



## **RETIRED STAFF ASSOCIATION**

### **Issue 7, September 2006**

As UERSA springs into action again after the Summer, we hope everyone has enjoyed their summer holidays and returned refreshed to plunge into enjoyable activities this autumn. It is, of course, time for our AGM, which will be held on 5<sup>th</sup> October – details on the attached Agenda. We hope that as many as possible will attend; we need members' input concerning our present activities and our future direction.

#### **Annual General Meeting**

The University of Exeter Retired Staff Association Annual General Meeting will take place on October 5<sup>th</sup> 2006 at 6 p.m. in the Xfi Building, Streatham Court. The Agenda is included with this Newsletter and, as you will see from the note at the top of the Agenda, those attending will be rewarded with a glass of wine. Subscriptions can also be paid at the AGM, directly to Sandy Simpson, the Membership Secretary, a nifty way to avoid paying postage on your subscription renewal.

A subscription form for both new and renewing members accompanies this Newsletter. Would all new and renewing members please complete this before either approaching Sandy directly on 5<sup>th</sup> October, or sending their subscriptions by post. For those hesitating about coming to the AGM we would like to point out that the Xfi Building is one of Exeter University's more interesting new buildings – definitely worth a visit.

#### **Membership**

Our membership has increased from 299 in April to 315 in August. Our Chairman, Laurie Burbridge and Secretary Jan Reynolds went to the University's "Planning for Retirement" event in June, and generated a lot of interest and hopefully attracted a lot of new members.

#### **General Notes**

**Subscriptions:** The UERSA Executive Committee has recently considered the level of our annual subscription. After much discussion, we will be recommending to the Annual General Meeting that for 2006/2007 the subscription should remain at the present level of £6. The key issue here is the wide disparity in our costs, both in money and in people's time, between sending information either by post or by email. Sending out information by e-mail incurs a negligible cost. Conversely, the cost of photocopying, envelopes, and postage is a very significant proportion of UERSA's annual expenditure. Some 60% of our members currently elect to receive information by post; this includes a significant number of people who have an e-mail address but who choose not to use it. Whilst we appreciate that there will for the foreseeable future be some of our members for whom the use of a computer is not acceptable or even possible, we do need to encourage everyone to use e-mail whenever they can. One possibility considered was to raise the subscription to £8 and then offer a 50% discount for those prepared to rely on e-mail. However, the Committee decided that this would be discriminatory and divisive. So we agreed to use friendly persuasion and to make a plea that, if at all possible, you would elect to

receive information by e-mail – every little helps! Meanwhile we would reiterate that the subscription stays at £6 for single or joint membership for 2006-7.

Coffee mornings: Although positive response to the suggestion made in the previous Newsletter was small, we feel that the matter is worth pursuing and two Committee Members (Jan and Sandy) will be investigating other possible venues for a regular get-together; we feel that once something is started the “snowball” effect may well cut in.

Health and Wellness Opportunities: The following information has been received from the Sport and Wellness Development Officer, Streatham Sports Centre, University of Exeter (01392 262039) which may be of interest to some of our members:

Mondays

1 p.m., walk for 30 minutes, meet at Great Hall Car Park (no charge)

Tuesdays

1 p.m., jog for 30 minutes, meet outside Streatham Sports Hall (no charge)

5.30-6.30 p.m. staff circuit training class, Streatham Sports Hall (£3.70 for non-members)

Wednesdays

7.45-9.45 a.m. supervised gym session (pop in any time), body worx gym, Streatham Sports Hall (£2 pounds a session).

Also, a health and wellness fair on Thursday 26<sup>th</sup> October from 12 p.m. – 4 p.m. in the Lower Exam Hall in the Great Hall. Anyone is welcome to pop in and have a look around. They are still organising who will be there but it will include the British Heart Foundation and the Primary Care Trust who will have stands on smoking cessation, cancer prevention, healthy eating, diabetes awareness. There will also be physiotherapy and reflexology stands. They are planning to get someone in to carry out blood pressure, blood sugar and cholesterol testing so it would be a good opportunity for people to have a brief health check and pick up information on where to get help and sample some free treatments.

