

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Sue Sklar and Pauline Woodbridge

From the Chair

We've had some really lovely social events to enjoy lately. The September coffee morning was very well attended, and there was a lot of lively chat at the Rugger's cream tea, not forgetting the Rainbow lunch of course. And to look forward to, we have the December carol singing and the Christmas lunch. To think that we have access to all of this, and all the interest groups as well, for the princely sum of £12 a year. So this is a gentle reminder that the annual membership fee is due soon. Steve, our membership secretary will be at some of the social events to take your money, and it's also possible to pay by BACS, or to send a cheque. Remember though that everyone has to fill out a renewal form. Steve will have these available, and they can also be downloaded from our website.

As the nights draw in I find that I'm reading a lot more. Did you know that there are at least two published authors in our Writing Group? Bob Mannings has had several books published, and convener Stuart Coslett has recently brought out his historical novel 'Under a Big Sky'. I'm sure that Paul at the Ilfracombe Bookshop would be able to help you find copies if you are interested. If any other members have notable achievements it would be lovely to hear about them.

I expect that most of you will have filled out the questionnaire that Bryan Cath generated, about interest groups that you attend already, and those that you might like to join. The idea is to tidy up the group lists, and by so doing to possibly open up some extra places to others who would like to join. With this in mind, the committee has decided that as a general rule if someone has not attended an interest group for three meetings, and, crucially, has not communicated with the convener, then they risk losing their place. We know that life happens, and no one expects you to attend every single meeting, but communication is the key! Ultimately of course removing people from the group list will be up to the convener, so no need to panic if you're off on a six month cruise, but a word to the convener would be appreciated!

Jane Dendle

Colours of the Rainbow lunch - report and pictures, page 5-6



Membership renewal

Please support Steve by being timely in your renewal of membership which becomes due on the 1st of January, but which can be sent at any time from now.

We have managed to keep the fee down to £12.00 for this coming year.

There is a renewal form attached to this printed newsletter or sent with it by email as a separate attachment for you to print. No printer? Forms will also be available at the Coffee Mornings, at the Carols and Mince Pies event and at Craft, Family History, French, Practical Art, and Sunday Lunch groups.

Please note, **no renewals will be taken at the Christmas Lunch** as there is no space in the hotel dining room to do so.

Cash, cheque or BACs are all available, all details and where to send are at the end of the renewal form.

It is a legal requirement for our u3a to have a form with your details, even if they have not changed over the last year, to enable me to keep the database up to date, so even if you pay by BACS I still needs a form from you.

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



Welfare Support Jane Lucas xxx
Telephone xxx



Please to remember the 5th of November!

But not everyone enjoys fireworks at this time of the year.

If they're likely to cause distress, it can help to find out when local firework displays are happening, and to ask neighbours if they are planning to set off fireworks, and if so what time. Most local authorities advise the fireworks cannot be set off after midnight. If you hear fireworks going off after this time and it's causing distress, try calling the **non-emergency police number 101**. If you have a hearing or speech impairment, use the textphone service on 18001 101. If you need an update on a report, please use the Webchat facility. If you use British Sign Language (BSL) you can contact 101 using a Video Relay Service provided by SignLive.



Did someone say coffee and cake ??? Yes we did!!

Our next Coffee Morning Friday November 22nd (4th Friday)

Pip 'n' Jims Community Centre, St James Place, Ilfracombe

10.15 until 12.00

Cost £3 Coffee/Tea and cake

We welcome all members

Joan Broxholme xxx Fran Barnett xxx

As usual there will be the warmest of welcomes along with the delicious refreshments and a speaker, Jo Mortimer of Ocean Aspire Training & Consultancy. Her talk will be

'Be a Lifesaver - Learn CPR'

A cardiac arrest is when someone's heart suddenly stops pumping blood around their body, causing them to fall unconscious and stop breathing. In the UK, fewer than 1 in 10 people survive an out-of-hospital cardiac arrest. CPR and defibrillation can double someone's chance of survival. Together we can push up the survival rates.

