

Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Jane Coleman, Teresa Crossman, Mike Dixon, Pauline Jefferies, Maddy Spelman, Linda Wilcox and Jane Wright

Our Really Useful Group



Two years ago this group, known as R.U.G., the Really Useful Group was set up to enable members to be.....really useful! Since then many new members have joined our u3a and may not be aware of how the Really Useful Group works.

The Committee works to organise activities and the running of our organisation, while conveners work to support all our interest groups and are at the heart of all we do. Not everyone can make a regular commitment and there are other ways to help.

Our Really Useful Group has been set up so that you, our u3a members can play your part, as and when you can. It mostly works via a What's App Group, where requests for help are posted.

- help run events
- join the team at coffee mornings, setting up, in the kitchen, serving cakes, packing away
- make suggestions and contribute ideas for new activities, one-off events
- help with Newsletter distribution
- organise a walk
- contribute to our website or Facebook page
- make a cake for our coffee morning

So why not take up the chance to join a friendly team, and play your part in running our u3a, by us for us? There will soon be an event to re-launch this group, so make sure you are included.

To join or check you are on the list, contact: info@ilfracombecoastu3a.co.uk

Lunch Club - a new lunch group

Here is your chance to be in at the beginning of a new lunch group. Our existing Away lunch group is highly oversubscribed which says that there are many of you who would like to belong to a regular lunch group. There is no better way to socialise than with good food in good company.

This is your opportunity to be part of this new group and contribute your ideas of when, where and how such a group could operate.

If you are interested please come to 'Dice and a Slice', 6 Belgrave Promenade, Ilfracombe, EX34 9BD on Thursday March 21st at 10.30 a.m. for coffee (and cake). 'Dice and a Slice' is on the road between Lidl and the Landmark theatre. For numbers please let Penny know that you are coming Mob: xx Email: xxx





How good it was to see so many of you at our recent AGM.
The Report of U3A Activity in 2023 is on page 17

Photo: Steve Hawes

Our Safeguarding policy

We have recently been reminded to place a copy of our Safeguarding Policy on our website. Any member who wants a paper copy please email Jo on info@ilfracombecoastu3a.co.uk We are committed to safeguard our members. It is the responsibility of us all to take action should we become aware of any safeguarding concerns for anyone in our u3a. Should anyone become aware of any harm, abuse or neglect of any member that warrants intervention, then it should be brought to the attention of a committee member. Guidance is available for handling the matter. In serious cases external agencies would be involved to take responsibility. The policy can guide the committee in any such case.

Conveners news



YOGA for All

New Group now starting on March 8th! See page 15



Jackie Gough has received many requests to join this group. She has kindly arranged for 2 sessions, both on the 4th Friday of each month at the Body Aware Pilates Studio (end of the High St/top of Fore Street, Ilfracombe). One is at 12.45 to 2.00pm and the other at 2.15 to 3.30pm. Jackie will let you know which session is yours. A few members are on a waiting list.

U3a phone number

We now have a new dedicated mobile number for the Ilfracombe Coast u3a, for Membership (Steve Hawes) enquiries. Call 07392 781894

Not forgotten

It is with sadness we report the passing of Margaret Miller, aged 87, who joined our u3a last year.



Did someone say coffee and cake ???

Yes we did!!

Our next Coffee Morning

Friday March 22nd (4th Friday)

Brookdale Rooms, Ilfracombe

Joan Broxholme xxx Fran Barnett xxx

Email: events@ilfracombecoastu3a.co.uk

We welcome all members. 10.30 - 12.30 Cost £3

Coffee/Tea and Cake

The speaker for March is Joanna Eames who will be talking about the RNLI



January coffee morning



The room was really buzzing at the January coffee morning. It was lovely to see so many there to enjoy the very entertaining talk by Woody Fox. He began his working life as an illustrator of children's books, and it was only after he moved to the Witheridge area and attended a basket weaving course that he discovered his love and talent for working with willow. Now he makes beautiful life-sized models of animals - foxes, hares, chickens, deer, and more. He brought some examples to

show us, and they are truly lovely. Have a look at his website: www.woodyfoxwillow.co.uk to see what he does.

Many thanks to all the team who helped to make the occasion run so smoothly - the setters up, servers, washers up, cake makers, clear uppers - thank you all!

