

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Alan and Margaret Winchester

From the chair

Hello everyone. I'm Jane, the very new Chair of our u3a. When I was approached about the possibility of my taking on the post I have to admit that I was very apprehensive and gave it careful thought before agreeing. Our committee has managed well for a year without an official Chair, but I realised, and have found in other walks of life, that you really need a figurehead so that everyone knows who to go to with any queries or complaints. (I hope there won't be too many of the latter!)



A major reason for me accepting the post was the fact that our committee is so active and so efficient. We work as a team, and I am sure we will continue to do so.

You won't need me to tell you how lucky we are with our u3a. We have wonderful social events - don't forget "Blue is the Colour" at Lee on May 16th, and of course all the brilliant coffee mornings. The variety of our interest groups is impressive, and there really is something to suit everyone. It seems to me that it would be possible to attend a u3a event on practically every day of the month should you so wish, and you can always be certain of a friendly welcome. We're always delighted to consider any new ideas too.

Being in our u3a is fun. We are such a success because we all work together. There are always willing volunteers, whatever the request might be (Thank you, RUG group!) It really is "Run by us, for us," and long may it continue!

Jane Dendle

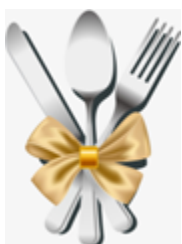
Your May Special Lunch : Blue is the Colour.

May 16th

A buffet lunch including tea/coffee and entertainment

£15

See page 3



The Munch Bunch

We are pleased to announce the start of our new lunch group. Make sure you sign up by Monday 13th May, before our announcement in the June Newsletter which will give details of our planned first meal.

For more details see Munch Bunch in the Interest Groups on page 12

Questionnaire on our Interest Groups

We started asking members about their thoughts on our Interest Groups at the AGM on 8th February and then the following coffee mornings. We also asked our conveners to ask their participants to complete the questionnaires, should any of them have not received one to complete. So far about 40% of our members have told us about their thoughts on our Interest Groups. Forms are still available and we would like to give everyone an opportunity to have their say.

The results of the questionnaire so far have highlighted which interest groups are running near capacity and which have space. It has also shown that there may be a need to increase the frequency or set up duplicate groups to accommodate all those interested and those who would be willing to help with this process.

We also asked if there were any new groups that might be of interest to our members, putting suggestions gathered from other u3a groups. The popular ones, with enough interest to form a new group, were:

- Computer Skills
- Line Dancing
- Local History
- Quizzes
- Knitting
- Sunday Lunches - the new Sunday Lunch group will soon be up and running.

All these suggestions (except Line Dancing) had people who would be willing to help set up and run them which is brilliant!

Our committee will now consider how we might progress the groups that the questionnaire has indicated need enlarging or starting.

Bryan Cath

Not forgotten

Phillip Ellis, d. 4th April 2024, aged 74

Phil died peacefully from motor neurone disease, attended by his wife Mona.

As a stalwart of our Practical Art group, his sometime painting style earning him the nickname "Pablo", he will be sorely missed. From 1970 his working life was spent mostly based in West London, working as an environmental consultant specialising in acoustics. He worked for Wimpey, later moving to British Airways. In the 80's he was posted to Canada for a time. Phil retired in 2017.

They moved to Berrynarbor taking the highest house in the village, which they adored. Besides art, he played badminton and was a keen DIYer and gardener. He is remembered lovingly by Mona as a kind, patient, calm and humorous person. He leaves a son, a daughter and two grandchildren.

Deadline for the June newsletter will be Saturday 18th May

Blue is the Colour

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

In order to make this Special Lunch more inclusive, your committee have agreed to subsidise the cost of the hall and the entertainer, so your



**Buffet lunch including tea/coffee and entertainment
will cost just £15**

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 duo Martin and Sarah have decided to retire due to Sarah's long-standing illness.

We have now booked Ricky Tucker, another favourite, who 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 (and 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.

