

With Season's greetings to you all



We give the warmest of welcomes to new members Frances Nehme, Joan Winter, Gary Hillyer, Trevor Walton, Val Walton and Ann Thomas

Committee Notice Board - Keeping You Informed

This is the time of year we traditionally look back as well as forward to the year to come. In a world beset by war and the challenges left by the pandemic, optimism has been in short supply. But the changes within our u3a have been very positive with a new name, a new website, and many new members. As we look forward to 2024, we have our AGM in February, which gives us the chance to reflect on the past year and set our path for the next. Your input to your u3a is important and we hope you will join us.

If the u3a has been good for you this year, and has brought you shared interests, friendship and fun, then don't forget to spread the word. Talk to others about our u3a ~ word of mouth is the best publicity.

We hope you will be able to join us for our New Year's Special Lunch with the theme of 'Upstairs, Downstairs', Dressing up (or down) for the occasion is optional. See pg 8

We wish you all that you would wish for yourself and those you hold dear for 2024.

From your new membership secretary

With the leaves fast dropping and winter storms upon us Christmas is suddenly just around the corner - how on earth did that happen!

It's that time of year when we are frequently out and about seeing friends, so please do remember to mention our u3a far and wide!

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Word of mouth is still our most powerful tool by far for finding new members.
The more members we have the more interest groups we can run and enjoy.

Please also dip a toe into our fabulous new website - just search Ilfracombe Coast u3a. There are handy links to the Newsletter, and Membership Renewal Form. The more hits we get the more successful the website becomes.

And finally please do remember to complete and send your Renewal Form by the end of the year.

Stay warm, stay dry, stay safe!
Steve Hawes - Membership Secretary

From your new u3a website manager - www.ilfracombecoastu3a.co.uk

Our new website has been live for about 2 months now, replacing the one we had on the main u3a website as a sub-site. This old site was difficult to maintain and was very hidden from the search engines, so it was not working for us.



Our new site has its own domain, so is much easier to find for search engines and anyone looking for 'social activities in retirement in North Devon'. We are already in position 6
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in Google rankings (early November) for that keyword phrase. We are battling against the likes of Age UK and Housing Care in North Devon which are much bigger sites offering things to do in retirement, but not always in North Devon!

Please have a good look around our new website, it is full of useful information. It has details on each of the interest groups and it also has a calendar showing which days the groups meet. Please take photos of your group, checking that everyone is agreeable, and send them to Bryan, our website manager, for him to add to the group pages.

May we ask that you do not go into just one page and then come back out again. This is called a bounce and is seen by Google (and the like) that the site did not satisfy your search, so down marks the site for that search.

Our website also has a 'Useful Links' page which is full of information on things you might like to do as a group, or on your own. If you want something added to that page that you have enjoyed and you think others would as well, send your idea to Bryan for him to consider and include.

For up-to-date things that are happening in our u3a, then have a look at our Facebook page which has a link in the header of our website.

Bryan, website manager, xxx (direct email address).

Our New Interest Group - the AI group (Archives Ilfracombe)



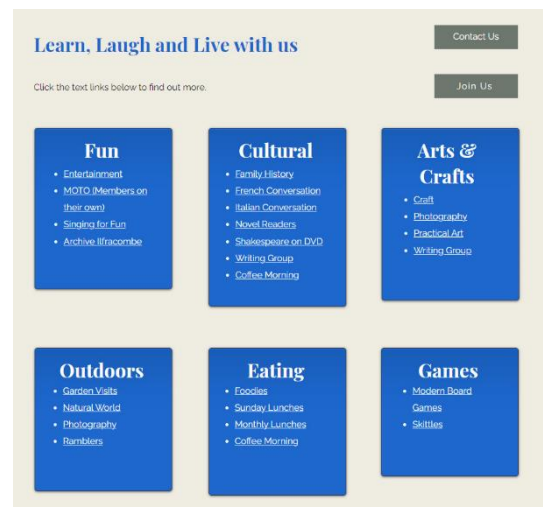
The brand new AI group will meet at Ilfracombe Museum with the purpose of helping the Museum reduce the huge pile of papers and artefacts that need accessing into the collection.

Convener Jane Dendle says "We will be assessing whether the item is suitable for the museum, giving a brief description if the answer is yes, and a museum number. Training will be given, but this is an interesting

rather than difficult task!. Of course refreshments will be provided and chat will be encouraged - you would not be expected to work entirely on your own, or in silence!"