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

Next month, on Friday April 26th, our Coffee Morning will be moving to Pip and Jim's Community Hall, St James' Place, Ilfracombe (Opposite the church). 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. 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 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 can be assured of the usual warm welcome for everyone who attends.



Welfare Support Jane Lucas xxx
Telephone xxx



As we age, we can often find ourselves spending more time on our own. Social isolation and loneliness are very different. We can feel distressed when we feel lonely. Social isolation means we have few people to interact with.



Our U3A can help with our feelings of social isolation it offers a variety of groups where we can meet others with similar interest and Coffee mornings where we can chat with similar minded, or not!! people and friends. Socially interacting with others may not directly cure feelings of loneliness however it can help our overall wellbeing and provide a sense of feeling less lonely.

From the archives January 27th 2022

The future for our U3A

Our u3a currently is, we believe, a lovely caring, welcoming group. We are proud of our efforts during lockdown and ongoing to be supportive of our members. We currently offer 20 interest groups of which 2 are pending having sufficient numbers to continue. One more group is in the pipeline. We have whole group lunches and occasional special events so that we can all get together. Our membership has hovered around 140 for the past few years. The age range of our members is between late fifties and 102.

But we want to do more and be more. This is an exciting opportunity to grow our u3a into something special for our community.

We want to be a vibrant, exciting, forward-looking organisation that is well known and well thought of in our town and villages. We want to increase our membership to at least 200, to reach out to younger people who will be the future of our organisation. We want to expand the number of interest groups we offer, enabling members to have a wide choice of engaging activities, so they can try something they have never done before and develop new skills, grow as individuals and cultivate friendships. We want to provide a range of whole group activities so that there is something for everyone. We want to embody the u3a ethos 'by us, for us' by sharing the 'by us' throughout the organisation. And most of all we will have fun doing it.

Our u3a will be one that our members are proud to talk about to their friends and neighbours and people they meet on the beach.

And we are giving ourselves two years to do it.

NB. We reached 210 members by the end of 2023.

EASTER

"Quo Vadis?" barked the soldier, as the woman hurried past.
She stopped against his outstretched arm,
Her head was bowed beneath her veil, her breath was sobs and gasps.

Now, the only tongue she really knew
Was the Aramaic of her home
But she knew better than to argue with an officer of Rome.

"Unless you tell me who you are and why you go this way -
I might have to arrest you. Now! Tell me what you say."

She turned her face to look at him,
They stood there, toes to toes.

She could not smile and he could see the tears drop off her nose.

"Good Sir, please don't detain me, my mission is but Love"

"Explain yourself, good Lady."

"I swear I will, by God above.

"My name is Miriam of Nazareth, my husband's Joseph, by the way.

We had a son - a splendid boy,

But he died just yesterday.

He was crucified, atop that hill. So now I speed my pace

To where my friends are waiting for me, at the tomb he's buried in.

I must take my turn in vigil to guard his resting place.

I gave him life, I brought him up, I taught him to be good."

"I feel your pain." the soldier said. "You did as any mother would.

"But the road ahead is dangerous: the storm felled many trees,

There are vagabonds and robbers everywhere

Just doing as they please.

"Allow me to escort you and I'll see you safely to your friends.!

He called out to his colleague "Hey, my shift's about to end."

They walked on then, together, as the sun began to set -

His gladius at his right arm, her small hand on his left.

He cleared the path of obstacles, he let no strangers near;

Some forty minutes later:

"It's right ahead - just over here."

She waved toward the mourners who were gathered for the watch

And suddenly he felt the absence of her touch.

So he left her, at the gate, turning back the way they'd come,

But he heard a great commotion at the tomb side, where she'd gone.

He hurried there at once, "Now, just what's going on?"

The ladies fussed and fluttered as Miriam began to wail

"We can't get in to check all's well, we can't move this massive stone."

He put his shoulder to the task, his muscles flexing taut.

His sinews strained, it moved an inch, or so he thought.

"Another go - it will come free, if all of you can help?

I hate to ask you ladies, but there's no one else about."

With all their hands, they tried to push, but Mary bade them stop.

She put her hands together and prayed instead to God.

And with a creak and rumble, the massive rock came out.

In the darkness of the cavern, there was nothing they could see,

So they had to feel around where they thought the corpse should be.

