

### Committee Notice Board - Keeping You Informed

We give the warmest of welcomes to new members Tony Bateson, George Brown, Rose Nicholas and Liz Stewart.

#### From the Chair

A new year is a time for changes, and we have some here at our u3a. First of all, the lovely Fran has handed over editorship of the newsletter to Bryan Cath. Fran has done the job for a long time. The newsletter is an important document - all forthcoming events are highlighted, social occasions as well as interest groups, and Fran has always managed to produce a very interesting and comprehensive read, despite having to gently remind conveners to get their copy sent in on time! We thank her very much for all her hard work and hope very much that she will enjoy her new found leisure.

Fran will be a very hard act to follow, but I'm sure that Bryan will be an able successor.

Also, we have some new groups forming, which is exciting! Computer skills and Knit and natter will have started by the time you read this, and there are some new ideas for groups in the pipeline too. Exciting times indeed! Don't forget that if you have any ideas for a possible new interest group, then Jackie Gough is the person to contact.

## ANNUAL MEETING



The AGM is fast approaching. It is on **Thursday, February 13<sup>th</sup> at Brookdale Hall. 2.30pm** is the time for the meeting to start, although it will be possible to have a **fish and chips lunch beforehand**. Do come along if you can. It is a good opportunity to raise any discussion points that you might have, and to see exactly who is on the committee. Hope to see you there!

Jane Dendle

### *Come and Join Us for Fish and Chips*

**Prior to our AGM on Thursday 13<sup>th</sup> February 2025**

Fish & Chips! (GF to order) delivered fresh by Maddie's, to be served at 1pm sharp. **Seating from 12.30 pm please.**

Pre-orders are required at a cost of just £10, payment on the day to include.

Fruit pie and cream

Tea or coffee.

Salt/ vinegar and sauces.

**Bookings by Monday 10<sup>th</sup> February please to xxx or phone xxx**



## Annual General Meeting 2025

**2.30pm, Thursday 13th February at the Brookdale Rooms, Ilfracombe EX34 8BD**

The constitution provides for ten committee 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, 5 Spurway Gardens, Combe Martin EX34 0PL by Thursday 6th 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 6th February.

Note: AGM attendance is for 2025 members only. Renewal forms will be available on the day and can be processed before the meeting.

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Election of Committee Member for Ilfracombe Coast u3a - 2025

Please return nomination forms, by Thursday 6th February, to: Mrs Jo Rosvall  
Secretary Ilfracombe Coast u3a, 5 Spurway Gardens, Combe Martin EX34 0PL

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)

## Membership Renewals



Please support Steve by being timely in your renewal of membership which becomes due on the 1st of January, but which can be sent at any time from now.

We have managed to keep the fee down to £12.00 for this coming year.

Forms will also be available at the January Coffee Morning and at some of your interest groups. Also before the AGM.

Cash, cheque or BACs are all available, all details and where to send are at the end of the renewal form.

It is a legal requirement for our u3a to have a form with your details, even if they have not changed over the last year, to enable me to keep the database up to date, so even if you pay by BACS I still need a form from you.

And finally please do remember to complete and send your Renewal Form as soon as possible.

Stay warm, stay dry, stay safe!

**Steve Hawes - Membership Secretary**

## Welfare Support

**Welfare Jane Lucas. Xxx xxx**



Growing older shouldn't be a barrier to us leading a happy and fulfilled life. There are lots of ways to help us stay well in our older years, especially as we head into the winter months. It's more important than ever we look after our health, stay active and strong, keep up with health checks and remain connected to others.

Whether some of us are more active or not, belonging to the u3a and enjoying the company of others, looking out for each other, sharing our skills and knowledge all helps. As well as our own groups and activities, to help stay involved with our local community, information for various clubs and activities can be found on <https://www.visitilfracombe.co.uk/listing-category/local-groups/>. Or just tap into your browser Ilfracombe clubs and organisations.



## Come to our Coffee Morning!



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

**Our next Coffee Morning is on Friday 28th February (4th Friday) at Pip 'n' Jims Community Centre  
10.15 until 12.00**

**Cost £3 Coffee/Tea and cake or savoury  
We welcome all members**

Joan Broxholme 07789 403700 Fran Barnett 01598 763384

Our speaker in February will be from Legacy Fortress for Generations by Silvertime. They came to speak to us last year and the talk was so interesting and informative we have asked them to come again.

