

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Jonathan and Jane Nicholl and Deirdre Johnson



Snackers of the Snappers

From the Chair

Hello everyone. The nights are definitely drawing in now, and most of our interest groups have re-started, with both conveners and members refreshed after the break, and eager for what lies ahead.

Our special Rainbow Lunch promises to be a happy occasion, with a quiz, and Ricky to entertain us, as well as a truly excellent buffet lunch, and an opportunity to wear your glad-rags should you wish. Do come along if you can, and don't forget the RUG afternoon on October 3rd, see below, for those who are already RUGGERS and also for anyone, particularly new members, considering becoming a member of the RUG, or perhaps a committee member.

To use a cliché, the present committee members are not getting any younger, and we do need new people to join us. Please do give some thought to joining us on the committee. It can be possible to attend a meeting or two with no obligation, to see if it is for you. Having new people, with new ideas is always healthy, and would most certainly keep our U3A remaining vibrant. It does not have to be a big commitment. We have just one committee meeting a month, lasting about two hours. I've found the experience to be interesting, very friendly, and extremely supportive, and I urge you to consider it.

So, off we go in our new "term" and I hope that you all enjoy every minute of it!

Jane Dendle



RUG (Really Useful Group) is for members who want to 'put a little bit back' by helping to making our u3a 'tick' when they can in any of numerous ways.

If you would like to explore if this could be you, you are invited to a get-together/ tea (on us) of the RUG group at Brookdale Rooms on October 3rd 2.30 - 4.00 p.m

Contd...

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Early in 2022 we set up our RUG group (or Really Useful Group), which aims to provide opportunities for our members to help in a variety of ways with the running of our u3a. This has proved to be a great success.



The get-together, for existing RUG members, as well as those who would like to find out if it is for them, is to share ideas and discuss ways in which you can become more involved with our u3a.

Perhaps you feel that you have something to contribute, fresh ideas and willingness to help, or simply want to become more a part of the u3a community. This could be your opportunity to play a part in helping our organisation and developing it for the future.

Equally important is for us to listen to the views of new members as well as those from the existing RUG and share our ideas together to help develop the future of our u3a.

The get-together and tea (on us!) will take place on Thursday 3rd October in the Brookdale Rooms, Brookdale Church, Brookdale Avenue, Ilfracombe, EX34 8DB at 2.30 -4.00. There is a lift (as well as stairs) to the first floor.

To help with catering, let us know please as soon as you can :to Fran Email:xxx Tel: xxx Mob: xxx (also giving details of any dietary requirements).

We look forward to seeing you there.

Convener liaison for our Interest Groups

We are delighted to tell you that our lovely Jackie Gough, convener and instructor of the Yoga classes, has enthusiastically agreed to become the new convener liaison. They say that if you want something done, then ask a busy person! Thank you so much Jackie.

This is such an important post for, as you know, our u3a would be nothing without the wide variety of Interest Groups on offer. There to support our Interest Group conveners, the convener liaison is also key to getting new groups up and running, as and when the opportunity to do so arises.

Vital to this is the recruitment of any of our members who would be willing, on their own, or with others as a steering group, to run a new Interest Group. You don't need to be expert at anything, just interested and enthusiastic to share that interest with others.

If you think this might be you, and you would like to explore the possibility, then Jackie can be contacted on xxx Mob: xxx

Whoever said
out of sight out of
mind ...

never had a spider go
missing in their
bedroom



Janet Gibbins



Welfare Support Jane Lucas xxx
Telephone xx



Some of us look forward to the autumn, with the promise of cosy jumpers, hot drinks and spending more time indoors.

For some the upcoming months are less appealing. Here are some tips to help us manage the onset of autumn and avoid it negatively impacting on our wellbeing and keep us safe.



- We should test our Fire and Carbon Monoxide alarms
- Get our flu jabs, antibiotics will not cure flu it's a viral infection
- Stock up on soups, warm drinks and tissues for any coughs and sneezes.
- We may have more time on our hands. Whether it's trying out a new recipe or getting back into reading, craft work, puzzles, or simply taking more time to relax.
- Careful outdoors, leaves and wet can be hazardous.
- On sunny days let's make the most of them and get out to meet friends.
- Let's keep warm, dry and safe.