"I must hold him one last time," the distraught mother shrieked.

She scrabbled at a piece of cloth:

"I think I've found His shroud - but there's nothing underneath!"

With apologies to Matthew, Mark, Luke and John, who told a slightly different version of this story.

© Linda Macpherson 2024.

For Membership (Steve Hawes) and General enquiries: call 07392 781894

What a good idea !!
Join our friendly u3a ART GROUP
At the Manor Hall, Berrynarbor
 Bring your own pencils or paints along for
 2 hours of relaxation and creativity
 All skill levels welcome
Complete beginners - Give it a go !
 Meet new friends (David makes a good cup of tea)
 Every Wednesday 11am-1pm
 Only £2

Phone Bob on xxx for more details



Submitted by Catherine Fenton

Interest Groups /Events timetable - March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Committee Skittles	2	3
4 Singing 4 Fun Family History	5 Craft	6 Art French Conv Italian Conv	7 Shakespeare	8 Ramblers Yoga	9	10
11 Writing Group	12 Modern Board Games	13 Art French Conv	14	15 Garden visit	16	17
18 Singing 4 Fun Natural World	19 Novel Readers Craft	20 Art French Conv Italian Conv	21 Foodies Archive Ilf ??	22 Coffee AM Yoga Archive Ilf	16	24 Away Lunch
25 Family History	26 Photography	27 Art French Conv	28	29	30	31

SOME THOUGHTS ON MARCH MADNESS

It used to be the hares that took the crown
For madness in the spring - the boxing pairs,
The darting round the fields, their coats of brown
A blur across the landscape, unawares

Caught by a camera lens. But now it seems
The whole world has gone mad, with strikes and wars
And volcanos filling headlines, fuelling dreams,
Giving every thinking person pause.

But nature carries on as flowers bloom
And birds begin to nest. Now in the air
There is the scent of spring as winter's gloom
Peels away along with strain and care.

Katie Mallett © 2024

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

How Much Do You Remember? (Twenty previously-posed questions.)

1. What was the name of the Brontë Sisters' brother?
2. Who was the Greek god of war?
3. At what number on Baker Street did Sherlock Holmes live?
4. Who composed "Fantasia on Greensleeves"?
5. Who founded The Samaritans?
6. When did the farthing cease to be legal tender?
7. How many bones are there in the human skull?
8. John Laurie played which character in tv's "Dad's Army"?
9. Burns' Night is on which date?
10. "The Lock" is an early 19th century work by which artist?
11. Who were the six previous British prime ministers present at the Proclamation of King Charles III?
12. Halcyon is another name for which bird?
13. The Women's Institute was founded in which country?
14. ITV's "The Chase" is presented by whom?
15. The Glastonbury Festival is sited on which farm?
16. In the film "Barbie", which actor plays Ken?
17. Who was the author of "Tarzan"?
18. Who founded the Eden Project?
19. In the UK, a male turkey is called a what?
20. Cartoon character Tintin has a dog named what?

4000 years later
and we're back to
the same language

Janet Gibbins



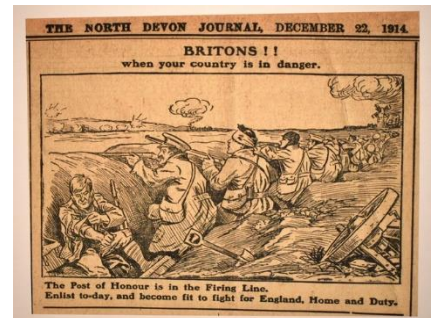
Ifracombe Coast u3a Interest Groups



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



The AI group was full to capacity for both meetings in January. Working in pairs, items processed included railway memorabilia, (very) old newspapers, magazines and comics, exquisite baby clothes and an envelope packed with letters from the likes of John



Betjeman, Antony Crosland and Jeremy Thorpe. Two fantastic afternoons' work!

The group is now full. This is because space at the museum is limited, and we already have to operate on two afternoons to accommodate everyone. I'm happy to start a waiting list though, if you think this is something that you might like to do in the future.

Friday group's March meeting will be on the 22nd, but we'll have to discuss the date for Thursday group. The 4th Thursday is March 28th, but I'll be on Lundy then, so it could be **either March 21st or April 4th**.