So if you weren't able to attend last May, we suggest you make a special effort to hear them this time.

If you did come before, then with our new coffee morning layout of tables as well as our new speaker system we are sure that you will be able to hear much better.

We might not like to think about issues such as those being addressed today, but 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.

And it is not just for those who have multiple assets to dispose of - there is important information here for us all.

### **November Coffee Morning**

In November there was once again a very good attendance at the coffee morning. Grateful thanks to all the helpers. It's amazing how everyone comes together, does their particular job very efficiently, thus helping to make the occasion so successful.

Our speaker was Jo Mortimore from Ocean Aspire, talking to us about CPR, which apparently is now part of the theory section of the driving test, but whether or not you are revising for that it is important to know about the skills of CPR. Some warning signs include a change in breathing and abnormal sounds such as gurgling - if the breaths sound normal then there is oxygen going around the body. Also a change in colour can be a warning sign.

If you ever have to give anyone CPR the procedure is to put hands between patient's boobs, one hand down, the other over the top, and then press down for 30 compressions. Jo had some models to try it out on, and I found that you really have to press hard. Hopefully you will never have to do this, but if you do, Jo's important message was that to do something is better than to do nothing. This was an important and extremely interesting talk. Jane Dendle



**See you there!**

## Quiz Time

**Our thanks, as ever, to Betty Williams for compiling our quiz. Answers on page 19**

1. Ergophobia is the fear of what?
2. From 2025, who will be out of a job at the All England Lawn Tennis Club Championships?
3. Which is the longer of the two forearm bones, the ulna or the radius?
4. 19th century author, Mary Ann Evans, is better known by what name?
5. The pop song "YMCA" was performed by which group?
6. In 1810, calcium was discovered by which Cornish scientist?
7. Which English university topped the world university rankings in 2024?
8. Former Formula 1 world champion, Damien Hill, likened the driving of whom to cartoon character Dick Dastardly?
9. Ilfracombe's Adelaide Terrace is named after the wife of which British King?
10. What is the capital of Greenland?
11. Which former British Deputy Prime Minister died in October 2024?
12. Currently, the world's tallest woman, Rumeysa Gelgi, is what Nationality?
13. Bucephalus was a horse belonging to which Macedonian ruler?
14. Audrey Hepburn received her only Oscar for acting in which film?
15. The Chile pine tree is more commonly known as what?
16. In 1987, which magician based a tv show in Combe Martin's Pack o' Cards pub?
17. "Arrangement in Grey and Black; No.1 The Artist's Mother" is a painting by whom?
18. What is the collective noun for books?
19. 62 West Wallaby Street, Wigan, is the home of which animated characters?
20. The start of British Summer Time and Mother's Day are on which 2025 date?

## New Members Cream Tea

### **New Members Cream Tea Tuesday 19<sup>th</sup> November Combe Martin Village Hall**

This event was organised by Fran Barnett and her team to whom we give thanks. It was attended by 26 new members and 11 conveners. It was a really cold afternoon but the members were given a warm welcome and a beautiful cream tea.

It had been decided that we use the most important element of our u3a which is the monthly newsletter, to illustrate the importance of reading it each month to find out what is going on.

This meeting was an ideal opportunity for conveners to meet the new members face to face and to present their interest groups. Many conveners reflected on how valuable it was to be able to talk directly to the members and to answer their questions. They also commented on how well the event was organised.

For the new members who attended it was a good way to meet other new u3a members and to gain a sense of being part of a wider organisation. It was a very enjoyable afternoon.



### **Daphne Lock d. 16 December 2024 aged 96**

All of us old stagers in our u3a were very sad to hear of Daphne's passing. She and husband Bob (who died three years ago) were among the last of the original founding members of our u3a. As biology teachers at the secondary school, they had been persuaded in 1987 by the head, John Gale, to join him in forming the u3a.

Daphne immediately started her play reading group which she was to run for the next 30 years. She and Bob continued to be active in our u3a until just a few years ago when they needed care away near family.

Besides their u3a doings, they were heavily involved in Ilfracombe's Studio Theatre.

They were enthusiastic joiners in group lunches, in later years keen to get places near to hear the speaker. Once the talk started they would promptly fall asleep.

A lovely, much loved couple of cultured thespians.



