

Committee Notice Board - Keeping You Informed

New beginnings

After a very long and very wet winter, we can now turn, full of hope, towards a new season, bringing more clement weather, new green shoots, blossoming trees and budding flowers, nesting birds and young lambs all around.

We give the warmest of welcomes to **new members** Debbie Rose, Frank and Rita Clews and Lizzie Howard.

Into our new u3a year we are delighted to announce that we have a **new Chair** for our Committee. Jane Dendle, who was co-opted as a Committee member last year and voted on at the AGM in February, has agreed to take on the role as Chair, from May. Jane brought with her a wealth of experience as a Trustee for Ilfracombe Museum. Since she joined the Committee she organised, with a team, our Treasure Hunt Event. She has developed links with the local Community, notably through Ilfracombe Museum, and has set up a new, very popular interest group, Archive Ilfracombe, collaborating with the Museum. She has proved a great asset to the Committee.



As we have had no active Chair during the last year, we have developed a more collegiate approach within the Committee, with all members sharing responsibilities. Jane wishes to continue in this way, leading a team of very active and involved Committee members. Julian Tippett has offered to take on the role of Vice-Chair, bringing in support his long-term experience of Committee matters. So we set off into a new season with a new team to take us forward into a bright future.



Our **new** and very popular **yoga group** has got off to a great start, with 2 groups running one after the other on the 2nd and 4th Friday early afternoons, the first a slow flow class and the second for chair yoga.



The proposed **new lunch group** is on its way with five members agreeing to make a steering group. They will be meeting least a couple of meals before the summer



way with five members agreeing to make soon, and hope to be able to offer at break, so watch this space!

We are also moving to a **new venue for coffee mornings**, with a **new start time**. More details on where, how to find us, and when, see pages 2-4.

Our new website, www.ilfracombecoastu3a.co.uk

Please familiarise yourself with our new website. There is a lot of information there which is useful to our members. There is general information on all our interest groups. When new ones are created, this is where you will find out about them. You can also find recent newsletters there.

U3a Videos

There are six professional u3a videos that give potential members a good idea of what it is like being part of an Interest group. These, together with our new leaflets which you can pick up at u3a meetings, can help you get your friends interested in joining.

Useful Links

The Useful Links page has lots of information on things to enjoy around the area. It also has links on where to find defibrillators, how to use them and how to perform CPR. One hopes one never has to use these skills, but if you find yourself in that position, remember you only need to go to our website to find all you need to know in that emergency.

Contact Us by Phone

If you need to contact us by phone, our new mobile number is on there on the Contact Us page and the Join Us page. If you are looking at our site on your mobile, you can simply click the number and it will phone it for you.

Any suggestions

If you know of websites that other members might find useful, then please let Bryan know through his email address: xxx

Happy browsing!



Did someone say coffee and cake ???

Yes we did!!

Our next Coffee Morning Friday April 26th (4th Friday)

Pip and Jim's Community Centre, St. James' Place

Joan Broxholme xxx Fran Barnett xxx

Email: events@ilfracombecoastu3a.co.uk

We welcome all members. 10.15 - 12.00 Cost £3

Coffee/Tea and Cake

The speaker for April is Dr Paul Madgett on the Myths and Legends of Baggy Point.

"Baggy Point, as with many South-West coastal localities, has plenty of "Myths and Legends" associated with it - as well as a more substantiated and lengthy "History". Do YOU know about the Mermaids, the Smugglers and Wreckers, the Giants, the Sea-Monsters? And what about the "Ladies' Changing Room", the former "Life-Boat House", "Stranger-Stones"?"

Did you hear about the plans for a deep-water port, the oil-drilling rig, the 2-mile long Secret Tunnel?

Paul will try to help you distinguish "fact from fiction", illuminate how some of these myths and legends arose, how much truth there may be in them - and try to summarise what we know of the History of Baggy."

Contd.....

