

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Mandy Smith and Anne Boucherat

From the Chair



September is a funny month. It's a month of harvesting, suggesting the end of a cycle, but it also marks the beginning of the academic year. Just imagine all those new pencil cases, pristine rubbers and blank exercise books all waiting for you!

For many of our U3A groups it is also the start of a new season of meetings. Many convenors decided to take a well-earned break in August. (In the case of AI it was June, July and August, but that was more to do with the Museum than the convener!) They will be returning refreshed, no doubt having enjoyed the planning for the new season and being full of hope that the group will thrive and the members enjoy it.

Convenors work hard to make their group successful, and we as members have to play our part too, and let the convenor know if for any reason we cannot attend a session. I know that most people do this automatically, but it can sometimes get overlooked. We need to appreciate and look after our convenors, because it is they who help to make our U3A so vibrant, with such a wide choice of activities.

I hope that everyone, convenors and members alike have an excellent "new year", making the most of all the opportunities that being a U3A member offers us.

Jane Dendle



RUG

We have had a R(eally) U(seful) G(roup) for a while. These are the willing volunteers who help out at events such as coffee mornings. However, we are aware that some of our newer members might not know exactly what being a "Rugger" involves.

With this in mind we'll be having a special afternoon (refreshments provided!) both to thank existing Ruggers and to try to encourage new members. We will be discussing ways in which you could become involved. (It's not all setting out tables or washing up, valuable though that is.) We'll also be asking for your own ideas, as well as having an enjoyable social afternoon. In the past some committee members have been recruited through the RUG. If being a committee member fills you with trepidation (although I have to say that I've found it to be fun, and not too onerous as we all support each other,) fear not. Being part of the RUG just means that you would be willing to help out in any way that you can, as little, or as often as suits you.

So put the date of Thursday 3rd October. 3-4.30 pm at Brookdale in your diary right now.



Natural World Group September meeting on the 16th at 2.00 pm.
to Silkenworthy nr Combe Martin, on Regenerative Agriculture. Non-members of the group are welcome. £3.00 Contact: Jo Rosvall xxx See pg 10 for more detail.

Garden Visits Group

Wal Daw, convener of the Garden Visits Group, has let us know that he no longer wishes to lead this group due to lack of support from some of its members.

We would like to thank Wal for all the effort he has put into running this group over the past three years, taking the group to delightful gardens and giving many members lifts whenever possible.

Defunct u3a email address

Before we changed the name of our u3a to Ilfracombe Coast we used an email address u3asocialevents@gmail.co.uk for booking monthly lunches etc. This email address would have been linked either to Sylvia Jarrett or Fran Barnett who took the bookings.

However, it is no more! If you have it in your address book, then please delete, for if you use it your email (and booking) will not be received. Many thanks.



Welfare Support Jane Lucas xxx
Telephone xxx



Hello! It is good to be back. I do hope everyone is keeping as well as can be with this changeable weather. This summer there has been a lot going on in Ilfracombe. Numerous events and, despite the changeable weather, many visitors. Not all of us welcome the changes to the town and not all of us have had the best of summers, so kindness, acceptance and recognition that life and circumstances change can go a long way to helping our mental well-being. Here is hoping that whatever the changes and whoever we meet, life and those in it will show us all some kindness.



Photography Group



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

Our next Coffee Morning Friday September 27th (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

events@ilfracombecoastu3a.co.uk

The speaker for September will be from the Pickwell Foundation.

In 2008, four friends embarked on a new way of living and working together. It began with the joint purchase of a house and business, Pickwell Manor, on the North Devon coast.

With hard work and determination, the business grew and became an extremely popular destination for both self-catered holiday accommodation and high-end weddings.

Over the next 15 years with five new businesses and one business sale behind the four of them, The Pickwell Foundation is now a key focus for the trustees. Social impact is at the heart of what drives the families.

The Pickwell Foundation is a grant making charity and the annual funding pot is drawn from their businesses and social investments. They support organisations, charities and other non-profits with small to medium size grants. These grants support those working either with displaced people or in the area of climate change.

Come and hear about the inspiring work this charity does.

June Coffee Morning

For our June coffee morning the speaker, Janet Few, took us down memory lane, in particular the years between 1946 and 1969. She co-ordinated a project where 80 women recorded their memories of these years, years of great change. She also encouraged us, both men and women, to record our own memories, using everyday events and objects as prompts. Her presentation was a good reminder of how much things have changed in our lifetimes, and there was a lot of "I remember that," or "We had one of those."

