

MEMBERS' NEWS UPDATE JANUARY 2024

CHAIR'S MESSAGE

Friends,

A very Happy New Year to all our members. I hope that you had an enjoyable Christmas period and that you are now looking forward to the new U3a year in your respective groups. How are you doing with the New Year Resolutions? I must thank Maggie and her team of helpers for organising the Christmas lunch at the Castle Tavern – a sell-out as usual. Maggie, too, wishes to thank all those groups who contributed to the Xmas Tree at the Alverstoke Festival. The result was magnificent, but Maggie has kept all the decorations and are available for collection by contacting her. It's also that time of year again to renew our subscriptions (£28) which can be done either online or in person to Treasurer Judith at the Thorngate meetings. There's a separate report about Thorngate but one point to note is that we have our Annual General Meeting on Friday 27th April at the Methodist Church in Stoke Road. We'll obviously be giving more reminders and details of this in the meantime but as a result **there will not be a meeting at Thorngate in May**. The AGM will be late morning meeting followed by an 'American Supper' lunch (bring your own food contributions) with an amusing speaker in the afternoon. I don't have to tell you that this is an important meeting when members elect the team to lead Gosport U3a for the next year. All posts are by convention up for election and new faces aboard would be really welcome as some long serving members seek to take a break. If you want to know what being a 'committee person' entails, just have a chat with any one of us. In brief, it's one meeting a month and the benefit of bringing and sharing ideas and shaping the management decisions that follow. But you may also know of friends and acquaintances who might like to join our U3a. We've been gaining a few already. It's good to be reminded that we don't have age limits to membership – so it's not 'Darby and Joan' but open to anyone who has time on their hands after leaving work – and who wants to learn something and have fun in the process! Best wishes. *George Cantrill, Chairman*

SPEAKER SECRETARY

Our first speaker of the new year was Joe Marsden, training officer with Gosport Coastwatch. Joe explained how this fairly new organization was founded when Government funding was withdrawn and lighthouses and lightships around the coast went 'automatic' thus eliminating the human eyes and quick responses, that had kept watch over our shores for centuries. However, from small beginnings by a group of volunteers in the 1990's this still purely voluntary organisation has grown to nearly 60 such stations around England and Wales. We are fortunate to have the Gosport Station at Fort Brockhurst watching the Solent and our beaches for all daylight hours by shift rotas so that help can be called from the Coastguards – including scrambling helicopters when necessary to aid people in potentially tragic situations. Joe explained how easy it is for the most innocent situations to become life threatening – especially when the tides can take even a child's rubber ring way out to sea – not something an unmanned lighthouse can spot! Many thanks Joe for bringing us this very enlightening and interesting talk. Next month, I'll be singing for my supper. My contribution will be about The Life and Legacy of Sir Randal Cremer. I've had quite a bit of involvement with Sir Randal's legacy in recent years but his claim to fame was to be Fareham's only Nobel Prize winner.

George Cantrill, Speaker Secretary

MEMBERSHIP SECRETARY

A very Happy New Year to you all. I am now able to take subscriptions for the **2024/25** membership year which starts on the **1st April**. I will be available at General Meetings to take cash or cheques or cheques can be posted to: Linda Clachan - 77 Grove Road, Gosport, PO12 4JJ. The membership fee is unchanged from last year, **£28**. If you are already a member of another U3A the fee is **£22**. **Cheques should be made out to: U3A Gosport** and remember it's **2024** for the date. Payments can also be made by bank transfer to: ● U3A Gosport ● Sort Code: **30-93-56** ● Acc No: **02123229** (Reference payment with your name and membership number). Please inform me by email if you make a bank transfer. Subscriptions will be recorded on Beacon as they are received. Membership cards and leaflets are in the process of being made ready for printing and will be available for collection at general meetings. I am no longer able to hand deliver membership cards and leaflets. If you wish to receive your documents by post, please provide me with a stamped self-addressed envelope.

Linda Clachan, Membership Secretary

MEMBERSHIP SECRETARY - VACANCY

I will be standing down as Membership Secretary at the AGM in April. I have enjoyed taking part in our U3A Committee for nearly four years in this important role but it is time for someone new to take over. I'm happy to answer any questions about what the role involves. I can be contacted through the Membership Secretary link on the website. Best wishes.

Linda Clachan, Membership Secretary (until 26th April)

WELFARE OFFICER

Hello everyone, I hope that you all had a very enjoyable time over Xmas and New Year. The next new members coffee morning will take place on **Monday, January 8th** at **10:30am** in the Discovery Centre. A very Happy New Year to you all.