..... contd

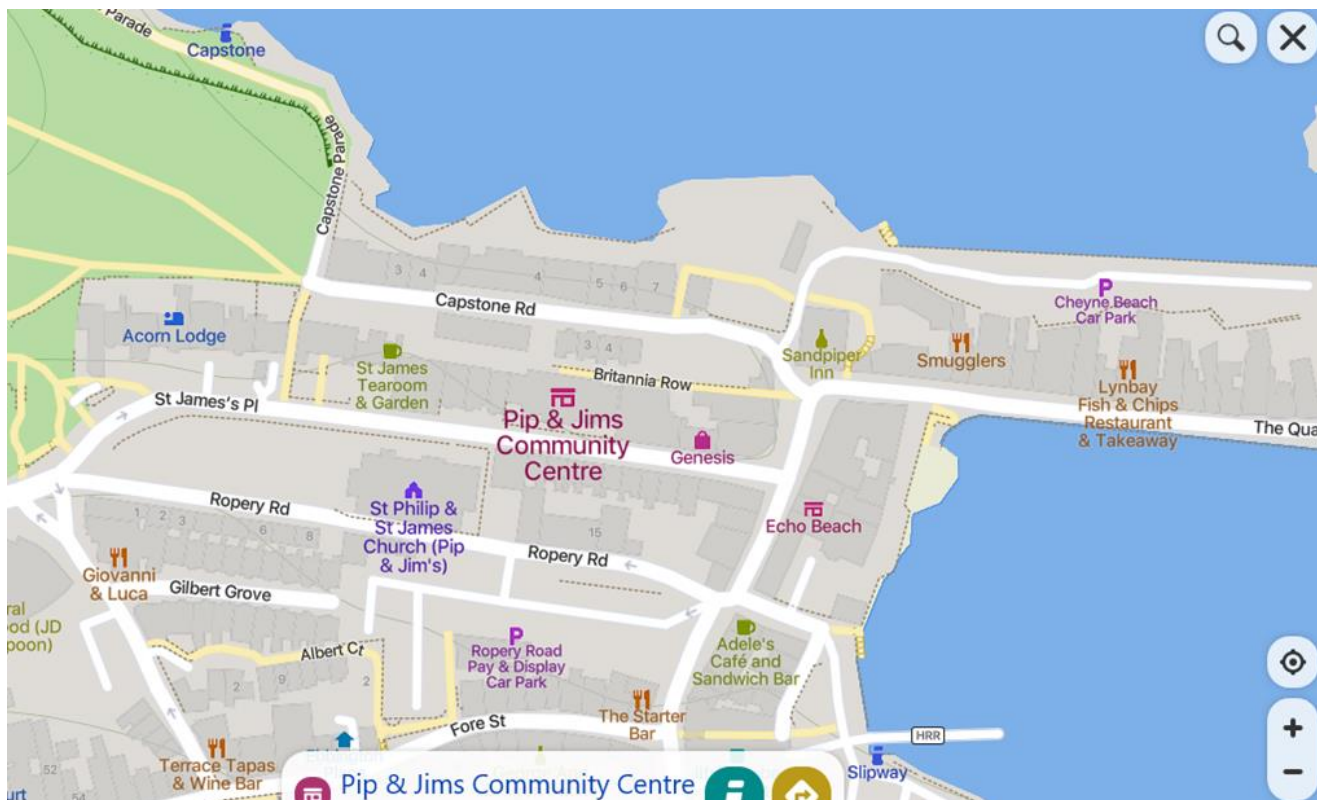
In April our Coffee Morning will be moving to a new venue.



Goodbye Brookdale!

As our numbers have grown we have been playing 'sardines' trying to fit everyone into the room at Brookdale, so we have decided to take the plunge and find bigger premises.

This month, on **Friday April 26th**, our Coffee Morning will be moving to Pip and Jim's Community Centre, see below, St James' Place, Ilfracombe (Opposite the church).