One thing that does not change (thank goodness!) is the way in which so many willing volunteers come together to ensure the smooth running of our coffee mornings. The cakes would have graced any 1950s tea party - thank you to all the bakers. And thank you too to those who helped set up and clear away, and to the very efficient kitchen helpers. Grateful thanks to all who helped in any way.

July Coffee Morning

There were fewer people than usual attending in July. The school holidays had started, so some may have been on grandparent duty; some might have been away on holiday. Whatever the reason, it meant there were more delicious things for the rest of us to enjoy! As ever, many thanks to all the talented cooks.

This month I was the speaker, talking about the origin of some of the place names in Ilfracombe and district, as well as showing some fascinating old pictures that we have at the Museum. I must say that the audience was very attentive and listened well! Come September I'll be back to my usual raffle duties. Thanks to Jo for running the raffle in July. Thanks also to all those who help to make the coffee mornings run smoothly - we couldn't do it without you!

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

Colours of the Rainbow



Follow the rainbow to a pot of gold



Let's make October a riot of colour



On behalf of your U3A special events team Sylvia and Jane
would like to invite everyone to our Autumn party lunch on
Thursday 10th October

Lee Village Hall. Ilfracombe from 12 /12.30 until 4pm

Our Autumn theme is **Colours of the Rainbow**
Get your glad rags on and maybe you will find your pot of gold.

A full buffet lunch, dessert and coffee /tea will be served from 1.00pm at a cost of
£16.50 a head.

There will be entertainment, a Quiz and game to keep you amused as well as our popular raffle.

Bring your own Wine, Beer, or refreshment of your choice. (If you can bring your own wine glasses this would help.)

As usual the community bus will be available for members from Combe Martin, Ilfracombe and surrounding area. Cost £5 return.

To book your place at the event, and a seat on the bus, email
events@ilfracombecoastu3a.co.uk Or contact Jane Lucas xxx mobile xxx no later than
Friday 4th October. You will also have the opportunity to book your seat and place at the
September coffee morning.

Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on pg 16

1. The 2024 UK General Election was held on which date?
2. Who is the current Home Secretary?
3. The M4 service station, Leigh Delamere, is in which county?
4. How old is a quinquagenarian?
5. In which year did Devon and Cornwall last experience a total solar eclipse?
6. Is the right, or the left, profile of the late Queen Elizabeth II shown on British currency?
7. ...And is it her same profile on British postage stamps?
8. What colour is associated with the adjective "lutescent"?
9. What was the profession of the inventor of the Rubik's Cube?
10. Which English artist (b. 1937) painted "The Splash"?
11. In which year was Exmoor designated a National Park: 1951? 1954? 1957?
12. Chopin's "Minute Waltz" is the theme tune of which radio programme?
13. Which poet wrote "The Waste Land"?
14. 89 East 42nd Street, New York, is the address of which railway station?
15. Lycanthropy is the (unlikely) ability to change oneself into what?
16. A xebec is what: a sailing boat? a Peruvian dwelling? a hoisting device?
17. According to the folk story, for how many years did Rip Van Winkle sleep?
18. The mascots of the 2024 Paris Olympic Games were named what?
19. Constable Knapweed was a character in which 1960's children's tv programme?
20. Which is Ilfracombe's oldest pub?

Interest Groups /Events timetable - September 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 Family History Gp 1	3	4 Art	5 Shakespeare	6 Skittles	7 Moto meal	8
9 Writing group	10 Modern Board Games	11 Art French Conv	12 Munch Bunch Lunch	13 Ramblers Yoga	14	15
16 Singing4Fun Natural World	17 Craft Novel Readers	18 Art Ital conv NL deadline	19 Foodies	20	21	22 Away Lunch Group
23 Family History - Gp 2	24 Photography	25 Art French Conv	26 AI	27 Coffee Morning AI Yoga	28	29
30	31					

Ilfracombe Coast u3a Interest Groups

We know that if you join an Interest Group that you will make every effort to attend as many meetings as you possibly can, letting the convener know if you can't make it on any specific day. Of course we do understand that life gets in the way sometimes, and health issues, family commitments and holidays come first, but we ask you to be aware that the convener has spent time preparing the meeting content and in all probability has arranged their own holidays, appointments and other commitments around being there for you..