*John Gale, Bob and Daphne Lock at our u3a's 30th anniversary lunch in 2017*

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### **David Purdy d. 20 December 2024**

David graduated in linguistics and philosophy, and later did research in child language and maths education. Then, having moved to North Devon with his wife Jan, whilst Jan worked as a teacher, he became house-husband raising their three children. Various jobs ensued including running a whole-food stall at Barnstaple Pannier Market. He then became heavily involved over many years with Ilfracombe Citizens Advice Bureau, both as manager and as volunteer.

Jan and he worked a small farm at Higher Campscott later, raising stock. More recently they rented out the fields, but continued to live in the farm.

David was a member of our u3a, particularly enjoying Natural World group's activities. David was passionate about helping others, reflected in his long-term church membership.

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### **Thelma Brown d.27th December 2024 aged 93**

Thelma left Ilfracombe a few years ago for medical reasons, but whilst here was an active u3a member. As a talented artist she belonged to the art group. A keen luncher she went with the Sunday group, and also the u3a monthly lunches. She was a member of the garden, theatre and other groups. She is remembered as an all-round lovely friendly person.

### Safety scheme on A361, North Devon, 'will save lives'

Devon County Council's cabinet has approved the delivery of a package of measures to tackle speed-related collisions and careless driver behaviour on a stretch of the A361 between Barnstaple and Ilfracombe this week.

A combination of 'spot' speed and average speed cameras will support safer speeds, and innovative artificial intelligence cameras will help encourage drivers to adopt safer driving practices. This includes reducing drivers being distracted by mobile phones and increasing use of seatbelts.

Three new bidirectional spot speed cameras are being planned, two to help reduce speeds at Knowle and Ilfracombe and the third will help manage speeds on the 50mph, A361 dual carriageway and its approaches into Ashford and Barnstaple. Additionally, two new average speed camera systems will be delivered between Ashford and Chivenor and between Knowle and Mullacott Cross.

Further safety improvements, to be considered at a future Cabinet meeting, are also being planned and will include junction upgrades and pedestrian and cycle crossing improvements including access to bus stops.

## How to avoid being scammed

During the last few coffee mornings I have brought along some excellent booklets written by **AgeUK** on how to avoid scams. They were very well received. For those of you who do not get a chance to come to our friendly coffee mornings, I thought it would be sensible to put down some of the information you need to be aware of.



53% of people aged 65 or older have been targeted by scammers, and the average age of victims has now risen to 75. Someone in the UK is scammed every 10 seconds.

Scams come in all shapes and sizes. There are doorstep scams, mail scams, phone scams, email and website scams, identity theft, investment scams and relationship scams.

#### Try to avoid scams and stay safe.

- Put all your contacts into your phone and mobile, so if their name doesn't show when you get a call, you are already wary.
- Install a BT landline call-blocker to stop nuisance calls. <https://bit.ly/4gTewER>
- If you answer, don't say anything, let them speak first.
- Be ready to cut the call – it is not rude.
- Ask for their phone number so you can call them back – they won't do that!
- Don't ever give bank details or send money.
- Is what they offer too good to be true?
- Does the website you are on just have a PO Box and no phone number?
- Don't respond to unsolicited emails and don't click on links or download attachments in them.
- Put a 'No uninvited callers' sticker on your front door – Ilfracombe Library have them.
- Don't be embarrassed to report it - it's not your fault.

To report a scam ring: **Consumerline** on 0300 123 2040. GOV-UK site <https://bit.ly/4gLAZUt>

To order the **AgeUK** Avoiding Scams booklet call free on 0800 169 65 65 (8am-7pm, 365 days a year)

**Bryan Cath**



## Convener Liaison – Jackie Gough

Just a reminder to everyone that the groups undertaken by the u3a need conveners, leaders or a steering group to be able to run. If you have a skill that you might like to share, or you would like to organise and support a group please let our convener liaison **Jackie Gough** know and she can support you in setting up and developing the group. Groups can be run by a steering group which is a great way to support each other in taking the lead and helps with the generation of ideas.

We are currently looking for conveners, leaders or a steering group to run the following groups:

- Line Dancing
- Opera group
- Musicians jamming group
- Bus trips group

We would also like to continue our gardening group if there is someone or a group of people who would like to be conveners/steering group for this.

Thank you so much in advance. Our u3a can support you in taking up these opportunities.