Allergies and intolerences

If you have a food allergy or intolerance it is your responsibility to contact the venue, or in the case of an event catered for by us, the organiser, to let them know. We always publish a contact number for each event.



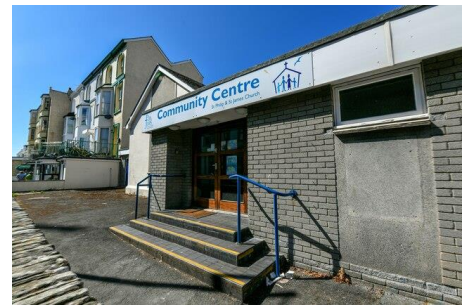
Did someone say coffee and cake ???

Yes we did!!

Our next Coffee Morning
Friday May 24th (4th Friday)

Pip 'n' Jims Community Centre

St James Place, Ilfracombe
10.15 - 12.00 Cost £3
Coffee/Tea and cake



We welcome all members

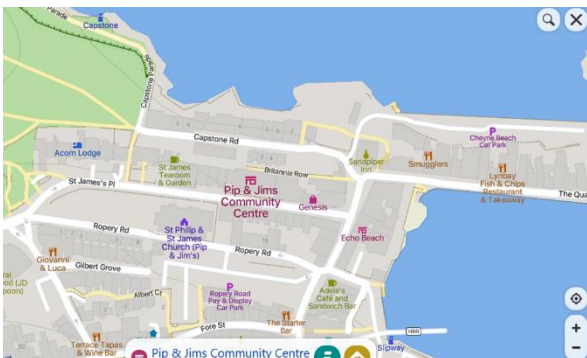
Joan Broxholme xxx Fran Barnett xxx

The speaker for May is **Legacy Fortress for Generations'** by Silvertime. When is the right time to have this conversation if it's not now?

Our experts will delve into the intricate world of estate planning, shedding light on topics such as Inheritance Tax Planning, Long-Term Care considerations, and the significance of having a comprehensive plan in place.

The advice provided stems from the concept of protecting assets such as family homes, investments, savings, businesses, and cash. All these can be at risk from the likes of long-term care fees, divorce, remarriage, creditor claims, bankruptcy, and inheritance tax.

Our new venue



We hope that you are enjoying the quality of the facilities at our new venue.. 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.

***** New start time 10.15 *****

There are many payment car parks available to you, including in the summer months the church car park opposite the hall when an attendant will be present from 10 am. **You will not be able to access that car park before that time.** Payment is by card. 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.

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

Our March Coffee Morning

The coffee morning in March really proved why we have had to leave Brookdale and relocate to Pip 'n' Jims. 60 people came in - a fantastic attendance - and it soon became a game of hunt the tables and chairs. Thank goodness Tina Gray knew the answer (and had the relevant key!)

Our speaker was Joanna Eames from the RNLI. She told us about the early history of lifeboats in the town, the days when the boat was kept on the Pier, how the launch used to be in front of the Brit with the boat being hauled along the Quay.

Contd.....

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As bigger boats were used this became impossible, and the route had to go behind the hotel to the present slipway. Now of course we have the new boathouse and the super-duper Shannon class lifeboat with its state of the art launcher and turntable.

Joanna also spoke about the RNLI's involvement with lifeguards, and reminded us of the various flags that can be seen on the beach, very useful with summer on its way (we hope!) It was a very informative and interesting talk, enjoyed by all.

Our volunteer team worked really well together as always. The cakes were delicious, offering a real variety, including hot cross buns, reflecting the season. Thank you to everyone.

Jane Dendle

Photo: Steve Hawes



Welfare Support Jane Lucas xxx Telephone xxx

Brighter and longer days are coming !

Daylight is central to our wellbeing because it affects our circadian rhythm which affects our sleep quality, energy and alertness, mood, cognitive performance, and other natural functions that are important for our health and wellbeing.

Sunlight can raise our moods and brighter longer days are on the way at last.

Sunlight boosts our serotonin levels also known as the happiness hormone. It also improves our sleep.