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

I hope that you are all enjoying the summer. Our next meetings will be Thursday September 26th and Friday September 27th.

I can confirm that the pile of objects that will need sorting and accessing has been growing steadily through the summer!



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.

After our long Summer break we're looking forward to some lovely creative times with you all. We ask if some people can arrive about 10 minutes early to help with set up.

Our first session for Autumn will be the **17th September**. We will be painting little pebbles with help from Thelma. She has two lovely simple designs, which if they're varnished can be put out in your garden, or just in an indoor flower pot or on a shelf. We have a couple of more complex designs for anyone who fancies a challenge.



We are asking people to make a commitment to the group. When we're buying materials it's very difficult not knowing if we'll have 5 or 20 people. Obviously there will be some days when life gets in the way (I won't be at the first one!) but we'd really appreciate it if people can make the effort to be there as often as possible.

We're quite happy for you to bring some of your own work to do if you don't fancy the craft for that day, but we need enough people to cover the hall hire.



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.

I am pleased to announce that our Family History Group will continue as two groups. We meet on the first or fourth Monday in each month at the Ilfracombe Library 2.00 -4.00 pm cost £3.00 to include the use of the internet at the library and refreshments.

The dates until Christmas are as follows:

Monday 2nd September Group One

Monday 23rd September Group Two

Monday 7th October Group One

Monday 28th October Group Two

Monday 4th November Group One

Monday 25th November Group Two

Friday 6th December our WW1 and WW2 Display at Christmas Coffee morning. There will be Carols and Mince Pies all at Pip and Jim's Community Hall. Usual time 10.15 a.m until 12.00 noon

Monday 16th December Both Groups. There will not be a meeting on the 23rd December

I am looking forward to seeing you all again and if anyone would like information regarding our group please call me on xxx or email xxx

Best regards 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!

Our next meeting will be on **September 19th** when we will be bringing 'FOOD of YESTERYEAR'. That should be fun and bring back some memories!

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.**

C'est la rentrée!

'La Rentrée' or the return to school, college or work is a big deal in France. Most people in France take their holidays at the same time, July, or August. So the start of September means everyone goes back at the same time, to school or to work. Shops and supermarkets are full of displays of everything you might need at this time of year, not school uniform, but backpacks, pencil cases, desks or other furniture (for students leaving home), and a vast array of stationery. Fraught parents bearing lengthy and very detailed lists, try to locate all that is required by the school, as families are responsible for providing all stationery and even equipment like lab coats.

So now it is our Rentrée, but without any lists. We meet again in September, and your convener will be in touch with details of the dates, which will be the **11th** and the **25th** only in September.

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 the Convener's home. 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.



Garden Visits:

For a number of months, Wal has been saying that the support for this group from some members has been poor, with on occasion just he and Ley and the passengers he gives lifts to being the only ones to turn up at the venue. So he has said, understandably, that he no longer wishes to lead the Garden Visits group.

Nothing daunts a convener more than lack of support by those members who have said that they would like to belong. And this is a case in point - use it, or lose it. There wasn't enough support for the group, so now we have lost it.

We would like to thank Wal for all the hard work he has put in arranging visits and giving lifts over the last three years, making sure that refreshments are available and taking beautiful photographs whilst there.

In the Spring we will look at the possibilities of restarting this group, perhaps with a steering group rather than the responsibility of garden choices being on just one set of shoulders. But the ultimate test of whether a garden visits group is viable in our u3a is down to you, it's members, and whether you are in the future prepared to make a commitment to support it.



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.

Date for **September: 18th** (one date only this month)



Florence duomo



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.

We resume on the **10th of September**. Looking forward to seeing you all then.



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

In June, Joan Lupton arranged a lovely meal at 'Take Thyme' in Ilfracombe. Another day a group of us did an easy walk along part of the coast path from Sandy Cove Hotel to Watermouth where we had a lovely cream tea etc. at the 'Storm in a Teacup'. In July Joan Lupton booked Bar 71 Bistro in Fore Street,

The weather should be improving soon, so let's get some more events organised.

There is Music on the Beach in Combe Martin most Saturdays now, weather permitting. Some of us went down one warm weekend, taking drinks, snacks and a chair! We will do it again when we have another warm weekend! I will put it on the Whatsapp group if I am going.