Using the British Heart Foundations 'Call, Push, Rescue' approach, it will give you the skills and confidence to administer CPR and understand how your actions can make the difference.

Topics covered:

- ❖ Understanding why CPR is needed and how it can be applied
- ❖ Demonstration of CPR and the use of a Defibrillator
- ❖ Practice in a comfortable and safe environment if you wish



September Coffee Morning

Sara, Nicky and Rebecca came from the Pickwell Foundation to tell us something about what they do. They explained how the foundation works to support charities and organisations within the UK that are working with displaced people, and with those addressing the climate emergency. In North Devon they support refugees, providing advisory teams, stewarding community volunteer groups, helping with re-settlement schemes. The people they help have been compelled, for various, often traumatic, reasons, to leave their home countries. The Foundation works hard to ensure that they settle into their new environment, and feel safe. The three ladies reported that here in North Devon the community has been particularly welcoming and supportive, which should make us all feel proud. The website address to see the video or volunteer is <https://www.thepickwellfoundation.org.uk/>

It was wonderful to have so many friends at the coffee morning, nearly 50 in fact. Ruggers did sterling service as ever, setting up, serving the amazing selection of sweet and savoury offerings, washing up and clearing away afterwards. Thank you to everyone, we really couldn't do it without your help.

Please note this next coffee morning is on the 4th Friday, on the 22nd as this November is a 5 Friday month!

See you there!



Our Christmas Lunch

will take place at the

**Imperial Hotel, Barnstaple, EX32 8NB
on Thursday 12th December at 12 for 12.30.**

Tickets, in advance only, cost £25.00

Tickets available at October and November Coffee mornings.

Purchase before end-November. Pay cheque or cash. Or by card at Coffee Mornings only.

Tickets also direct from Joan Broxholme xxx

Give your menu choices when buying ticket (use code letter(s))

Menu

(T) Roast Local Turkey

Pork and Apricot Seasoning, Chipolata Roll, Cranberry Jam

(S) Slow Cooked Flat Iron Steak

Chestnut Mushrooms in Red Wine, Beef Fat Crumb, Crisp Kale

(F) Poached Fillets of Cornish Sole

Crayfish Butter, Prosecco Sauce

(V) Pearl Barley Risotto

Roasted Chestnuts, Pomegranate, Kale, Parmesan

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

Desserts

(X) Dark Chocolate & Baileys Ganache

Rum and Raisin Ice Cream, Warm Brownie

(C) St Clements Tart

Water Ice, Spiced Rum Syrup

(CP) Christmas Pudding

Brandy Cream Sauce

(FS) Fresh Fruit Salad with Pouring Or Clotted Cream

Tea or Coffee

YOU ARE RESPONSIBLE FOR LETTING THE HOTEL KNOW OF ANY DIETARY NEEDS.

Hotel contact details: The Imperial Hotel xxx

Community Bus will be available, cost £5 return.

Please book early with Janice Banks, xxx





Carols and Mince Pies

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

Friday 6th December at 10.30am
in Pip & Jim's Community Centre

Admission free - as a



from your u3a

but bring some change to buy your raffle tickets for our bumper Christmas Draw, with numerous prizes.

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.



Christmas Day together at the Gurkha. Is our u3a unique? There can't be many u3as that offer a get-together on Christmas Day itself.



Christmas will soon be coming around before we know it and there is no way that Ilfracombe Coast u3a will let anyone who is single, widowed or divorced be faced with eating Christmas dinner alone watching the TV. Why not join the u3a regulars at the Gurkha Restaurant where there's a selection of



either traditional Christmas fayre or Nepalese food, whichever you prefer. You can eat as much as you like.

There's no problem parking, either, and I'll pick up and take anyone home who needs a lift. It was great fun last year. Expect to pay around £38 per person which is way, way cheaper than any other local restaurant on Christmas Day.

No shopping. No cooking. No washing up. Just convivial conversation with a cracker and silly hats.

Contact Dave Griffin or Katie Mallett on xxx or xxx

Colours of the Rainbow Event Thursday 10th October Lee Village Hall

I would like to congratulate Sylvia, Jane and their team for a first class event.