## Thought of the Month – in Verse

### TO THE ON LINE SELLER

My parcel was delivered, so you say,  
A photo on the internet would show  
That this is so. On a dismal rainy day  
It stands out on a step, a foot below  
A green front door - a door that is not mine.  
Whose door is this I really couldn't say,  
None of my neighbours have a house design  
That fits its lurid tones, and anyway,  
I can't rely on them to pass it on.  
It seems my hopes of glamour and of fun  
Have been subdued, if not completely gone,  
Though maybe mocking laughter has begun  
As the box revealed a wig of brilliant red -  
The crowning glory for my greying head!

Katie Mallett © 2025



AI generated picture!



## Interest Groups/Events Timetable - February 2025

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
					1	2
3 Singing4Fun Family History	4 Craft	5 Art French Conv Italian Conv	6 Shakespeare	7 Cttee Skittles	8	9
10 Writing Group	11 Modern Board Games Computer Skills	12 Art French Conv	13 <b>AGM</b>	14 Ramblers Yoga	15	16 Munch Bunch
17 Singing4Fun Natural World	18 Craft Novel Readers	19 Art French Conv Italian Conv	20	21	22	23 Sunday Lunch
24 Family History	25 Photography Computer Skills	26 Art French Conv	27 Archive Ilfracombe Knit & Natter	28 <b>Coffee AM</b> Archive Ilfracombe		

### Ilfracombe Coast u3a Interest Groups

*The following reports have been written by our industrious conveners to keep our members informed of what their group has done and will be doing in the following month. If you like what you read and would like to join in any of the groups, the contact details are at the beginning of each Interest Group details. Some groups may have a waiting-list, but generally they will welcome you with open arms.*

*At the March Coffee Morning the Interest Groups will have displays and information for you to take away, and you can talk about their group directly with them.*



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

In November we enjoyed helping Lindsay with cleaning some of the exhibits - bottles, ceramics, old radios and gramophones, even a Teasmade (or is it maid?)  
 The Friday group had to meet in the Ilfracombe Gallery because there was another meeting in our usual room. Here we had gas masks, including monstrosities for babies, army boots, model boats, artefacts from the English Civil War and souvenirs from the Ilfracombe Hotel, as eclectic as ever, and extremely helpful for the Museum.

Next meetings are: **Thursday 23<sup>rd</sup> January and Friday 24<sup>th</sup> January**  
**Thursday 27<sup>th</sup> February and Friday 28<sup>th</sup> February**





**Crafts** Convener: Ley Holloway Tel: xxx Mob: xxx

1st and 3rd Tuesday 2 - 4pm Brookdale Church Hall - if possible we ask people to arrive about 10 minutes early to help set out tables and chairs.

Contribution of £3 unless numbers are low.

The craft group has had one session this year, it was making bags from old T shirts, a nice easy start to the year and everyone ended up with a useable bag.

In our next two sessions we are, hopefully, going to be doing small embroideries. One of our members, Maureen, has planned this activity and as long as she is back from the US that's what we'll do.

If she's not back, we'll find something to do from our list.

We have put our fee back to £3.00 per session as we ran short of money last term.



T-shirt Bag



**Computer Skills** Convener: Bryan Cath Tel: xxx

Chocolate Emporium, High Street, Ilfracombe

on 2nd and 4th Tuesdays, 2.00 - 3.30pm

£3 a session

We had our inaugural meeting on Tuesday 14 January in a large room upstairs at the Chocolate Emporium in Ilfracombe. There was a very good turnout and we discussed what our new members were wanting to get out of this new group. We did this with the aid of a questionnaire which helps Bryan work out subjects for future meetings.

We will be helping with understanding the basics of using Windows, the File Explorer, how secure members computer are against all the nasties out there, and keyboard shortcuts and how useful they can be. We hope to then move on to using applications and photo editing.

Because our subject is so broad, we will need to split the group into specific problem areas that members have asked help with. This is why our sessions are only 1½ hours long, as there can be a lot to take in. I will be supplying notes and crib sheets for members to take home to practice before their next session.

We have three helpers plus me, so that we can be fairly hands-on, but we would very much welcome others who are computer-literate and would like to help your fellow members understand how to use their computers. Please contact Bryan if you feel you would like to help in our sessions, twice a month or when you can.

Next meetings: **11th and 25th February.**

**Bryan Cath**

I have not lost  
my mind, it's  
backed up on  
disc somewhere



Family History Convener: Joan Broxholme Tel: xxx

1st and 4th Monday 2-4pm at Ilfracombe Library.

We have an increase to £3.00 as the library have put up their charges. Includes refreshments.

Happy New year to you all.