I am arranging a walk from Countisbury to Lynmouth via Watersmeet (possibly on the open top bus) as soon as the weather improves, and maybe a garden lunch at The Pack of Cards. Let me know if you are interested in either. Joan has booked the Thai restaurant in Braunton for **Saturday 7th September**. Anyone interested in joining her, please contact her on xxx.

Let's come up with ideas and sort some more events. Short notice plans on our Whatapp group are always welcome. Events are fun with 2 or 22 so get thinking. Hope to see you all again soon.

Pat Martin x



The Munch Bunch Contact :Jo Rosvall xxx

Steering group: Barbara Eales, Gilly Loosemoor, 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.

Our August outing was a friendly lunch at the Carlton, on one of the hottest days this year. Luckily the dining room was cool. Members enjoyed the lunch and the lively conversation, all sitting around one large table.

Our lunch for September will be based in Ilfracombe at Giovanni's Restaurant on **Thursday Sept 12th**. The restaurant asks that we arrive promptly for 12.00, as they only open between 12.00 and 2.00. We also have to let them know our menu choices in advance. The menu can be found on their website, or we can email you a copy.

As usual bookings can be made either by telephoning Maureen Lowe on xxx, who can give you details of the menu, or by email to Jo Rosvall (jorosvall99@gmail.com) or via our Whats App Group.



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



Our July meeting proved a great success, helped in no small part by samples of traditional, locally brewed cider.

Contd.....

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Ben Totterdell, who owns and runs the Green Man cidery, gave a wide ranging and fascinating talk on the ancient art of cider making in the U.K.

The process has changed little over the centuries although, today, commercial cider producers tend to buy in apple concentrate rather than press the apples as is done at the Green Man. Most traditional apple orchards, which were havens for nature, have now been lost as the hand picking of apples is highly labour intensive and, thus prohibitively expensive. Modern industrial methods involve acres of short trees which are mechanically shaken to harvest the fruit with little evidence of the "natural world" being present. All Ben's trees are traditional Devon varieties, each with its own characteristics.

Our September 16th meeting will be a guided visit to a regenerative agriculture project on farm land at Silkenworthy, near Combe Martin. [This visit is open to all members of the Ilfracombe U3A.](#)

Some traditional farming methods rely heavily on chemical treatment of soil and plants and often overstock with cattle. The result is poor quality, impoverished, over-compacted soil which is unable to absorb rainwater. This creates problems during droughts and flooding during heavy rain.

Regenerative agriculture aims to restore soil quality to a natural sustainable level.

The quality of crops and meat produced from regenerated land is excellent.

During our visit we will have the opportunity to purchase meat produced on this land. It won't be cheap but the taste will be exceptional. Credit cards or cash accepted.

Non natural world group members, please contact Jo (details above). Further details to the NW group via WhatsApp.

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



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.

"The Time Traveller's Wife" proved hugely popular with our Group. Clever, sad, unique; so many epithets. It was only the Convener (me!!) who declared otherwise. Perhaps "A Year of Marvellous Ways" (Sarah Winman), our next book, will please all of us: **September 17th** is reveal day.



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx

4th Tuesday 10.30-12.30 followed by

nearby refreshments



5 Star Bug Hotel



Off the Rails

Yey!! Finally some sun, and July's visit to Arlington Court was a treat. Gentle light made for some excellent flower photography, topped off with a visit to their tearooms where the robin, blue tits, and finches boldly joined us at the table! The walled flower and vegetable gardens are also wonderful at this time of year.



No fear

August sees us up at the spectacular Valley of Rocks, no doubt with a trip to Mother Meldrums, hopefully before they sell up and close, to enjoy one last slice of their apple and mince lattice pie - spectacular scenery and spectacular pie!



Pit Stop

Future Outings

Sept	Tue	24	Appledore	Local Café
Oct	Tue	22	Lee Bay	Grampus



All aboard

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 space.



Tendrils



Wall flower



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 13th September

A walk we have not done for a long time, from the Poltimore Arms high on Exmoor. It's easy walking with gentle ups and downs, and wide views as far as Dartmoor on a good day.

Meet: Just beyond the Poltimore Arms on the roadside. Take the A399 to Brayford. At the Brayford junction turn very sharply left. Now follow this road through the village and for 3 miles up to the pub.

Maybe park at the T-junction just beyond the pub to keep the road by the pub clear.

Walk: 4 miles, long gentle climb and descent.

Leader: Wal Daw

Optional lunch: At the Poltimore Arms (check on arrival) or Old Station House Inn on the way home.