There will be a Weight Management Session every Thursday, 10-11.30 a.m. which will be a weigh-in session followed by a chat on nutrition, motivation, etc., then a 45 minute low impact fitness class. It is being held in the studio at Streatham Sports Centre and will be £5 a session (the first session is free with a flyer which can be obtained from the Streatham Sports Centre)

**Personal Notes**

The death was reported in June of Dr Kenneth Rowe. He had for many years (1972-85) been Pro-Chancellor and Chair of Council, and was doubtless known to many UERSA members.

**Reports on General Events**

A visit to Longleat House and Safari Park was the first of our Summer Events. 26 members travelled by coach on a fine day in May. After a tour of the Safari Park and the House, several more adventurous members explored the other attractions: the Gardens, Safari Boats, Butterfly Garden, Railway, and Maze.

Reed Hall Garden Party: for the second year we held our Garden Party in June in the grounds of Reed Hall, in fine weather as before. This was a joint event with the Exeter Branch of the Historical Association, where our Treasurer Bruce Coleman, wearing his history hat, gave an interesting talk and tour of Reed Hall to the members of both associations.

Tremough Campus, Cornwall: 19 members set off from Exeter by coach and were joined by three other members from Cornwall. Members were given a tour of the grounds and buildings, and were able to see some of the work of the students. A most informative and interesting day- many thanks to Tremough for making us so welcome.

Holland Hall Afternoon Tea Party: This extremely imposing building commands impressive views of the Exe Valley. After a Bucks Fizz reception in the Upper Bar, Members were taken in groups by the manager Nancy Smith to see the very superior facilities enjoyed by the modern student (and of course by the conference

delegates of the many conferences who are now queueing up to use Holland Hall). It might be worth mentioning that Holland Hall is planning to open its restaurant this autumn at lunchtime to all members of the University. This would provide a very pleasant alternative to Reed Hall – and the views are spectacular. Check with Holland Hall before paying a first visit as we do not know the exact timing of the opening.

### **Group Reports**

Garden Group: the Group has had a busy summer, going to Plant World (near Newton Abbot), Mapperton near Beaminster (instead of Athelhampton who could not have us), and Bramblehayes near Lyme Regis. Accounts of all these very enjoyable visits are on the UERSA website. The Group certainly travels far for its pleasures! For further information, please contact Anne Mayes at SOBE, Streatham Court, University of Exeter EX4 4PU or e-mail [a.c.mayes@exeter.ac.uk](mailto:a.c.mayes@exeter.ac.uk).

Music and Opera Group: This Group, under Alan Leadbetter's enthusiastic leadership, went off to Plymouth in June for an excellent traditional production of *Tosca* by Welsh National Opera. Autumn delights will include Haydn's *Creation* in the Cathedral on 7<sup>th</sup> November, *Così fan Tutti* by the wonderful Glyndebourne Touring Opera (cf. last autumn's magical *Figaro*), and *La Bohème* by Welsh National Opera on 17<sup>th</sup> November. All these are fully booked, but any suggestions for early 2007 will be welcome. Please contact Alan Leadbetter for more information at 01392 254855 or on e-mail [aandbleadbetter@onetel.com](mailto:aandbleadbetter@onetel.com)

Restaurant Group: The Group had two lunch outings: to Oreston Manor at Maidencombe (enjoyed not only for its good food but also for its superb setting); and to Effings, the newly-opened restaurant in Queen's Street, Exeter (where you get a wide variety of reasonably-priced dishes *and* music from a live pianist to entertain you while you eat). The autumn programme includes the New Inn at Coleford (28<sup>th</sup> September), the Abode Restaurant, Royal Clarence Hotel, Exeter (Michael Caine) on 26<sup>th</sup> October, and Sunday lunch at Gardiners in Budleigh Salterton on 19<sup>th</sup> November. For more details contact [CorbinPFCORBIN@aol.com](mailto:CorbinPFCORBIN@aol.com) or 01392 256887.

