

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members John and Susan Waran, Derrick Hamley, Biggi Wright, Peter Martin, Maureen Carpenter, Paula Davey, and Irene Jones

From the Chair



What a beautiful time of year! The spring flowers have been spectacular, and gardens are burgeoning. Each tree has its own distinctive shade at the moment, before they seem to merge into a more homogenous green as the year progresses - until autumn comes that is!



The birds are singing well too, and I am finally learning to distinguish the songs as, thanks to a talk at the Natural World group I now have the Merlin app on my phone which will miraculously identify the different songs - a good example, I think, of how our U3A can help to enhance your life.

We have so many interest groups now that inevitably there will be clashes - it's unavoidable I'm afraid when we offer such a variety of activities. We just have to make the decision that suits us, and be thankful that there is such a choice!

Jane Dendle



Munch Bunch Lunch

Munch bunch have announced details of their first lunch see page 12

Munch Bunch is an activity group and if you would like to munch lunch with them you need to first sign up to belong to the group.

Jo Rosvall xxx or Maureen Lowe: xxx .

Blue is the Colour

The Boat Race lunch



The village hall down at Lee looked so inviting, with its light and dark blue bunting, flowers and jars of sweeties on each table. The raffle prizes were all wrapped up, and, I have to say, very well disguised. Who would have thought that one that looked like a cracker concealed a bottle of Merlot? The food was delicious - Laura really did us proud with a great variety of salads, cold meats and very tempting desserts.

To keep us entertained Betty Williams had devised a blue themed quiz, and it transpired that the sweeties were not to be eaten immediately, they were there for us to estimate how many sweets were in the jar, the person closest, or in the case of my table, the person who got it absolutely correct, won the jar and its contents!

With the raffle prizes distributed, the quiz answered and the number of sweeties revealed it was time to be entertained by singer/guitarist Ricky who delighted us with many old favourites. There was a lot of singing along - Ricky said we sounded as if we had been trained by Gareth Malone, perhaps he was joking - and even some dancing. It was a lovely occasion with a great atmosphere. Very many thanks to Sylvia and her team who worked so hard to make it such a success.

Jane Dendle

photos
Bryan Cath







Did someone say coffee and cake ???

Yes we did!!

Our next Coffee Morning Friday June 28th (4th Friday)

Pip 'n' Jims Community Centre

St James Place, Ilfracombe

New start time 10.15 until 12.00

Cost £3 Coffee/Tea and cake

We welcome all members

Joan Broxholme xxx Fran Barnett xxx

The speaker for June is Janet Few, chair of Barnstaple local History society and author.

Remember Then: memories of 1946-1969 and how to record your own

This talk describes the results of a project during which eighty women recorded their memories of life in Britain during the pivotal period 1946-1969 - a time when we moved from liberty bodices to mini skirts and from ration books to ready meals. We saw the emergence of youth culture, the comprehensive education system, conspicuous consumerism and feminism. Either come and reminisce or discover what life was like at the time. This talk is much more than just a collection of memories. The techniques described will help both men and women, of all ages, to start writing reminiscences of their own.

Our new venue

We knew that the first coffee morning at our new venue would present a learning curve and so it proved! Thank you to you all who found a way around any problems. Our first times at Brookdale involved trying out different solutions- now we are welcoming more of you so any snags are more noticeable. We have hopefully addressed the issues - we have ordered 3 new tables (watch this space to see if they have arrived in time for the May CM), planned a different layout to improve the flow of you folks waiting to get in/ get your drinks/ choose your cake, and tweaked the sound system.

There is no disabled access at Pip & Jims community hall, and there are steps up to the hall. If you need assistance accessing the hall, then please let us know. There is a drop off pull-in outside the hall in St James' Place.

Car parking

There are many payment car parks available to you, including in the summer months the church car park opposite the hall when an attendant will be present from 10 am. **You will not be able to access that car park before that time.** Payment is by card. We will be starting our coffee morning 15 mins earlier at 10.15 and finished by 12.00 so that you will only need to pay for 2 hours parking.



It has been reported to us that two or three folks attending our April coffee morning were disputing that they had to pay for parking with a blue badge in the Church car park opposite the hall, and in one instance someone was quite abusive to the attendant on duty. Please, let us not have any repeat of this - it is the Church's land, their car park, their decision that the charges apply to everyone. The car park attendants do so for church funds and are, like all of us, volunteers. We hope to project a positive image of our u3a in the town, and incidents like this are counter-productive and unnecessary.