We hope that you will be pleasantly surprised with the quality of the facilities at our new venue - our kitchen teams will especially appreciate having more room and a commercial kitchen. The one downside is that there is no disabled access, and there are steps up to the hall. If you need assistance accessing the hall, then please let us know. There is a drop off pull-in outside the hall in St James' Place.

******* Please note change of start time *******

There are many payment car parks available to you, including in the summer months the church car park opposite the hall when an attendant will be present from 10 am. So that you have the best chance of getting a space in that car park, especially in the busy summer season, we will be starting our coffee morning 15 mins earlier at **10.15**. We will endeavour to be finished by 12.00 so that you will only need to pay for 2 hours parking there.

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

Contd.....

Our February Coffee Morning



Brookdale Church Hall was pleasingly full again for the February Coffee Morning. The speaker, beekeeper Cathy Backway held us all enthralled as she told us about the very ordered life inside a bee hive, how each insect has its appointed role. The way in which bees organise themselves is truly breath-taking, and the questions afterwards reflected how interesting everyone found the talk. I was reminded of a novel I read a couple of years ago - "The Bees" by Laline Paull - which tells the



story of a bee named Flora. This is not the sort of thing I'd normally read, but it explained life in the hive very well, and I enjoyed it, as all those present enjoyed Cathy's talk.

As usual, all our volunteers worked hard to ensure that everything ran smoothly. Grateful thanks to them all. *Jane Dendle*



LADY NATURE

Lady Nature, dull all winter,
Dressed herself for Mother's Day,
Daffodils in golden splendour
Brightened up the brown and grey.

Soon leaf veils will burgeon, lying
Across the bony boughs of trees,
Sprigs of blossom, frost defying,
Cling on gamely in the breeze.

Winds may blow from arctic places
But the days spread out their light
Greeting early rising faces,
Putting Winter's gloom to flight.

Now the time for life re-springing,
Birds prepare to rear their young,
Overtures at dawn light bringing
Hope of nests on branches hung.

So the seasons keep on turning,
Thorns for Easter, flowers for May,
Summer days with roses burning
Cannot be so far away.

Katie Mallett © 2016

Blue is the Colour. A date for your diaries.

On behalf of your u3a Special Lunches programme Sylvia Jarrett and Jane Lucas would like to welcome everyone to our Spring party lunch.



Thursday May 16th
12 for 12.30 - 4.30
Lee Memorial Hall
EX34 8LW

A buffet lunch including tea/coffee
and entertainment £18.50



Our Spring theme is the Oxford v Cambridge Boating Regatta.
So, join in the fun and brighten up your day by wearing
something blue in support of your favourite Crew.
Summer boaters and hats are optional.



The theme of our buffet lunch will be **SPRINGTIME PICNIC**
Our favourite duo Martin and Sarah will entertain us with popular songs
Plus various quizzes and games to keep you amused as well as our popular themed raffle.
Bring your own Wine, Beer, or refreshment of your choice. (Bring your own glasses)
As usual the community bus, cost £5, will be available for members from Combe Martin Ilfracombe
and surrounding area and can be booked with Janice Banks on xxx

Bookings and any cancellations to Fran Barnett on Email: events@ilfracombecoastu3a.co.uk
or Mob:xxx by Friday 10th May at 5pm. All messages will be acknowledged.
Payment to be made on the day. Any cancellations will be confirmed and if after the closing date
may need to be paid for. Please also let Fran know of any dietary needs.



Welfare Support Jane Lucas xxx Telephone xxx

Physical activity has numerous benefits for the mind and body. It can help to improve cardiovascular health, increase muscular strength and endurance, and improve overall mobility. Being active has also been linked to improvements in mental health, including reduced symptoms of depression and anxiety, increased self-esteem, and improved cognitive function.



