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u3a Newsletter

News From U3A Guernsey

Issue 52

June 2022

Membership - 957

Dear Member

Hi, Well Summer has arrived!! The temperature has risen and I've been applying the sunblock liberally. Remember to keep hydrated as the temperature rises, hopefully for me, not by too much.

u3a, as we know relies on it's volunteer's and there's a request later on for someone to step up for Secretary. Could that be you?

Live, Laugh and Learn,

Ian Jowitt,
Newsletter Editor

Message from the Chair

I've enjoyed a busy few weeks with u3a activities. What a range we offer and an excellent chance to try something completely different for a very small cost. Please continue to mention to the Committee any events or activities you think others would like to try.

The 20th May was a busy day with a Boxing workshop taking place at the Amalgamated Boxing Club in St Martins. This club was established in 1935 to provide a safe place for athletes to learn and progress in the sport of boxing. Mandy the Guernsey Boxing Development Officer took the workshop and we quickly put on our gloves. She told us some boxing basics for stance. With our feet in the correct position shoulder-width apart and our elbows lifted we turned our shoulders towards the punch bag for a simple warm up exercise and learnt about the importance of rotating so our palms were face down. Next we worked in pairs and practised the quickest, sudden punch 'the jab' followed by 'the cross', which involved rotating the hips and extending the rear arm to deliver a power punch. The group then completed a circuit to develop various sets of muscles including stomach and legs and this included two minutes in the actual boxing ring! All of us enjoyed the session and are hopeful that we may organise a Boxing group to start in a few weeks time. It certainly was a different way of working out and could interest many of you so do give it a go look out for details to follow.

PHOTOGRAPHS later in the Newsletter

The 20th May was the same date for the Gin Tasting workshop at the Bella Luce Hotel. This is the perfect setting for the in-house distillery with its pretty courtyard garden. The members present enjoyed many of the multi-award gins and a wonderful three course meal - make sure you read the account further on in the newsletter.

On the 17th May I joined the first of the cycle rides with our newly established Cycling Group. Hilary (the Convenor) provided some pointers for riding in groups and off we set towards the Imperial Hotel. Hilary knows some beautiful, quiet lanes in Guernsey and everyone is welcome to join. It is anticipated that different abilities will be catered for by having different rides so don't be shy get in touch and find out more. Guernsey is a really beautiful place to explore on a bike and while everyone is at work a great time to enjoy the quieter roads.

I visited the Tennis Centre on the first of June to meet up with one of our newest Convenor's Graham who has kindly taken over from Dave Ford. Graham seemed very well organised and was keen to ensure new members were supported in joining the Padel Tennis groups. I had a lovely chat with him and once again I thought to myself how fortunate we are in Guernsey to have so many enthusiastic Convenors who give their services and time for no payment. They are really a very special group of people.

Our Singing Group have been busy entertaining the folk at the Jubilee Care Centre, Le Grand Courtil and The Russells. They performed on the 3rd May and 6th with a programme including songs: Beginning to see the Light, Don't sit under the apple

tree, Run Rabbit Run, The White Cliffs of Dover and Sarnia Cherie.

This group were also in action for the Queen's Jubilee Gigs with a different set of songs and hopefully a few new jokes from Bob T who compared proceedings. A special thank you goes to Bob Perkins who has accompanied the group since they started six years ago.

If you want to see the choir in action add the 25th June to your diaries. They are looking forward to singing in the Walled Garden at Saumarez Park on Saturday June 25th. This marks Parks National Open Day and is a special day as the Walled Garden reopens after many months of work both in the garden and the buildings.

They are due to sing at 2.30pm and would welcome your support so please do try to pop along.

The Mallard Cinema agreed to give u3a members a special private viewing of Top Gun Maverick on the 9th June. It is good to support local and I'm sorry I wasn't able to get there. By all accounts the blockbuster film was action packed and possibly better than the original.

Oatlands is the venue for our Pitch and Putt Crazy Golf Competition on the 14th June. This should be a fun-filled morning with refreshments and all for the very reasonable cost of £15. Please do try to support these events and let us know what other things you would like us to organise. I must say a big thank you to Gill and Mary our Social Secretaries who are continually looking out for activities to interest and then they do all the negotiations and arrangements so events run so smoothly.

We are very fortunate to have these ladies sorting out so many varied social events.

Best wishes.

Live, Laugh and Learn,

Jane

We ask you all to make sure you have had all three vaccinations before attending a group activity. Please do not attend if you are feeling unwell. Completing a Lateral Flow Test before going along to your activity is also advised.

WE NEED



Needed, New Secretary

For more information please click on this link :

[u3a Guernsey Needs You](#)

Could you help?

Your u3a is looking for a new secretary.