April Coffee Morning

The April Coffee Morning took place at our new venue, Pip'n'Jim's. There was certainly more room to move around, although with 67 attending some extra places had to be sought. This should be rectified in time for the May Coffee Morning.

Our speaker, Paul Madgett, was speaking about "Myths and Legends of Baggy Point". I must admit that I was expecting to hear stories of pixies, fairies, etc, but was pleasantly surprised when he began with an explanation of the geology. The huge boulders were not thrown there by the devil, or by giants over on Hartland Point (the myths and legends!) but are in fact a remnant of the ice age. We heard about wrecks and wreckers, smugglers too, and learnt that the Romans had brought the ubiquitous Alexanders (named after The Great), which they favoured because every part is edible, although I have never been tempted to try it! It was a very interesting and informative talk.

As always there was a tempting variety of cake and scones. Many thanks to the cooks, and to all those who helped in other ways - in the kitchen, setting up, clearing away. It is all much appreciated.

Jane Dendle

Name badges

Please wear your name badge to u3a events - our special lunches and coffee mornings. It helps our new members know who is who and enables us to easily identify those who aren't members. We have available lanyards and magnetic badge holders, which don't pin-hole mark your clothes.

You can be assured of the usual warm welcome for everyone who attends.



Welfare Support Jane Lucas xxx

Telephone xxx

There is no welfare piece this month. Jane is concentrating on the most important focus of welfare - at home, on family.

We send our best wishes for a speedy recovery.



Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on pg 20

1. Horses of which Regiment of the British Army bolted through London streets in April 2024?
2. In the world of entertainment, whose alter ego was Lily Savage?
3. In the 19th century, what would men do with galligaskins?
4. Which river runs through Ilfracombe's Biclescombe Park?
5. Who is the current Shadow Foreign Secretary?
6. Willy Lott's cottage, in Suffolk, features in which famous 19th century painting?
7. Which of the American Great Lakes is not shared with Canada?
8. A granadilla is what: a small ape? a Spanish country villa? a fruit?
9. The Kanneh-Mason family is famous in which branch of the Arts?
10. Once known as The Bungalow Café in Woolacombe, it is now known as what?
11. Created in 1951, which was Britain's first National Park?
12. Who was the author of "Robinson Crusoe"?
13. What is meant by the phrase "mea culpa"?
14. The line of seismic faults encircling the Pacific Ocean is known as "The Ring of _____"?
15. Where, in Ilfracombe High Street, does the A399 become the A361?
16. In May 2024, which Football Club re-entered the Premiership League after a 22-year absence?
17. In 1849, Boots UK Ltd was founded in which English County?
18. What is the postal code for "Eastenders" in Albert Square?
19. Parkhurst Prison is situated where in the UK?
20. Who wrote the music for the Gilbert & Sullivan operettas?

FLAMING JUNE AGAIN!

We've climbed through soggy weather
In the months right up to May,
While celebrating every time
We had a fine warm day,
And now we've reached the pinnacle
Of the year - or so they say.

June should be a flaming month,
Or so the old song said,
When everything has come to life,
And summer lies ahead,
Then why do I approach it
With some sense of dread?

The days are stretching out now,
The longest day is near.
Time for evening picnics
For strolling down a pier,
But this year, and in every year,
It's all downhill from here!

Katie Mallett © 2024



Janet Gibbins

Interest Groups /Events timetable - June 2024

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sa</u>	<u>Sun</u>
					1	2
3 Singing4Fun Family History	4	5 Art French Conv Italian Conv	6 Shakespeare	7 Cttee	8	9 Munch Bunch Lunch
10 Writing Gp	11 Modern Board Games	12 Art French Conv	13	14 Ramblers Yoga	15 Moto meal	16
17 Singing4Fun Natural World	18 Novel Readers	19 Art French Conv Italian Conv	20 Foodies	21	22 Garden visit	23 Away Lunch
24 Family History	25 Photography	26 Art French Conv	27	28 Coffee AM Yoga	29	30