On entering the room it was definitely Over the Rainbow. The tables looked amazing with their rainbow table runners, the buffet looked spectacular with the colourful food including a rainbow cake !!!!

Many members went over and above to come to the event wearing rainbow coloured clothes.

There was a colourful pass the parcel, a rainbow quiz and even a rainbow themed raffle.

We were entertained royally by Ricky Tucker who always manages to keep our feet tapping, all in all a very enjoyable afternoon.

Thank you ladies.

Joan Broxholme



Photos: Joan Broxholme



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

1. Lynmouth (16.08.52) and Boscastle (16.08.04) suffered what disaster?
2. Sir Keir Starmer represents which constituency?
3. England's first settlement in America was Jamestown in which State?
4. Which British yachtsman had his Rolex watch stolen in Barcelona this year (2024)?
5. Found only in New Zealand, the hoiho is a bird of which species?
6. Which English Duke celebrated his 40th birthday on 15th September 2024?
7. Which is the largest gland in the human body?
8. Composer Irving Berlin was born in which country?
9. Brandy Nan was the nickname of which eighteenth century British Royal?
10. Which is the first of the Ten Commandments?
11. When was the BBC2 quiz show "Only Connect" first shown on tv: 2008? 2013? 2017?
12. Which North Devon village holds the Guinness World Record for the longest street party?
13. "The Modern Prometheus" by Mary Shelley has also what more famous title?
14. Francois Coperin (b.1668) composed music for which keyboard instrument?
15. In Rome, how might one ascend to the church Trinita dei Monti from the Piazza di Spagna?
16. Did the explorer, Sir Ernest Shackleton, die during the 19th or 20th century?
17. According to the song, Gene Pitney was a day away from where in Oklahoma?
18. The Leeward Islands are in which ocean?
19. Who is Kamala Harris's running mate in the forthcoming USA presidential election?
20. ...And who is Donald Trump's?

NOVEMBER? NO THANKS!

As the year grinds to an end
November brings a haul
Of benefits – like mist and fog
And bonfires' smoky pall,
Slimy leaves that make your feet
Slip before you fall,
Shortening days and drizzly dawns,
The sun a pallid ball.


There are other gifts November brings –
Things that creep and crawl,
Spiders, daddy long legs,
And some of them not small,
Slugs in the recycling crate
And hanging on the wall,
Sorry, November, I have to say
I don't like you at all.

Katie Mallett © 2020

Interest Groups /Events timetable - November 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Committee Skittles	2	3
4 Singing4Fun Family History	5 Craft	6 Art French Conv Italian Conv	7 Shakespeare	8 Ramblers Yoga	9 MOTO meal	10
11 Writing Group	12 Modern Board Games	13 Art French Conv	14 Munch Bunch	15	16	17 Away Lunch
18 Singing4Fun Natural World	19 Novel Readers Craft New Members Tea	20 Art French Conv Italian Conv	21 Foodies	22 Coffee AM Yoga	16	24
25 Family History	26 Photography	27 Art French Conv	28 Archive Ilf	29 Archive Ilf	30	


Ilfracombe Coast u3a Interest Groups



Archive Ilfracombe Convener Jane Dendle
Ilfracombe Museum 4th Thursday or 4th Friday 1.45 - 3.45
£1 towards refreshments


It was lovely to be back at the Museum, helping to reduce the pile of un-accessed items. We soon settled down to an industrious quiet, doing such things as listing documents relating to a particular house in the town, numbering a large and varied collection of donated items, and more sorting of the Jon Kinsman pictures. The numbers for that are now over 1,400, with many more still to be sorted. What an amazing collection he had, and how fortunate for the town that it has been donated to the Museum!

The November meetings will be **Thursday 28th and Friday 29th** - yes, I know that the Friday is actually the 5th Friday, but it's more convenient for the Museum to have the meetings on consecutive days.