The group will meet on a Thursday afternoon at 1.45 to 3.45, on the 4th Thursday of the month, with an initial meeting just to get going on **Thursday 14th December** at the museum at 1.45.

If you would be interested in joining the AI group, please email Jane Dendle xxx Or phone:xxx or text me on xxx



Not forgotten

Des Hume d. 18.11.2023 aged 84

It is with great sadness we report the passing of Des Hume, Jo Rosvall's beloved partner and strong support.

A fixture at so many of our u3a events he will be sorely missed.

Born in Belfast and very proud of his Irish heritage, in the mid

'60s he moved to Neasden. His working life was involved mainly with industrial relations at London Transport.

Des met Jo, a fellow LT worker in 1983, and they moved on Des's retirement to Combe Martin in 1995. From 2008 involvement with the twinning association prompted them to move to Brittany, where they spent 10 happy years. Des enjoyed many music genres, and relished his part in the Practical Art group, as well as being co-convenor of French Conversation. He was a keen volunteer for Samaritans, Citizen's Advice and at Arlington for the National Trust.

Des was appreciated for his easy company and sense of humour, always with a twinkle in his eye.



Interest Groups /Events timetable - December 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Committee Skittles	2 MOTO	3
4 Singing 4 Fun	5 Craft Italian Conv Xmas Meal	6 Art French Conv ?	7 Christmas Lunch	8 Ramblers	9	
11 Writing Group	12 Modern Board Games	13 Art French Conv ?	14 Archive Ilfracombe	15 Carols & Mince Pies		17
18 Singing 4 Fun	19 Novel Readers Craft	20 Art French Conv ?	21	22	16	24
25 Happy Xmas at the Gurkha	26	27	28	29	30	31

Interest Groups /Events timetable - January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Happy New Year	2	3 Art French Conv? It Conv	4 Shakespeare on DVD	5 Committee Skittles	6	7
8 Writing	9 Modern Board Games	10 Art French Conv Natural World	11 New Year Celebration Special Lunch	12 Ramblers	13	14
15 Singing 4 Fun	16 Novel Readers Craft	17 Art French Conv It Conv	18 Foodies Newsletter deadline	19	20	21 Away Lunch
22 Family History	23 Photography	24 Art French Conv	25 Archive Ilfracombe	26 Coffee morning	27	28
29	30	31 Art French Conv				

Annual General Meeting 2024

2.30 pm, Thursday 8th February at the Brookdale Rooms, Ilfracombe EX34 8BD

We want to involve you in making decisions about our u3a's development. We therefore invite you to attend our **AGM** and to participate in decisions taken. Please come as we value your opinion and this is your opportunity to make your views known to the entire group. *Those not attending the preceding lunch are equally welcome to come.*

Your committee currently comprises Jo Rosvall (Nominal Chair and Secretary), Joan Broxholme (Coffee Mornings/Events), Steve Hawes (Membership), Ley Holloway (Speakers Secretary), Janet Keiff (Treasurer), Penny Kitching (Convener Liaison), Jane Lucas (Welfare), Julian Tippett (Technical Support), Marilyn Stobbe, Jane Dendle - co-opted (Community Links), Bryan Cath - co-opted (Web Site and Publicity)

The constitution provides for ten members, excluding any co-opted. 3 members of the current committee will be standing for re-election.

Nominations for candidates for election to the committee should be sent using the form below to Jo Rosvall xxx by Thursday 1st February.

Resolutions to be put to the AGM, with Proposer and Seconder, should also be sent to Jo at the same address by the same date. Also, we shall reserve some time for **general discussion** points or questions. If you wish to raise such a point, please submit your point in writing, also by 1st February

Note: AGM attendance is for 2024 members only. Renewal forms will be available on the day and can be processed before the meeting.