Our monthly planner

1st Monday am Singing for fun pm Family History	2nd Monday am pm Writing Group	3rd Monday am Singing for fun pm Natural World	4th Monday am pm Family History
1st Tuesday am pm Crafts	2nd Tuesday am pm Modern Board Games	3rd Tuesday am pm Crafts Novel Readers	4th Tuesday am Photography pm
1st Wednesday am Practical Art pm French Conv Italian Conv	2nd Wednesday Am Practical Art pm French Conv	3rd Wednesday am Practical Art pm French Conv Italian Conv	4th Wednesday am Practical Art pm French Conv
1st Thursday am pm Shakespeare on DVD	2nd Thursday am pm	3rd Thursday am pm Foodies	4th Thursday am pm Archive Ilfracombe
1st Friday am Committee pm Skittles	2nd Friday am Ramblers pm Yoga for All	3rd Friday am pm Garden visits	4th Friday am Coffee Morning pm Archive Ilfracombe Yoga for All
1st Saturday 1st Sunday	2nd Saturday 2nd Sunday	3rd Saturday 3rd Sunday Away Group Lunch	4th Saturday 4th Sunday or Away Group Lunch

Ilfracombe Coast u3a Interest Groups

There is always the opportunity for other groups and we welcome any ideas. You don't have to be an expert, just enthusiastic!

Penny Kitching Tel: xxx Convener Liaison

We have recently amalgamated the information for prospective and new members about our interest groups into the newsletter. That information is in italics at the beginning of each group's individual section. It is there for our existing members too if you fancy trying something new.



Archive Ilfracombe Convener Jane Dendle Tel:xxx
Ilfracombe Museum 4th Thursday or 4th Friday 1.45 - 3.45

£1 towards refreshments

You might consider becoming a member of the museum at a cost of £12.50 per annum, but this is not at all compulsory. Our task is to help the museum reduce the huge pile of papers and artefacts that need accessing into the collection. We assess whether the item is suitable for the museum, giving a brief description if the answer is yes, and a museum number. We come across many fascinating items!

As usual we had a variety of tasks at AI. There were some fascinating items to be accessed, including a map printed on silk and dating from the 1830s, and a beautiful purple parasol. Postcards needed sorting, and there were old Ilfracombe guide books to sort through as well. It was interesting to see how many guest houses there were in the town back in the day, and to see how the prices changed over the years!

Our meetings in May will be our last until September because there will be (we hope!) more visitors to the Museum over the summer months.



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.

Crafts offer the opportunity to learn new projects in the company and with the support of like-minded members. We offer one of a variety of crafts at each meeting but anyone is welcome to come along with their own project and work on that: you'll probably end up teaching the rest of us. You can be a complete novice as many of the group are happy to teach their skills.

The craft group takes a summer break after completing 12 sessions from September, but hope to make some craft-related visits during the remaining months.

Nothing much to report for the craft group, our next outing is hopefully going to be during the week of May 20th - 26th. We're planning to have another visit to Art Mash for some more glass fusing fun. We've had two visits there and enjoyed them enormously. Having visited Murano in Early May I'm feeling quite inspired

In June we hope to go to the pottery painting shop in Braunton. We'll be back to our twice monthly sessions in September.



Here are some of the previous masterpieces from Art Mash visits



Family History Convener: Joan Broxholme Tel: xxx 1st and 4th Monday 2-4pm at Ilfracombe Library cost £2.00 at the moment but may have an increase to £3.00 as the library have put up their charges. It depends on how many members attend to cover the cost. Both include refreshments.

There are 6 desktop computers in the Ilfracombe Library where we have the space entirely at our disposal. but some members prefer to bring their own laptops/ iPads to research their family's history. The library has access to the Ancestry world website.

We are a group where there is no teacher but where we all help each other. We are a mixed ability group and it is very interesting to see members improving their computer skills whilst finding out about their past. It's a fascinating hobby which turns up some intriguing facts.

Due to several Bank Holidays in April and May which affected our meetings our June meetings will be as follows :

Monday the 3rd and 24th June.

I must apologise for the confusion regarding the end of May meeting, it was my mistake I just didn't realise the 27th was yet another Bank Holiday.

I will WhatsApp the group dates and the names of who will be in each group.

As I type this the sun is pouring through the window and it has been a most wonderful day.

Stay safe, Joan Broxholme



Foodies Organisers: Carole McGill xxx and Deirdre Spencer-Smith xxx 3rd Thursday £2 1 until 2.30 pm "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe, EX34 9BD

We focus on a 'food of the month', with a quiz, lively discussions and the tasting and sharing of any dishes brought in by members. If you would like to bring something with you that would be great, but please don't, however, feel obliged: this group will work well with a mixture of sharing and sampling the variety of contributions. You might however bring a Tupperware container - it is unlikely you will go away empty-handed!

