

### Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Lauren Barrowcliffe, Sue Ryan, Malc and Joyce Hackett, Katy King, Anne Richards, Bruno and Julie Grasso, Chris and Nina Jetten, Jenny Kiley, and Ann and Dave Wells

#### Happy New Year for 2024

The first month of the year seems to have gone racing by, with weather changing from very, very wet, to very, very cold with the occasional day of sunshine and blue skies to cheer us all. At the start of another year in our u3a, as elsewhere, we look back at what has happened in the past year, and start making plans for the coming year.

We would like our members to be involved and take part in this process - your opinions are valued. The Annual General Meeting is an ideal opportunity for you to share your ideas and suggestions with the Committee, and to take part in decisions for the future as well as taking part in the election of new Committee members.

To this end we invite all members to our AGM on Thursday 8th February, 2.30pm, at Brookdale Hall, Brookdale Avenue, Ilfracombe, preceded by our fish and chip lunch.



For all details of the lunch, and how to book, please see pg 2

You can attend the AGM without attending the lunch, and vice versa.



We look forward to seeing you there, your voices and your votes are important.



#### Giving thanks

The first special occasion of the year was our 'Upstairs and Downstairs' Event, at Lee, where we enjoyed a splendid three course meal and were entertained by the enthusiastic Anchors Aweigh singers.

Thank you to all those who were able to attend, for your enthusiastic participation and for the amazing 'Upstairs' and 'Downstairs' costumes. Skivvies and high society were all represented. Thanks also to our band of volunteers who helped make this a great day.

Many members took the trouble to say a thank you on the day, commenting on the delicious meal, and the enjoyable entertainment as well as the availability of the Community bus. Others have sent emails or cards to express their appreciation. As a group of volunteers, not professionals, just people who are prepared to work hard to provide an enjoyable experience for our members, this makes it all worthwhile.

So thank you, for your appreciation and your thanks.

The Committee



ANNUAL GENERAL MEETING

2.30 pm, Thursday 8th February at the Brookdale Rooms, Ilfracombe EX34 8BD

As customary our AGM is preceded by a fish and chip lunch. You can come for lunch and AGM meeting, for the lunch only or come after the lunch for the AGM at 2.30



Our Fish and Chip Lunch will take place at Brookdale Rooms at 1 for 1.15. Freshly cooked fish and chips, followed by fruit pie and cream, and tea or coffee, all for £10. Doors open 12.50

Bookings and any cancellations to Fran Barnett on [events@ilfracombecoastu3a.co.uk](mailto:events@ilfracombecoastu3a.co.uk) or xxx by Monday 5<sup>th</sup> at 5pm. Payment to be made on the day. Any cancellations will be confirmed and if after the closing date may need to be paid for. Gluten free with notice.

**Annual General Meeting 2024**

**2.30 pm, Thursday 8th February at the Brookdale Rooms, Ilfracombe EX34 8BD**

The constitution provides for ten members, excluding any co-opted. 3 members of the current committee will be standing for re-election.

Nominations for candidates for election to the committee should be sent using the form below to Jo Rosvall, xxx by Thursday 1st February.

Resolutions to be put to the AGM, with Proposer and Seconder, should also be sent to Jo at the same address by the same date. Also, we shall reserve some time for general discussion points or questions. If you wish to raise such a point, please submit your point in writing, also by 1st February

Note: AGM attendance is for 2024 members only. Renewal forms will be available on the day and can be processed before the meeting.

✂ .....

Election of Committee Member for Ilfracombe Coast u3a - 2024  
Please return nomination forms, by Thursday 1st February, to: Mrs Jo Rosvall  
Secretary Ilfracombe Coast u3a, xxx

I, ..... Nominate:.....  
(Proposer's name in capitals) for election to the committee

Proposer's signature .....

..... Seconder's signature:.....  
(Seconder's name in capitals)

I accept the nomination ..... (Nominee's signature)

## Conveners news



### YOGA for All

New Group coming in March!



Jackie Gough, a qualified Yoga teacher, is offering a 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.

It will run on the

\*2nd and 4th Fridays of the month at

\*Body Aware Pilates Studio (end of the High St/top of Fore Street, Ilfracombe)

\* 12.45 to 2.00pm or 2.15 to 3.30pm (45mins Yoga /30 mins coffee and chat)

\* Cost £3 inclusive

Start date 8th March.