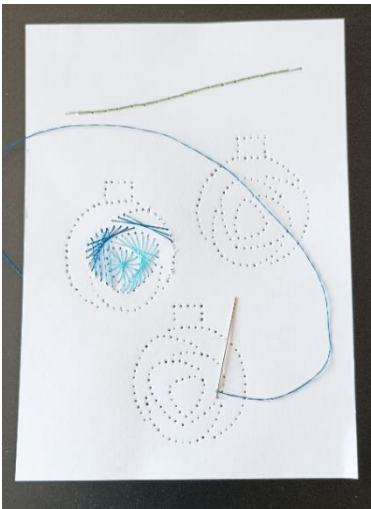


Crafts Convener: Ley Holloway Tel xxx xxx 1st and 3rd Tuesday 2pm
Brookdale Church Hall - if possible we ask people to arrive about 10 minutes early to help set out tables and chairs. Contribution of £2 unless numbers are low.

November's sessions, on the 5th and 19th, will be finishing our cards started at the end of October and then we are hoping to start on making a sewing kit with Norma. I will always send an email a few days before letting people know what the craft will be for that session.



In October we made trivets from pegs, they looked easy but were more tricky than I thought. We had a mixture of small bamboo pegs and longer wooden ones.



In the 2nd session we started some Christmas cards with thread, I remember doing this in maths, it had something to do with curves and graphs but it's more fun to make pictures. I didn't get very far with mine but it's looking nice so far.



Family History Convener: Joan Broxholme Tel: xxx 1st and 4th * Monday 2-4pm at Ilfracombe Library We have an increase to £3.00 as the library have put up their charges. Includes refreshments.

Family History Group Dates.

Here are the dates going forward for our group meetings.

Monday November 4th

Monday November 25th

Monday December 16th

Monday January 6th

Monday January 27th

Monday February 3rd

Monday February 28th

There are still places available if you would like to join us and just check it out with no commitment, please contact me on xxx [xxx](tel:xxx)

All the best 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!

Just the four foodies this month. The apple Quiz was more difficult than ever! Just as well we had delicious French Apple Cake, Scrumptious Apple and Cheese Tart, tasty Apple & Cheese and Apple and cinnamon Twists and Charming apple drop scones.

Next Foodies is on **Thursday 21st November**.
The theme is Root Veg!

Carole and Deirdre 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 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.

This month we have been sharing our knowledge of famous French people (after a little research).

Our subjects have included Victor Hugo, Marie Curie, Albert Camus and Georges Clemenceau, to name but a few. It's a great way to learn from others in the group.



Italian Conversation

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

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 November: 6th and 20th

In the centre of Sicily at a place called Piazza Armerina you can visit perhaps the largest and finest collection of Roman mosaics in the world. Here is just one example:



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.

The group met on the 8th and had fun playing 'Lanterns the Harvest Festival' and 'Project L'.

The next meeting is **November 12th** and everyone is welcome.

For further information please contact Penny xxx

[xxx](#)



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.

Contd

.....contd

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.

Joan Lupton arranged a well-attended get together at Giovannis for one of her lovely Saturday night meals.

The next meal out will be on **Saturday 9th November** at 7.00pm at the Spice Lounge in Ilfracombe. Her number for booking a meal place is xxx. (Thanks Joan).

Another group went to the cinema in Lynton to see the excellent and moving film 'Lee', starring Kate Winslett. This was an interesting film based on a true story set in the 2nd World War. We started the afternoon with a scrummy lunch at Charlie Fridays in Lynton.

The weather has sadly still scuppered some of our walking ideas this autumn ... but who knows, an Indian summer may be on the horizon! Keep checking the group's events on MOTO events WhatsApp. Some of us regularly walk with our Ramblers group, others go to Craft group, French etc. etc. and you are always made welcome if you want to join any groups.

If any of you fancy company to go anywhere, please arrange this via our Whatsapp event page.

Let's come up with ideas for events. Short notice plans on our Whatsapp group are always very welcome. Events are fun with 2 or 22 so get thinking. Hope to see you all again soon. I am away till mid-November so please carry on having fun together.