We had a select few of us again as people were thrown by the change of date. But as you can see from the photos a vast range of food was brought by the members who did make it.

There was homemade iced tea, ploughman's frittata, sausage rolls 3 types, some meat pasties, a very nice potato salad and other bits and pieces.

The next meeting the theme is biscuits so get your thinking caps on, especially as general knowledge for the fun quiz. The date is **20th June**.

No need to bring anything except yourself and ideas. Hope to see more of you.

Carole and Dierdre x





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 Combe Martin. 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.

Our conversations are wide-ranging. At the last session topics included how to use walking poles for Nordic walking, and bathing habits in the Roman era and in Japan, as well as our personal memories of having a bath, before showers or plumbed-in baths were introduced.



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

xxx

*We visit gardens in the National Garden Scheme, National Trust properties and other gardens open to the public - especially those with tea and cake! Visits are normally on the **third Friday of each month** but fit in with garden open days.*

Our May Visit



The trip to Eggesford was well worth it, despite the rain, thunder and lightning! It stopped raining for long enough for us to wander around the 7 acres of gardens, ablaze with colour from Azaleas and Rhododendrons. We received a warm welcome from the owners and the tea and cake were delicious.



Our June visit

Our next visit will be to Parracombe Open Gardens on Saturday, 22nd June at 2 p.m. There is just one entry payment of £6 for five gardens! Pay at the first garden you visit. Parracombe isn't too long a trip, so why not make the effort to share a great day out?

About Parracombe Gardens: here are details of the gardens that are open:

- Church Cottage is a garden in progress, with informal cottage style beds, a large vegetable and cut-flower area and a young orchard.
- Laurel Cottage is a small gem of a garden, packed with successional planting and landscape features.

Contd.....

...contd

- Littleclose has a terraced garden, roses, a developing orchard and a lovely view of the motte and bailey castle.
- Paradise Villa is a charming garden with a productive vegetable area.
- South Hill House has a walled front garden and an elegant, cobbled courtyard leading to the rear garden, with its herbaceous borders and mature trees, set beside the river Heddon.

And now for the all-important details of where to find tea and cake, and lunch if you fancy it. Teas/light lunches and WC at the Pavilion Community Stores and Café. Lunches are available at the Fox and Goose (booking advised 01598 763239).



Italian Conversation

Coordinator: Julian Tippet xxx
1st and 3rd Wednesday 3pm at
xxxx

We meet for conversation and to improve language knowledge and fluency. In doing so we learn more of this lovely country and its culture.

Dates for June: 5th and 19th.

Our contingent explored Tuscany for a stretching but extremely rewarding six days.
Here's a view of Pisa.

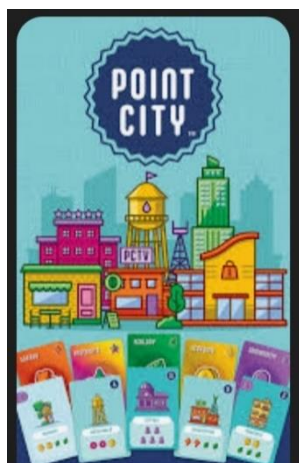


Modern Board Games Convener: Penny Kitching Tel: xxx

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.

MBG are typically designed to keep all players in the game until it ends and offer many paths to victory. We play a huge variety of games, competitive, collaborative, hidden role and cooperative: there is something to suit everyone. Exercise your brain and imagination and have some fun.



A select group played a variety of smaller games led by Rod in my absence. The first up was Point City a set collecting engine building game, then came a card game called Trio, a memory game where you compete to get the golden trio, but the hit of the afternoon was Timelines which was played 3 times with Classic, Music and Cinema and Science and Discoveries being the subjects, testing skill deduction and knowledge.

Our next meeting is on the **11th June**

Penny



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

Specifically to facilitate opportunities for socialising for Members On Their Own, this group operates mainly, but not exclusively, using the WhatsApp on your smartphone. Help is available with downloading and using WhatsApp if required. 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.

Of course our interest groups welcome you regardless, but MOTO is about other social activities out in the community, where you might find it easier to go and enjoy in the company of others in a similar position. If a member fancies company on an outing, visit to a pub or restaurant, a walk, a visit to cinema, etc then they post the idea, the date, time and place to meet on WhatsApp MOTOevents, and anyone who wants to join in messages back that they will be there. If not on WhatsApp contact Pat to see how you can find out about forthcoming activities.