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

**Our next Coffee Morning Friday October 25th (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

We are really looking forward to seeing as many members as possible attending this event.

As usual there will be the warmest of welcomes along with the delicious refreshments and a speaker from the Exmoor Search and Rescue

Exmoor Search and Rescue Teams provide specialist Mountain Rescue service across large parts of Devon and Somerset. They assist the Police in locating lost or missing persons, and the Ambulance Service to recover the injured and ill from remote locations. The teams comprise members, trainees and supporters from all walks of life. They all have one thing in common - the love of the great outdoors!

See you there!

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 by Ricky, 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 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 September, 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

4TH * 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 01271 345861



Christmas Day together 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 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

Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on pg 18

2. What is England's highest geographical point?
2. ...And which county is it in?
3. Which former Prime Minister is the author of recently-published "On Leadership"?
4. The music group, Fisherman's Friends is based in which Cornish village?
5. The Moon is at Perigee when it is where?
6. Peewit is an alternative name for which bird?
7. A conchologist is a collector of what?
8. Where does Ilfracombe AFC play its home games?
9. "Approaching Menace" is the theme tune of which tv quiz programme?
10. Who is the current Mayor of Greater Manchester?
11. In 1842, Queen Victoria took her first train ride. Which famous civil engineer was on the footplate?
12. Vanessa Bell (b. 1879), artist and designer, was the sister of which English author?
13. Tennis player, Caroline Wozniaki, plays for which country?
14. The first escalator in the UK was installed in which prestigious London store?
15. Which American toy company manufactures Barbie dolls?
16. In which year was Ilfracombe's Landmark Theatre opened: 1996?; 1997?; 1998?
17. Siderodromophobia is a fear of what?
18. In which English city is Britain's largest cathedral?
19. Which singer has recently bought a share in Ipswich Town FC?
20. Where will the next Olympic Games take place?



Congratulations and our very best wishes to John Pickard and Dorothy Thomas who have announced their engagement.

LATE AUTUMN WALK

Wearing out the autumn leaves we sense
 A brittleness underfoot, unlike the mould
 That gathers softly up the garden fence.
 The old year's face is stiffening with cold,
 The supple stems that held the summer rose
 Are broken, hung with leaves like blackened rags.

Cauterising skin around my nose
 The icy wind pulls on my face and drags
 My features to a mask. Beneath our feet
 The ground is ridged and hard, a stony path
 Through a tangled mass of stems where bugs compete
 To make the most of death, the aftermath
 Of summer's glory, its grand parade complete,
 But just ahead, a road is opening
 That leads across the winter wastes to spring.

Katie Mallett © 2024

Interest Groups /Events timetable - October 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 MOTO film	1 Craft	2 Art French Conv Italian Conv	3 Shakespeare	4 Cttee Skittles	5 MOTO meal	6
7 Sing4Fun Writing Group Family History	8 Modern Board games	9 Art French Conv	10 Rainbow Lunch	11 Ramblers Yoga	12	13 Munch Bunch
14	15 Novel Readers Craft	16 Art French Conv Italian Conv	17 Foodies	18 N/letter	19	20 Away Sunday Lunch
21 Sing4Fun Nat World	22 Photography	23 Art French Conv	24 AI	25 Coffee AM AI Yoga	26	27
28 Family History	29	30 Art French Conv	31			

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

There's nothing to report from our September meetings because, as I write, they have yet to take place!

I know that there are a lot of items waiting to be assessed, and I look forward to seeing you for the October meetings, on **Thursday 24th and Friday 25th**.



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.

October in the craft group will be on the **1st and 15th** of the month. On the 1st we will be making trivets from pegs, on the 15th we'll start some Christmas cards.

We will provide all the pegs and some glue for the trivets.

For the cards we'll have lots of lovely designs that Jan has found to do thread art. Some of us did Easter cards this way back in March. They're reasonably easy, although I didn't read the instructions properly!

There will be lots of metallic thread, probably good to bring a needle or two.



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 report that we still have two groups for our family history meetings.

The following dates going forward are:

October

Monday 7th Group one.

Monday 28th Group two.