To book your place contact

Jackie Gough xxx

xxx

### Sunday Lunch news.

Due to this very popular group being oversubscribed we wondered if a 2nd Sunday (or any day) lunch group would be viable.

The vision is that, like all our groups, it would be run by our members for our members. We are looking for 3 or 4 people who could work together as a steering group to plan, book and run the group.

What I need are two things

1. Let me know if you would like to be on the steering group

2. Let me know if in principle you would be interested in attending the lunch group

Assuming there is enough interest I would like to set up a meeting after the AGM in early March with a view to getting the group up and running.

If you are new to running groups please don't be put off as there will be plenty of guidance and support.

Penny (Convener Liason) xxx xxx

### A conveners plea

We (the conveners) organise and run our groups mostly because it's something we have a passion for and we want to share that with others. We plan, prepare, source materials and book venues. Sometimes group numbers fluctuate quite wildly and unfortunately there have been a few occasions of very low attendance and one where nobody turned up. That's OK, life gets in the way, people are ill, on holiday etc.

What we ask is.....

If you have signed up to a group that you usually attend please let the convener know if you are (or aren't) able to attend. Consideration and courtesy cost nothing and we really want to hang onto our fabulous conveners as they are what make our u3a the vibrant, varied and successful organisation it is.

Thank you

**Our conveners have been asked to check at their February meetings that everyone has renewed their subscription - a bargain at just £12! Steve will be at coffee mornings and the AGM if you have not yet done so.**



**Did someone say coffee and cake ???**

**Yes we did!!**

**Our next Coffee Morning**

**Friday February 23rd (4th Friday)**

**Brookdale Rooms, Ilfracombe**

Joan Broxholme xxx Fran Barnett xxx

Email: [events@ilfracombecoastu3a.co.uk](mailto:events@ilfracombecoastu3a.co.uk)

**We welcome all members. 10.30 - 12.30 Cost £3**

**Coffee/Tea and Cake**



The speaker for February is Cathy Backway, who is a member of North Devon Beekeepers. She will be talking to us about the amazing world of Honey Bees.

### **November Coffee Morning**

Friends to talk to, delicious cakes to eat, the November coffee morning started well and got even better as we listened to our speaker. Lisa Chanter is a local historian who has undertaken a lot of research into various aspects of North Devon history, and her talk today was about Lost Houses of North Devon. These are grand houses that are now either in ruins or have totally disappeared. Who knew that so many of them have burned down? In a way it was comforting to know that it's not just Ilfracombe! It was an extremely interesting talk that everyone found fascinating. Thanks to Lisa, and to everyone who helped to make the morning such a success.

### **Cakes - by us, for us!**



Many of our members don't want to contribute to our u3a by serving on the committee (though you would be very welcome should you wish to do so!) or be a convener (fun though that is!), but maybe you could make a cake for our coffee morning? We would be so pleased if you would like to join our happy team of bakers - the more of us there are, the less often we need to ask. Please let Fran (xxx) know your favourite cakes

or savouries to make. We reimburse you for ingredients and utilities, up to £5 per cake.

As there is very limited parking at Brookdale it would be really helpful if you could lift share, and if you do park at Brookdale please do so without blocking the one way system through the car park. There is some public parking at the top of the coach park and of course at the Wilder Road car park, as well as in Brookdale Avenue and surrounding roads.

Please wear your membership badge. We have magnetic badge holders available.

We look forward to seeing you all there.



**Welfare Support Jane Lucas xxx**

**Telephone xxx**

A New Year and many of us set new goals.

Have you tried Chair Yoga?



Chair Yoga is a great way to improve our flexibility, mobility, balance, and strength without putting too much strain on our bodies and can be done at any time.

There are a number of reasonably priced books perhaps your local charity shop may have some, or try looking at some on- line videos.



And for later in 2024 a little bird tells me a new member may be starting up a Chair Yoga group. Watch this space. Wishing you all a healthy 2024.

**Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on pg 15**

1. The flag of Devon has how many colours?...
2. ...What are they?
3. St Paul's cathedral in London was designed by which architect?
4. Yaffle is an alternative name for which bird?
5. Which is the easternmost province of Canada?
6. Cartoon character Tintin has a dog named what?
7. Who is the current Speaker of the House of Commons?
8. What accolade is awarded for solving Wordle in three?
9. In which decade was the Berlin Wall taken down?
10. A spinet is which type of musical instrument?
11. Which is the largest freshwater lake in England?
12. In 1896 the British road speed limit was raised from 4mph to 10mph? 14mph? 18mph?
13. Homer's Iliad is an epic poem centred on which city?
14. Only a few people are Egots, having achieved what, in the entertainment industry?
15. Willem-Alexander is King of where?
16. What is the title of the National Anthem of the USA?
17. What is the name of the Sculpture Gardens at Muddiford, near Barnstaple?
18. John Major was Prime Minister from when to when?
19. Which is the highest mountain in Africa?
20. In TV's "Magic Roundabout", who said that it was "Time for bed"?

### **Carols and Mince Pies**



Our 'Carols and Mince Pies' was a well-attended start to the festive season. Jan Purdy played the piano, and was amazing as she managed to catch up with us if we started too soon, or missed out a chorus! It was a lot of fun and very

Christmassy, so a big Thank You to Jan. We were also entertained by Katie Mallett reading two of her wonderful poems - what a talented lady! And Jackie Smith sang us a song about mistletoe which was lovely. The final piece of entertainment was Jane Dendle reading a sweet children's story all about Christmas. Altogether a happy, festive morning to get us all in the right mood. As always, thanks to all the helpers, without whom it would not take place.





# Our Christmas Lunch at the Imperial Hotel, Barnstaple

The calm before the storm!



A Merry Old Time had by All



# Upstairs Downstairs

Our Special  
Lunch  
celebrating  
the New  
Year

*Photography: with thanks to Steve Hawes,*



## Interest Groups /Events timetable - February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Shakespeare	2 Committee Skittles	3	4
5 Singing 4 Fun Family History	6 Craft	7 Art French Conv It Conv	8 f&c lunch & AGM	9 Ramblers	10	11
12 Writing Gp	13 Modern Board Games	14 Art French Conv	15 Foodies	16	17 Garden visit	18
19 Singing 4 Fun Natural World	20 Novel Readers Foodies Craft	21 Art French Conv It Conv	22 Archive Ilf	23 Coffee morning Archive Ilf	24	25 Away lunch
26 Family History	27 Photography	28 Art French Conv	29	30	31	

### Iffracombe Coast u3a Interest Groups



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

We had our first meeting at the museum, and it was extremely well attended. Lindsay took us through a presentation explaining what needed to be done, and then there was an opportunity to look around the museum, including the fearsome stores at the back, and the attic where there are beams to crawl under. Fortunately I don't think we managed to put anyone off, and when we start in earnest in January we will have to be in two groups, one on the fourth Thursday, and the other on the fourth Friday.. You told me your preferences and I will let you know definitely which day is for you in good time. Can't wait to get started!

The dates in February will be Thursday 22nd 1.45 - 3.45 or Friday 23rd 1.45 - 3.45

If you would be interested in joining them, please email Jane Dendle xxx  
 Or phone:xxx or text me on xxx Jane



**Crafts Convener: Ley Holloway Tel xxx 1<sup>st</sup> and 3<sup>rd</sup> 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.**

The plan for the Craft Group is that on the 6<sup>th</sup> of February we shall paint the things we made on the 16<sup>th</sup> January from air drying clay. On the 20<sup>th</sup> February we shall make a start on a sewing pouch. This will probably take a few sessions to make so we'll see how we go.

Our last practical session in December we made some lovely brooches from organza.







**Entertainment Convener: Janet Keiff xxx**

Hi All

The cold 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.queenstheatre-barnstaple.com](http://www.queenstheatre-barnstaple.com) ( lists Ilfracombe & Barnstaple shows). Please contact me with any requests.

I have been asked to book Psychic Sally at the Queens on 19<sup>th</sup> March 7.30pm £27.50 – so that is a definite date- let me know if you would like to go too.

Please message me on xxx or email [xxx](mailto:xxx)

Thank you. Hope to see you soon!