We have two WhatsApp groups - MOTOchat, which as it says on the tin, is for general chat, appreciation of outings and advertising of local events that may be of interest to other MOTO but to which you are not organising a specific outing. MOTOevents is ONLY for the listing of outings where you will be at a specific time and place and are inviting other MOTOs to join you, and those messages where they say that they ARE coming. These two groups are kept separate in order that any member searching for details of a previously posted event can find it easily.

Short notice arrangements / ideas are very welcomed by MOTO. Several of our members also join in with other groups (i.e. singing, ramblers), so check the Newsletter for more information. Please also try and attend the U3a Coffee Mornings. Wear your name badge and we can try to make sure you meet others from the MOTO group

Joan Lupton arranged a well-attended May meal at Kentisbury Grange. A respectable result was achieved in the Quiz in Woolacombe on 19th April!! Well done team MOTO. Thank you Joan B for arranging. A small group went on the Woody Bay train for the free local's trips. It was a fun afternoon followed by a stop at the café there.

Weather is improving so let's get some events organised.. So far for June we have a meal booked at Take Thyme in Ilfracombe on 15th June. Contact Joan Lupton to book your place. There is music on Combe Martin beach from approx. 6pm till 9pm weather permitting on Saturday evenings for the summer. Some of us will go down when the weather is good. Check with me if you plan to come so we can meet up. Upcoming events with dates to be arranged are a walk from Sandy Cove Hotel to Watermouth Boat Café and back after a snack there, and a breakfast in Ilfracombe with a walk about after.

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

Pat Martin



**The Munch Bunch Contact :Jo Rosvall xxx
Steering group: Barbara Eales, Gilly Loosemoor, Maureen Lowe, Phil Marsden**

We are pleased to announce that our new lunch group is ready to launch. So far we have 14 members so now is the time to make sure you have signed up. Membership is currently open to all those not already signed up to another lunch group, as our aim is to provide lunch opportunities for more people.

Our first outing will be to a well-known local venue, the Ilfracombe Golf Club, EX34 9RT for a carvery lunch on Sunday 9th June. We will meet there at 12.00 for 12.30. The price of the carvery main course is £12.50. This is a venue that many of you know already, with it's amazing sea views. So come along for a friendly Sunday outing.

Members of the Munch Group should contact us to book a place, by Monday 3rd June.

By phone - to Maureen Lowe - xxx By e-mail - to Jo Rosvall xxx



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

The Natural World group was set up with the purpose of exploring the world of nature in all its myriad forms. The range of flora and fauna that North Devon has to offer is huge and sometimes unique which is recognised by the number of Sites of Special Scientific Interest. However the group's interest extends beyond this to include the physical aspects of the Natural World including the geology of the area, rivers, the sea and even the sky, not to mention the weather.

Activities may be indoors but are often carried out through field trips.

A small steering group works to coordinate activities.

Our members keep in touch through a very active WhatsApp group although provision is available for those who prefer more traditional forms of communication.

The Natural World group were welcomed to Arlington Court by National Trust rangers Jimmer (rewetting) and Josse (tree planting) and taken to the presentation room for a fascinating illustrated talk on the North Devon Riverlands project.



A great deal of natural wetland habitats have been lost by the installation of land drains and the straightening of rivers and streams for agricultural practices over the centuries. Not only has there been serious habitat loss but down-river flooding has increased disastrously. The "rewetting" process involves the removal of drains and the "rewiggleing" of streams and ditches to slow down water flow and allow water to be absorbed into the ground rather than rushing headlong to the sea.

Jimmer took us to look at the work being carried out at Arlington this year. Fortunately for us the mud had begun to dry out and we could see the new meandering stream bed.

Josse escorted us to inspect the Mazzard cherry trees which we saw last year and show us further progress with the planting of thousands of trees and an "Edible hedge" of fruit and nut trees.

We all agreed that the dedication and enthusiasm of the young people involved in this work provides real hope for the future.

The **June 17th** Natural World outing will be to Braunton Burrows where Mary or/and John Breeds will lead a wildflower walk in this unique SSSI.

Further details will appear on the group WhatsApp.



Novel Readers Convener: Betty Williams Tel:xxx

3rd Tuesday 2.30pm at xxx Combe Martin, unless notified otherwise.