Sheena Bone, Welfare Officer

BOARD GAMES GROUP

Board Games, Friday Group

There are spaces in the Friday evening Board Games group if anyone is interested in joining us. The first meeting will be on **Friday, 19th January** from **6.45pm to 8.45pm**. People are welcome to bring their own games to play. *Val Havard, Group Leader*

NEW BOARD GAMES GROUP LEADER NEEDED

The Tuesday Board Games group was already full, with two members on the waiting list, before the first meeting on 2nd January and therefore, there would be enough interest for another daytime Board Games Group to start up if someone was interested in leading it. I had never in my life run anything before but people were very willing to help, so it wasn't a difficult task. If you have an interest in board games and you like people, you could be a good candidate to be a Board Games Group Leader. I would recommend it, as it is a very pleasant way to spend a morning or afternoon in the company of lovely friendly people playing games. If interested please contact either Barrie Bullimore (Group Leader Co-ordinator) or myself.

Val Havard, Group Leader

DÉBROUILLEZ-VOUS EN FRANÇAIS



Bonne Annee a tous et toutes.

We meet every Tuesday at 10:30am by Video Conferencing. To join, all you have to do is provide your e-mail address to Richard Lovett at Richardf.lovett@gmail.com or 023 9258 5194. We are a small friendly sociable group suitable for beginners and also those at intermediate level. We are currently working our way through a popular

best-selling French grammar text book "Living French" by T W Knight 7th edition - available from Amazon for £13.20 (assessed with 4.5 stars out of 5). We are also reading a famous crime novel Arsene Lupin by Maurice Leblanc. A modern version of Lupin is currently being shown on Netflix. There is absolutely no obligation to speak French at the meetings so newcomers are welcome to come and just observe to see if they could benefit. We also deal with French culture, places of interest, history, cuisine etc. so Francophiles, this is the group for you. **Richard Lovett, Group Leader**

DAY TRIPS

Eight members of u3a Gosport visited the Festival of Lights at Longleat, with Angela Coaches, on Sunday 10 December. Along with an amazing light show depicting Fairy Tales and the Chronicles of Narnia, we were taken on the Safari ride through the park and saw lions, tigers etc. with the bonus of good weather throughout our visit.

Maggie Gavin, Group Leader



FINE DINING GROUP

The Fine Dining Group thoroughly enjoyed both Xmas Lunch events organized this year at **Avenue141** and the **Richmond Restaurant** at **Lysses Hotel**. The food was excellent and everyone enjoyed themselves with lots of compliments being received. Each group member was 'gifted' crocheted 'snowflakes' made by Wendy, with Origami 'stars' from Judy and 'sharing boxes' from Jan; all were very much appreciated and admired by the group. We have enjoyed some excellent meals along with delightful company this year and are expecting the same delicious lunch menus to continue in the New Year. New members are always very welcome to join us each month and if you would like to know more about our group and are interested in joining, please contact Jan via the bluebird link or e-mail u3afinedine@gmail.com for more information. Wishing everyone a very Happy New Year.

Jan Damerell, Group Leader

FOLK DANCE GROUP

We have met four times so far and numbers have been encouraging. Most of the Group are new to folk dance so the "learning curve" is steep! We are now moving our meeting day to the 2nd Monday of each month so as to avoid Bank Holidays but the venue and times are unchanged; Gosport Methodist Church, Stokes Road from 10:15am to 11:45am. *Barrie Bullimore, Group Leader*

WORLD CUISINES LUNCH GROUP

For those of you who enjoy exploring different cuisines, our new **Lunch Group** will be meeting for the first time this Friday and if you would like to join us on our adventure around the world, visiting a variety of restaurants within the local area, experiencing food from different cultures we would love to have you join us. So far, we have 10 different restaurants that have been recommended to us and which we hope to visit over the coming year. Our first venture will be to **Krishna's Restaurant**, Fareham Road, on the **5 January 2024**, which has recently been advertised as "the best Indian restaurant in Hampshire" so, as our first port of call, we will be looking forward to tasting the delights of Indian Cuisine. If you would like to view the list of other restaurants, we will be visiting in 2024, these can be found on our Gosportu3a web page. The group is hoping to meet on the **1st Friday of each month** and if you would be interested in joining us, please contact either Jean or Jan via the Gosportu3a website or e-mail: u3aworldcuisines@outlook.com **Jan Damerell, Group Leader**

WALKING THE EXTRA MILE • WALKING 5-6 MILES GROUP



Gosportu3a members have been **WALKING THE EXTRA MILE** since 2015. To celebrate the end of their 9th year they combined with the newly formed **WALKING 5-6 MILES** group for the 6th Annual Walk on December 8th to their Christmas Lunch at the Cormorant Portchester. 26 members from both groups completed the 7 mile walk from Fareham bus station. No drivers were involved in this event as we used public transport. The Extra Mile group continues to attract new members giving them opportunity to get out, beyond the urban boundaries to experience some wonderful walking. This has increasingly meant members are helping to organise, support and lead walks. The 5-6 mile group is establishing their programme with members getting involved in planning the walks. Both groups have a detailed page on the Gosportu3a website if you would like to find out more there are email links to the leaders.