**Family History Convener: Joan Broxholme Tel: xxx 1<sup>st</sup> and 4<sup>th</sup> 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 1 group Monday February 5<sup>th</sup>**

**Wk 2 group Monday February 26<sup>th</sup>**

Wk 1 group Monday March 4<sup>th</sup>

Wk 2 group Monday March 25<sup>th</sup>

Due to Bank holidays both groups will meet together.

Monday April 22nd

Monday May 27

Looking forward to seeing you. Joan



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

Today the group's theme was favourite desserts and although there were only a few of us we had 6 fantastic different desserts, including chocolate cake mousse, rhubarb crumble and Malvern pudding.

We decided to sort out the next 6 sessions' themes so people can decide if it is something that they would like to come along to.

So next month it is STEW on **February 20<sup>th</sup> 1-2.30**, and the following month it is an Easter theme. Then April 18 floral foods, May 16 picnic foods, June 20 biscuits, July 18 'Cheese is the star' and then in September on the 19<sup>th</sup> is 'Baking from yester years'.

As always it is on the 3<sup>rd</sup> Thursday of the month and held at Dice and a Slice from 1pm.

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.

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

In the coming weeks we will discuss some favourite French dishes, and also share our knowledge of some French towns and cities, while improving our knowledge of the French language.

At present there is a small waiting list for places in the group, but we are considering how we can adapt to include a few more people.



**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 February visit**



Our first visit of 2024 will be to Higher Cherubee on **Saturday, 17th Feb**, meeting at the garden at 2:30 p.m.

The garden has a fantastic collection of snowdrops and cyclamen. Tea and cake are also served in the conservatory and there are sales of rare and interesting snowdrop varieties. Access is relatively easy, although the field where cars are parked can be very muddy. The garden is quite exposed, so wrap up warm!

The full address of the garden is: Higher Cherubee, Winkleigh EX19 8PP

The easiest way to get there is to take the A377 from Barnstaple through Bishops Tawton, turning right onto the B3227 to Atherington just before Umberleigh. Turn left onto the B3217 opposite the church in Atherington. Follow this road until you merge left onto the A3124. Turn right onto the lane on your right then first right.

See you there! Wal



**Italian Conversation Coordinator: Julian Tippett xxx**

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday 3.00 pm at xxx**

**Dates for February: 7th and 21st.**

We shall be starting our new reading book "Il Mistero del Lago di Como". For the time being we have taken to spending much of the meeting split into two groups to maximise each person's time practising the language, rather than listening to others.



**Modern Board Games Convener: Penny Kitching Tel: xxx**

**2<sup>nd</sup> 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 first meet up of 2024 was great fun with attendees split into 2 groups. Both groups started with quite challenging games FORT (a deck building game) and SPLENDOR (a resource management game) Special shout out to Jackie who really persevered in a game that initially boggled her brain, but got to grips with it and wanted to play again immediately after we finished! Shorter dexterity games were played at the end of the session.

Next meet up is **Feb 13th @ 1.30pm @Dice and a Slice**

Rod and I are away and Carole is going to run the session. (Thanks)

Further info from Penny xxx



**MOTO group - Members On Their Own Convener: Pat Martin (the Combe Martin one!) Tel: xxx Mob: xxx**

**Email: xxx**

Firstly I hope that you all had a great Christmas and that 2024 is a good year for us all. A gentle reminder if you have not paid your u3a subs for 2024 (only £12), then please do so asap.

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 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 for info)

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. As this goes to print we also have 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 Berryrynabor 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 xxx7 Email: **xxx**

Steering Group contact: Andy Forgan **xxx**

Normally 3<sup>rd</sup> Monday 2.00 but location varies. Indoor meetings at Brookdale 2-4  
Contribution £3

Our November meeting was our social event at which we had a "Quiz with a Difference".

Question Which is Britain's most common bird?



The winner was the person who learned the most from the quiz. We can't announce the winner as we deliberately didn't ask who might have learned the most! The feedback was generally very positive particularly as members felt there was no pressure and to that extent that we shall do the same this November.

Members were asked to 'bring and share' food with the result that there was a tremendous spread. A non-alcoholic punch was provided by Maggie as well as the usual tea and coffee.