This group is held on the first and fourth Monday each month at the Ilfracombe library between 2- 4 pm, unless they fall on a bank holiday.

Here are the dates for the following three months.

**Group 1** February 3rd March 3rd April 7th

**Group 2** February 24th March 24th April 28th

At the moment there are two places available. If anyone is interested in trying out our happy group, please contact me on xxx or

Please take care during these cold, wet days.

Joan Broxholme



Foodies Organisers: Carole McGill xxx and

Deirdre Spencer-Smith xxx 3rd Thursday 1 until 2.30 pm £2

"Dice and a Slice", 6 Belgrave Promenade, Ilfracombe, EX34 9BD

We had 8 people come and the theme was Mince, both sweet and savoury.

We had chilli pasties, mincemeat scones, mincemeat baklava, mincemeat Bakewell and turkey, lime in lettuce cups and savoury mince and onion pie, so as you can see a great mixture of both savoury and sweet.

The quiz produced by Deirdre was another great eye opener.

Unfortunately next month clashes with half term so we have decided to give it a miss so the next session is on 20th March.



French Conversation Convener: Jo Rosvall Tel: xxx

2.15pm until 4.15pm in Combe Martin. 2 groups on alternate Wednesdays

Please contact Jo about future availability to join. £1

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.

Continued on page 12.....

.....Continued from page 11

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. In January, we discussed the way different countries celebrate various events.

In February we will talk about important organisations which shape French life.

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

Dates on February 5<sup>th</sup> and 19<sup>th</sup> for the Bonnets Rouges and 12<sup>th</sup> and 26<sup>th</sup> for the Gilets Jaunes.



Italian Conversation Coordinator: Julian Tippet xxx

1st and 3rd Wednesday 3pm at 6 Croftswood Villas.

We meet for conversation and to improve language knowledge and fluency. In doing so we learn more of this lovely country and its culture.

**Dates: February 5<sup>th</sup> and 19<sup>th</sup>**

In December we held our Christmas lunch, a typical Italian meal at Giovanni's.

**Julian Tippet**



Knit/Crochet and Natter - Convener: Jacky Smith, Tel: xxx

At 28 Spurway Gardens, Combe Martin, EX34 OPL.

2nd and 4th Thursday, 2-4pm xxx

New group for U3A members. A very informal group providing space to knit and/or crochet. The group will cater for:

- Knitters and Crocheters who want to come along with their own pieces of work
- Knitter and Crocheters looking for inspiration
- Anyone who would like to expand their knowledge of knitting or crocheting
- Anyone who wants to learn and/or develop a knitting or crocheting skill

Come along build your skills, chat and have some lovely refreshments with fellow crafters.

**In February the 2nd Thursday (13th) is the AGM so no Knit and Natter.**

Next session will be **February 27th 2pm.**







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

xxx 2nd Tuesday, 1.30 - 4 pm approx.

Board Games Café "Dice and a Slice", 6 Belgrave Promenade, Ilfracombe

Cost £2.50 including use of a wide selection of games and tea or coffee.

The first meetup of 2025 was great fun thanks to all who came.

We split into two groups, the group lead by Rod played 'Via Nebula' a resources gathering and delivery game, then 'Timelines-History' a quick card based quiz type game.

I led a game of 'Cottage Garden' which as the name suggests involves tessellating flower beds, cats and plant pots to make a beautiful garden.

February's meetup will be on the 11th at Dice and a Slice from 1.30pm until about 4pm. Subs are £2.50 which includes tea or coffee.

Everyone is welcome beginners/experienced or anywhere in-between, the more the merrier.

Need more info? Contact me, happy to help, details above.



## 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.*

Well Happy New Year to all. Let's hope 2025 will be a good year. I hope you are all safe and well after the dreadful December storm and now the very cold weather.

Our MOTO group had a great December with several outings.

Joan Lupton arranged her Saturday night meal at Bar 71 in Ilfracombe. Thanks Joan.

Bill arranged a Sunday lunch at Saunton Golf Club... always a good venue. Thanks Bill.

A group of us had a good day out in Lynton. We started with lunch at the Greenhouse and then crossed the road to the lovely little cinema there where we watched the brilliant film 'Paddington in Peru'.

We also had a trip to Arlington Court to see the house dressed for Christmas. We didn't walk the grounds because there were still dangerous trees around from 'the storm'. We did manage coffee and mince pies in the tea room afterwards.

We seem to be having a very quiet January/February ahead. Anyone want to arrange an outing?

