



## Retired Staff Association (UERSA)



### Chair's message

Dear Friends

I'm hoping that you all had a good Christmas and welcome to a new decade. It was lovely to see so many of you at the Christmas lunch at Reed Hall (69 in total) and it would be good if you could provide some feedback. There is further information later in the newsletter and a request for a volunteer to organise something for next year. I will provide a report when feedback is collated to help you plan. The Committee is working on activities for 2020 and would like to provide at least one that is accessible for Cornwall campus members. We were so thrilled to welcome three of you to Reed in December. Your ideas are welcomed on how to incorporate the "wild west"! Talking of ideas you will also see that new members are already suggesting new activities - a photography group and a Spring walk in Teignmouth led by one of our members who has researched its wartime history and will share archive photographs and show you hidden remains. I have had the pleasure of taking this stroll and recommend it. Only 20 spaces so you will need to be snappy!

*Chris Austin*

## 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 2020:

The next **Coffee Morning** is held on **Tuesday 28<sup>th</sup> January** and is 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.

### **Walking Group Buckfastleigh**

Wednesday 5<sup>th</sup> February 10.30am  
7.5 mile circular walk starting from Buckfastleigh including Buckfast Abbey, Scorrilton, Combe, Cross Furzes and return to Buckfastleigh.

### **Walking Group Okehampton/Meldon**

Wednesday 19<sup>th</sup> February 10.30am  
6.5 miles starting at Okehampton Railway Station, along the Granite Way to Meldon Dam, under the viaduct, across Okehampton Golf Course to Okehampton Station.

### **Walking Group Blackdown Hills & Taunton Racecourse**

Monday 2<sup>nd</sup> March 10.30am

### **Wine Group St David's church**

Tuesday 24<sup>th</sup> March 7pm  
Southern Italian wines by Bruce Evans from Grape and Grain, Crediton.

### **Walking Group Sidmouth to Budleigh**

Thursday 26<sup>th</sup> March 10.00am  
7.5 miles. Walk the Coast Path to Peak Hill. Great views.

### **Wine Group St David's church**

Thursday 4<sup>th</sup> June 7pm  
Join Laurie Burbridge providing a talk on English wines

### **Teign Heritage Centre Teignmouth WW2 History Walk**

Wednesday 29<sup>th</sup> April  
10.15am or 11.45am



A one hour, level, 1.5 mile history walk along Teignmouth sea front and quay to explore the impact of World War II (1939-1945) on this small seaside resort, and to understand why the town suffered 22 bombing raids, how it protected itself and the role it played in D Day and wartime innovation.

Cost £5 per person (payable on the day) which covers the cost of the walk as well as the entrance charge for the Heritage Centre

Meet outside the Teign Heritage Centre, the white building opposite the Railway station. Trains approx every half hour from Exeter St Davids.

Numbers are limited to 10 on each of the walks.

Contact Judy Mead [judymead@hotmail.co.uk](mailto:judymead@hotmail.co.uk) if you are interested in taking part, stating which walk you would like to join.

## NEW UERSA GROUP?

### UERSA Photography Group

Are you interested in photography? Are you an enthusiastic amateur, an aspiring expert or just want to have fun taking pictures and meeting like-minded people?

As most of my pictures look like the example below, I would love to learn more and am proposing that we form an informal photography group. There are lots of things we could do to help and support each other: share expertise and experience (not from me!!), invite expert speakers, field visits, competitions etc.

Please email me at [milwardsue@gmail.com](mailto:milwardsue@gmail.com). If there is enough interest I will arrange a preliminary social where we can discuss how a photography group could work best for us and plan some future events.