At our **February 19<sup>th</sup>** meeting we will be welcoming Joe Newberry, the project leader for "Finding Nature's Footprints", which is a three-year National Lottery Heritage Funded project working with communities to survey, map and take action for the fantastic wildlife of the North Devon Coast National Landscape.

Last year Joe worked mostly around the Hartland area but this year he will be concentrating on Ilfracombe and Combe Martin.

He will talk about the project's achievements over the past year and then outline this year's plan. He is keen to get members involved in both big and small ways in survey work. Non-members of the group are welcome, but please let Andy know if you plan to join us.



**Novel Readers Convener: Betty Williams Tel: xxx**

**3<sup>rd</sup> Tuesday 2.30pm at xxx, unless notified otherwise. £1**

Ill-health depleted attendance at our just-before-Christmas gathering but - ever Readers Resolute - reviews were prepared and submitted from sick-beds. Well done!

There were just two positive commentaries on Michelle Obama's "Becoming", the remainder, while acknowledging that the lady herself was a remarkable woman, decided it was somewhat dull, and definitely not a page-turner.

And so... on to our first book of the New Year, Maggie O'Farrell's "Hamnet". This has been on our "wanted" list for some time and, for the most part, did not disappoint. (It would be a rare event indeed if we all had the same opinion!)

Jojo Moyes' "Still Me" is our next novel; perhaps we shall find accord within its covers? On **February 20<sup>th</sup>**



**Photography - 'SNAPPERS & SNACKERS'**

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

The Photography Group currently has a spare space.

December's dark days and relentless rain were not particularly photography friendly! Nevertheless, I resurrected my "365 Project", which is simply taking at least one photograph every day, without fail, which can be challenging, and takes real discipline. But, when you look back at the end of the year these photos become a wonderful and sometimes powerful visual diary. Well worth doing, good for the memory, plus it also keeps you familiar with your camera / phone in the process.

Some wintery shots from the group are below/overleaf, and if you would like to see more of my work please see: [greystoneimages.uk](http://greystoneimages.uk)



**Future Outings .....**

January	Tuesday 23	A stroll around Barnstaple.	Fullam for lunch.
<b>February</b>	<b>Tuesday 27</b>	Heddon Valley NT.	Hunter's Inn for lunch.
March	Tuesday 26	Velator Quay.	Quay Cafe for lunch.

All ability levels and all cameras are welcome. Snappers & Snackers is all about gently exploring and enjoying the fabulous area we live in, socialising, cake, and even taking a photograph or two in the process! Individual tuition sessions can also be arranged.

Please do take a peek at our excellent new Ilfracombe Coast u3a website - Please dip into the Photography Group's section / photo gallery for a taster of the group's photographs.

<https://www.ilfracombecoastu3a.co.uk/photography-group>



**Practical Art. Conveners: Robert Hobson Tel: xxx Roger Styles Tel: xxx  
Manor Hall, Berrynarbor 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 2<sup>nd</sup> 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 9th February

The Crow Point walk, taking in the wrecked boat, quite a bit of beach walking, and a possible visit to the WW2 practice landing craft.

Unusually for the district, absolutely no hills.

Length / time: 3 miles / 2.5 hours.

Meet at Crow Point car park. Take £2.50 in coins in case the ancient automatic barrier is in operation.

Optional lunch at the Williams Arms.

Leader: Wal Daw



**Shakespeare on DVD - Convener: Linda Macpherson Tel: xxx  
1<sup>st</sup> Thursday 1pm Convener's house in Ilfracombe**

Our **February** meeting is on **Thursday 1st**, for A Midsummer Night's Dream. The film is from Searchlight pictures/20C Fox, directed by Michael Hoffman in 2002. The play is a glorious romp through an enchanted forest, mixing young lovers and mischievous fairies with earnest workmen who are rehearsing a play to entertain the Duke at his upcoming wedding. It is beautifully shot on location in Italy (standing in for Athens), dressed in Edwardian costume to reflect a new-found independence of women, who have just discovered the freedom of the bicycle. Michelle Pfeiffer, Kevin Kline, Calista Flockhart and Stanley Tucci lead the fun for a snappy 115 minutes. So many delightful classic moments in this must-see work. If you are longing for light relief in a gloomy New Year, or you just know nothing about the play, don't miss it.