Photos: Bill Ripper



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.

January and February have been very creative for the craft group so far, I had to miss the 2nd January session as I had a horrible flu bug. The group made things with air drying clay under Jan's supervision. There were some lovely things made and I took a lump of clay home to make something. The second session we painted our creations, Jan had made some spare items so people who had missed the first week had something to paint.



March will have more interesting crafts to do, we will meet on the 5th and 19th. We will possibly be making cards with stitching techniques, not sure what the 2nd craft will be but we'll come up with something lovely.



Entertainment Convener: Janet Keiff xxx

The wet weather makes us all feel like staying in and keeping warm by the fire- but once you get out it makes you feel a lot better. A bit of fun does us all the world of good. So let's get together and make plans for the Spring!!!

I have looked to see what is at the theatres – please have a look too and see if there is anything you would like me to arrange www.queentheatre-barnstaple.com (lists Ifracombe & Barnstaple shows). Please contact me with any requests. Please message me on xxx or 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 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 plus refreshments.

The dates for the next few months:

Wk 2 group **Monday February 26th**

Wk 1 group **Monday March 4th**

Wk 2 group **Monday March 25th**

Due to Bank holidays both groups will meet together on Monday April 22nd and Monday May 27

Looking forward to seeing you. Joan



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



There were 6 of us but we had a fun time with as normal Jane thrashing us all at the quiz. We had a lovely fish stew, a mushroom stew, 2 different types of sausage casseroles and lamb stew.

We all had a good time and enjoyed talking about why and how we picked the things we decided to do. I was told by Maureen that she was doing fish stew so I had to have a rethink.



The next session is on **21st March** at 1pm at Dice and a Slice as always. The theme is Easter so who knows what we will end up with. Maybe a load of Easter eggs!!!

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. As well as conversation we take part in activities such as games, quizzes and puzzles.

At present our groups are full, but in May we are hoping to create a few more places.

If you are waiting for a place, please contact me at a coffee morning, or via info@ilfracombecoastu3a.co.uk

Jo



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

The weather wasn't the best for our February visit to Higher Cherubear, but we found the garden most enchanting with snowdrops and hellebores in full flower and an avenue of pollarded orange-barked willows shining in the overcast skies. When the rain really settled in we took cover in the cosy conservatory for tea and cake.



It was very disappointing that only five members of the Garden Visits group came along to the open garden. There are over 40 people on the list of those interested in this activity and one does wonder sometimes if it is worth carrying on with this group if lack of support continues.

For now, we shall carry on with the programme of visits

Our March event

We will be going to Marwood Hill Gardens on **Friday, 15th March**, meeting at the gardens at 2 p.m.

With a bit of luck, the spectacular magnolias in the gardens will still be in flower then. There is always something to delight the senses at this garden and don't forget that all gardens change with the seasons and year on year. The café will be open, so why not have lunch before we meet?

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.

Future visits

April: Musselbrook Cottage, Beaworthy

May: Old Glebe, Chumleigh

June: Parracombe Gardens



Italian Conversation Coordinator:

Julian Tippett xxx

**1st and 3rd Wednesday 3.00 pm
at xxx.**

Dates for March: 6th and 20th.

Just for fun, here is a picture of a typical alimentari, a grocer's shop. They make up luscious bread rolls filled to your choice — pickled aubergines, smoked ham, goat's cheese, you name it.





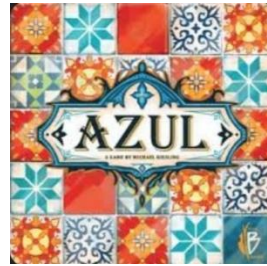
Modern Board Games Convener: Penny Kitching Tel: xxx

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.

This month's meet up was captained by Carole (thanks) and a small group enjoyed playing Trio, a card memory game and Azul a very pretty Moroccan tile laying game.



The meet up next month is on **Tuesday 12th March @ Dice and a Slice, Ilfracombe 1.30pm** until about 4pm
Subs £2.50 including tea or coffee. (Dice and a Slice is a cafe so snacks, meals and CAKE are also available)
Hope to see you next month, for further Information contact Penny xxx



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

Martin one!) Tel: xxx Mob: xxx

Email: xxx

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. 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 ring me.