The Munch Bunch Contact: Jo Rosvall xxx

Steering group: Barbara Eales, Maureen Lowe, Phil Marsden

This friendly group offers the opportunity to meet up with others to enjoy a meal together, in good company. Our meals will take place, sometimes on Sundays, sometimes on week days to provide a variety of venues.

Please contact us to join our group. You will then be able to book a place by phone, email, or on our easy to use WhatsApp.

So do come and join us, we are a friendly bunch.

In October, fourteen of us of us went to Saunton Golf Club to enjoy their carvery Sunday lunch, and to take in the wonderful panoramic views, all in good company.

For our next meal we will be heading out to Exmoor, to the **Black Venus Inn at Challacombe**. This will take place on **Thursday 14th November at 12.00 for 12.30**. As it involves a longer journey than usual, you may want to lift-share. Please check with us either on the Whats App, or via the contacts below, if you would like to have a lift, or can offer a lift. The last date for booking is Thursday 7th November.

Bookings can be made, as usual through our Munch Bunch Whats App, or by email to Jo Rosvall (xxx) or by telephone to Maureen Lowe on xxx. Please make sure you inform us of any allergy.

There will be no Munch Bunch Lunch in December, due to there being various festive meals taking place. Have a look in the December Newsletter to find out what we have arranged for January!



Photo: Bill Ripper



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

As we walked about Silkenworthy Farm on a sunny afternoon, farmer Anne May shared a depth of knowledge and experience on regenerative farming methods that she and husband Alex use. Their passion for creating a farm that grows happy healthy livestock with land rich in natural goodness shone through her talk.

Pointing out their herd of cows she explained the science behind their breeding to produce cows whose size and weight are optimised. They are under the least amount of stress and have small calves, making calving so easy that they can birth themselves. These contented cows are rotated every few days- as are their sheep.

Soil quality benefits from not being grazed too low because whatever proportion of herbage is nibbled down the same length of root dies and long roots mean more nutrients in the soil. Long roots also create channels for rain which reduces water logging as well as feeding plants. Anne took us into a herbal ley field, lush with grasses including rye and a range of nutritious herbs including chicory, to admire the soil under a spade's depth. Rich! Wormy! Almost sweet smelling!

This is just a sample of what we learnt and to cap it all we were able to buy meat fresh from the farm. My son, who didn't know the origin of his lamb cutlets, took a couple of bites and said 'this tastes like a happy lamb'. The proof they say is in



Our next meeting on the 18th of November at Brookdale at 2.00, will be the last of the year. We shall be remembering and celebrating all the events our group have organised over the past year. There will also be, as last year, a quiz (with a difference!) and a "bring and share" buffet. More details nearer the time on the group Whatsapp.



Novel Readers Convener: Betty Williams Tel: xxx

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

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

"When God was a Rabbit", our second Winman novel in as many months, prompted much debate and a far more evenly divided reaction than we afforded "A Year of Marvellous Ways", but we would prefer not to have a third.

I'm pleased therefore that our next book will take us to "The High Mountains of Portugal" with "Life of Pi" author Yann Martel. Hopefully we shall not get lost and will meet here on **19th November** but at 12 noon instead of the usual 2.30pm.



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx 4th Tuesday 10.30-12.30

followed by nearby refreshments

We currently have space

Dry but horribly overcast to start, the sort of grey day that can easily dampen the photographic spirits. Nevertheless, there is always plenty to see in Appledore, with it's photogenic narrow streets, pastel cottages, and secret pathways.