Joan Broxholme would like to go to see the 'Bee Gees' at the Queens Theatre in Barnstaple on March 7<sup>th</sup>. Please contact her if you would like to go too.

Keep checking the group's outings on the MOTO events WhatsApp, as we add events regularly.

If any of you fancy company to go anywhere at all, please arrange this via our Whatsapp events page.

Let's come up with ideas for events. Short notice plans on our Whatsapp group are always very welcome. Events are fun with 2 or 22 so get thinking. Hope to see you all again soon to make 2025 a great year.

Pat Martin x





The Munch Bunch Contact: Jo Rosvall xxx

Steering group: Barbara Eales, Maureen Lowe, Phil Marsden

Times and costs vary depending on the venue

This friendly group offers the opportunity to meet up with others to enjoy a meal together, in good company. Our meals will take place, sometimes on Sundays, sometimes on weekdays to provide a variety of venues. You will be able to find details of each meal in our monthly newsletter or via our WhatsApp group, which was set up to make it easy for members to book a place, or to find information about our outings. You will be able to book a place by phone, email, or on our easy-to-use WhatsApp.

So do come and join us, we are a friendly bunch.

Last month about a dozen of us visited The Pelican Restaurant in Barnstaple for a very enjoyable meal to start off the year.

For our next meal, on **Sunday the 16<sup>th</sup> February** we will be visiting the **Han Court Chinese Restaurant** at Fremington, Barnstaple, EX31 2NX. There is free parking at the front and rear of the restaurant.

A buffet menu is available for £22.80 per person, or it is possible to order from the menu.

The last date for booking is **Sunday 9<sup>th</sup> February**. Bookings can be made, as usual, through our Munch Bunch App, or by telephone to Maureen Lowe on xxx, or by email to Jo Rosvall xxx



Natural World Contact: Jo Rosvall xxx Email: xxx

Steering Group contacts: Andy Forgan xxx, Angie Ellis xxx. Normally 3rd Monday 2.00 but location varies.

Indoor meetings at Brookdale 2-4 Contribution £3

January's outing, 15 of our group visited Fremington Pill to observe the migratory wading birds. We were very ably and delightfully led by, what is becoming, our regular guide, Martin Unwin. We were amply rewarded by a whole range of birds which paraded on the mudflats for our benefit. Redshanks in profusion, as well as some spotted redshanks and a couple of greenshanks, to mention but a few. A little egret and a glossy ibis appeared as a finale before we retired to the cafe for lunch. But perhaps the highlight was a small group of snipe who stood for our inspection on a pile of seaweed.



**Our next meeting will be at Brookdale at 2.00 on the 17<sup>th</sup> of February.**

We are looking forward to being introduced to "The Secret Life of Insects" by Jamie Buxton-Gould from the Finding Nature's Footprints project, who gave our very first talk which was about bumble bees. Those who can remember that far back will recall how good she is at drawing us into the subjects that are close to her heart. Contribution £3. Non-members of the group are welcome – please let Jo know if you would like to come. Members will get a follow-up WhatsApp.





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

3rd Tuesday 2.30pm at "Brendon", Combe Martin, unless notified otherwise.

£1 towards refreshments and an annual charge (around £10) for the loan of books.

It seems an age ago that we gathered to discuss A.S. Byatt's "Possession" and the intervening holiday period has wiped most of it from my mind. I think we agreed it was a difficult book to read but worth the effort. Certainly the author's gift of exquisite prose and cultural reference is to be admired. We have David Nicholls' "Sweet Sorrow" to carry us into the New Year. Our next meeting is on 18th February.

**Betty Williams**



**Photography - 'SNAPPERS & SNACKERS'**

Convener: Steve Hawes Mobile: xxx

4th Tuesday 10.30-12.30 followed by nearby (optional) refreshments.

Our November outing to Berrynarbor seems like an awfully long time ago, but it was a fun one, and once again the weather gods were kind to us! Christmas decorations were up, and the flowerpot men were much in evidence. St Peter's Church is always worth a visit, with its commanding views along the valley; so too is their thriving Community Shop with its fine selection of local beers and gin!

Afterwards we enjoyed an excellent lunch at Sawmills; the pub is under new'ish management, and now offers great hospitality, generous portions, and really good value for money! It's also nice and warm and spacious! Finally I popped back up to Berrynarbor Manor Hall as it was their coffee and cake afternoon, and well, it would have been rude not to!