£1 towards refreshments and an annual charge (around £10) for the loan of books.

Our members have a love of reading. Devon Libraries send us a batch of copies of a book which we take away to read, and there follows an often lively discussion at the following meeting. It's all very informal (one does not need a degree in literature!) and it's interesting to hear others' opinions which, quite often, differ from one's own.

Our discoveries along Raynor Winn's "Salt Path" will be shared next month on the **18th June**- by when also we shall have read "Never Greener" by Ruth Jones (co-writer of tv's Gavin and Stacey inter alia). It is dedicated to a "passionate reader". That's us!



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx

4th Tuesday

10.30-12.30 followed by nearby refreshments

All ability levels and all cameras are most welcome. 'Snappers & Snackers' is all about gently exploring and enjoying this fabulous area, with a bit of exercise, plenty of banter, and laughter, and quite often some cake thrown in - we have even been known to snap a photograph or two in the process!

Every meeting is an outing. These are local and leisurely trips out, where we can explore different types of photography, improve familiarity with our cameras, and better understand the myriad of controls on modern day cameras! One-to-one theory sessions are also available on all aspects of photography.

April's outing was to Ilfracombe's charming and quirky museum where we were made to feel most welcome by Lindsay Armstrong, the museum's Curator. We were provided with our own room, and excellent access to the exhibits.



The real challenge was to take images of the many curious and eclectic exhibits in low light whilst trying to avoid reflections as well! Finishing off with refreshments at the nearby Landmark Theatre.

Should you visit the museum be sure not to miss the powerfully moving room devoted to photos and letters from British WWI soldiers.

Many thanks to Drew for leading the outing.



Future Outings

May Tue 28 Velator Quay Quay Cafe

June Tue 25 TBA - Possibly Woody Bay Station

The Photography Group currently has space.



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

We provide an opportunity for us amateur artists to get together and share our passion for painting, drawing or any similar artistic activity. Members bring their own materials; we have a small collection of books to use. We do not provide any tuition but we give each other help or constructive feedback on our efforts. We have a mix of expertise and experience from beginners upwards so don't worry if you are just starting out.



"The medical profession has come a long way in recognizing the healing benefits of art. My hope is that someday the arts will be considered as essential in everyone's lives as breathing fresh air, eating clean foods, and engaging in physical exercise."

~ Renée Phillips

Ring Robert Hobson Tel: xxx Roger Styles Tel: xxx for more information



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

Our starting location is usually a countryside car park. There's no need to book. Any u3a member can attend this friendly, chatty group. Just turn up at the meeting point in good time to be ready to walk at 10.30. Be sure to have the right clothes and footwear for some rough walking., and enough water if the weather is hot.

Members walking with dogs are welcome, of course as long as they can be kept under control.

Each walk is 3 to 4 miles in length taking 2.5 hours or so. Afterwards a number of the party will choose to take lunch at a local hostelry. 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. Queries to me, Julian

Friday 14th June

Hunters Inn — Ladies Mile

We shall walk round the corner from Hunters Inn and climb up to the Ladies Mile path. This was the path the ladies of Trentishoe Manor took for part of their walk to Sunday service at Trentishoe church. Having done the path we follow the valley back to Hunters Inn.

Length / time: 3.75 miles / 2.5 — 3 hours.

Meet at Hunters Inn.

Park in NT CP, or on road

Optional lunch at Hunters Inn.

Leader: Jo Rosvall



A reminder of your walk start and end:



Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx

1st Thursday 1pm Convener's house in Ilfracombe

Expanding our knowledge at a gentle pace, we gather in comfortable surroundings to watch a Shakespeare play and discuss our likes and dislikes of the production.

You get a programme with helpful notes to help you get to grips with the play, and on-screen subtitles where available. Very long plays may be split over 2 meetings as we hope to keep to 3 hours maximum, but thanks to clever editors this hasn't happened yet. The aim is to watch every play in chronological order and hope to be able to spot a development of some kind.

Our **June** meeting is on **Thursday 6th** and our play is Henry IV part I, the first in a short history series which introduces us to Henry V in his 'mis-spent youth' as the playboy Prince Hal who spends most of his time in the pub with the dissolute Falstaff and his dodgy mates, much to the despair of his father Henry IV.