So with April on the horizon and hopefully some dry warmer weather we could On a nice day make ourselves a sandwich for lunch and walk to a local park, find a nice bench and have a little picnic or just a walk to the shops and meet people to chat to.

Every day chores can be a chore so how about we fit in activities. Play some upbeat music whilst doing the washing up, polishing or hoovering and dance like nobody is watching!

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

1. Which is the lowest body of water on Earth?
2. Which 16-year-old British darts player made the News in January 2024?
3. Who played Gavin Shipman's parents in the tv series "Gavin and Stacey"?
4. Why were parts of Plymouth evacuated in February 2024?
5. Who is the author of "Life of Pi"?
6. The Bayeux Tapestry is approximately how long: 130'0" ? 182'0" ? 224'0" ?
7. The Sargasso Sea is part of which ocean?
8. Who is the current Leader of Devon County Council?
9. Which species of bird is a kaka?
10. Which English king immediately preceded William I?
11. Which American movie star has recently been charged with Involuntary Manslaughter?
12. "Dance of the Seven Veils" is an episode in which of Richard Strauss's operas?
13. Who is the current England Rugby Union captain?
14. Barnstaple's "Four-Faced Liar" clock was erected when? ...
15. ...one year after the death of which Royal?
16. "A Tower" is the collective noun for which animal?
17. The West Somerset Vintage Railway runs between Minehead and where?
18. Which Dutch artist painted "The Potato Eaters"?
19. Which country has the highest capital city in Europe?
20. What was the maiden name of the Princess of Wales?



Janet Gibbins

Interest Groups /Events timetable - April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Craft	3 Art French Conv It Conv	4 Shakespeare on DVD	5 Committee Skittles	6	7
8 Writing	9 Modern Board Games	10 Art French Conv	11	12 Ramblers Yoga	13	14
15 Singing4Fun	16 Novel Readers	17 Art French Conv It Conv	18 Foodies Newsletter deadline	19 Garden Visit	20	21 Away Lunch
22 Family History Natural World	23 Photography	24 Art French Conv	25 Archive Ilfracombe	26 Coffee AM Yoga Archive Ilf	27 Ent	28
29	30					

Ifracombe Coast u3a Interest Groups



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

We had a surfeit of knickers at AI in February - beautiful silk cami-knickers on Thursday, and less glamorous open-crotch drawers on Friday! The railway artefacts have been listed and accessed in good time for a special museum exhibition in the summer, and Barbara and Deirdre gamely spent the afternoon looking for duplicates in the postcard collection. As well, magazines and letters were listed, all very useful work to help the museum Thank you all!

The April meetings will be on, **April Thursday 25th and Friday 26th**, all starting at 1.45pm.



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.

In March we had a lovely time making cards with threads, Jan had bought some lovely metallic threads and downloaded some pretty patterns with an Easter theme.

We didn't finish them as it's quite a long process this is mine so far, hopefully you can tell that it's daffodils, there will be tulips and some leaves when it's done.

It's a really relaxing thing to do, almost meditative, as long as you concentrate on which hole to stitch through next!

The craft group is taking its summer break after our 2nd April session, because we do two sessions a month we have reached 12 sessions since September.

I'm hoping to find a couple of outings we can do with a crafty thing included. Some possibilities, include returning to the glass fusing workshop, silk devoré scarves, or pottery painting. There might be a chance to go to the ceramic studio in South Molton.



Entertainment Convener: Janet Keiff xxx

Hi All

Hopefully by the time you read this the sun will be out and the rain will have stopped!
(fingers crossed)

A few of us would have been to see Psychic Sally- but as I am writing this it is too early to report on, I will also be able to report on seeing Tim Vine at the Landmark!

We are going to book the open air cinema at Arlington for either the 1st or 2nd of June to see either Mamma Mia or Pretty Woman -so please let me know if you are interested in either. £17 per ticket - film starts at 9.45 pm

Also showing at Queens on 27th April is a show "Bonnie and Clyde" the musical which some of you may be interested in- let me know if you are! (£16 a ticket 7.30pm start)

Don't forget to let us know if there is something else that you would like others to join you in doing

Please message me on xxxor email xxx

Thank you. Hope to see you soon!