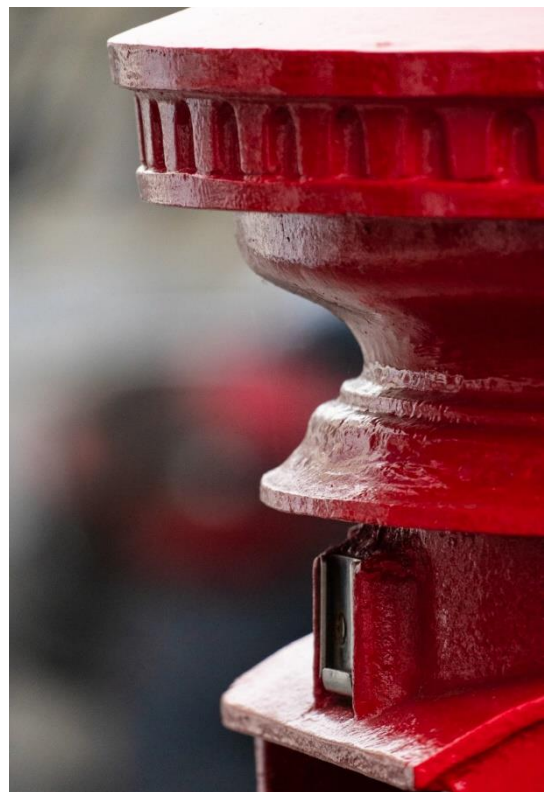
Our photographic theme for October was 'RED', so we extended this to the outing and the time flew by! Plenty of choice for lunch here too, so this time we dipped into The Beaver Inn, with it's glorious views across the estuary and it's colourful 400 year history; the fish and chips were superb.



Future Outings

Nov Tue 26 To Be Advised Nearer the Time - Weather Dependent!

Dec Tue 24 Christmas Break!!





All ability levels and all cameras are very welcome. 'Snappers & Snackers' is all about gently exploring and enjoying this fabulous area, with a bit of exercise, plenty of banter and laughter, and cake! And we have even been known to take a photo or two in the process! We explore many different styles of photography - whilst I try to demystify the myriad of controls found on modern day cameras! One-to-one theory sessions are also available on all aspects of photography. We currently have limited space.



Practical Art. Conveners: Robert Hobson Tel: xxx Roger Styles Tel: xxx
Manor Hall, Berryarbor on Wednesdays 11.00 till 13.00 £2 a session
Free parking at the Manor Hall or village shop.



Practical Art is a friendly informal group of u3a members who enjoy painting together. We are a group who have varied levels of skill from beginners to those who deserve to be called 'artists'. We are always looking for other members who enjoy a chat and a bit of art so come along and join us.

If you have ever enjoyed sketching or painting come along and rekindle your interest. Spend 2 hours relaxing with other U3A members and enjoy creativity again! You don't need any skills, just bring pencils or some paints and paper. On the other hand, experienced artists are most welcome to our friendly group. Refreshments too!

We look forward to meeting you!



Ramblers. Convener: Julian Tippett 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 (although we are trying out including an option for a longer walk on some days). 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 8th November

One we last did a long time ago, a pleasant moorland stroll on good paths without any steep climbs, but with wide views.

You can get to the start either via Hillsford Bridge or via Simonsbath, each a similar distance. I prefer the Simonsbath route for its easier driving. On first entering Simonsbath turn left on the B3223. Continue up for 2km until you get into open moorland. Then after 3km use the first car park you meet, on the right.



An earlier photo of the route we take.

Meet: Dry Bridge car park, no charge.

Walk: 3.8 miles.

Leader: Wal Daw

Optional lunch: Old Station House Inn or Waytown Cafe on the way home.



**Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx
1st Thursday 1pm Convener's house in Ilfracombe**

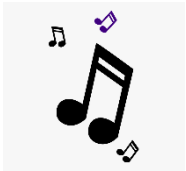
Expanding our knowledge at a gentle pace, we gather in comfortable surroundings to watch a Shakespeare play and discuss our likes and dislikes of the production.

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.

November's meeting is on **Thursday 7th 1pm**. Our play is *Julius Caesar*. This is a fascinatingly political study of life in ancient Rome, and a salutary reminder of how dictators will always meet a sticky end (Mad Vlad needs to pay attention to this one!)

Our version is the Hollywood film from 1953, starring Marlon Brando and James Mason along with John Gielgud. It was nominated for a Best Picture Oscar, with Brando's brilliant turn as Mark Antony also getting a Best Actor nomination. The film did collect an Oscar for art Direction, while Gielgud and Brando picked up Baftas. Run time is a shade over 2 hours.