Linda Macpherson



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

Our meetings in **February 5<sup>th</sup> and 19<sup>th</sup>.**

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: xxx  
1st Friday 4- 6pm at the Sandpiper Inn, Ilfracombe Harbour.  
£1.50 for the picker up**

2024 started off with a good skittling swing we had 2 new members joining us.

The next session is booked @ The sandpiper, Ilfracombe **Friday 2<sup>nd</sup> February 4-6PM.**

Ann Isaac will be your host. Thank you, Ann.

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.



**Sunday (and other day) Lunch group** Conveners: Fran Barnett

Tel:xxx xxx Steve Hawes Mob:xxx

This group is currently full but we are hoping for a 2<sup>nd</sup> group. Please see pg 2 and watch for details about an early March meeting about a new group.

Our February meal will be at the Park Hotel, Taw Vale, Barnstaple EX32 9AE on **Sunday 25<sup>th</sup> February** 12 for 12.30. Meet in the lounge area. They have asked us to pre-order. Starters £6.50 Veg soup, Prawn cocktail, Chicken liver pate, Fruit jelly Mains £13.50 Roast Beef, Turkey, Pork, Nut loaf, Beetroot wellington, Salmon supreme Desserts £6.50 Lemon Tart, Fruits of the Forest crumble and custard, Raspberry Pannacotta, Fresh fruit salad; Cheese & bics £7.50. For a more detailed menu contact me. Please let me know your menu choices in good time if you would like to come. Fran



**The Writing Group Convener: Stuart Coslett Mob: xxx**

Email: **xxx**

**2<sup>nd</sup> 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

We met as a group in both December and January, and enjoyed good attendance at both sessions. Our next meeting will be on **Monday 12<sup>th</sup> February**, and with a nod in the direction of St Valentine's Day, our chosen theme is "Romance." I wonder if we'll discover any new Mills and Boon authors in our midst?

Speaking of "authors in our midst," one of our Writing Group members, Bob Mannings, has recently published four works of fiction, all of which are available to buy on Amazon. If you would like to know more, here is the link to his Amazon Author Page:

[https://www.amazon.co.uk/stores/R.L.-](https://www.amazon.co.uk/stores/R.L.-Mannings/author/BOC1H1ZCTC?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

[Mannings/author/BOC1H1ZCTC?ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.co.uk/stores/R.L.-Mannings/author/BOC1H1ZCTC?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

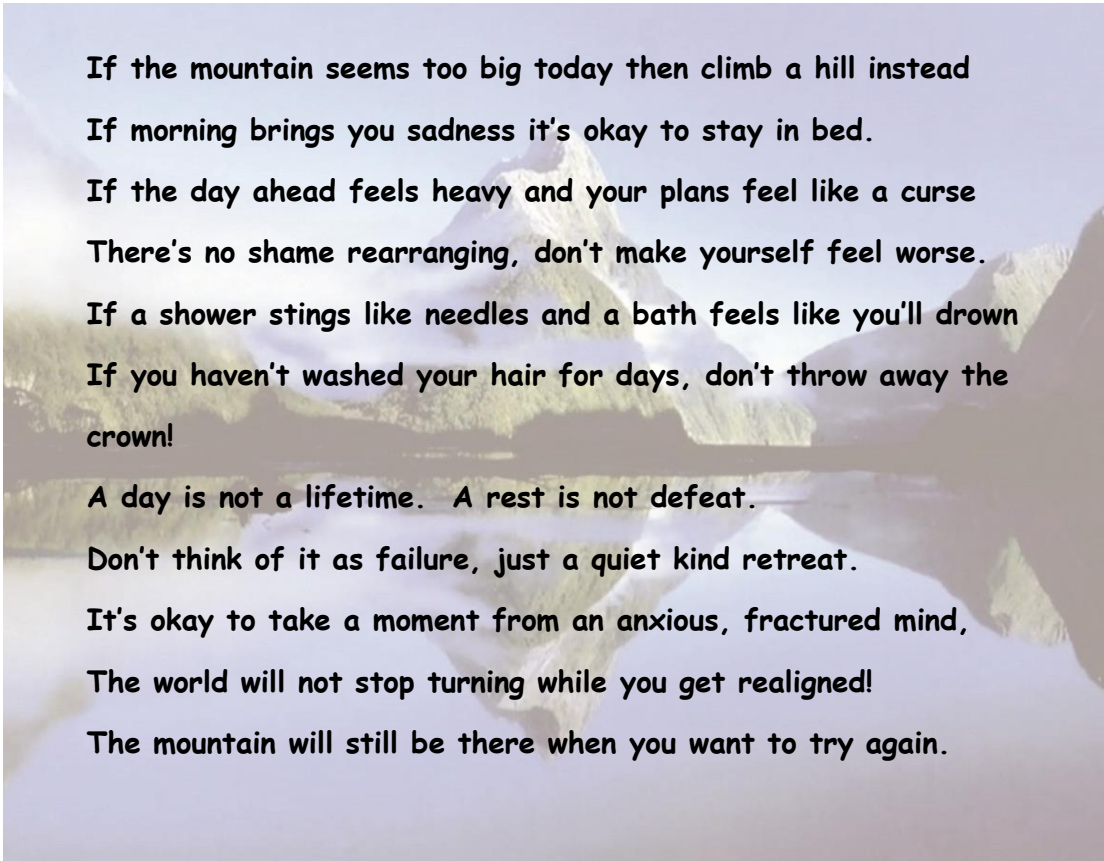
I've just had an idea for a great first line for a love sonnet - "Shall I compare thee to a Summer's Day?" I just need to check that it hasn't been used before ..... Stuart