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

Hello fellow researchers the dates going forward are as follows:

Due to two bank holidays in April and May, unfortunately it is necessary to have 2 joint meetings which could be quite interesting.

Monday April 22nd	Joint meeting		
Monday May 27th	Joint meeting		
Monday June 3rd	Group One	Monday June 24th	Group Two
Monday July 1st	Group One	Monday July 22nd	Group Two
August no meetings.			
Monday September 2nd	Group One	Monday September 23rd	Group Two
Monday October 7th	Group One	Monday October 28th	Group Two
Monday November 4th	Group One	Monday November 25th	Group Two
Monday December 2nd	Joint Meeting		

We have two quite busy groups but if you are interested in researching your Family History please contact me. 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

Today there were again only 6 of us but we had a few visitors, 2 of whom hopefully are going to join U3A and attend the coffee morning. *They did, and they did!* Ed

The theme was Easter and the pictures show the different foods that were brought.



The quiz was in 2 parts and the second half was quite taxing, come back Jane, I think the highest score was 10 out of 20.

The next meeting has a theme of floral/flowers and is on **Thursday 18th April**, same place same time. Hopefully we have more people trying our lovely group. So can't wait to see what amazing things people come up with.

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

Deidre and Carole





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

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

We cover a wide range of topics, enjoying the chance to celebrate different aspects of French life, such as French food and drink, the different regions, French art, music and even television programmes. During the past month we have been sharing details of our favourite towns and regions in France, including reminiscences of a night spent sleeping on a tombstone, a view over Pau in the Pyrenees, and a Limerick about a man who went to Bordeaux and encountered a bull. What will next month hold?

On verra! (We will see)



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

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

Our March visit

Our visit to Marwood Hill Gardens was a great success, despite the drizzly weather. Twelve of us went, and saw the Magnolia trees in the gardens at the peak of their flowering. Tea and cake after our tour of the garden was appreciated too.

Our April Visit



We will be going to **Musselbrook Cottage, Sheepwash, Beaworthy EX21 5PE on Friday, 19th April, meeting at the garden at 2 p.m.** The Open Garden is a 1 acre naturalistic/wildlife/plantsman's/sensory garden on sloping site. There is year-round interest with rare and unusual plants. The garden features 13 ponds(koi, lilies), a stream, a Japanese garden, a Mediterranean garden, a wildflower meadow and massed bulbs. There are many ericaceous plants including

camellias, magnolias, rhododendrons, acers and hydrangeas. There is even clock golf!

For further details, see the NGS website:

<https://findagarden.ngs.org.uk/garden/33324/musselbrook-cottage-garden>

Entry fee: £5, proceeds to the NGS charities.

Don't forget that there is a What's App group for us. If you need a lift or can offer one, do use the group chat. Directions will be posted on the What's App group, satnav being somewhat unreliable for finding the garden.

Future visits

May: Old Glebe, Chumleigh

June: Parracombe Gardens



Italian Conversation

Coordinator: Julian Tippet xxx
1st and 3rd Wednesday 3.00 pm
at xxx.

Dates for April: 3rd and 17th

A picture of an Italian jewellers.

Italian pronunciation follows a set of rules, one of which is:

All vowels are pronounced separately. Can you get your tongue around 'gioielleria'?



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.

The March meetup was great fun with a group playing Via Nebula and a group playing Splendor.

A big welcome to new member Derrick who played really well.

The April meet-up is on the 9th at Dice and a Slice from 1.30pm.

If you need further information please contact me.....