Short notice arrangements / ideas are very welcomed, so please check your MOTO WhatsApp regularly. Several of our members also walk with the Rambling group, so please join us on those walks too. (See newsletter)

As always we have had some lovely events recently. The Xmas meal at the Angel was well attended and scrummy as always. Some of us went on a lovely guided walk at Arlington, and another day we visited the Arlington House full of amazing Christmas decorations, with Jo W giving us a personally guided tour. Some of us also joined in the u3a carol singing and quiz at Brookdale. It was a lot of fun. We also had a cinema trip to Lynton to see 'One Life', and a Queens Theatre trip to see a Beatles tribute act in January. All events are on our MOTO events Whatsapp. Can you please only use this to post an EVENT and 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 group WhatsApp regularly as our events do not have a regular day/date each month like other groups. We try and work around our members requests. We will soon be arranging to meet at the Old Globe in Berryarbor on a Wednesday evening for a curry night if some of you are interested.

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

Our January meeting followed the same format as the previous January with an expedition, ably led by Martin Unwin, on a cold but sunny morning, to watch the wading birds feeding on the mud on the edges of the river Taw.



Whilst we saw fewer birds than last year there was more variety and we were treated to some really rare visitors including a Glossy Ibis. Some of us who stayed on for lunch were lucky enough to see Spoonbills.



Glossy Ibis showing off to a Little Egret whilst being studiously ignored by a Redshank (photos thanks to Ley and Wal)

The Redshanks tried to remain anonymous by covering their legs with mud but Martin pointed out that they can be identified by their zigzag pattern of movement whilst they are feeding. However, the Spotted Redshanks were much more difficult to identify by us amateurs until Martin lined up his powerful monocular.

Our next meeting, on **March 18th.**, is a visit to the recycling centre at Brynsworthy to see how our natural environment is being protected, at least to a small extent, from the enormous volumes of waste we humans produce. It will be an opportunity to see whether we, as individuals, are doing enough and doing the right things to make our contribution to aiding this process.



Novel Readers Convener: Betty Williams Tel: xxx

3rd Tuesday 2.30pm at "xxx, Combe Martin, unless notified otherwise. £1

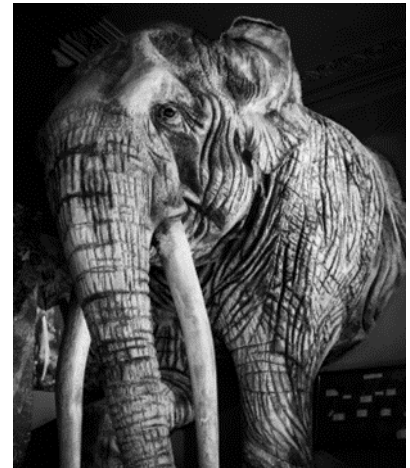
"Still Me" (Jojo Moyes) divided our group strictly down the middle, and it so happened that we even sat on opposite sides of the room. Then an absentee's review was read and the balance fell unfavourably against the author. So, on to our next read which is Laurie Lee's acclaimed "Cider With Rosie". We shall meet on 19 March to discuss it.

Grateful thanks to our caring u3a for the lovely flowers which have arrived to cheer me as I wait to recover from a recent accident. Everyone is so very kind that the word "thanks" seems insufficient but I really am most appreciative. Betty W.



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.



January's outing was to Barnstaple Museum, a warm dry spot on a day that was anything but! And what a cracking museum it is, bigger than you'd think, and be sure to take a look around upstairs as well, there's pretty much something for everyone, no matter one's age or interests.

We finished off the morning with a relaxed post-Christmas lunch at Fullam, they offer an inexpensive limited lunchtime menu, or you can go a la carte for a selection of delicious Chinese treats! All in all a lovely start to the New Year.

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.



Future Outings

- | | | |
|------------|--------------|--------------------------------|
| Mar Tue 26 | Velator Quay | Quay Cafe after. |
| Apr Tue 23 | Lynton | Meze lunch at the Olive Branch |



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 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.
 Bob Hobson



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.



Last month's walk around Crow Point.

Friday 8th March

Starting from the Arlington NT CP, we make a loop north along little used paths before completing the walk along well known paths in the main estate. One climb being the usual ascent back up from the lake area.