#### **Future Outings 2025 .....**

Feb	Tue 25	Barnstaple	Fullam - For a Late (or Early!) Christmas Lunch
Mar	Tue 25	Velator Quay	Quay Cafe
Apr	Tue 22	Watermouth Bay	Leisurely Refreshments at Storm in a Teacup

All ability levels and all cameras are most welcome. 'Snappers & Snackers' is all about gently exploring and enjoying this fabulous area, with a bit of exercise, and plenty of banter, laughter, and cake! We've even been known to take a photo or two in the process! We explore many different styles of photography - whilst I endeavour to demystify the myriad of controls found on modern day cameras!

One-to-one theory sessions are always available on any aspect of photography.

The group is currently full.





**Practical Art** Conveners: Robert Hobson Tel: xxx  
Catherine Fenton Tel xxx

Manor Hall, Berryнарbor on Wednesdays 11.00 till 13.00 £2 a session. Free parking at the Manor Hall or village shop. Refreshments provided.

**Practical Art** is a friendly, informal group of u3a members who enjoy painting or drawing together. We are a group with varied levels of skill from beginners to more experienced artists. We welcome new members to come along and join us. Bring your own pencils or paints and paper.

At our last session of 2024 we said Farewell to Roger Styles a founder member and Convener of U3A Practical Art. Roger was presented with a woolly hat to keep him warm on his golf course!

We wish Roger all the best and hope to see him between tournaments in 2025.



*Photo caption:  
Bob Hobson presents Roger Styles with his parting gift from the art group*



**Ramblers** Convener: Julian Tippetт Tel: xxx 2nd Friday 10.30am

### Friday 14th February

Traditionally we go to see the snowdrops at Damage Barton. This year we shall approach from a different direction, namely, from Lee, after a stroll along the coast path to Bennet's Mouth. Path can be wet and slippery so take a pole?

**Meet:** Lee village hall car park, put fee in honesty box.

**Walk:** 3.5 miles.

**Leader:** Quentin and Jacqueline Cox

**Optional lunch:** The Grampus



**Shakespeare on DVD** Convener: Linda Macpherson Tel: xxx

1st Thursday 1pm Convener's house in Ilfracombe

Our February meeting is on Thursday 6th at 1pm. Our play is *Twelfth Night*.

Separated twins, a shipwreck, a girl dressed as a boy in a strange land and plenty of unrequited love combine for a delightful comedy with a dark episode in the centre. I love this production particularly - from the Beeb in 1980 - because Felicity Kendal absolutely nails Viola with the best interpretation of the role that I have EVER seen. I hope you will agree.

Run time is 2hours 8 mins.





**Singing For Fun** Convener: Jennie Tusveld

Tel: xxx 1st and 3rd Monday, 10.30 - 12.00am

10 to 11.30am Brookdale Rooms £1

**Please note the new times - half an hour earlier.**

Having a group singalong is one of the best ways to release stress and be happy. The good news is, you don't have to be good at it to reap the rewards. We all need a dose of happy right now and Singing for Fun can provide just that.



Dates for February are **Monday 3rd & 17th**.



**Skittles** Convener: Jane Lucas Tel: xxx Mob: xxx

Email: xxx

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

£1.50 - £2 for the picker upper

### **The Return of Skittles**

10 skittlers returned for the new year games, with a new member having a go. Two teams with spares abundant and a game of killer, where Jan Gibbins prevailed. Always room for more players.

Meeting the first Friday of the month 4-5.30 at the Sandpiper pub £1.50 for the picker upper. Next game Friday 7th February.



**Away Lunch Group (and other days) Lunch group** Conveners: Fran Barnett.

Tel: xxx

Steve Hawes Mob: xxx

3rd or 4th Sunday, 12.00 for 12.30. Cost: cost of the meal

Our group meets mostly, but not always, for a Sunday lunch, usually in the third or fourth week of the month. We aim to choose venues which give good quality food with a pleasant ambience and good value, paying a little more if necessary. Most are village pubs and also golf course restaurants and hotels. We are prepared to travel to reach these quality venues, and although lifts cannot be guaranteed there are sometimes generous drivers available who are prepared to share their transport, with an offer to share expenses in line with guidelines. We are a very friendly group and much enjoy the company getting together offers. This group is currently full.