Shakespeare makes comparisons with other father & son combos such as the dukes of Northumberland, where the conscientious Harry Hotspur seems to be the perfect son and heir. Jeremy Irons is a solid Henry IV, Tom Hiddlestone shows a lot more than promise as Hal, while Simon Russell Beale ramps up the pathos in his role as Sir John Falstaff, who becomes like a surrogate father to Hal. Good support comes from Julie Walters and Maxine Peake as the tavern ladies, Mistress Quickly and Doll Tearsheet, and yes, those names **are** deliberately suggestive. This splendid BBC production is stuffed with interesting characters and great performances. Part 2 follows in July.



Singing For Fun - Convener: Jennie Tusceld

Tel: xxx 1st and 3rd Monday

10 to 11.30am Brookdale Rooms

Join our group to sing timeless songs that bring back happy memories. If you tell yourself and others "you cannot sing" then this is the group for you. Come and join our lively group.

Our meetings in June are 3rd and 17th.



Skittles Conveners: Jane Lucas Tel: xxx Mob:

Email:xxx

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

£1.50 for the picker upper

This popular group is a fun game or two between ourselves. No skill required! With the option of going to a local eaterie together afterwards.

Cost is £1.50 per member per game to pay the Sticker Up and customary to buy a drink, soft or otherwise, or a coffee at the bar.

This group operates from Autumn to late Spring, when the alley is available at the Sandpiper.

The end of skittles season was played out to a game of killer, where everyone had 3 lives and alternate goes until all the skittles were knocked down. Ooh we laughed. The next season starts on the first Friday in September the 6th at the Sandpiper pub, Ilfracombe at 4pm. Looking forward to seeing current and new players then. Jane



Away Sunday (and other days) Lunch group Conveners: Fran Barnett

Tel:xxx Steve Hawes Mob:xxx

Our group meets mostly, but not always, for a Sunday lunch, usually in the third or fourth week of the month. We aim to choose venues which give good quality food with a pleasant ambience and good value., paying a little more if necessary. Most are village pubs and also golf course restaurants and hotels. We are prepared to travel to reach these quality venues, and although lifts cannot be guaranteed there are sometimes generous drivers available who are prepared to share their transport, with an offer to share expenses in line with guidelines. We are a very friendly group and much enjoy the company getting together offers.

We lunched at the Pyne Arms in East Down for our May lunch - those of you who couldn't make it missed a real treat of an extensive and interesting menu, fabulous food and of course great company - not to mention the cabaret turn when Fran and Jacqueline conspired to almost bring down the curtain on the whole event!

Our next lunch is at the New Inn at Goodleigh, on **Sunday 3rd June** at the usual time of 12 for 12.30.

I have a few places spare for this lunch, so as usual open this meal **to all members**, first come, first served. Away group, please let me know **as soon as possible** yay or nay.



The Writing Group Convener: Stuart Coslett Mob: xxx

Email: xxx

2nd Monday 2pm Ilfracombe Library

This is a group for those who like to write - for whatever reason. Pre-Covid Lockdown, we were primarily concerned with autobiographical writing, and that remains firmly on the agenda, but we now intend to broaden our horizons. If you have ambitions to write a novel, short stories, poetry, travelogues or whatever, this is the group for you.

Without exception, we aim to be positive, always supportive of each other and ready to offer constructive advice on how any writing can be improved. The group has a maximum size of 10 members. 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

We had a lower than usual attendance at our May meeting due to illness, holidays and other commitments, but those who did attend enjoyed a wide variety of responses to the topic "Rooms". We agreed that compared with the work produced a year ago, all of us have noticeably improved the quality of our writing. I feel sure that this is due to our policy of encouraging only positive responses to work. We have created a community in which members feel confident to try new genres and styles of writing without the fear of criticism. Our next meeting will be on Monday 10th June. We have decided to have a "free choice" month. I can't begin to imagine what that might produce!

Stuart



YOGA forAll Convener: Jackie Gough xxx

2nd and 4th Fridays

Body Aware Pilates Studio (end of the High St/top of Fore Street, Ilfracombe) Cost £3 inclusive of use of equipment and refreshments

2 groups, 12.45 to 2.00pm or 2.15 to 3.30pm (45mins Yoga /30 mins coffee and chat)



Jackie Gough, a qualified Yoga teacher, offers Yoga for all groups. It will be suitable for all levels (as it can be done sitting or standing) and all equipment will be provided.