✂ ✂

Election of Committee Member for Ilfracombe Coast U3A - 2024

Please return nomination forms, by Thursday 1st February, to:

Secretary Ilfracombe Coast U3A, xxx

I, Nominate:.....
(Proposer's name in capitals) for election to the committee

Proposer's signature

..... Seconder's signature:.....
(Seconder's name in capitals)

I accept the nomination (Nominee's signature)



**Last chance
to book**

Our Christmas Lunch

will take place at the

Imperial Hotel, Barnstaple, EX32 8NB

Thursday 7th December 12 for 12.30

Tickets, in advance only, cost £23.00

Purchase before end of November Tickets direct from Joan Broxholme xxx
You will need to give your menu choices when you buy your ticket

Menu

Roast Crediton Turkey T

Pork and Apricot seasoning, chipolatas, cranberry jam

Slow Cooked West Country Flat Iron Steak S

Truffle Pomme puree, Kale, Brioche

Steamed Roulettes of Plaice F

Crayfish Butter, Cider Sauce, Crisp Cabbage

Wild Mushroom & Chestnut Wellington V

Vegetable Bouillon, Onion Jam

**All served with roast potatoes, new potatoes, button sprouts
glazed carrots and honey baked parsnips**

Desserts

Classic Christmas Pudding with brandy sauce X

Spiced Buttermilk Panna Cotta with Mince Pie Semifreddo PC

Fresh Fruit Salad with Pouring Or Clotted Cream FS

Ice Cream & Sorbet Selection I

Dark Chocolate Slice C

with Macerated Festive Berries, Water ice, Chestnut Praline

Tea or Coffee

You are responsible for letting the hotel know of any dietary needs.

Hotel contact details: The Imperial Hotel 01271 345861

Please note that membership renewals cannot be taken at this lunch as there is no room to do so in the hotel dining room.

Also any personal Christmas Cards will be distributed at the Carols and Mince Pies event, which will take place at Brookdale Rooms at 10.30 am on Friday 15th December, and not at this Lunch.

Community bus

The Community bus will be running for this lunch, cost £7 return. Contact Janice Banks xxxx as soon as possible to book.



Carols and Mince Pies

Come and get in the festive spirit with us and start your Christmas celebrations

Friday 15th December at 10.30 in Brookdale Rooms



Admission free - as a  from your u3a

Christmas carols and songs with mince pies, chocolate logs, tea and coffee, and a warm welcome.

Bring along any Christmas cards for delivery to other members present.



Welfare Support Jane Lucas xxx
Telephone xxx

Tips for healthy knees as we age:

Did you know as we age our foot size may increase so check that our shoes are not pinching our toes?

Strengthen our knee muscles by the correct exercise and perhaps get our knee strength checked.

Our weight, losing weight can be a significant aid in knee joint preservation.

Our diet, look at anti-inflammatory foods including onions, garlic and leeks.

As Spike Milligan wrote
You've got to have knees
You've got to have knees
If you want to see mine
say please



You've got to have knees
You've got to have knees

They help you run away from falling trees



Due to the massive increase in deliveries, FedEx and UPS have joined forces and are now Fed-Up.

Janet Gibbins



**Our Special Lunch celebrating
the New Year**

Thursday January 11th

12 for 12.30 - 4

Lee Memorial Hall

EX34 8LW

**A welcome drink
and a 3 course lunch plus
tea/coffee for £17**

Dressing to the theme is optional. However, whether you come as a toff or staff or neither you are welcome to choose from Upstairs or Downstairs on the menu!

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Pate or Prawn Cocktail or Golden Vegetable Soup

~

Roast Turkey and Gammon or Individual Steak and Ale Pie
or Individual Vegetarian Pie
all served with vegetables

~

Strawberry Gateaux or Lemon Roulade or Sticky Toffee Pudding

~

Tea or Coffee

Those who wish may bring their own champagne, wine, beer etc.

Raffle

There will be entertainment by Anchors Aweigh plus quizzes
to keep you amused.

Bookings and any cancellations to Fran Barnett on events@ilfracombecoastu3a.co.uk
or xxx by Friday 5th January at 5pm, **together with your menu choices.**

Payment to be made on the day. Any cancellations will be confirmed and if after the
closing date may need to be paid for. Please also let Fran know of any dietary needs.

**The community bus will be available and can be booked by contacting Janice Banks on
xxx The return cost will be £4.**

Everyone is very welcome - we look forward to seeing you there



Did someone say coffee and cake ???

Yes we did!!

Our next Coffee Morning

Friday January 26th (4th Friday)

Brookdale Rooms, Ilfracombe

Joan Broxholme xxx Fran Barnett xxx

Email: events@ilfracombecoastu3a.co.uk

We welcome all members. 10.30 - 12.30 Cost £3

Coffee/Tea and Cake

At around 11.00 we have our speaker. There will now be a raffle at our coffee mornings.