Penny xx



MOTO group - Members On Their Own Convener: Pat Martin (the Combe

Martin one!) Tel: xxx Mob: xxx

Email: patriciamartin@hotmail.com

Welcome to our new members. We now have more than 30 MOTO members. We are a super friendly and supportive group of single and widowed guys and gals, and members who like to go out sometimes without their 'other half' or have different interests.

Come and enjoy anything you fancy doing with likeminded friends. A walk, a meal out, a cinema/theatre visit, a cream tea or whatever? If you fancy doing something, but not alone, then pick a date and put all info on the MOTO WhatsApp EVENTS group, or sound us out on the WhatsApp CHAT group, or call me.

Short notice arrangements / ideas are very welcomed, so please check your MOTO WhatsApp regularly. Several of our members also join in with other groups (i.e. singing and ramblers), so see 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.

A group of us went to see the film *ONE LIFE* at Lynton Cinema. It was a very good film, preceded by a scrummy lunch at *Charlie Fridays*. *The Upbeat Beatles* at the Queens Theatre was enjoyed by a couple of our members. A great Sunday lunch was had at *The Pack O Cards*. Yet another well attended trip out was a walk around *Wistlandpound* followed by a scrummy brunch at *Gemma's at Waytown*. Another Sunday lunch, was very well attended by 15 of us at *Ilfracombe Golf Club*. Joan L. organised a dinner at the *Thai* in Braunton in March. Jo R. arranged walks at *Arlington*. We have been busy bees!

All events are on our MOTO EVENTS WhatsApp. Can you please only use this to post an EVENT or to say if you ARE coming to an event, and then use the MOTO CHAT WhatsApp for everything else? This will stop the events site from clogging up with chit chat. Thank you.

Please check your MOTO EVENTS WhatsApp regularly as our events do not have a regular day/date each month like other groups. We try and work around members requests but cannot always prevent clashes.

We cannot wait for the better weather as we may well repeat some of our favourite walks and also bus trips on the open top bus when it starts again. We had fun last year at some of the music events on Combe Martin Beach. We will try to go on a few sessions when the weather is ok. I have a few other ideas in the pipeline too.

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



Natural World

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

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

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

Contribution £3

At our March meeting we were given a fascinating account by Joe Newberry of the wildlife charting project "Finding Natures Footprints".

The project team spent last year researching and recording the wildlife in the western end of the North Devon Area of Outstanding Natural Beauty (ANOB recently renamed North Devon Coast National Landscape).

The aim of the project is to not only to discover the diversity of species our area has to offer, but to record it so that it's logged at a national level, presenting a clearer picture of what we have and enabling us to take appropriate steps to ensure that it is conserved: not just 'hearsay', but evidence.



The plan this year is for the project to focus on the Ilfracombe and Combe Martin section of the National Landscape.

Joe was asking for local volunteers to get involved in the project in a range of ways for which he is proposing to provide training.

A better understanding of the volume and distribution of our local wildlife is essential in informing the initiatives to support the recovery of our local fauna and flora.

If anyone is interested in helping with the project please contact me on [xxx](#),

Our 22nd April event (which is on the 4th Monday rather than our usual 3rd Monday) is currently in its final planning stage and is a visit the NT at Arlington to explore their work in restoring natural wetlands habitat.

Further details will be published on our WhatsApp group.



Novel Readers Convener: Betty Williams Tel: xxx

3rd Tuesday 2.30pm at xxx. £1

I could say we were drunk with the delights of "Cider with Rosie", any qualification being well reasoned but in the minority. It led to much discussion about our own childhood experiences... unlikely to be repeated after we have read our next book which is John Updike's "Rabbit at Rest" and which we shall review at our **16th April** meeting.

