

# u3a Newsletter

**News From u3a Guernsey**

**Issue 68**

**December 2023**

**Membership - 1031**



**Dear Ian**

The u3a groups were very busy last month. See below  
for everything they have been doing, making or  
performing.

And there are four new groups for you to consider  
joining in the New Year: Tennis, Ukulele, Guitar and  
Canasta.

Merry Christmas and a happy, busy and educational  
New u3a Year!

Alison  
Newsletter Editor

## Message from the Chair

Thank you to those members who have already renewed their membership for next year. Please don't forget to do this as soon as you can, as Convenors of all groups will be checking that you have a new membership card in January. Please do try to join online but, if you are experiencing difficulties, then send a cheque or money to our Membership Secretary; please include a stamped addressed envelope so your new membership card can be sent to you.

The membership fee for u3a Guernsey covers the period from 1st January to 31st December and is currently £15. This has not changed since the organisation started in Guernsey in 2015. The fee includes a Capitation Fee which goes to our national organisation, The Third Age Trust, which provides a wide range of services and benefits, including liability insurance cover.

The Committee are committed to ensuring you have value for money. There will be two opportunities in January for you to get your membership sorted out. Our **January Coffee Morning** will be on 9th January NOT 2nd, and on 16th we are holding a **Drop-in Session**. We will be sorting membership difficulties out at both sessions, so please just drop by if the online stuff is proving too much, any time from 10am onwards.

As usual, our Social Team have done us proud with the postponed **Ghost Tour of Sausmarez Manor** and supper finally taking place on a very miserable evening on 16th November, and an organised visit to the **Renoir Art**

**Exhibition** on 14th November, while many of you enjoyed the **Andre Rieu Concert** at the Mallard.

A talk from **Bill Brogan on Criminology** at the La Villette Hotel 23rd November was popular and he has agreed to give another talk next year.

An enthusiastic audience enjoyed the annual **Pantomime Ali Baba and the 2 and 3/4 Thieves** (Two and three quarters) on 4th December. The performance at the Vale Church Hall played to a packed crowd. Margaret's script was filled with local jokes and the cast were fantastic in their delivery. Well done to all: lots of fun and laughter. As usual, refreshments were served at the end - thanks to the members who made homemade cakes.

At our special **December Coffee Morning**, free mincepies were given out and all members were included in a prize draw. Co-op vouchers were won by Frank Le Maitre, Maureen Lukas and Steve Park, while boxes of biscuits were won by Jasmine Bynam and Pat Moss. Look out in January as we have a special announcement about shopping local and getting discounts.

Please remember our next **Coffee Morning** is NOT 2nd but 9th January at the usual place from 10am where members of the Committee will be on hand to support you if you are having difficulties re-joining. Alternatively, our **Drop-in Session** is on 16th January, so pop along then, from 10-11.30.

Best wishes for a Happy Christmas. I look forward to seeing you in the New Year.

Jane

Chair u3a Guernsey  
*Live, Laugh and Learn!*

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## Forthcoming Events and Reminders

Please note there is a **Christmas Special Boys' Breakfast** on **14th December**, where Christmas attire is optional but very welcome. It will be held at Saumarez Park Tea Rooms at 9.30am. Just turn up for a hearty breakfast and a good natter.

### **Private Coach Tour of Christmas Lights**

**Monday 18th December**

**Liberation Monument**

**Departing 5.30pm and another at 6.00pm**

**£10 per person**



We have secured another private coach tour to see the amazing Christmas Lights. The drivers negotiate lanes and corners we would never even attempt by car.

We have two coaches, one leaving at 5.30pm and the other at 6.00pm on Monday 18th December. The tour will last approximately 2.5 hours.

Please meet at the Liberation Monument five minutes before your departure time.

You will be told which coach you are on when making your booking.

The price includes mince pies and a hot drink at **Le Friquet** (if time allows maybe some sneaky shopping).

This is a discounted price for us.

Put on your Christmas jumpers and hats and join in the festive fun.

Cheques please made out to *u3aguernsey* and sent to :  
Gill Slimm, Lynden Lodge, Saline Road, St Sampson GY2  
4FH.

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## Group News



The **Art for the Terrified Group** having fun!





The **Sew and Create Group** made these lovely  
Christmas gnomes



The **Music & Movement Group** enjoyed a marvellous Christmas lunch



**NEW Tennis Group**  
starting after Christmas -  
Watch this space!

**NEW Ukulele Group**

This group started on **Wednesday 8th November, 2.00 - 3.00pm** at **KGV** with Gary Sheppard. It costs about £5 per session to cover the rent of the room. This group is for people



who play already and fancy learning different strumming patterns, chord melody and other techniques to advance style.

Contact Gary on: [gsheppard@cwgsy.net](mailto:gsheppard@cwgsy.net) or phone [07781 103293](tel:07781103293) if you want more information.