Our October speaker

After the delicious cakes had been enjoyed (grateful thanks to the bakers, and to all the other helpers as well) and everyone had been busily catching up with friends, Jane Dendle, with her Ilfracombe Museum hat on, treated us to a virtual tour of the museum. The old wedding cake was nothing like the selection we had just eaten (thank goodness!), the two-headed kitten no doubt brought back memories for some, and we heard the sweet story of Tooker, the four legged chicken who had actually lived in the museum for a time. As well as exhibits which have been in the museum for generations, Jane also showed us some of the most recent displays - the museum is an ever-changing environment, and hopefully people will have been inspired to pay it a visit.



The speaker for January is Woody Fox, who will give us a demonstration of willow sculpture. Woody lives in North Devon and is a children's illustrator as well as making willow sculptures to commission.

Please wear your membership badge. We have magnetic badge holders for sale at £1

As there is very limited parking at Brookdale it would be really helpful if you could lift share, and if you do park at Brookdale please do so without blocking the one way system through the car park. There is some public parking at the top of the coach park and of course at the Wilder Road car park, as well as in Brookdale Avenue and surrounding roads.

We look forward to seeing you all there.

Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on pg 17

1. Which musician is musician Liam Gallagher's brother?
2. According to the Chinese calendar, 2024 will be the year of the what?
3. Recep Tayyip Erdogan is the President of which country?
4. What is the alcoholic ingredient of a Snowball cocktail?
5. The Pacific island, Kiritimati, was once known as what?
6. "Mincepies" is Cockney rhyming slang for which part of the body?
7. The Twelve Days of Christmas are from when to when, inclusive?
8. There was one partridge in a pear tree but how many ladies were dancing?
9. Babba Natale is what Santa Claus is called where?
10. The use of holly at Christmas represents what?
11. How many ghosts appear in Charles Dickens' "A Christmas Carol"?
12. Which English king was crowned on a Christmas Day?
13. In which decade was "The Snowman" first shown on tv?
14. Who made the first Christmas crackers?
15. Complete the title of the carol: "Joy to the....".
16. "Adoration of the Magi" (c.1482) is an unfinished work by which artist?
17. In the UK a male turkey is called a what?
18. Candy cane Christmas decorations originated in which country?
19. How many reindeer does Santa have?
20. And what are their names?



Janet Gibbins

Ifracombe Coast U3A Interest Groups



Archive Ifracombe Convener Jane Dendle Tel:xxx
Ifracombe Museum 4th Thursday 1.45 - 3.45 £1 towards refreshments

This brand new group will meet on **Thursday 14th December** at 1.45 , just an initial meeting to get going at Ifracombe Museum with the purpose of helping the Museum reduce the huge pile of papers and artefacts that need accessing into the collection.

By assessing whether each item is suitable for the museum, giving a brief description if the answer is yes, and a museum number, we will hopefully cut down the pile! Training will be given, but this is an interesting rather than difficult task. Of course refreshments will be provided and chat will be encouraged - you would not be expected to work entirely on your own, or in silence! In **January** we will be meeting on the **25th**.

If you would be interested in joining them, please email Jane Dendle xxx
Or phone:x or text me on xxx

Jane



Crafts Convener: Ley Holloway Tel xxx 1st and 3rd Tuesday 2pm
Brookdale Church Hall - if possible we ask people to arrive about 10 minutes early to help set out tables and chairs. Contribution of £2 unless numbers are low.



Craft in December will, hopefully, be making flower brooches with Norma on 5th and then we'll have a jolly on 19th. Because we're going to be eating, this one will start an hour earlier at 1.00 pm so it's lunch time. If everyone brings a little of something they like to share we should have a nice lunch together.

In **January** we are planning just one session as the first Tuesday is too close to New Year, so on the 16th we will be playing with air drying clay, making decorative items. Of course sometimes plans have to change but we'll be doing something fun whatever happens.

In November we were making decorations for our u3a tree at the Pip & Jim's Christmas

Tree Festival (the harbour Church in St James Place) which goes up on Wednesday 22nd of November until the 26th. We'll be making cards on the 20th and hopefully finishing any remaining decorations. We have decorated at least one bauble for each of the groups in the u3a.



Entertainment Convener: Janet Keiff xxx

Everyone is welcome to join in with the entertainment group - just suggest an event and see who else would like to go! I try and organise the outings via WhatsApp - so please ask to join if interested. I can also contact you by phone message if required.