Walking Group: Since the last Newsletter the Group has had walks in the Hawkerland Valley, on Dartmoor (Belstone and Postbridge); on the coast path from Shaldon; and through the Doone Valley on Exmoor. We have been pleased to welcome new members and also an additional new leader, John Boyle. We do hope that others will join what has proved to be a very cheerful group. The next two walks will be in the Belstone Cleave area and the Culm Valley. Full details will be posted on the website shortly, and as the attractive Belstone walk along the Taw is intended to be "tranquille", ending with lunch in Sticklepath, we hope that any members who have felt that some of the previous routes were too daunting will join us on this occasion. For more details contact Trevor Preist on 01392 259740 or e-mail [preist.Exeter@freeuk.com](mailto:preist.Exeter@freeuk.com).

Wine Group: following a very jolly wine tasting in June, the Wine Group has had a break over the summer. The next event is a visit to Pebblebed Vineyard on 20<sup>th</sup> September for a tour and tasting of English wines. Further events are planned for October and November. For details of events contact Laurie Burbridge on 01392 668833 or (e-mail: [L.Burbridge@exeter.ac.uk](mailto:L.Burbridge@exeter.ac.uk)).

### **Forthcoming Events**

Our general autumn plans are as follows:

A visit by coach to Bath on 30<sup>th</sup> November, to see the Christmas Markets and/or to visit the Abbey, the Baths, the Pump Room, the Museums, or just go shopping (application form attached to this Newsletter).

The UERSA Christmas Lunch, this year to be held in Holland Hall on Tuesday 12<sup>th</sup> December. Those who went to the Afternoon Tea Party at Holland Hall this summer will know what a spectacular view the Holland Hall Restaurant has – and should be a very pleasant place in which to hold a Christmas Lunch (application form and menu attached to this Newsletter).

A further outing is being planned, we hope, to the newly-opened theatre extension to the Drama Department at Thornlea (possibly even including a live performance on the new stage). Further details will be circulated.



## RETIRED STAFF ASSOCIATION

### ANNUAL GENERAL MEETING

**on Thursday 5 October at 6.p.m.  
in the Xfi Building, Streatham Court**

The Association has now been in existence for two years and the Annual General Meeting is a chance for members to hear what has been going on during the past year, to shape the future of UERSA, and to have a glass of wine with friends and past colleagues; you can also pay your subscription for 2006-7 here.

#### AGENDA

1 To note the minutes of the Annual General Meeting of UERSA held on 20 October 2005

2 Chairman's report

3 Treasurer's report

4 To agree the subscription rates for 2006/7

5 Election of Officers and Committee for 2006/7

#### **Committee nominations for 2006/7:**

##### **Existing Committee:**

The following officers of UERSA have agreed to serve for a further year:

TREASURER: **Bruce Coleman.**

SECRETARY: **Jan Reynolds**

MEMBERSHIP SECRETARY: **Sandy Simpson.**

NEWSLETTER EDITOR: **Sue Guy**

The following members of the Executive Committee have agreed to serve for a further year: **Dennis Lane** and **Anne Mayes**

##### **Changes to the Committee:**

**Laurie Burbridge** is standing down as Chair of UERSA

Executive Committee and the Committee would like to nominate **Eddie Abel** as Laurie's successor; Laurie has agreed to continue to be a member of the Committee.

**Cynthia Ransome** is standing down as Social Secretary and the

Committee would like to nominate **Mary Banks** as Cynthia's successor.