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

Meet at Arlington NT CP

Optional lunch at the Old Station House Inn, Blackmoor Gate.

Leaders: Quentin and Jacqueline Cox



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

Our March meeting is **Thursday 7th, 1pm**. The play is a BBC production of *King John*, with a great performance from Leonard Rossiter and support from John Thaw and Claire Bloom, plus another famous face I challenge you to recognise through his disguise! History has John down as a bad king, whom the nobles of the nation forced to sign the Magna Carta. You can make up your own mind what Shakespeare thought...In common with a lot of the earlier BBC productions, there is good and bad in this version, Rossiter's convincing portrayal happens in a very dodgy, rickety cardboard set. It runs to 155 mins, with subtitles. Last month, a technical hitch meant the subtitles for *A Midsummer Night's Dream* were not accessible, so I plan to revisit that play, maybe in the Summer, after I've resolved the problem, for the benefit of the hearing impaired who were unable to appreciate or follow it clearly. Apologies if this affected you.

Linda Macpherson



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

Our meetings in **March 4th and 18th**

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 Mob:xxx Email: lucasjane13@gmail.com 1st Friday 4- 6pm at the Sandpiper Inn, Ilfracombe Harbour. £1.50 for the picker upper

U3A skittles is the first Friday in the month held @The sandpiper, Ilfracombe. The next session is booked for **Friday 1st March**. Time 4-6PM.

Come on and have a go.

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 Steve Hawes Mob:xxx

This group is currently full but we are hoping for a 2nd group. Please see pg 1 for details about a March 21st meeting about a new group 'Lunch Club'.

Our March meal is our last chance to visit the Fox and Goose in Parracombe under the current ownership, as it has now been sold. (Boo Hoo). Our date is **Sunday 24th March**, 12 for 12.30. There is always a delicate balance to be made between avoiding getting to the pub before it opens, and finding a space in the car park! Roasts will be available at £15.95, desserts £7.95 and there are other options (including fish and vegetarian) available on the boards inside the pub as well. Please let me know in ample time if you can (or can't) join us. Fran



At Saunton Golf Club in January doing what we do best!

Photos Steve Hawes.



The Writing Group Convener: Stuart Coslett Mob: xxx

Email: stuartcoslett@hotmail.com

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

Our February meeting focused on "Romance" and as you might imagine, it stimulated a wide variety of responses. I'm not sure that we discovered any new Mills and Boon writers, though! At the meeting we welcomed Julie Grasso, who will be joining us for future sessions.

Our next meeting will be on **Monday 11th March**, and our chosen theme is "Journalistic Writing." As always, I'm looking forward to what that might produce.

Stuart



YOGA for All 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, is offering this Yoga For All group. 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.

March dates 8th and 22nd. Jackie will contact you to let you know which group you are in.

This group now has a waiting list.

For your interest

Rotary - DO YOU HAVE 3 HOURS SPARE A WEEK?

Ilfracombe Rotary Club are looking for volunteers to help at St Nicholas Chapel Ilfracombe on Tuesday or Friday afternoons 1pm to 4pm from Easter to the end of September.

If you have holidays already arranged we can work round them.

If you can help me my contact details are Ann Doody Tel: 865324 email anndoody2019@gmail.com

Our monthly planner

1st Monday am Singing for fun pm Family History	2nd Monday am pm Writing Group	3rd Monday am Singing for fun pm Natural World	4th Monday am pm Family History
1st Tuesday am pm Crafts	2nd Tuesday am pm Modern Board Games	3rd Tuesday am pm Crafts Novel Readers	4th Tuesday am pm Photography
1st Wednesday am Art pm Italian Conv French Conv	2nd Wednesday am Art pm French Conv	3rd Wednesday am Art pm Italian Conv French Conv	4th Wednesday am Art pm French Conv
1st Thursday am pm Shakespeare on DVD	2nd Thursday am pm Monthly Lunch	3rd Thursday am pm Foodies	4th Thursday am pm Archive Ilfracombe
1st Friday am Committee pm Skittles	2nd Friday am Ramblers	3rd Friday am pm Garden visits	4th Friday am <i>Coffee Morning</i> pm Archive Ilfracombe
1st Saturday	2nd Saturday	3rd Saturday	4th Saturday
1st Sunday	2nd Sunday	3rd Sunday Away Group Lunch	4th Sunday Away Group Lunch