The aim is to provide yoga exercises that support stability, prevention of falls, being active, increasing wellbeing and having fun.

Yoga is going well and we are working on balance and flexibility throughout the spring months. If you are wondering what we do: we start with a relaxation, followed by a warm up and then salutations and poses. Finishing with a cool down and relaxation. Lastly if anyone wants we sit, have a tea/coffee and chat.

The classes for **June** are on the **14th and the 28th**. Class 1 is a slow flow class from 12.45 - 2pm and class 2 is a chair yoga class from 2.15 - 3.30pm. Contact Jackie on xxx for any information.



**_Our Congratulations to Ken Knill
who has recently celebrated his
90th birthday**



Newsletter

Our newsletter is the glue that holds our organisation together. Here you will find each month news and views, and details of all the activities that are planned for the month. Here too the contact details of your committee and activity group conveners.

Our newsletter is produced and printed in house, and for a payment, for 2024 at cost of £8, can be posted direct to your home for the beginning of each month. There are 10 issues, with double months of July/August and December/January. Otherwise it is sent by email free of charge to any member who provides us with an email address.

If the newsletters are ready in time for the Coffee Morning, then a limited number of printed copies are available free of charge, first come, first served.

A redacted version is also available on our web site.

All contributions to the newsletter are acknowledged= if you don't receive that, then neither have I.

Q: Where/what/when?

A: In the newsletter!



Car sharing

Some members are able and willing to provide lifts to others when attending u3a activities and it is important that we show our appreciation by contributing to the cost of the journey. The committee have been asked to provide guidance as to the monetary contribution that might reasonably be offered.

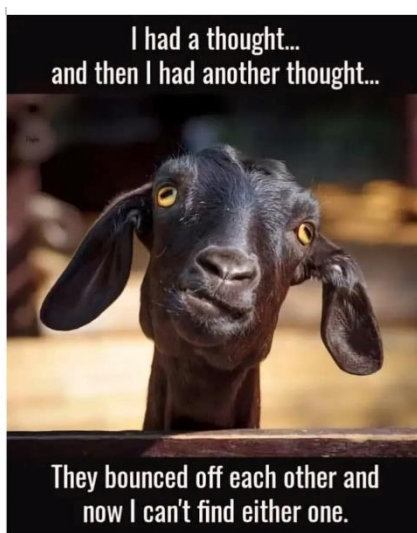
It was felt that each passenger should contribute along the lines of the suggestions below.

This is regardless of the number of passengers. The mileage would be calculated from the start of the journey or, if applicable, the muster point.

- For a round trip around Ilfracombe town, eg Landmark, Brookdale £3
- For a round trip to Golf Club (4 miles) £4
- 5-12 miles (For a round trip would include Berrynarbor, Combe Martin, Woolacombe, Saunton) this covers most of our u3a area £5
- 13-26 miles (For a round trip would include Barnstaple) £6
- Over 26 miles for a round trip further afield at the driver's discretion in advance (guideline 18p per passenger per mile)

There is no obligation on car owners to provide lifts to u3a activities; after all it is their car, so if you accept an offer of a lift then you should be prepared to make a reasonable contribution.

Since car sharing is a private arrangement between members this policy is for guidance only.



Janet Gibbins

Organising team

U3a (University of the Third Age) is a national organisation and Ilfracombe Coast operates under its umbrella. We are a charity and the committee members are trustees. We are here to serve our members. We operate by an ethos of 'By us, for us.' All that we do is by the generosity of volunteers who give freely of their time, enthusiasm and expertise

Please remember that anyone who does anything for our u3a is a volunteer and courtesy would be appreciated.

Ilfracombe Coast u3a Organising Committee contact details

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

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

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

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

Recently updated, our Policies and Guidance and Data Protection documents are available on our website.

<https://u3asites.org.uk/northdevoncoast>

For a printed copy, please contact Fran Barnett xxx

Answers: 1. Household Cavalry. 2. Paul O'Grady. 3. Wear them (leather leggings). 4. East Wilder Brook. 5. David Lammey. 6. The Hay Wain. 7. Michigan. 8. Fruit (passion fruit). 9. Music. 10. The Red Barn. 11. Peak District. 12. Daniel Defoe. 13. It's my fault. 14. Fire. 15. At its junction with Springfield Road. 16. Ipswich Town. 17. Nottinghamshire (Beeston). 18. E20. 19. Isle of Wight. 20. Arthur Sullivan