November

Monday 4th * Group one.

Monday 25th Group two.

There is only one meeting in **December** and it is Monday the 16th. Initially it was Monday the 2nd of December but the library has a pantomime on that day.

We are planning a display for the Carols and Mince Pies event on Friday the 6th of December at Pip and Jim's community hall in Ilfracombe.

There are still places available in both groups, so if you would like information regarding joining our lovely groups please contact me on

xxx or [xxx](tel:xxx)

Best wishes to you all Joan B



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!



The group was very well attended with 10 people who all brought along food from yesteryear including cheese and pineapple on sticks, sausages on sticks, prawn cocktail, spam fritters, apple crumble, bread and butter pudding, jam cakes, pineapple upside down cake and even some ice cream floats. There were plenty of different foods for everyone to sample. As usual there were 2 quizzes, all a bit of fun.



Our next meeting will be on **October 17th** when our theme will be 'Apples'.

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.

In **October** we look forward to resuming our normal routine of sessions every two weeks, for all. We will be sharing knowledge of various famous French people, so now is the time to begin the research.



Italian Conversation

Coordinator: Julian Tippett 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 **October: 2nd and 16th**

Each year the city of Siena holds a horse race around its main square, with horses representing the different city districts. 4th * wild affair as you can see on this video:

<https://www.youtube.com/watch?v=pzkQC>



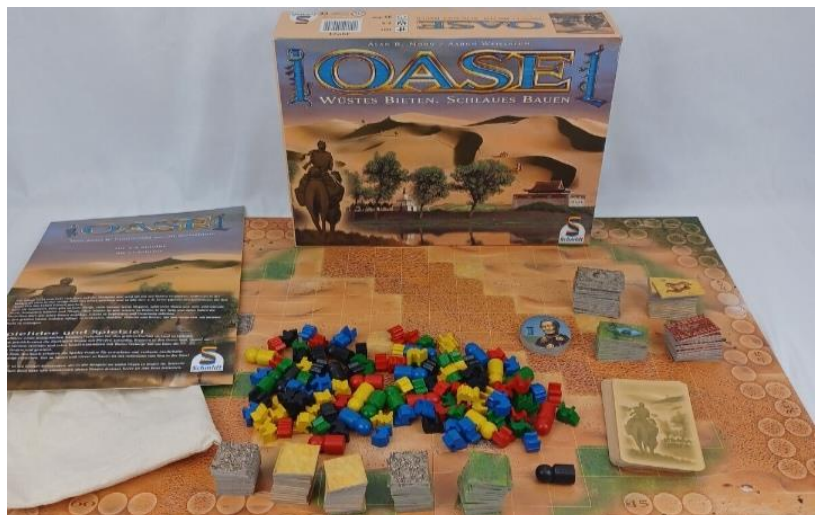
Modern Board Games Convener: Penny Kitching Tel: xxx
2nd Tuesday, 1.30 – 4 pm approx.

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.

Our first meeting back after the summer was well attended despite several members having cheeky late breaks!

We split into 2 groups and played *Oasis* an area control game with herds of camels (I like camels) and *Sea salt and Paper* a very pretty card where you have to collect sets of sea creatures .





Then we joined together to play *Just One* a collaborative word game. All in all a really fun afternoon. Thanks to all that came and contributed to the fun.

Next meet-up is **October 8th**.

For more info on this group 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.

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 Thai get together for one of her lovely Saturday night meals. Her next meal out will be on **October 5th at 6.30pm** at Giovannis in Ilfracombe. Her number for booking a meal place is xxx. (Thanks Joan).

Another small group went to the cinema to see 'Where is Heaven'. This was an interesting film about people who live off grid in North Devon. It featured some very unusual characters, and was quite humorous and also sad in parts.

We followed this with a good coffee and chat.

On **Monday 30th September** the film "LEE" is showing at Lynton Cinema. This is a true story of a journalist/photographer during World War 2. It stars Kate Winslett, so should be good. Some of us plan to go to the matinee at 2.30pm, so if you want to come too then please let me know asap. I have provisionally booked 5 seats and need to confirm with them. We can maybe meet up at Charlie Fridays for lunch/coffee first at 1pm, or at 2.15pm outside the cinema if you prefer. See our WhatsApp for more info.