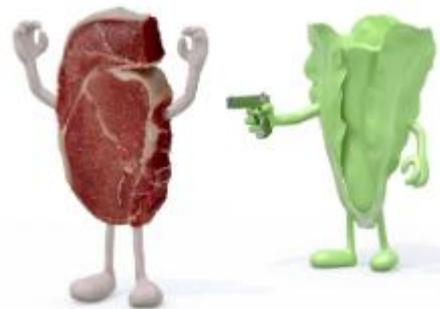
## FOOD RESEARCH AT THE UNIVERSITY OF EXETER

### Participants wanted!

Adequate protein intake is required to prevent the age related loss of muscle mass and its negative health consequences. Due to the growing environmental burden of producing animal-based proteins, more sustainable alternatives are needed. However, the anabolic capacity of these novel non-animal derived proteins sources is unknown yet. Therefore, within Nutritional Physiology we are recruiting healthy older adults (aged 55 – 80) to participate in a study.

The study consists of one screening visit (~1.5h), and six experimental trial visits (~6h each) at St Luke's Campus. During the trial visits, participants will be asked to consume a protein drink and blood will be sampled.

A £150 time and inconvenience allowance will be paid.



For more information please contact:

**Ino van der Heijden**

**[iv234@exeter.ac.uk](mailto:iv234@exeter.ac.uk)**

## RECENT UERSA EVENTS

### Garden Group

#### Brocton Cottage

Tuesday 10<sup>th</sup> September

The last visit of the gardening year was to this wonderful 1.3 acre private garden on a fine and sunny day. The borders were full of colour, and the hosts allowed us to amble at leisure around the orchard, vegetable garden and wild meadow. There were numerous places to sit and admire the panoramic view but most of headed for the terrace where the generous hosts provided tea, coffee and amazing homemade cakes, especially the scrummy chocolate cake.



**Walking Group**  
**Hunter's Tor**  
4th November 2019

Walkers preparing for a stroll along the valley of the River Bovey to Hunter's Tor.



Cascading stream in Pullabrook Woods.



**Walking Group images supplied by David Smith**

## Photography and the Geograph Project

Several people in the UERSA walking group have commented that the OS maps that I carry, even when I am not a leader, appear to have measles. They are, it is true, marked with pink dots. Those pink dots are associated with the one kilometre grid-squares of the Ordnance Survey maps, and I use them to show that I have photographed something in that square.

All this is because, since 2005, I have been part of the online Geograph Project. Supported by the OS, this started as a challenge to photograph "something geographical" in each of those grid-squares. Since then it has developed into a document recording the whole of the UK, pictorially. The photographs are online and can be used by anyone else with due acknowledgement - my pictures have been used in books, by estate agents, for educational handouts, etc.

Anyone can join in, although there are very few grid-squares not yet photographed (rocks and sandbanks off the coast which only appear at very low tide and military training areas). Instead, the aim is to develop a comprehensive portrait of the UK; before digital cameras, few amateur photographers recorded street scenes, woodlands and landscapes in detail - film was expensive. The grid-square containing Exeter Cathedral has over 2000 pictures online - and one dedicated photographer has managed to take a picture within each of the 100 smaller grid-squares, each 100metres square!

My contributions cover just over 10,000 grid-squares, from walking, cycling, holidays. For some, I have been the first photographer, others the second or third, or the first person back after a gap of five years or more - these things appeal to me as a mathematician! Several UERSA walks have featured as Geograph journeys, where a group of pictures are linked and can be followed in sequence. So, if the proposal for a photography group comes to pass, maybe its members could contribute their pictures to the Geograph website. Meanwhile, I am always hunting for new sites to record - such as the housing estates springing up around the city.

for more details see: <http://www.geograph.org.uk/>

David Smith

**Walking Group**  
**Woodbury**  
13<sup>th</sup> November

In Woodbury Castle studying the information board about the site's history.



The hairy pigs of a farm near Woodbury.



***Walking Group images supplied by David Smith***

**Wine Group**  
**A white and a red from around the world**  
**St David's Church**  
21<sup>st</sup> November 2019



Over twenty members managed to find their way to the main church entrance, and luckily didn't make the mistake of joining the soup kitchen running at the back of the church!

Roger Camble provided us with a well researched talk and interesting wines to taste, accompanied by a selection of cheese, bread and biscuits. The first wine to taste was the Pinot Grigio from the Alton Adige region of Italy (pictured above) followed by seven other wines including the red Primitivo and Zinfandel varieties. Roger also squeezed in what he called a "sadistic" blush Zinfandel. It certainly provided a stir from the attendees.