The entertainment group is there for anybody to suggest events they would like to attend. Make a suggestion and we can see who else would like to join you. I would book tickets etc so you won't have to sort anything out - just pay for your ticket and turn up! Obviously we all have different tastes and my choices don't suit everyone so I really need more input. We have had some very good visits to the theatre and cinema, but we can arrange other outings too.

Please contact me if you would like to join our WhatsApp group
 Hope to see you soon Jan



Family History Convener: Joan Broxholme Tel xxx 1st and 4th Monday 2-4pm
at Ilfracombe Library Contribution is £2. Should there be smaller numbers for any reason then a little extra is needed to meet the £17 cost for the venue plus refreshments.

No meeting in December! 2024 Our first meeting of the New Year will be **Monday 22nd**

January, Thereafter, we will be meeting twice a month, on the 1st and 4th Mondays. I will be chatting to you at the next meeting to decided which members will go on which day, as the group has outgrown just one meeting. I want to be able to allocate help to those who need it.

February 5th and 26th.

March 4th and 25th

April and May meetings ,which would involve bank holidays, will join together on the 4th Monday of those months, Monday April 22nd and May 27th

I would like to wish you all a Healthy, Happy Christmas and look forward to seeing you in the New Year.

Best regards,
 Joan Broxholme



Foodies Organisers: Carole McGill xxx and Deirdre Spencer-Smith xxx 3rd Thursday 1 until 2.30 pm "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe, EX34 9BD

The next foodies will be on the **18th of January**.

The last meeting everyone voted for an earlier start, so at 1pm.

The subject will be "Your favourite pudding".

All are welcome, so come along and have some food that others enjoy. Bringing food is not compulsory, just join in and have fun especially with the quiz. You never know what we might get up to on the day, but it is always interesting. And don't forget the Tupperware!

Deidre and Carole



French Conversation Convener: Jo Rosvall Tel: xxx 2.15pm until 4.15 pm in Combe Martin 2 groups on alternate Wednesdays Please contact Jo about future availability to join.

Our French Conversation Group provides an opportunity to practise speaking French in a friendly and supportive group. The aim is to have fun while improving our spoken French. Two groups take place fortnightly in our home. Members will be allocated to one of the groups based on their experience of learning French.

We cover a wide range of topics, enjoying the chance to celebrate different aspects of French life, such as French food and drink, the different regions, French art, music and even television programmes.

As well as conversation we take part in activities such as games, quizzes and puzzles.

There may be some changes to meeting dates, but these will be notified directly to members.

As we approach the festive season, we wish you all

'Bonnes fetes de fin année'

It was with great sadness that we learnt of Des' passing. He will be sadly missed by all at the French groups, he always had a tale to tell and a twinkle in his eye. He will leave a big empty space.

Au revoir Des.

Brigitte



**Garden Visits: Convenors: Walter Daw
Mobile: xxx
E-mail: xxx**

Visits are normally on the **third Friday of each month** but fit in with garden open days.

In the New Year, it will be time to think about the gardens we will visit in 2024. Are there any gardens that you have visited this year that would be suitable for a group visit? Do contact me with your suggestions.

About communication

There is a What's App group for Garden Visits and e-mails are sent out regularly to inform you of forthcoming events. Although there are over 30 members of the group, most people rarely respond to these messages and few people post on the What's App group. **It would be helpful if members would let me know if they will or will not be coming to a visit.** The What's App group is really useful to share your pictures, tell us about places you have visited and arrange car shares. So, **please communicate!** If you no longer wish to receive e-mails from me, let me know.

The Garden Visits Group will now be taking a break until we start up again in March or April next year. New members are always welcome.

Best wishes for Christmas and the New Year. Wal





Italian Conversation Coordinator: Julian Tippett xxx
1st and 3rd Wednesday 3.00 pm at xxx.

For December we are scheduling just our Christmas lunch at Giovanni's on **5th December**.
 Cibo delizioso!

Dates for January: 3rd and 17th. Tornare alla normalità

We have made an excellent addition to our numbers, in that a real Italian will join us at times and is already providing splendid guidance.



Modern Board Games Convener: Penny Kitching Tel: xxx
2nd Tuesday, 1.30 - 4 pm approx.

Board Games Café "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe
Cost £2.50 including use of a wide selection of games and tea or coffee.

A great meetup on a day when we had every sort of weather in the space of the afternoon, thanks to those who turned out.