**FIRE!**

Fire on the hillside,  
Fire far below  
And on the dark footpath  
The red-russet glow  
Of still burning embers  
Lighting the brown  
Of leaves long dead  
And rotting down  
From its autumn pyre  
  
Under the trees  
When the breath of Spring  
Sighs through naked boughs to bring  
Hope of renewal  
The ground is pierced  
By small flames of yellow  
And mauve so fierce  
They could scorch the earth -  
Baptism of fire  
At the year's rebirth

Katie Mallett (c) 2024



If the mountain seems too big today then climb a hill instead  
 If morning brings you sadness it's okay to stay in bed.  
 If the day ahead feels heavy and your plans feel like a curse  
 There's no shame rearranging, don't make yourself feel worse.  
 If a shower stings like needles and a bath feels like you'll drown  
 If you haven't washed your hair for days, don't throw away the crown!  
 A day is not a lifetime. A rest is not defeat.  
 Don't think of it as failure, just a quiet kind retreat.  
 It's okay to take a moment from an anxious, fractured mind,  
 The world will not stop turning while you get realigned!  
 The mountain will still be there when you want to try again.

Janet Gibbins

**Ilfracombe Coast u3a Organising Committee contact details**

Jo Rosvall	Secretary	xxx	Email: <a href="mailto:info@ilfracombecoastu3a.co.uk">info@ilfracombecoastu3a.co.uk</a>
Joan Broxholme	Coffee Mornings/Events	xxx	Email: <a href="mailto:events@ilfracombecoastu3a.co.uk">events@ilfracombecoastu3a.co.uk</a>
Janet Keiff	Treasurer	xxx	Email: <a href="mailto:treasurer@ilfracombecoastu3a.co.uk">treasurer@ilfracombecoastu3a.co.uk</a>
Jane Lucas	Welfare	xxx	Email: xxx
Steve Hawes	Membership Secretary	xxx	Email: <a href="mailto:membership@ilfracombecoastu3a.co.uk">membership@ilfracombecoastu3a.co.uk</a>
Julian Tippett	Tech Support	xxx	Email: xxx
Bryan Cath	Website, IT & Publicity	xxx	Email: xxx
Penny Kitching	Convener Liaison	xxx	Email: xxx
Ley Holloway	Speakers Secretary	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, Jacqui 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. Three; 2. Green, white and black; 3. Sir Christopher Wren; 4. Woodpecker;  
 5. Newfoundland; 6. Snowy; 7. Sir Lindsay Hoyle; 8. Impressive; 9. 1980s (1989);  
 10. Keyboard (similar to a harpsichord); 11. Windermere; 12. 14mph; 13. Troy;  
 14. Emmy, Grammy, Oscar and Tony Awards; 15. Netherlands; 16. The Star-spangled Banner;  
 17. Broomhill; 18. 1990-1997; 19. Killimanjaro; 20. Zebedee.