### **NEW Guitar Group**

This group started in **November, 13.15 - 14.15** at **KGV** with Marion and is open to keen guitarists who might like to get together to enjoy jamming with a few chords and perhaps singing along. If interested, please contact Marion by email - [merichards@cwgsy.net](mailto:merichards@cwgsy.net)



### **New Beginners Canasta Group**

Terry is offering to support those who are complete beginners and those who wish to improve. The group meet weekly at the **Hampshire Lodge** on a **Thursday**. Please

contact him on : [naftel@cwgsy.net](mailto:naftel@cwgsy.net) if you want more information.

### **Boxing Group**

Due to popular demand we now have **two** sessions on a **Friday**. One starting at 9.15am and another at 10.15am. There are only a few places free, so please contact Mary if you are interested : [marymcdermott2011@yahoo.co.uk](mailto:marymcdermott2011@yahoo.co.uk)

### **Girls' Breakfast Group**

This group will **NOT** meet in **December or January**. We **do** need people to support us, if events and gatherings are to continue.



### **Badminton Group**

New members with some experience are welcome to join this group. The group play on **Fridays** at **10.30am** at **Beau Sejour**. Please pop along and give it a try.

### **German Group**

New members interested in joining are welcome to turn up at the **Mill Street Community Cafe** at **2pm**. The group meets

on **Tuesdays**. For more details contact the convenor via the pigeon on the website.

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**'Finding success, happiness and deep purpose in the second half of life'**

These personal thoughts are inspired by the book 'From Strength to Strength'

*By Arthur C. Brookes*

*It seems to me that the u3a provides us with the opportunity to put many of these guiding principles into practice.*

*As it has relevance to what we try to do in u3a, I would like to encourage others to contribute their thoughts.*

*Ian Souter, New Members Coordinator*

Friendship is a skill that requires practice, time and commitment.

Do you have real friends?

Do you look out for them and do they look out for you?

If you suspect someone is socially isolated, would you try to include them by providing opportunities to them to meet others? Focus on contributing to the good of others in any ways you feel able. This can deliver an extraordinary 'feel good' factor and sense of purpose. Humans connect better through weakness, so make weakness your strength.

Find the courage to show your vulnerability and find meaning in setbacks.

If you are facing loss, reach out to others and accept

their support.

Everyone has experienced a sense of loss at some time in their lives.

Honesty, empathy and compassion should be guiding principles in our lives. We all have need of healthy, intimate relationships and should engage with others, rather than spending too much time alone. However, spending some time every day in quiet contemplation, appreciating the natural world – perhaps by taking a coastal walk will allow the fresh air and gentle exercise to nurture our wellbeing.

Occasionally take time to imagine yourself at the end of your life surrounded by your friends and the people you love. What might they say about you? What can you do this coming week to cultivate these relationships?

What can only you do for these people?

What activities are you involved in now?

Will you continue or give them up?

Can you change your life by learning something new?

What do you plan to do with the rest of your precious life?





The first ever national u3a Festival is taking place 17-19 July 2024 at the University of York. It's an opportunity to bring members together to celebrate the joy of u3a membership.

Find out more about the festival on the u3a website and if you have any questions or would like to register your interest, please email [festival@u3a.org.uk](mailto:festival@u3a.org.uk). Please share this with your members who may be interested and want to take part.

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### **National Newsletter**

Are you receiving your own personal copy of the u3a National Newsletter? If not and you would like to see it then you need to go to this link:

[https://u3a.us9.list-manage.com/track/click?  
u=656ad5962b370cc9e2731d1ed&id=3cc1ed5b1c&e=2](https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=3cc1ed5b1c&e=2)

A bite-sized version is also posted by Alan on our Facebook page GUERNSEY U3A.

Copies of this newsletter and the National Newsletter can be found on the u3a Guernsey website.

All group activities can also be found on the u3a Guernsey website.

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You can browse all the current interest groups on our website's [GROUPS PAGE](#). Click on this link to get there instantly.

Also check out the [EVENTS PAGE](#) to see what's happening. New events are added as soon as they have been organised.

Our website and [NEWS PAGE](#) are regularly updated with the latest information and pictures of group activities.

Please send in photos and news articles from your group to [u3aguernsey.news@gmail.com](mailto:u3aguernsey.news@gmail.com)

We would love to hear from you and to display your efforts on our website, newsletter and Facebook pages.

NB To access some of the documents on our website you will need a username and password. These are common for all members and are the

same for any document that is passworded. These are case sensitive and are as follows:

Username: U3aguernsey

Password: Lihounineteen

If you have any problems accessing the newsletter or any other document, please email us at

[u3aguernsey.news@gmail.com](mailto:u3aguernsey.news@gmail.com)

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If you have any ideas on how to make being a u3a member a better experience, please share them by emailing [u3aguernsey.suggestionbox@gmail.com](mailto:u3aguernsey.suggestionbox@gmail.com)

These will be treated in confidence before being presented to the committee for discussion (anonymously if requested).



U3A Guernsey (Closed) Facebook Group



U3A Guernsey Website

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