First we split into two groups to play SANSSOUICI (designing gardens at a French Palace) and Project L (a tile tessellation game) then we joined together to play CODENAMES taking turns to be the spymaster giving clues to help our team guess the hidden words.

Our next meetup is **Dec 12th** same time same place (where Christmas attire would be appreciated although not essential 🎄😄) where my intention is to mainly play whole group party type games. And **January 9th**.

If you would like any further information please let me know.
 Penny



MOTO group - Members On Their Own Convener: Pat Martin (the Combe Martin one!) Tel: xxx Mob: xxx
Email: xxx

We are a super friendly and supportive group of single and widowed guys and gals, and members who like to go out sometimes without their 'other half' or have different interests. Come and enjoy anything you fancy doing with likeminded friends. A walk, a meal out, a cinema/theatre visit, a cream tea or whatever? If you fancy doing something, but not alone, then pick a date and put all info on the MOTO WhatsApp events group, or sound us out on the WhatsApp chat group, or ring me. Short notice arrangements / ideas are very welcomed.

I am quite tied up with personal "stuff" at the moment and have not been able to arrange many events, sorry. I hope some of you can get your thinking hats on and arrange some "meet ups".

As always we have had some lovely events happening. In the pipeline, or recently happened, have been a Theatre Visit and some lovely meals out. Please check your MOTO events group WhatsApp regularly as our events do not have a regular day/date each month. We try and work around our members requests.

Joan Lupton's Christmas meal takes place at the Angel, Ilfracombe on **December 2nd**.

We do not plan to shut down over Christmas time so will always welcome requests from members to meet up for whatever you fancy.

So keep it up Team MOTO, you really are all amazing. Let's sort some more events and have some fun.
 Hope to see you all again soon.

May I wish us all a very Happy Christmas and a Happy New Year.

Hope to see you all again soon.
 Pat Martin x



Natural World

Contact: Jo Rosvall xxx Email: [xxx](#)

Steering Group contact: Andy Forgan [xxx](#)

Normally 3rd Monday 2.00 but location varies. Indoor meetings at Brookdale 2-4
Contribution £3

For our October meeting we were pleased to welcome Austin Philp, the Barnstable U3A Science Group leader, who gave a fascinating talk on The Riverfly Initiative. He demonstrated how the quality of river water can be assessed by analysing the range of fly larvae present in the river or stream. He does this himself in the stream that runs through the piece of ancient woodland that he cares for.



There will be **no meeting in December.**

Our **January** meeting will be on **Wednesday the 10th** in the morning when we will be having a guided visit to Fremington Pill to observe the wealth of migratory birds that overwinter there. Details to follow by WhatsApp.



Novel Readers Convener: Betty Williams Tel: xxx 3rd Tuesday 2.30pm at xxx Combe Martin, unless notified otherwise.

At our November meeting we sauntered along John Steinbeck's "Cannery Row", when all agreed it was well worth the journey. Will Michelle Obama's "Becoming" be as satisfying? We shall find out at our next meeting which is on 19th December. And an early reminder that our first meeting in 2024 will be on 16th January.

A Merry Christmas and Happy New Year (filled with books) to you all.



Photography - 'SNAPPERS & SNACKERS'

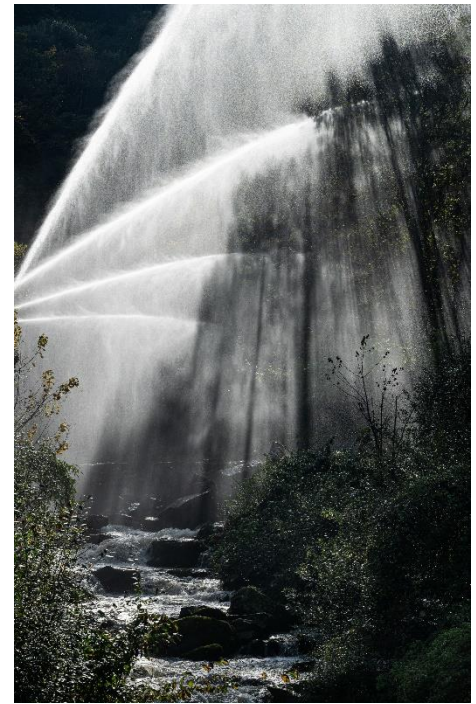
Convener: Steve Hawes Mobile:xxx 4th Tuesday

**In future to be known as the SAS group, Snappers and Snackers
10.30-12.30 probably followed by a pub lunch (optional)**

The Photography Group is currently full. November's outing was yet another object lesson in ignoring the forecast, looking out the window, and getting on with it! Lynmouth is a timeless delight and never disappoints. The morning was full of sunshine, laughter, blue skies, great light, and happy holiday makers! It never fails to amaze me how 10 different photographers will end up with 10 entirely different sets of photographs, and this happens every time we go out! Followed by tasty sandwiches at the Lynmouth National Park Centre.