Our exposure to the sun in the daylight hours, means more melatonin we produce at night, which improves sleep, synchronizes our biological clock, which can lowers stress. Hurrah !



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

1. Which monarch was on the British throne when the RNLI was founded?
2. With what style of music is Gareth Malone associated?
3. In a rainbow, which colour comes between green and orange?
4. When was Ilfracombe's St Nicholas Chapel built: 1321? 1421? 1521?
5. How many USA States have coastlines on the Pacific Ocean?
6. In which decade was "Shaun the Sheep" first shown on tv?
7. The bacterial infection pertussis is better known as what?
8. What is the Welsh name for Wales?
9. What may British soldiers now do that, previously, was banned?
10. What is the first name of Donald Trump's wife?
11. "Lady Justice", atop the Old Bailey, holds which two symbols? ...
12. ...And which of these is held in her left hand?
13. Who was BBC1's first DJ?
14. Which jockey had his "Magnificent Seven" at Ascot in 1996?
15. "Vectis" is an ancient name for where in England?
16. What results from the mating of a female donkey with a male horse?
17. "A23a", worryingly on the move in the southern seas is what?
18. Who is the current Shadow Chancellor?
19. A bridge in which US city was recently destroyed by a container ship?
20. Which royal dynasty succeeded the Tudors?

JACK IN THE GREEN, ILFRACOMBE

Jack in the Green in his fir tree gown
 Walked his burden through the town
 To celebrate the start of May
 When winter cold should go away.
 With a sound track made of drums and yells
 And whistles, with the jingling bells
 Of Morris dancers, his court progressed
 With giants on stilts in this pagan fest.

People dressed in green took part
 In the long parade which at its heart
 Was the age old wish for days of sun
 And warmth as summer was begun.
 Down by the Capstone the Maypole clad
 In ribbons awaited each lass and lad.
 While Jack in the Green cast off his tree
 To join in the dancing revelry.

A sharp wind blew round Preacher's Rock
 To chill the May Queen in her frock
 Of satin and lace whilst the watching crowd
 Hoped that the ridge of dark grey cloud
 Would not arrive with its load of rain
 As children danced to the old refrain
 Of Maydays past, and friends stood round
 To enjoy the classic sight and sound.

Alas 'The Jack in the Green' no more
 Winds down the High Street to the shore.
 But memories live of pleasures gone,
 And in our hearts the dance goes on.

Katie Mallett © 2024



Interest Groups /Events timetable May 2024

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------------------------|--------------------------|------------------------------------|---------------------------------------------|-------------------------------------|----------------------------|----------------------------|
| | | 1 Art | 2 Shakespeare | 3 | 4 | 5 |
| 6 | 7 | 8 Art | 9 Foodies | 10 Ramblers Yoga | 11 | 12 |
| 13 Writing group | 14 Modern Board Games | 15 Art French Conv Ital conv | 16 Blue is the Colour - Special Lunch | 17 Skittles | 18 MOTO Garden Visit | 19 Away Sunday lunch |
| 20 Natural World Singing4fun | 21 Novel Readers | 22 Art French Conv | 23 Archive Ilf | 24 Yoga Coffee AM Archive Ilf | 25 | 26 |
| 27 Family History | 28 Photography | 29 Art French Conv | 30 | 31 | | |

Car sharing

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

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

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

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

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

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



Janet Gibbins

Ilfracombe Coast u3a Interest Groups

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

Penny Kitching Tel: xxx Convener Liaison



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

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

It was all hands to the same deck at AI in March. The museum has been given a huge collection of local pictures, old postcards and photos of more modern subjects, for instance of the building of the Landmark Theatre, and of the various hotel fires our town has witnessed. The pictures had to be removed from the albums and then classified in an arbitrary sort of way, at the same time looking for any duplicates. It really is a mammoth task, and we could well be doing it again at the next meetings, which will be on April 25th and 26th.

The May meetings will be on **Thursday 23rd** and **Friday 24th**, 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.

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

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

The craft group had our first outing on Wednesday 17h April. Four of us went to Coastal Creatives in the High Street and made lampwork beads.