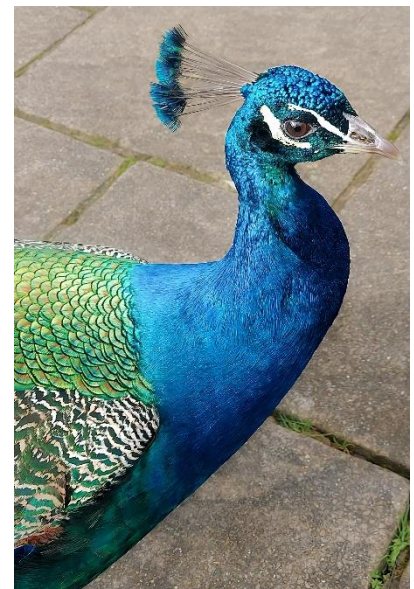


Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx

4th Tuesday

10.30-12.30 followed by nearby refreshments



The Photography Group currently has a spare space.

February's outing was to the beautiful Heddon Valley for a leisurely walk down to Heddon's Mouth. Amazingly the weather was kind to us, and what a beautiful walk it was, with the big reveal at the end as you reach this ruggedly photogenic and secluded bay. Add in a dash of history with the old lime kiln, a powerful and fast flowing River Heddon, plus plenty of geology, fungi, and wildlife to be snapped, all of which made for a perfect morning.

Followed by refreshments at The Hunters Inn, where there is always a good selection of generous sandwiches and tasty beers to be enjoyed.



Apr Tue 23
May Tue 28

Ilfracombe Museum
Velator Quay

Local refreshments
Quay Cafe

All ability levels and all cameras are most welcome. Our Snappers & Snackers group is all about gently exploring and enjoying this fabulous area that we live in, with a bit of exercise, a bit of banter, often some cake; and we even been known to take a photograph or two in the process! Individual tuition sessions can also be arranged.



Practical Art.

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

Practical Art is a friendly, informal group of U3A members who enjoy painting or drawing together. We are a group with varied levels of skill from beginners to more experienced artists. We welcome new members who enjoy a chat and a bit of art so come along and join us. Bring pencils or paint.



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

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

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

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



Friday 12th April

Starting from the Croyde NT CP, we take the coast path to Baggly Point. Continuing around the point on the coast path towards Putsborough, about half way along we cut inland to return to the car park. No serious climbing.

Length / time: 3.5 miles / 2.5 - 3 hours.

Meet at Croyde NT CP

Optional lunch at the NT cafe, or Manor House Inn, Croyde.

Leader: Wal Daw

Baggly Point



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

Our **April** meeting is on **Thursday 4th** at 1pm. We shall finally get round to watching the previously postponed King John. In March we did catch up with the fully subtitled A Midsummer Night's Dream, which was declared to be enchanting, exactly as it should be. Prepare to be amazed by Leonard Rossiter's 'magnificent' performance in the title role of King John, and I have set you a challenge to recognise a famous face in the first scene who is disguised by a massive red beard, so no peeking at the cast list!

Linda Macpherson



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

Our meeting in **April** is on the **15th** (no meeting Easter Monday)

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.



Skittles Conveners: Jane Lucas Tel: xxx

Email: xxx

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

£1.50 for the picker upper

U3a skittles is on the 1st Friday of the month, that is the **5th of April**

Come on and have a go. Just £1.50 for the picker upper. Customary to buy a drink soft or otherwise. Contact me if you would like more details. Jane.



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

Tel:xxx xxx Steve Hawes Mob:xxx

Although only a fortunate few, we thoroughly enjoyed a delightful meal at the Fox and Goose in March, and are very sorry to say farewell, with best wishes for their future, to the talented hosts. Good food and good company, what more can you ask for? The Fox now passes into other hands, and let us hope we can enjoy such pleasant meals there in the future. Steve has very kindly volunteered to test it out!



Steve Hawes

Our April meal is at the Stag's Head, Filleigh, EX32 ORN on **Sunday 21st April**, 12 for 12.30.

Contact for dietary needs is xxx.

We must be able to tell our venue our numbers in good time, so please let me know at the latest by the 15th April if you can (or can't) join us. Fran

I will shortly be putting together a WhatsApp group for those of you who have smart phones, so if you are not ok with that please let me know. WhatsApp should make contact easier for all of us. Don't worry, I'll be on the phone for any of you not able to use WhatsApp.