Contd....



Please do take a peek at our excellent new Ilfracombe Coast u3a website - Please dip into the Photography Group's section / photo gallery for a taster of the group's photographs.



Future Outings

November 28th 1.30 to 3.30.

Combe Martin, St Peters Church hall - A look at editing techniques, and the power of today's Lightroom software.

December Christmas break.

Jan 23rd, 2024

Brookdale Rooms - For a member's show and tell. 10 pictures in 10 minutes, please bring along on a memory stick.

All ability levels and all cameras are most welcome. Snappers & Snackers is all about gently exploring and enjoying the fabulous area we live in, socialising, cake, and even taking a photograph or two in the process! Individual tuition sessions can also be arranged.



**Practical Art. Conveners: Robert Hobson Tel: xxx Roger Styles Tel: xxx
Manor Hall, Berrynarbor on Wednesdays 11.00 till 13.00 £2 a session**

The Art group will be running until the **20th December** inclusive. We will be producing a joint piece of art and I hope as many as possible will come to produce another master piece ! We will start back on the **3rd of January 2024** We wish everyone a happy Christmas Bob Hobson



Ramblers. Convener: Julian Tippett Tel: xxx 2nd Friday 10.30am

All members can take part just by turning up at the meeting point. Queries to me, Julian

Please note: A WhatsApp group "u3a Ramblers" has been set up, organised by Jacqueline Cox.

We expect it to be used inter alia for lift-sharing, updates and cancellations. If you want to join please contact Jacqueline.

Friday 8th December

We'll be doing a circular walk from Morthoe CP including the Donkey Path from Twitchen, descent to Combeigate beach, coast path to Morthoe cemetery, and thence return. Possible visit to the best viewpoint in the neighbourhood.

Length / time: 3 miles / 2.5 hours.

Lunch at the Chichester Arms anyone?

Leaders: Jacqueline and Quentin Cox

Friday 12th January

We'll be doing a circuit of the footpaths that thread through Combe Martin and into the surrounding countryside. Like anywhere in the district there will be a fair number of ups and downs.

Length / time: 3.5 miles / 2.5 hours.

Meet: Cormelles car park (coming from the sea, next on right after Castle Inn. It lies behind the church)

Possibly lunch at the Pack of Cards?

Leader: Jo Rosvall



Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx

1st Thursday 1pm Convener's house in Ilfracombe

We have NO meeting in December, because the 1st Thursday clashes with the u3a Xmas lunch, which I assume most people will be attending. Our next meeting is therefore on **Thursday 4th January**, 1pm, for viewing Richard II. The Beeb's splendid production stars a brilliant Ben Whishaw in the title role, giving definitely the best interpretation of the character that I have ever seen. David Tennant, Derek Jacobi eat your heart out.

Linda Macpherson



Singing For Fun - Convener: Jennie Tusveld

Tel: xxx 1st and 3rd Monday

10 to 11.30am Brookdale Rooms

Our meetings in **December, 4th and 18th** and SFF will meet again on **January 15th 2024**.

Relive the "Good old Days" with songs to bring back memories. If you tell yourself and others "you cannot sing" then this is the group for you. Come and join our lively group

JT to JT, thank you for 15 years of SFF



Skittles Conveners: Jane Lucas Tel: xxx Mob:xxx

Email: xxx

1st Friday 4- 6pm at the Sandpiper Inn, Ilfracombe Harbour.

£1.50 for the picker up

Skittles all for the price of £1.50 and a drink. No experience necessary. The next session is booked @ The Sandpiper, Ilfracombe for **Friday 1st December** and the following for **January 5th**. Come on and have a go, more the merrier. Just contact me if you want more details. Jane.



Away Sunday (and other day) Lunch group Conveners: Fran Barnett
 Tel:xxx Steve Hawes Mob:xxx
 This group is currently full

There will be no Away Lunch in December, for obvious reasons!