We made three each and it was scary but enormous fun. Kerensa, who runs the shop, was very helpful and supportive. She explained the process and demonstrated before letting us loose on a 1000 degree flame.

I collected mine the next day so here they are. Very pleased with them.



Our next trip will be in May and we are going back to do fused glass at Art Mash in Chivenor. We will be Pottery Painting in June.



Entertainment Convener: Janet Keiff xxx

Convener Janet Keiff has decided to call it a day on the Entertainment Group. Despite repeated requests to the many members who originally signed up to this group for suggestions as to which outings would be wanted there has been very little activity, and despite Jan's suggestions has mostly consisted of Jan herself going out with one or a few friends.

A group thrives when there is to and fro between conveners and members. When we are fortunate enough to have someone who is willing to do the organising the least we can do is to give an indication of what we would like from the group. The lesson is 'Use it, or lose it', not to mention 'By US, for us'.

We thank Jan for her hard work in searching out events that she thought might generate interest, and for booking the tickets and dealing with the finance - a task enough when there is an enthusiastic response, and no doubt hard graft in the face of apathy. Please Jan, remember the highlights - you went to some great shows, and the group of hardy members sitting long in the rain at Arlington Court watching an outdoor film when the wind got up and blew Joan Broxholme's umbrella inside out has to stay long in the memory! Thank you.



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

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

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

Hello fellow researchers the dates going forward are as follows:

Due to there being a Bank Holiday at the beginning of May we will have a meeting of both groups on **Monday the 27th May.**

Our June meetings will be:

Monday 3rd June Group one

Monday 24 June. Group two

I look forward seeing you all. Joan Broxholme



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

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



We had a very productive meeting with 8 of us attending. The theme was floral/flowers. There was rose petal cake, lavender cupcakes, 2 lots of saffron cake, orange and rosemary cake, cherry biscuits, rose fool and rose shortbread as well as a pun from me with cauliFlower popcorn. We also tried some Tea flowers tea. One was a jasmine inspired flavour and the other was rose inspired.



The quiz was answered with good humour a lot of guesses, well on my part at least.

Please note due to the event at Lee on Thursday 16th we have been asked to change the date from the 16th so next month will be on **Thursday 9th May**, same time same place. The theme is picnic food. We would very much welcome more members to our group.

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 my 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.

There will be no meetings on the 1st and 8th May, as the Convener will be 'en vacances'



Garden Visits: Convenors: Walter Daw

Mobile: xxx E-mail:

xxx

We visit gardens in the National Garden Scheme, National Trust properties and other gardens open to the public - especially those with tea and cake!

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

Our April Visit

We went to Musselbrook Cottage, near Sheepwash and the trip was well worth the effort. The owner was extremely talkative and pointed out the many rare and interesting plants in his garden. Rare Azaleas, Rhododendrons and a lawn packed with cowslips were a delight to see. The garden had a tranquil Japanese garden and a pond full of Koi carp. The garden was teeming with birds and there were even slow worms in his compost heap!



Yet again, attendance was low, with only seven members coming on the visit. I have contacted many new U3A members, but have yet to see anyone. Why not give garden visits a try next month?

Our May visit

Our next outing is to the Old Glebe, Eggesford, Chumleigh, EX18 7QU on Saturday, **18th May** when this National Garden Scheme location is open to the public.

There are 7 acres of gardens surrounding a Georgian rectory. There will be a magnificent display of rhododendrons and azaleas in May. The site features many interesting mature trees, a walled Long Border and new herbaceous beds. For the veg. growers among us there is a 'no dig' kitchen and cutting garden. A 'Messenger' greenhouse (1929) is being restored. We can wander through a wildflower meadow with mown paths to a gazebo and suspension bridge.





Italian Conversation

Coordinator: Julian Tippett xxx1st 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 **May: 15th.**

No meeting on the first Wednesday as a contingent of the group will be in Tuscany visiting all its famous cities. We'll stay in Montecatini which has a funicular to take people up to a higher part of the town. Shades of Lynton but without the water?