The Committee wishes to nominate two new members to serve on the Committee: **Peter Corbin** and **Tony Wragg.**

6 Election of President Elect

The Committee wishes to propose **Barrie Behenna** as President Elect for 2007/08

7 Report on the activities of Special Interest Groups

8 Suggestions for future activities and events

9 Any other business.



**RETIRED STAFF ASSOCIATION**

**Subscription for 2006-2007**

- (a) Please renew my/our subscription to the University of Exeter Retired Staff Association. A cheque for £6, made payable to The University of Exeter, is enclosed
  
- (b) I/we no longer wish to be members of the University of Exeter Retired Staff Association

*(Please delete as appropriate)*

Name(s).....

.....

Address.....

.....

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In the interests of minimising our administrative costs we strongly encourage members to use e-mail. Please indicate whether you are prepared to receive all future UERSA information by e-mail:

YES/NO *(delete as appropriate)*

If YES, your e-mail address.....

Please return this form to the UERSA Membership Secretary, either in person at the AGM, or by post to:

Sandy Simpson,  
Greenmantle,  
Hammond Croft Way,  
Alphington,  
Exeter EX2 8FZ.  
(Tel: 01392 213506)

**UERSA CHRISTMAS LUNCH**

**Holland Hall, Tuesday 12<sup>th</sup> December,  
12.30 for 1.00 p.m.**

The cost is £16 per person.

*This is for a three-course traditional Christmas lunch or a vegetarian option. It also includes a welcome drink (further drinks may be purchased at the bar).*

A menu is attached for you to make your choice of food for the three courses.

We realize that it is perhaps a bit early to be booking for Christmas, but this is the only Newsletter going out before Christmas and we need to know numbers attending sometime before the date of the Lunch.

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Please complete the slip below and send it, together with your menu choice, to Mary Banks, Social Secretary, 8 Saint Hill Close, Exeter EX2 9JE (Tel: 01392 669239).

1/We would like to come to the Christmas Lunch on 12 December.

Name(s).....

.....

Address(es).....

.....

Tel..... E-mail.....

I/We enclose a cheque payable to The University of Exeter for

.....

**UERSA CHRISTMAS LUNCH**  
**Tuesday 12<sup>th</sup> December**

**MENU**

First course

Choice One

Roasted chestnut and mushroom soup

Choice Two

Chicken liver paté with mixed leaves  
served with Cumberland sauce and French toast

Person 1 Choice.....

Person 2 Choice.....

Second Course

Choice one

Traditional roast turkey  
served with cranberry sauce

Choice Two

Grilled paprika glazed fillet of salmon  
served on a bed of spinach with  
hollandaise chive sauce

Choice Three

Three cheese and black olive filo pastry tart  
with tomato relish

All with a selection of seasonal vegetables

Person 1 Choice.....

Person 2 Choice.....

Dessert

Choice One

Traditional Christmas pudding  
served with brandy sauce

Choice Two

Fresh winter fruit salad  
served with Devonshire clotted cream

Choice Three

Cheese and biscuits

Person 1 Choice.....

Person 2 Choice.....

Coffee and mints



**UERSA COACH TRIP**

**BATH CHRISTMAS MARKETS**

**Thursday 30<sup>th</sup> November**

**An opportunity to taste the continental atmosphere of the Markets or the visit the Abbey, the Baths, the Museums, the Pump Room or the shops**

The coach will leave the University at 9.30 a.m., from the coach bay at the beginning of North Park Road (opposite the Northcote Theatre entrance). The return to Exeter will be at approximately 7 p.m.

The cost is £10 per person.

Please complete the slip below and return it to Mary Banks, UERSA Social Secretary, 8 Saint Hill Close, Exeter EX2 9JE, by **Friday 27<sup>th</sup> October.**

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I/We would like to come to Bath on 30<sup>th</sup> November

Name(s).....

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Address(es).....

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Tel..... E-mail.....

Number attending.....

I/We enclose a cheque made payable to The University of Exeter

For.....