You would be part of a great team with lots of support and laughs along the way.

I thought you may wish to see the Quilt I've been making with Leila's support. A recycling idea as it was made from a sheet, three nighties and a couple of metres of dress fabric. Please let me know if you have any ideas for recycling other items perhaps we could have a recycling group who come up with brilliant ideas for reusing items.

Jane





A short story

Unexpected Ways

They think I don't know. But I do
They think I can't hear. But I can.
They think I'm blind. But I see.
They think I can't touch. But I feel.

Only Johnny understands me. The old and the young communicate in ways lost to the others. A life-time of years between us, but a bond shared by the genes passed through the line. Grandmother to grandson, bound together in unexpected ways.

He holds my hand. A three-year-old doesn't expect erudite conversation to flow. Sentences are unnecessary. 'Ah' is enough to appreciate the contact of speech, even if it's not uttered.

He holds my bent fingers, carefully trying to straighten them, like the legs of his favourite teddy bear. They remain stubbornly devoid of movement but so do those of his Action Man Charlie. Quite normal.

He tells me of his day, playing with Molly the dog in the muddy field. I laugh in my head. That's enough for Johnny to know I enjoy hearing of his adventures. We share the sheer joy of a life lived outdoors.

He brings me a picture, painted like a priceless Picasso. Bright colours convey the images. I don't have to guess what they represent. This work of art is obvious to us both, even if my sight has faded. Green sticks are trees found in the deepest part of the Amazon rainforest. The blue blob is the ocean winding its way around the earth. The two red spots are the entire population of his world – mummy and daddy. A black smudge can only be Molly. And me, I've got a daub of glorious, sunshine yellow paint all to myself. My vacant eyes smile a smile only Johnny can see. He knows I'm a connoisseur of fine art.

My son and his wife, the best of people, suggest they shouldn't bring their child to the Hospice. It's too upsetting for him, they say with love.

I cry out soundlessly. Johnny cries out loudly. He lays his head on my shoulder. He snuffles in his sleep. I breathe ever so gently. We are as one.

Not long to go now.

by Eileen Gaudion

u3a Gin and Dine evening

19 gin lovers gathered in the bar at The Bella Luce on Friday, 20th May.

We were instructed to arrive by 5.30 pm in order to sample a delicious pink grapefruit flavoured gin and tonic before our tutorial.

Our host ushered us to seats around a long table in front of the huge copper Still in the atmospheric cellar lounge. He provided us with information about the history of gin and also explained how Luke Wheadon forages for rock samphire from the cliffs and uses other botanicals to create perfectly balanced artisanal gin using small batch distillation.

We expect to add tonic to gin but, historically, sailors were provided with rations of quinine-rich tonic to guard against malaria. Only the officers were able to add gin to their tonic. Some of us hadn't realised that gin is obtained by adding infusions of juniper berries to vodka.

We were encouraged to sample neat Wheadon's gin but when we added an ice cube to the gin, the clarity disappeared and the botanicals were released to give a much more appealing flavour. Finally, we sampled two more samples of Wheadon's gin with different Fever tree tonic samples.

Our gin tutor was very entertaining as well as knowledgeable. We had lots of fun and few people used the buckets to discard a sample before moving on to the next!

After a brief sojourn in the bar whilst the table was cleared, we returned to our places for a delicious three course meal.

Everyone had a thoroughly enjoyable evening and we were stunned to discover that the delicious gin and tonic served in the bar on arrival was alcohol-free!

There was talk about another evening at The Bella Luce when we could be shown how to select a suitable combination of botanicals to create our very own infusion to distill into a u3a gin. Certainly a suggestion for the future!

Our thanks to The Bella Luce for a lovely evening

Our thanks to The Delta Lodge for a lovely evening.

Mary Brogan



Pictures from the Boxing Session. You're braver than me!!



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=21dcf0fcf2](https://u3a.us9.list-manage.com/track/click?u=656ad5962b370cc9e2731d1ed&id=3cc1ed5b1c&e=21dcf0fcf2)

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

Anyone with a suggestion how we could make being a member a better experience, please share your idea by emailing

u3aguernsey.suggestionbox@gmail.com

These will be treated in confidence and anonymised if requested before being presented to the committee for discussion.

Links to this newsletter and copies of this and the National Newsletter can be found on the u3a Guernsey website. All group activities can also be found on the u3a Guernsey website.

You can also read or download our Newsletter directly from the Documents section of our [website](#). To do this you will need to use a username and password, which are common for all members and are the same for any document that is passworded on our website. 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

You can browse all of 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 going - 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 ; we would love to hear from you and to display your efforts on our website, Newsletter and Facebook pages.



[U3A Guernsey \(Closed\) Facebook Group](#)



[U3A Guernsey Website](#)