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.

This month was a small (but perfectly formed) group, due to Easter hols, holidays, funerals and grandparents duties. (Thanks people for letting me know it really helps with planning)

We had a lovely afternoon playing King Domino and Point Salad.

Hope to see you all next time on 2nd Tuesday of the month (**May 14th**)

Penny



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

Martin one!) Tel: xxx Mob: xxx

Email: xxx

Specifically to facilitate opportunities for socialising for Members On Their Own, this group operates mainly, but not exclusively, using the WhatsApp on your smartphone. Help is available with downloading and using WhatsApp if required. We are a super friendly and supportive group of single and widowed guys and gals, and members who like to go out sometimes without their 'other half' or have different interests.

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

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

Short notice arrangements / ideas are very welcomed by MOTO. Several of our members also join in with other groups (i.e. singing, ramblers), so check the Newsletter for more information. Please also try and attend the u3a Coffee Mornings. Wear your name badge and we can try to make sure you meet others from the MOTO group.

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Welcome to our new members. We now have more than 30 MOTO members.

Not a very busy month for us, as the constant rain was a problem for any outdoor arrangements. Joan Lupton arranged a well-attended April meal at Fullham in Barnstaple. As we go to print we will be going to a Quiz in Woolacombe on 19th April... wonder if we can win!! Thanks Joan B. for arranging. We will also be on the Woody Bay train late April for the free locals trips. Barbara E. invited us to join her at Chivenor Military Ladies Choir concert at Berryarbor Church on April 27th.

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 meet up for a few sessions when the weather is ok. I have a few other ideas in the pipeline too. Upcoming but not yet arranged are possible breakfasts, walks, cream teas, visits etc.

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

Pat Martin x



The Munch Bunch Contact :Jo Rosvall xxx

Steering group: Barbara Eales, Gilly Loosemoor, Maureen Lowe, Phil Marsden

We are pleased to announce the start of our new lunch group. Recently there has been more demand for places than the existing group could meet.

Our new lunch group, 'The Munch Bunch' plans to meet once a month, usually for a Sunday lunchtime meal, but this may vary occasionally. We will visit a variety of venues,

within a twenty mile limit. Details of our organised meals will be in each monthly newsletter. Members will need to book their place in advance.

This group has been set up to meet the demand for extra places. For this reason it will be open only to members not signed up for the Away lunch group, for the time being.

WHAT TO DO NEXT?

Please let us know if you want to join our group, either by email to Jo Rosvall xxx

or by telephone to Maureen Lowe:xxx by Monday 13th May. Make sure you sign up before our announcement in the June Newsletter, which will give details of our planned first meal.



Natural World

Contact: Jo Rosvall xxx Email: xxx

Steering Group contact: Andy Forgan xxx

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

Contribution £3

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

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

A small steering group works to coordinate activities.

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

Unfortunately the Natural World group were unable to meet for our April event because our hosts, North Devon Council, in the form of the Brynsworthy Recycling Centre, cancelled at the very last minute.

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Our **20th. of May** visit is to the Roots Project "a sustainable and regenerative rural estate" in the Oare Valley. It is based on the principle the "We are only as healthy as our soil. What our food eats is essentially what we put on our plates."

Full details will be sent to members on our Whatsapp group

Whilst numbers are limited non-members of the group are welcome on a first come first served basis. Please 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.

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

Updike's "Rabbit at Rest" was allowed to remain at rest, for the most part unmourned though there was some positivity, admittedly limited. Our new companion for our literary journeyings is Raynor Winn's first book, "The Salt Path", which we will discuss at our next meeting on **21st May**.



Photography - 'SNAPPERS & SNACKERS'

Convener: Steve Hawes Mobile:xxx

4th Tuesday

10.30-12.30 followed by nearby refreshments

All ability levels and all cameras are most welcome. 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!

We have a morning slot because mornings are generally brighter in North Devon. Every meeting is an outing. A leisurely, local trip out - where we can explore different types of photography - focusing on gradually improving familiarity with our cameras, thereby gaining a better understanding of the myriad of control options and menu settings.