The Writing Group Convener: Stuart Coslett Mob: xxx

Email: xxx

2nd Monday 2pm Ilfracombe Library With a good turnout the contribution is £2. Should there be smaller numbers for any reason then a little extra is needed to meet the £17 cost for the venue

The writing group continues to thrive. I'm sure that we all look forward to meeting up and sharing what we have written. This month we have set ourselves the task of writing a piece from the point of view of an animal. Maybe we'll discover the next Anna Sewell? Who knows? We'll find out on **Monday 8 April**, which is the date of our next meeting.

Stuart



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

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



The yoga classes have been very successful and there are 14 people registered on each class with a further 4 on a waiting list. Everyone seemed to enjoy the first class and, as a teacher I really enjoyed the class and how well everyone managed the exercises.

The coffee/tea afterwards was a lovely addition and the feedback was that it allowed people to meet others that they had not previously known.

The classes for **April** are on the **12th** and the **26th**. Class 1 is a slow flow class from 12.45 - 2pm and class 2 is a chair yoga class from 2.15 - 3.30pm. Contact Jackie on xxx for any information.

Retirement



Some like to just sit in a comfy chair,
Many are lonely & think nobody cares.
They ponder, they wander.
From room to room,
Thinking of their past,
Succumbing to the gloom.
Some are still in couples
But have nothing to say.
Resenting their presence,
Getting in each other's way.
Others find themselves alone
For the first time in years,
Moping, reminiscing,
Eyes full of tears.
They can reach for a puzzle
Or get engrossed in a book.
Potter in the garden,
Find something tasty to cook.
They can use it or lose it,
Waste hours with their phones.
Let their joints seize up.
Welcome stiff & aching bones.
Look frumpy, feel grumpy.
do nothing but sit,
Let the body seize up,
And no longer be fit.
They may walk with a shuffle
Bad tempers may grow,
Their patience become limited
As their minds become slow.

Well I have found a solution,
Now I am passing my prime
My retirement is arriving,
I shall have some spare time.
There is yoga & writing, painting & crafts.
Dinner dates & coffee mornings
With plenty of laughs.
Novel book clubs & history,
My family tree,
Meeting new people
Who share interests with me.
Outings in gardens
Photography.
Learning a language
over a nice cup of tea.
I'm happy, I'm active,
I'm even learning to sing
There simply isn't enough hours
To fit all this in.
There are new friends to meet,
Something different each day.
Retirement looks exciting,
Now I have joined the U3A.



©Julie Grasso

It's going to be a great summer. I'm staying local this year.



Janet Gibbins

Ilfracombe Coast u3a Organising Committee contact details

Jane Dendle	Chair from May & Community link	xxx	xxx
Julian Tippett	Vice Chair	xxx	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	xxx
Steve Hawes	Membership Secretary	07392 781894	Email: membership@ilfracombecoastu3a.co.uk
Bryan Cath	Website, IT & Publicity	xxx	xxx
Penny Kitching	Convener Liaison	xxx	xxx
Ley Holloway	Speakers /Tech support	xxx	xxx
Marilyn Stobbe	Committee member	xxx	xxx

Contact for the newsletter: Fran Barnett xxx

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

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

Answers: 1. Dead Sea; 2. Luke Litter; 3. Allison Steadman and Larry Lamb; 4. An unexploded WW2 bomb was unearthed; 5. Yann Martel; 6. 224°; 7. Atlantic; 8. John Hart; 9. Parrot; 10. Harold; 11. Alec Baldwin; 12. Salome; 13. Jamie George; 14. 1862; 15. Albert, Prince Consort; 16. Giraffe; 17. Bishops Lydeard; 18. Vincent Van Gogh; 19. Andorra; 20. Kate Middleton.