and seating on the bank for use prior to or after the trip. There is also a tea garden just past the car park. Please note there is a £3 charge to park all day. The money Devon County Council receive from the parking fee helps maintain the canal. Alternatively, the Stagecoach no.55 bus from Exeter stops at the Grand Western Canal.

Please see the Tiverton Canal Co website for more information: <https://www.tivertoncanal.co.uk/>

The group discounted cost of the trip is £12.35 per person (£24.70 for 2). If you would like to join us, please complete the form below and send it with your remittance (cheques payable to the 'University of Exeter') **no later than Saturday 15th June**. At this stage I shall confirm final numbers to the Tiverton Canal Co. Unfortunately, after this stage we cannot offer refunds.

Sandy Day (Newsletter Editor)

To: Sandy Day, UERSA Newsletter Editor, 18 The Gardens, Chudleigh, Devon, TQ13 0GE

Please reserve place(s) for me/us (@ £12.35 pp or £24.70 for 2) on the visit to the Tiverton Canal Co Horse Drawn Barge trip on Tuesday 16th July 2019. I/We have.....disabled persons in our party and need to store wheelchair and/or walking frame.

I enclose a cheque for £ made payable to the 'University of Exeter'.

Name(s)

E-mail Telephone