Ilfracombe Coast u3a Organising Committee contact details

Jo Rosvall	Secretary	xxx	Email: xxx
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
Julian Tippett	Committee Support	xxx	Email: xxx
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Penny Kitching	Convener Liaison	xxx	Email: xxx
Ley Holloway	Speakers /Tech support	xxx	Email: xxx
Jane Dendle	Community link	xxx	Email: xxx
Marilyn Stobbe	Committee member	xxx	Email: xxx

Contact for the newsletter: Fran Barnett xxx

Newsletter team: Fran, Jo Rosvall, Joan Broxholme, Julian Tippett, Jacque Andrews

Our newsletter is printed in house. Posted newsletters: 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. Branwell; 2. Ares; 3. 221B; 4. Ralph Vaughan Williams; 5. Chad Varah;
6. 1960; 7. 22; 8. Private Frazier; 9. 25th January; 10. John Constable;
11. Tony Blair, Gordon Brown, David Cameron, Boris Johnson, John Major and Theresa May;
12. Kingfisher; 13. Canada; 14. Bradley Walsh; 15. Worthy Farm; 16. Ryan Gosling;
17. Edgar Rice Burroughs; 18. Tim Smit; 19. Stag; 20. Snowy.

Report of U3A Activity in 2023

1. This report covers activity during the period January 2023 until December 2023

2. Committee Members during 2023

Jo Rosvall	Secretary	Acting Chair
Joan Broxholme	Membership Secretary (to November)	Coffee mornings
Jan Keiff	Treasurer	
Steve Hawes	Publicity and Recruitment (to November)	Membership Secretary (from November)
Julian Tippett	Technical Support (to October)	
Jane Dendle (co-opted)	Community Links	
Jane Lucas	Welfare	
Ley Holloway	Speaker Secretary,	Technical Support (from October)
Brian Cath (co-opted)	Website and Publicity	
Penny Kitching	Convener Liaison	
Marilyn Stobbe		

Sylvia Jarrett Lunches and Social Events. Sylvia is standing down from the committee but will still help with events. Fran Barnett, although not on the Committee continues responsibility for the newsletter.

We should note that in addition to their work for the Committee, nine of our Committee members also run interest groups. We would like to thank the Committee, old and new, for their support and hard work, as well as their customary enthusiasm.

3. General

You will see that this year I was Secretary but remained nominally the chair, for administrative reasons. No replacements were to be found. So in practice the role of chair was shared more widely with three of us, myself. Joan and Fran combining to act as a steering group, well supported by many other committee members stepping up for particular events. This worked well in general with the work and responsibility being spread across a number of people. Ideally, though a chair would be the motivating force to move our U3A forward.

Looking ahead to 2024, a discussion will take place about what arrangement — the same, or maybe a modified one — will suit the relevant committee members best.

We would ask the newer people in our membership to consider what they feel they can offer to increase our organisational strength. We need a strong team for our u3a to continue to thrive.

4. Financial

Jan Keiff, our Treasurer, has prepared the accounts for the financial year of 2023. Copies of these have been made available for you today. There is a brief summary report of our financial situation which Jan will present to you. The Committee thank Jan for her hard work in keeping our finances in order. There have been a number of occasions when Jan has been able to attend events personally to deal with payments, a welcome opportunity for members to meet her

5. Activity and Interest Groups.

At the AGM in 2023 there were 20 Interest Groups. The groups which closed were the Filers Day Visits and Home Lunches. We now have 20 interest groups again.

Groups which started in 2024 are Natural World, and Archive Ilfracombe, a group to help catalogue the enormous treasure trove of unsorted exhibits held by Ilfracombe Museum, set up by Jane Dendle as part of her work with Community Links.

We owe much thanks to our conveners, past and present and thank them for their hard work and dedication. The committee hosted the conveners for a cream tea twice during the year, as a mark of thanks, and to hear comments on issues affecting our u3a. Our thanks go to Penny Kitching for her work with interest groups.

6. Newsletter

Our newsletter is at the heart of what our u3a does, informing members of all that we offer, and keeping them in touch with events and u3a issues. Fran is the lynchpin here, as compiler, editor and cajoler-in-chief drumming up contributions from committee and conveners.