## Christmas Buffet

### Reed Hall

12<sup>th</sup> December 2019

The Reed Hall event was attended by 69 members (see photographs below). The quiz was enjoyed by many, though no one got all of the questions right! Sandy Day got 11/15, having interrogated many in the room, and won the prize.

In order to help us in organising the festive event next year the committee needs your feedback on the innovative approach we took this year, and the location. We also need a volunteer to organise the next event. My agreement was to try this out but next year the new volunteer will need a feedback report to inform them in the way to go forward.

Please send your comments on any aspect of the event to [chrisaustin4@btinternet.com](mailto:chrisaustin4@btinternet.com) by the end of January.





## REMINDER

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

## NEWSLETTER PUBLICATION DATES

End of May  
End of September  
End of January

## FOR ALL BUDDING GARDENERS

The Buckfast Abbey Gardens are once again running their **5<sup>th</sup> Great Seed Garden Giveaway** on Saturday 8th February between 10am - 3pm

Meet at The Grange Restaurant. You can visit and take home some seeds for free or bring some to swap. Car parking and refreshments are available.

## VALLEY OF A MILLION BULBS

During Spring daffodil time, why not visit Sidmouth to see all the bulbs planted due to the Keith Owen Fund. Keith, who had relatives in Sidmouth, was a Canadian Investment Banker who in 2007 learned he had a terminal illness and placed his life savings into the Sid Vale Association.

[Valley of a Million Bulbs information](#)  
[About Keith Owen](#)

## INVASIVE ALIENS NATURAL HISTORY TALK at St Thomas Library, Exeter

BBC Wildlife writer and consultant **Dan Eatherley** talks about animals that have made it here from over there. (See also Exeter Forum listing).

28 January 2020

19:30 - 20:30

It is important to please book ahead

Cost: £2

Contact the library 01392 407061

[stthomas.library@librariesunlimited.org.uk](mailto:stthomas.library@librariesunlimited.org.uk)

## NOTICES

### Deaths:

**Norman Postlethwaite** died on 4<sup>th</sup> October. He had suffered a very serious stroke seven years ago. Norman came to Exeter in 1990, and served as Head of the Department of Classics and Ancient History, and then of the School of Classics, Ancient History and Theology, from 1993 to his retirement in 2003

**Averil Swanton**, a long standing member of UERSA, passed away on Tuesday 17<sup>th</sup> December.

**David Nichols**, formerly Professor of Biological Sciences having joined the University in 1969 and retiring in 1995. As well as a distinguished academic, David also served the University with terms as a Deputy Vice-Chancellor and as Dean of the Faculty of Science.

**Veronica Chesher**, formerly history staffs tutor with the Extra Mural Studies Department in the 1970s and 1980s died at the age of 99 on 6 January.

**Professor John Dancy**, formerly Principal of St. Luke's and the School of Education, passed away on 28<sup>th</sup> December aged 99.

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### Answers to Where am I in Devon?

1. *Mysterious 1 mioL stone at Widecombe. It measures out as being 1.61 km (= 1 mile) from the porch door of the church, using a digital map. For those who wish to see it the grid reference is at SX 72210 78038 (80 metres north of Stouts Cottages in the west bank)*

2. *Graffiti under Exe Bridge*

3. *The medieval Drakeford Bridge, Nr Lustleigh*

## SOME 2020 LOCAL EVENTS FOR YOUR DIARY

### February

2	Demonstration of Historical Medical Instruments (Free event) <a href="#">St Nicholas Priory, Exeter</a>
6	An Audience with Brian Rice <a href="#">RAMM, Exeter</a>
7	Downton Abbey (Free event) The Lamb Inn Cinema Club <a href="#">Sandford, Crediton</a>
12	Simon Brett "Making Crime Pay" <a href="#">Exeter Custom House</a>
13	Fairport Convention <a href="#">Exeter Corn Exchange</a>
17	Nick Maclean Quartet <a href="#">Exeter Phoenix</a>
19	Behind the Scenes Tour <a href="#">RAMM, Exeter</a>
19	Sir Ranulph Fiennes: Living Dangerously <a href="#">Princess Theatre, Torquay</a>
28 or 29	Steve Knightley: Pass Notes, the stories behind the songs 28 <a href="#">The Watermark, Ivybridge</a> 29 <a href="#">Barnfield Theatre, Exeter</a>