The weather has sadly scuppered most of our walking ideas this summer ... but who knows, an Indian summer may be on the horizon! Keep checking the group's events WhatsApp. Some of us regularly walk with our Ramblers group and you are always made welcome if you want to join us for a walk.

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. Pat Martin x



**The Munch Bunch Contact :Jo Rosvall jorosvall99@gmail.com
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.

Having enjoyed our lunch at Giovanni's in Ilfracombe, we are now looking forward to more planned meals in the coming months. Here is the information you need.

In **October** we will be having a carvery lunch at **Saunton Golf Club**, on **Sunday 13th October at 12.00 for 12.30**. 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 let us know of any dietary or allergy requirements so that we can advise you when to contact the restaurant and number to call to make your info known. U3A cannot be held responsible for passing on your information.

Another date for your diary, looking ahead is a visit to the Black Venus Inn at Challacombe on November 14th, at 12.00 for 12.30



Natural World

Contact: Jo Rosvall xxx Email: **xxx**

Steering Group contact: Andy Forgan **xxx**

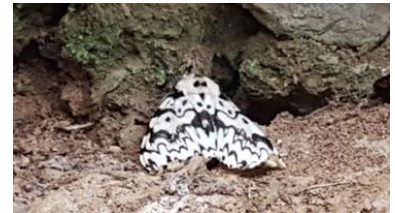
Normally 3rd Monday 2.00 but location varies. Indoor meetings at Brookdale 2-4

Contribution £3

We were incredibly lucky for our August visit to the West Challacombe rewilding project where we went to explore and enjoy a picnic. We had the only 2 hour dry spell of the day and even saw some sunshine. 13 of us gathered at West Challacombe Manor, courtesy of the National Trust who, exceptionally, granted us parking permission.



We broke into two groups, each taking a different circuit, to observe the flora and fauna that are starting to burgeon on this beautiful corner of Exmoor. We managed to draw up a list of over 20 observations, some of which most members were unfamiliar with, including wood calamint and



enchanter's nightshade as well as a couple of large moths. Having completed our walks we all gathered back for a leisurely picnic before the rain clouds gathered again, sending us scuttling home.



Several members of the group, under a separate guise, are undertaking long term survey work to record how nature is responding to her new freedom over the coming months and years.



Our **October** meeting is at Brookdale on the **21st** at 2.00 where we will be entertained by our founding member Julian Tippett who will share his knowledge of geology. I, for one, am looking forward to expanding my limited understanding.

Non members of the group are welcome; contact Jo Rosvall.



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.

Just as it was last month, once again there was just one dissenter midst the Group's otherwise unanimous approval of Sarah Winman's somewhat odd-ball novel "A Year of Marvellous Ways" - and this time it wasn't me. For next month's book, unusually, Library Services have supplied us with another Sarah Winman: her earlier novel "When God was a Rabbit". "Captivating"; "Beguiling", it says on the back cover. At our next meeting, on **October 15th**, we shall see.



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx 4th * Tuesday 10.30-12.30 followed by nearby refreshments

We currently have space

The Valley of Rocks never disappoints. Another cracking day of photography, and a good summer turnout, with warm welcomes for our new member Mandy Smith, and for my old friend Max Adelman visiting for the week. Despite the group quickly scattering to all points of the compass we gathered back at Mother Memdrums for a tasty and leisurely al fresco lunch, still open despite being up for sale. To enjoy one last slice of their spectacular apple and mince lattice pie! I ended up buying a whole pie - it was a lengthy, sticky, and finger licking task to cut it into 14 individual slices for the freezer - no regrets!





Future Outings

Oct Tue 22 Lee Bay Grampus

Nov Tue 26 Hall Based - Your 10 Favourites from 2024

Or an Outing if the Weather is Kind!

Dec 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 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
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 11th October

An old favourite this month, to Morte Point and along the coast path towards Bull Point but half way along cut back to Morthoe.

Meet: Morthoe car park (card payment dodgy — poor signal). Bus travel — arrives 10.36, we'll wait.

Walk: 3 miles, much along the coast path with ups and downs on steps..