Once produced, a team, including Julian Tippett, Jacquie Andrews and Jan Gibbins, takes over to proof-read and distribute the issue. The newsletter is enhanced by a selection of photos, from conveners, and from Steve Hawes our very own photographer and members of the Photography Group. Betty Williams regularly compiles the quiz and Katie Mallett generously contributes one of her poems.

We thank all of those who contribute to the production of the newsletter.

7 Website and Publicity

During the year a team comprising Fran Barnett, Jan Keiff and new member Bryan Cath researched a new website. Bryan, who is well versed in websites, then took over and produced a brand new website that portrays our u3a much better than

the old one. This has now been launched. Everyone is encouraged to use it at ilfracombecoastu3a.co.uk. We think you will be very impressed by its excellent quality.

Bryan has also taken over the role of publicity and has produced marketing materials (poster and leaflet). The latest poster includes a QR code linked to our website. I think we are doing very well at keeping up with the times. Our thanks go to Bryan for his enthusiasm and hard work.

8. Monthly Lunches and Social Events

Sylvia Jarrett put on five monthly lunches during the year at various local venues. Additionally three special lunches were held — an "In the Red" lunch to bring in the New Year; a special lunch to celebrate The Coronation; and our usual Christmas lunch in December.

Increasingly during the year it became apparent that there was less demand for the usual monthly lunches among members, particularly newer members were not coming. Added to this Sylvia intended to stand down with no obvious person in the wings willing to take over. It was therefore decided that that monthly lunches would be discontinued, with just the three or four special lunches being put on. We thank Sylvia for all her hard work and the excellent dining experiences she organised for us.

We have been supporting the Community Bus during this year to take members to events, by subsidising costs if necessary. We owe thanks to Janice Banks for her role in organising this.

9. Coffee Mornings

The coffee mornings, ably organised by Joan Broxholme and Fran Barnett with a team of additional helpers, have proved to be a resounding success. Usually 40 to 50 members attend, but numbers continue to grow. Ley Holloway organises an interesting speaker for each event which contributes to the appeal of the coffee mornings.

10. Welfare

Jane Lucas has eased successfully into the welfare role. Jane is continuing to develop contact with members, and to make herself known to members at social events and through the newsletter. She raises the profile of health and well-being in our organisation

11. Membership and Recruitment

The membership total for 2023 was 210 members including 12 honorary members, as compared with 2022 when it was 174 including 10 honorary members.

Joan Broxholme was membership secretary until November, when Steve Hawes took over the reins. In the past year we have focussed on recruiting new members, and we have asked members to help with this, recognising that word of mouth is the best publicity. The Committee have managed to hold the membership fee at the same level as last year. This has proven to be a welcome move, in view of the unforeseen rise in the cost of living. We trust that members agree that our annual membership fee certainly provides value for money.

Steve Hawes' photographs continue to enhance our newsletter, and provide a record of u3a events. He has also made a number of initiatives for recruiting new members, so our thanks go to Steve.

12. RUG group

Early in 2022, we decided to start a group for those members who were happy to become more involved and offer help, the name chosen was the Really Useful Group (RUG). There have been two meetings of the RUG group during the year, and a What's App group as a means of contact. Many members old and new joined the group and have proved a real asset, providing help in many different ways, at events, with special projects and even moving on to join the Committee. Future developments are planned, so watch this space. We would like to give a big thank you to all of our RUG helpers.

13. North Devon Link Group.

This group of some ten u3as in North Devon meet to exchange experiences and share information. It is now run more informally than before, with member groups taking turns to organise meetings. Julian Tippett attended some of their meetings on our behalf.

14. Looking Ahead

In the year ahead there will be changes to come within the Committee, as there have been changes to some Committee roles and to individual responsibilities. Last year we asked if you would agree to a change of name to make it possible to develop a more effective website. A year on, we have a state of the art website, reaching new potential members, and our numbers are on the rise, The task for the Committee now is to develop our u3a to keep pace with new membership, including the development of new interest groups. The Natural World Group with a small team acting as the steering group seems to show a new way of organising interest groups which will be of use in the future, as we aim to grow our U3A. We have many new members, and we look for them to support our organisation and find ways to contribute, as the U3A is run by us, for us.