### March

3-7	The Woman In Black <a href="#">Princess Theatre, Torquay</a>
5-7	Space: Light and Sound Show Take a journey to the moon and stars <a href="#">Exeter Cathedral</a>
6	Bournemouth Symphony Orchestra Hollywood Head to Head <a href="#">Great Hall, University, Exeter</a>
7	Music in the Galleries: Devon Philharmonic Orchestra <a href="#">RAMM, Exeter</a>
18	The Art of Tristram Hillier: A Talk by Jeny Pery <a href="#">Museum of Somerset, Taunton Castle</a>
21	South West Chamber Choir: God's Grandeur <a href="#">Buckfast Abbey</a>

## OPENING IN SPRING 2020 The Box, Plymouth

A new exciting cultural centre in the heart of Plymouth. Six historic collections will come together under one roof:

- Plymouth City Museum and Art Gallery
- The South West Film and TV Archive
- The South West Image Bank
- The Plymouth and West Devon Heritage Centre
- Local Studies Library
- Devonport Naval Heritage Centre (part)

To see what's inside The Box please [click here](#), and what's outside The Box please [click here](#).

### April

1	Herman's Hermits 55 <sup>th</sup> Anniversary Tour <a href="#">Exeter Corn Exchange</a>
6	Feat of Fiddles 2020 <a href="#">Exeter Corn Exchange</a>
22	Dellers of Bedford Street. Talk by Ed Williams Hawkes on Dellers Café of Bedford Street, lost in the 1942 Baedeker raids <a href="#">Newton St Cyres Parish Hall</a>
25	Gyles Brandreth: Break a Leg! <a href="#">Red House Theatre, Plymouth</a>

### May

1-2	Toby Buckland's Garden Festival <a href="#">Powderham, Kenton</a>
8-10	Exeter Food Festival (at time of circulation, the website link below is still including 2019 dates just to confuse us no doubt) <a href="#">Northernhay Gardens, Exeter</a>
12 May or 7 Sept	Geology Day Trip <a href="#">Stuart Line Cruises, Exmouth</a>
21-23	Devon County Show <a href="#">Westpoint</a>

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 a person 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 January to April 2020 is as follows:

January 22nd	Dr Peter King, Organist Emeritus, Bath Abbey	<b>The Life of a Mendicant Musician</b>
January 29th		<b>Annual Lunch</b>
February 5th	David Pugsley	<b>Was Jane Austen's Aunt a Shoplifter?</b>
February 12th	Dan Eatherley	<b>Invasive Aliens: The Plants and Animals From Over There That Are Over Here</b>
February 19th	Brian Banks	<b>Meet the Antecessors - the story of human evolution</b>
February 26th	Professor Tim Lenton	<b>Climate Tipping Points</b>
March 4th	Keith Badman	<b>Narrow gauge rails in North Wales</b>
March 11th	Major Nigel Bovey	<b>The war between the Skeleton Army and the Salvation Army</b>
March 18th	Marilyn Bishop	<b>Fighting the Black Dog - Sir Winston Churchill</b>
March 25th	Harry Barton	<b>The Devon Wildlife Trust</b>
April 1st	Professor Sir Denis Pereira Gray and Dr Kate Sidaway-Lee	<b>Seeing the same doctor - does it make a difference?</b>
April 8th and 15th		<b>No meeting</b>

Admission is £3 per talk, free for members. Membership from January-March 2020 is £13. You will be very welcome. All enquiries to [niki.thomas01@gmail.com](mailto:niki.thomas01@gmail.com) or Tel 01392 273732. Our website is: [www.exeterforum.org](http://www.exeterforum.org)

David Oates, Chairman