Leader: Wal Daw

Optional lunch: One of the Morthoe pubs.



Picture of the path on the coast path toward Bull Point.



**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.

October's meeting is on **Thursday 3rd at 1pm**. Our play is *Henry V* We have Kenneth Branagh's award winning film version from 1989, starring himself and Emma Thompson in a classic tale of conflict, courage, honour and heroism, which the Sunday Times said is "*superbly acted, bristling with energy and power.*" So there. Brian Blessed, Judi Dench, Ian Holm, Derek Jacobi and Paul Schofield give their support, leaving no room for b-listers.



**Singing For Fun - Convener: Jennie Tusveld
Tel: xxx 1st and 3rd Monday
10 to 11.30am Brookdale Rooms**

I would like to thank all my regular members who attended our first sing this season.

Without you there would not be "Singing For Fun", you make it very worth my while.

It would be lovely to welcome new members, no obligation.

The next meetings will be **Monday October 7th & 21st**



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

Our return to SKITTLES took off with a flying start with a few spares being achieved (I think some have been practicing). Our next game is **Friday October 4th * 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 Alfie our new 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
Tel:xxx Steve Hawes Mob:**

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 had a fantastic meal at the Black Venus in September, a small group but perfectly formed! The food was delicious and the company was definitely moreish - a really lovely afternoon out. Those of you who couldn't get there, or were away and couldn't make it, missed a real treat, but we realise (as ever) how much we owe those of you who are willing to share transport and give lifts.



Our next meal together is on **Sunday October 20th** at a new venue for us, in the Merchants Bistro at the Royal Hotel, Barnstaple Street, **Bideford**, Devon EX39 4AE. It is at the town end of the old bridge. The hotel has a private car park.

Steve recommends this to us, so our expectations are high! I see it is another of the Brend Group of hotels, always a good choice. On offer is a carvery at £14.95 and dessert for £6.50 - as advertised their sweets do indeed look mouth-watering!

Please let me know in ample time, and the latest by **Wednesday 16th**, if you would like to join us. Venue phone is 01237 472005 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

Our scheduled meeting in October will now take place a week earlier than usual. This is mostly due to the fact that I will be sunning myself (hopefully) in Menorca the following week. After the summer we've just had, I feel that I need it! In addition, some other members of the group were unable to attend on the 14th October.

The change of date also means a change of venue, so next month it will be **2pm on Monday 7th October at Ilfracombe Museum**. Thanks to Jane Dendle for organising that for us.

Our subject/theme for October is **something mysterious, magical, or otherworldly**. Lots of scope there, then!



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.

Yoga is about expressing yourself, enjoying the movements you can make with your body and about having some fun.

Yoga classes are back on the 2nd and 4th * of Friday of September, with our meetings in **October** on the **11th and 25th**.

There is a class for everyone - The slower flow class, a regular yoga class for those who want to work on balance, stability and building strength. This class starts at 12.45pm and over the 45 minutes we will practice some breathing, work through floor and standing exercises returning to the floor to stretch and relax.

The chair yoga class, a class for those with limited mobility or any issues that mean they cannot stand for any length of time. This class is aimed at building confidence, strength and ensuring that we can maintain the abilities we already have. It may also help with your core strength and balance. This class starts at 2.15pm and over 45 minutes we will practice some breathing, work on sitting and standing exercises and finish with a relaxation.

At the end of both classes, you are welcome to enjoy a cup of tea/coffee, a biscuit and a chat. There is a half hour allocated to this.

There are a couple of spaces in each class. If you are interested in trying yoga, please contact Jackie Gough on xxx



Janet Gibbins

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
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 of the newsletter, please contact Fran Barnett Email: xxx

xxx

Answers: 1. Scafell Pike; 2. Cumbria; 3. Tony Blair; 4. Port Isaac; 5. Closest to Earth; 6. Lapwing; 7. Shells; 8. Marlborough Park; 9. Mastermind; 10. Andy Burnham; 11. Isambard Kingdom Brunel; 12. Virginia Wolfe; 13. Denmark; 14. Harrods; 15. Mattel; 16. 1998 (May); 17. Travelling by train; 18. Liverpool; 19. Ed Sheerin; 20. Los Angeles.