With the emphasis very much on enjoying photography, getting more out of photography, and discovering this photogenic part of the country.

With additional one-to-one theory sessions to go into more detail if requested.

With possible house meets to explore photo-editing options.

With the emphasis on using our cameras rather than our phones.

March's outing ticked both the photography box, and the lunch box! The weather, shock horror, was amazing and many photos were taken. The challenge was to take a good shot of Lynton's fine looking and photogenic Town Hall, then to find an interesting or unusual detail hidden in the building. This is a great way to spot things you might otherwise miss, and the Town Hall came up trumps in this respect.

Followed by a leisurely lunch at the Vanilla Pod, with it's quirky service, and great Mediterranean style food.





Apr Tue 23 Ilfracombe Museum
Local refreshments
May Tue 28 Velator Quay
Quay Cafe



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

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



Ahhh!! Relaxation! 2 hours to sketch or paint, whatever takes your fancy, together with our friendly group of scribblers and splodgers at Berrynarbor Manor Hall. Wednesdays at 11am. You don't have to be an artist and you might rediscover your hidden talent! We help each other and improve our artistic skills. Bring pencils, paper or paints and join us for 2 hours of relaxing creativity.

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



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

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

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

Each walk is 3 to 4 miles in length taking 2.5 hours or so. Afterwards a number of the party will choose to take lunch at a local hostelry. A WhatsApp group "u3a Ramblers" has been set up, organised by Jacqueline Cox. We expect it to be used inter alia for lift-sharing, updates and cancellations. If you want to join please contact Jacqueline. Queries to me, Julian

Friday 10th May

Lorna Doone valley and Malmsmead Hill. We shall walk alongside the river, past the Lorna Doone memorial and then climb up to cross moorland. Return through woodland. There's one short section (100m?) climbing steeply up a rocky track. Good paths otherwise. Have 50p per person in coins for an honesty box.

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

Meet at Malmsmead NT car park.

Optional lunch at the NT cafe, or the Blue Ball Inn on the way back.

Leader: Drew Lourey



The u3a group by the memorial in April 2015



Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx

1st Thursday 1pm Convener's house in Ilfracombe

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

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

Our **May** meeting is on **Thursday 2nd** at 1pm. The play is *The Merchant of Venice*, a play stuffed full of interesting characters. It's officially a comedy, but there is a very dark episode at the centre of the play which, as it plays out, leaves you thinking it should be a tragedy, as it can't possibly go well. Our version is a sumptuous film from 2004, starring Al Pacino, Jeremy Irons and Joseph Fiennes' 2 hours, 7 mins will pass in a flash. There's a lot to get your teeth into in here, and I aim to clear up any misconceptions that new audiences might have about the play and its characters. I've encountered a lot of general ignorance about it from people who have never seen or read it, so prepare to be enlightened one way or another if this means you. I have photographic evidence of myself playing a role in Studio Theatre's production of it some years ago, but sadly, no recording.

Linda Macpherson



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.

Our meeting in May is on the 20th (no meeting Bank Holiday Monday)



Skittles Conveners: Jane Lucas Tel: xxx Mob:xxx

Email: xxx

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

£1.50 for the picker upper

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

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

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

The next U3A skittles is on Friday May 17th @The sandpiper, Ilfracombe. Time 4-6PM.

Come on and have a go.

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

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. 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.

Our next lunch is at the Pyne Arms at East Down, Barnstaple, GB EX31 4LX, on **Sunday 19th May** at the usual time of 12 for 12.30. We have moved forward a week to avoid the bank holiday.

These days this pub is listed as one of the top places to go for Sunday Lunch in the country, and has been recommended by members of our group. I have been unable to get detail of the costs for starters, main and desserts in time for the newsletter, so we'll be in touch with you shortly with those.