The pub is off-grid having its own generator and water supply. It is owned by a noteworthy character in that he stood as an independent for parliament at the last election, under the name Stevie MacSteveface.



Exmoor ponies seen on a recent walk.



**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.

August's meeting was a total no-show due to some illness. As everyone has therefore missed Henry IV part 2, this play will be **September's** offering, on **Thursday 5th**. Henry V now follows in October. So, we pick up the plot as Prince Hal is waiting for his father to die and his own coronation. Falstaff follows him to London, anticipating a decent promotion from the new king. Do you think he'll get it? My money would be on probably not...



**Singing For Fun - Convener: Jennie Tusveld
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.

The next meeting will be **Monday September 16th**.



**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**

SKITTLES is back on **Friday 6th September 4-6pm @The Sandpiper Pub, Ilfracombe, by The Harbour**. No experience 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 the picker upper). Customary to buy a drink, either non- alcoholic or otherwise at the bar.



**Away Sunday (and other days) Lunch group Conveners: Fran Barnett
Tel: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 getting together offers.

We have had some delightful lunches together- at the Barnstaple Hotel in July and at Fullam in August, where we achieved what I think may be a record for our u3a and had equal numbers of men and ladies at the table! More important was the joyful chat. The value for me in convening this group is the thought that in all probability if there wasn't this kind of group to belong to, many of our members would be having this meal at home in their ones and twos. Such happy company is priceless.

Our next meal together is on **Sunday September 22nd** at the Black Venus, Challacombe, EX31 4TT. 12 for 12.30. This traditional Exmoor pub has a Sunday menu which includes plated roasts as well as an extensive a la carte menu, and is well known for the quality of its dishes. Please can Away Lunch Group members let me know by Tuesday 17th September if you would like to join us.



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

The writing group continued to function throughout July and August. Many thanks to all those who turned up. I would have felt very lonely without you! As always, I have been amazed by the variety and quality of the writing produced, and I very much appreciate the social element of our meetings.

Our next session is on **Monday 9th September** when the inspiration for our writing will be "Colours".



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.

Classes start again in September. **September the 13th.**



**I'm so glad friends don't
come with price tags.
I could never afford
the wonderful
friends I've got.**

Joan Broxholme

I wrote this poem before we had to give up the allotment. Now I understand it flourishes in the hands of a much better gardener.

ILFRACOMBE ALLOTMENT IN AUTUMN

You can see the sea from here, a sail of blue
Taut between two hills and on the hills
Sheep and cows are like a micro zoo
Set on green baize below a sky that shrills
With gulls and jackdaws flying. At the foot
Of a hollow lies our plot, a tangled mess
With dying beans on wigwams that we put
In place in spring, with hope of some success,
And cabbages, mere knobby stalks with leaves
Like shredded lace. Our potatoes got the blight,
The onions failed to swell, nothing relieves
The feeling that, for us, nothing will grow right.
We ask ourselves, was it worth the work and pain?
We look around, and know we'll try again.

Katie Mallett © 2024

Christmas Day lunch at the Gurkha

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 Sound of Music, Morecambe and Wise or one of those ghastly 'Festive Favourites' shows. 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.



The event was organised for years by Rosemary Stewart, but she's passed it on to me and this Christmas Day she won't have to worry about getting the bubbly in. That'll be my job to dole out to all comers. OK, so the Gurkha isn't the Dorchester, but it's friendly, has a good hygiene rating from NDDC, and 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](tel:xxx).

If you'd rather have dinner at the Dorchester, however, it will set you back £525 per person. And that doesn't include drinks!

Dust If You Must

by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

Catherine Fenton

Ilfracombe Coast u3a Organising Committee contact details

Jane Dendle	Chair & Community link	xxx	Email: xxx
Julian Tippet	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
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.

For a printed copy, please contact Fran Barnett xxx

Answers: 1. 4th July; 2. Yvette Cooper; 3. Wiltshire; 4. Someone aged between 50 and 59 years; 5. 1999 (11th August); 6. Right; 7. No, it's the left; 8. Yellow; 9. Architect; 10. David Hockney; 11. 1954 (19th October); 12. Just A Minute; 13. T. S. Eliot; 14. Grand Central; 15. Wolf; 16. A sailing boat; 17. Twenty; 18. Phryges; 19. The Herbs; 20. The George and Dragon (Fore Street).