Singing For Fun - Convener: Jennie Tusveld

Tel: xxx 1st and 3rd Monday

10 to 11.30am Brookdale Rooms

Having a group singalong is one of the best ways to release stress and be happy. The good news is, you do not have to be good at it to reap the rewards. We all need a dose of happy right now and Singing for Fun can provide just that.

We meet at The Brookdale rooms 1st & 3rd Monday each month at 10 am so next meetings are **4th and 18th November**



Skittles Conveners: Jane Lucas Tel: xxx Mob:xxx

Email: xxx

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

£1.50 - £2 for the picker upper

Always room for more players. Next game is **Friday 1st November 4-5.30pm @The Sandpiper Pub, Ilfracombe, by The Harbour.** Parking at the harbour cheaper after 31st October £1.60 for 2 hours.

No experience of playing skittles necessary, come and throw 3 balls at 9 wooden skittles and have some fun. Cost £1.50 - £2 per person. (Depends how many players turn up as we pay Alfie our picker-upper). Customary to buy a drink, either non- alcoholic or otherwise at the bar. See you there.



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

Our next meal together is on Sunday **November 17th** at the Rock Inn, Rock Hill, Georgeham, EX33 1JW

Sunday Roasts £17-19 as well as other menu choices. Junior portions are available £10 Desserts £8

Please let me know in ample time, and the latest by Wednesday 13th, if you would like to join us. Venue phone is 01271 890322 to let them know of any dietary requirements.

Fran





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

Last month we met in the unfamiliar surroundings of Ilfracombe museum, where we were made to feel very welcome. Thanks are due to Jane Dendle for arranging the change of venue. Next month, we will be back at the Library for our meeting on **Monday 11 November**, when the theme for our writing will be "Changes".

If anyone is interested in joining us, we could now accommodate two more people in the group. Please contact me directly and I will explain how we operate.



YOGA forAll Convener: Jackie Gough xxx 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

12.45 to 2pm Flow Class and 2.15 - 3.30pm Chair class

Yoga is an exercise that everyone can benefit from. It may help you with

- Your balance
- Your concentration and memory
- Your joints and flexibility
- Your relaxation

It is also a place to meet new friends and have a bit of fun and laughter.

There are two classes to choose from:

- Regular flow classes where we start lying on the floor, working our way to standing exercise and back to floor exercises before relaxing and taking a little time for ourselves.
- Chair class for those who have a bit more limited mobility. We start sitting, working our way to some standing exercises and back to sitting before ending with a relaxation and taking a little time for ourselves.

At the end of each class there is an opportunity to stay, have a coffee, biscuit and a chat.

We are a very friendly class and will welcome anyone who wants to give it a go.

"You'll never get bored when you try something new. There's no limit to what you can do"

Dr Seuss

Next classes November 8th and 22nd



Answers: 1. Flooding; 2. Holborn and St.Pancras; 3. Virginia; 4. Sir Ben Ainslie;
 5. Penguin; 6. Duke of Sussex; 7. Liver; 8. Russia; 9. Queen Anne; 10. Thou shalt have
 no other gods before me; 11. 2008; 12. Combe Martin; 13. "Frankenstein";
 14. Harpsichord; 15. Via the Spanish Steps; 16. 20th (1922); 17. Tulsa; 18. Atlantic;
 19. Tim Walz; 20. J D Vance.

For your interest



Anne Gilding, Chair, Lifeboat Management Group, Fundraising Team Lead, Ilfracombe RNLI has contacted us, as they are urgently seeking volunteers. Not to man the lifeboats! but to help in their harbour shop and otherwise support their fund-raising activities.

**Help us
save lives
with a little time**

**Ilfracombe
Lifeboats**

Could spare a few hours to help in our shop? Or be part of our events?

Please email us at ilfracombelifeboats@mail.com and join us in helping save lives at sea!

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	07392 781894	Email: membership@ilfracombecoastu3a.co.uk
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Ley Holloway	Speakers /Tech support	xxx	Email: xxx
Jackie Gough	Convener Liaison	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.

For a printed copy of the newsletter, please contact Fran Barnett xxx

newsletter@ilfracombecoastu3a.co.uk