Our **January** lunch will be at the ever-popular Saunton Golf Club on **Sunday 21st**. A date to put in your brand spanking new 2024 diary as soon as you get it!! Please book with me **well in advance**, and I would be grateful if you would let me know even if you can't make it. Thank you.

At the time of booking this event (mid November) carvery prices are £14.95, desserts £5.95

Fran



The Writing Group Convener: Stuart Coslett Mob: xxx

Email: xxx

2nd Monday 2pm Ilfracombe Library

With a good turnout the contribution is £2. Should

there be smaller numbers for any reason then a little extra is needed to meet the £17 cost for the venue

Our November meeting was very well-attended, and as a group we are now full - a big welcome to Ann Thomas, our most recent addition. If anyone is still interested in joining us, please contact me directly and I will start a reserve list. I never cease to be amazed at the variety and quality of writing submitted by our members each month. We really must consider sharing our efforts with a wider audience. Maybe next year ?

Our final gathering of 2023 will be on **Monday 11 December**, and we will start 2024 with a meeting on **Monday 8 January**. Merry Christmas and a Happy New Year to everyone!

Christmas Day lunch

An invitation to Christmas Day lunch at the Gurkha restaurant to any members otherwise lunching on their own or to couples or those with guests who are not enthused by all the preparation, cooking and clearing up!



This restaurant offers both Nepalese food, or a 3 course Traditional Turkey roast dinner - or a mixture of the two if you have a mind! You can serve yourself and have as much or as little as you want.



The cost will be £34.95 pp which is an amazing bargain for Christmas day lunch, and only £1.20 price rise on last year. And transport within Ilfracombe!

Prior booking is essential, so to reserve your place or for more information please contact Dave or Katie xxx or xxx

The Gurkha restaurant is in Belgrave Promenade, Wilder Road opposite the Devon Bay hotel.

Our table is booked, come to enjoy good company and spend your Christmas among friends.

Answers: 1. Noel Gallagher. 2. Dragon. 3. Turkey. 4. Advocat. 5. Christmas Island. 6. Eyes. 7. 26 December to 6 January. 8. Nine. 9. Italy. 10. Christ's Crown of Thorns. 11. Four. 12. William I. 13. 1980s (1982). 14. Tom Smith. 15. World. 16. Leonardo da Vinci. 17. Stag. 18. Germany. 19. Nine. 20. Dasher and Dancer, Prancer and Vixen. Comet and Cupid and Donner and Blitzen - and, of course, Rudolph.

HAPPY CHRISTMAS AND GOOD NEW YEAR to my fellow 199 usa members!



Ilfracombe Christmas

**Oh little town of Ilfracombe
 How snug and quiet you lie
 Between the Torrs and Hillsborough
 Beneath a starry sky.
 Far from the noise and bustle
 Of cities and the wars
 That cause such grief, by contrast
 What tranquility is yours.**

**Now as Christmas beckons,
 And the streets are full of light
 Once more the town remembers
 The glory of that night
 When angels came from heaven
 To promise perfect peace,
 And we can only hope and pray
 That some day strife will cease.**

Katie Mallett (c) 2023

Ilfracombe Coast u3a Organising Committee contact details

Jo Rosvall	Secretary	xxx	Email: info@ilfracombecoastu3a.co.uk
Joan Broxholme	Coffee Mornings/Events	xxx	Email: events@ilfracombecoastu3a.co.uk
Janet Keiff	Treasurer	xxx	Email: treasurer@ilfracombecoastu3a.co.uk
Jane Lucas	Welfare	xxx	Email: xxx
Steve Hawes	Membership Secretary	xxx	Email: membership@ilfracombecoastu3a.co.uk
Julian Tippett	Tech Support	xxx	Email: xxx
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Penny Kitching	Convener Liaison	xxx	Email: xxx
Ley Holloway	Speakers Secretary	xxx	Email: xxx
Jane Dendle	Community link	xxx	Email: xxx
Marilyn Stobbe	Committee member	xxx	Email: xxx

Contact for the newsletter: Fran Barnett xxx newsletter@ilfracombecoastu3a.co.uk

Newsletter team: Fran, Jo Rosvall, Joan Broxholme, Julian Tippett, Jacquie Andrews

Our newsletter is printed in house. Posted newsletters: Janet Gibbins

Our website: <https://www.ilfracombecoastu3a.co.uk/>

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

Our new bank account is with Virgin Money

BACs account Ilfracombe Coast u3a, sort code 82-11-07, account number 10576743