Our next meal together is on **Sunday February 23rd, at Sawmills, Watermouth Valley, Berryarbor, EX34 9SJ, 12 for 12.30.**

On offer are 3 starters £6.75 - £10, 2 Roasts, beef or pork, £18.95, 2 vegetarian choices £16.50 - £17.95, scampi or fish and chips £17-18, 3 desserts £8.50 or cheeseboard £10.

We reserve 20 places at each venue, and these will be on a first come, first booked basis. Please let Fran know in ample time, and the latest by Tuesday 18th February if you would like to join us.

We look forward to seeing you there, **Fran & Steve**



The Writing Group Convener: Stuart Coslett Mob: xxx

Email: xxx

2<sup>nd</sup> Monday 2pm Ilfracombe Library. £3

This is a group for those who like to write - for whatever reason and in whatever style they choose. Each month we share examples of fiction and non-fiction, autobiography, poetry, travelogues, etc. Our aim is to provide encouragement and confidence and some of our members have gone on to publish their work or take part in live poetry readings.

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 12 members, who contribute £3 per session to cover the cost of the venue. Currently, we could accommodate two new members. If you are interested, please contact me directly, by email, to find out how we operate.

Our January meeting in Ilfracombe Library was well attended, and we are all looking forward to the next one on February 10th. We will then continue at the same venue on the second Monday of each month for the rest of 2025.



YOGA for All Convener: Jackie Gough xxx

xxx Positive Pilates Studio at 53 The High Street, Ilfracombe. 2nd and 4th Fridays, 12.45 to 2.00pm or 2.15 to 3.30pm. £3pp

**The yoga class has moved to Positive Pilates Studio at 53 The High Street, Ilfracombe opposite the petrol station.**

**Yoga Flow Class** is on the 2nd and 4th Friday of the month at 12.45pm. This class would suit anyone who would like to try some slow flowing yoga. I ensure that you will have a balance between breathing, moving and laughing.

**Chair Yoga Class** on the 2nd and 4th Friday of the month at 2.15pm. The chair yoga class is a vibrant class for those who would find getting down onto a mat more challenging. We use the chair to do some sitting poses and then as a prop for supporting us with our balance.

If you are interested in either class please get in touch and we can discuss which class might suit you. February classes are on **Friday 14th and the 28th** at Positive Pilates.

Retirement is  
when you stop  
living at work  
and start  
working at living

How many roads  
must a man walk  
down, before he  
admits he is lost

## St Philip & St James' Christmas Tree Festival

The craft group took part in this annual festival again this year. We decided to make paper stars to decorate our tree, using origami paper to create a variety of different star designs and a few icicle shapes from the components of one of the stars. Some of the stars were made using a cutting technique and others used an actual origami pattern.



There are always lots of trees from different local organisations and the church always looks lovely, some trees remain in place throughout the Christmas season but ours had to come down early as it would have been in the way of services.

We're hoping to take part again next year.



## Quiz Answers

1. Working; 2. Line Judges; 3. Ulna; 4. George Eliot; 5. Village People; 6. Humphry Davy;
7. Oxford; 8. Max Verstappen; 9. William IV; 10. Nuuk; 11. John Prescott;
12. Turkish; 13. Alexander the Great; 14. "Roman Holiday"; 15. Monkey Puzzle tree;
16. Paul Daniels; 17. James Abbot Whistler; 18. Library; 19. Wallace and Gromit; 20. 30 March.

## Ilfracombe Coast u3a Organising Committee contact details

Name	Position	Contact	Email
Jane Dendle	Chair & Community link	xxx	xxx
Julian Tippet	Vice Chair	xxx	xxx
Jo Rosvall	Secretary	xxx	info@ilfracombecoastu3a.co.uk
Joan Broxholme	Coffee Mornings	xxx	events@ilfracombecoastu3a.co.uk
Janet Keiff	Treasurer	xxx	treasurer@ilfracombecoastu3a.co.uk
Jane Lucas	Welfare / Events	xxx	xxx
Steve Hawes	Membership Secretary	xxx	membership@ilfracombecoastu3a.co.uk
Bryan Cath	Website, IT & Publicity	xxx	xxx
Ley Holloway	Tech support	xxx	xxx
Jackie Gough	Convener Liaison	xxx	xxx
Jan Purdy	Planning Support	xxx	xxx

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

Registered Charity 1027348 Any cheques payable to Ilfracombe Coast u3a.

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

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

For a printed copy of the newsletter, please contact Bryan Cath xxx  
newsletter@ilfracombecoastu3a.co.uk