We now have a WhatsApp group for those of you who have smart phones which should hopefully make it easier for you to let me know if you can join us, or not - by the 13th May please. 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 April meeting required us to write a piece from the point of view of an animal. I suppose it's not surprising that cats were a popular choice, although a dog, a horse, a bird, and a herd of cows also made an appearance! At the meeting we welcomed Lizzie Howard, who will be joining us for future sessions. Our next meeting will be on **Monday 13th May**, when our writing will focus on events which take place in one specific room, for example a railway waiting room. As always, I'm looking forward to what that might produce.

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)



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.

There are two yoga classes, one is a slow flow class and the other chair yoga. Both classes are very well attended and everyone is making good progress. There are a couple of places available for chair yoga so if you have expressed an interest and want chair yoga please get in touch with Jackie

The classes for **May** are on the **10th** and the **24th**. 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 xxx32 for any information.

For your interest

U3a Croquet Group

Braunton U3A run a croquet group during the summer and invite members from the surrounding U3A's to join the group. The U3A Croquet Group will be starting on Tuesday 30th April. The group meets weekly at Barnstaple Croquet club, Raleigh Meadow, off St. Georges Road, Barnstaple, EX31 4UX. Tuesday, weather permitting, during the summer from 2pm to 4pm. No experience is necessary and all equipment and coaching is provided.

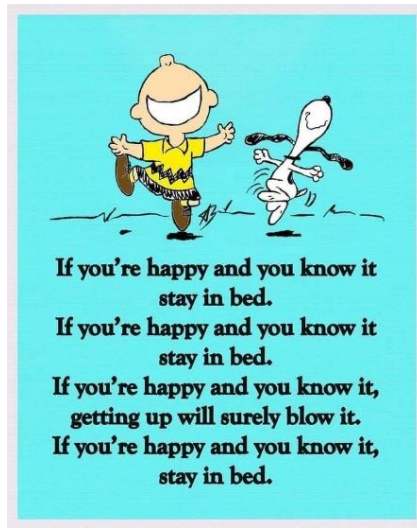
The cost is £4 to join or rejoin the group and £4 for every session you attend. Contact Anne Young on 01271 813255 or email rayvyoung2000@yahoo.co.uk for more information and to book your place. Come along to meet friendly people for a fun afternoon

Ilfracombe Musical Memories

This fabulous organisation has been running for many years. It is a social group with Music and Song for people living with Alzheimers, Dementia, Parkinson's, Stroke etc, and their carers. They meet on the 1st and 3rd Tuesday of every month, 2-4pm at the Vision Centre, Slade, Ilfracombe EX31 8LU. There is always a warm welcome, with two hours of socialising and a sing along, a programme of music, song, laughter and fun, and most of all understanding and acceptance. All clients with memory difficulties must be accompanied. Music stimulates the brain, and people with memory difficulties can recall words of songs and melodies long after other memories fade. Through the music, confidence, mood and self esteem are boosted. Funded by local organisations and generous public donations the entry and session are free. For more information contact Hazel 01271 549252 or Valerie 01271 862170.



Janet Gibbins



Joan Broxholme

Organising team

U3a (University of the Third Age) is a national organisation and Ilfracombe Coast operates under its umbrella. We are a charity and the committee members are trustees. We are here to serve our members.

We operate by an ethos of 'By us, for us.' All that we do is by the generosity of volunteers who give freely of their time, enthusiasm and expertise

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

Ilfracombe Coast u3a Organising Committee contact details

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

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

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

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

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

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

For a printed copy, please contact Fran Barnett xxx newsletter@ilfracombecoastu3a.co.uk

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| Answers: 1. William IV; 2. Choral singing; 3. Yellow; 4. 1321; 5. Five (Alaska, Washington, Oregon, California and Hawaii); 6. 2000s (5th March 2007); 7. Whooping Cough; 8. Cymru; 9. Grow beards; 10. Melania; 11. A sword and the scales of justice; 12. The scales of justice; 13. Tony Blackburn; 14. Frankie Dettori; 15. Isle of Wight; 16. A Hinney; 17. An iceberg; 18. Rachel Reeves; 19. Baltimore; 20. Stuarts. |
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