Kathy Parker, Group Leader

Free u3a online courses and talks

Did you know that every month there are a variety of courses and talks available online for free? To access them you book via Eventbrite and an email will be sent to you with the Zoom link before the talk. Click on the link below for details of the latest talks available and how to register for them are via this link: [u3a - Online Learning Events](#). If you are nervous about using Zoom, which is very easy once you've had a go, the u3a also provides How to Guides [u3a - Keep in Touch links](#)

u3a for All

Liz Thackray, Chair of the u3a Trust, recently posted on the u3a Keep in Touch Facebook page, which reiterates there is no limit on the age anyone can join the u3a. I have put a redacted version below. However, please note: '... the u3a is a self-help, mutual aid organisation'. The great community we have in Gosport can only continue with the positive contribution of all members, and those who volunteer to take on a greater role should be encouraged. If you don't like the way something is being organised do you need to complain, or can you step up as a volunteer with fresh ideas? 'A number of members have queried a statement I made at the recent AGM about criteria for being a member of a u3a, where I made it clear that we have – and never have had – any lower age limit and that the u3a is open to all that have the time to fully participate. The decision not to have a lower age limit was taken by an AGM of the Trust in the 1980s and has never been formally discussed since [.....]. The clause says that our objects are: the advancement of education and, in particular, the education of older people and those who are retired from full time work, by all means including associated activities conducive to learning and personal development. The lawyers – and also the Charity Commission – view our primary objective as being “the advancement of education by all means”. Although there is a focus on “older people and those retired from full time work”, this is not a restriction, as is made clear by the words “in particular”. [.....]. There has been no change in the criteria for joining the u3a – just a clarification of who is eligible. Perhaps the most important element, which does not form part of our legal documentation, is that the u3a is a self-help, mutual aid organisation and it is important that those joining the u3a need to be aware that their participation involves them in contributing to the life of the u3a, [.....] **Jennifer Bellamy**

U3A INTERACTIVE TALKS

Secrets of the Human Brain starts on **Wednesday, January 24, 2024, 2:00pm-3:30pm.**

This is a series of seven interactive talks which cover many aspects of our amazing brains. The series starts with a simple description of the structure of the brain and subsequent talks include subjects like sleep, dreams, behaviour, pain, the spinal cord, brain scanning and more. You can book a place on the first talk [here](#). **Val Havard**

Once a month Geoff Piper (Gosportu3a, Group Leader) presents a 50's and 60's disco for Brendon Care, The Anchorage, Gosport. It is held on the second Friday of the month and the next one will be on **12 January 2024**. If anyone would like to attend, the cost to members is £1.50 and £3 (on the door) for non-members.



2023-24 COMMITTEE ROLES AND CONTACTS

SOME COMMITTEE ROLES AND CONTACTS HAVE CHANGED SINCE THE MEMBER BROCHURE

THE COMMITTEE WISHES TO USE THE FOLLOWING TEMPORARY CONTACT ADDRESSES UNTIL THE E-MAIL ISSUE HAS BEEN RESOLVED. THE 'CONTACT PAGE' ON GOSPORTU3A WEBSITE CAN ALSO BE USED AND GROUP LEADERS ARE ABLE TO CONTACT THE COMMITTEE VIA 'U3A OFFICERS' ON BEACON.

Trustee Role:

Chairman	George Cantrill	georgecantrill@outlook.com (temp)	01329 238429
Vice-Chairman	Barrie Bullimore	bkbullimore@gmail.com (temp)	07470 203830
Treasurer	Judith Ridley	jridleyu3a@gmail.com (temp)	07739 026648
Membership Secretary	Linda Clachan	linda.clachan@gmail.com (temp)	07752 290588
Secretary	Maggie Gavin	maggiumble@outlook.com (temp)	07920 388843
Welfare Officer	Sheena Bone	sheenabone@yahoo.com (temp)	02392 602427
Beacon Administrator	Jan Damerell	jandamerell47@gmail.com (temp)	

Committee Role:

Group Coordinator	Barrie Bullimore	bkbullimore@gmail.com (temp)	07470 203830
Publicity	George Cantrill	georgecantrill@outlook.com (temp)	01329 238429
Speakers' Secretary	George Cantrill	georgecantrill@outlook.com (temp)	01329 238429
News Update Editor	Jan Damerell	jandamerell47@gmail.com (temp)	

Co-opted Member:

Website Administrator	Jennifer Bellamy	jcbellamyu3a@gmail.com (temp)	07765 500053
Advisory Role	Judy Foster		

Committee members and other members will usually check their emails at least once a week. As part of their role many committee members check their emails more frequently. If members need an urgent reply or do not receive a response to emails, they should ring at a reasonable time or contact another committee member.