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News from u3a Guernsey

Issue 61

March 2023

Membership - 974

Dear Member

Hi,

This week another year passed for me, birthday came with a pair of hearing aids. Age is not for the faint-hearted, is it? Well, enough of feeling old. We need to keep on the move! Personally I'm waiting for Hilary to start the cycling again. The big question is: do I get the trusty old pedal power bicycle out again, or do I get lazy and use the electric? My head tells me the pedal version, but my legs are erring to the electric.

As Easter approaches, some groups are coming towards a short break. Whilst other groups of the outdoor variety are looking forward to starting up again in the warmer months to come. Hopefully, we'll have a great year enjoying all of the activities that we participate in.

Live, Laugh and Learn!

Ian Jowitt,
Newsletter Editor

Message from the Chair

What a talented bunch of people we have in our **Woodworking Group** who were tasked by the Executive committee with making a bench to commemorate our organisation reaching 1,000 members. They didn't disappoint. The bench looks amazing with its etched inscription and made from traditional oak wood. I believe it is the perfect gift for KGV who came to our rescue at our time in need when St Pierre Park Hotel decided to increase their prices for our monthly Coffee Morning. The staff at KGV offered their Community Cafe and facilities at no cost and have worked hard to ensure our members are looked after. **The bench will officially be unveiled on 4th April** by some of the original u3a committee who were responsible for starting up u3a Guernsey. So, please do pop by and take a look, maybe even enjoy a rest on the fabulous bench. It is our way, a little way of showing our appreciation and spreading the act of kindness around the community.



Many people tell me we don't do enough to tell people about u3a Guernsey and so we will be putting a display in the window of the Health Connections Shop in town in April/May. We have printed some **new posters** to distribute around the island and spread the word about what we have on offer. If you think you can help in **spreading the word**, please do contact any of the Committee members. Your support is very welcome.

Our Organisation continues to flourish and evolve and it does so with the support of you **members volunteering** to help in groups and in the work we carry out in organising events and talks. We will be holding a **FREE afternoon tea on 26th April** at Les Rocquettes Hotel from 2 - 4pm in the Johnson Suite. This event is aimed at recruiting volunteers to support us but not necessarily taking on a position of responsibility on the Executive Committee. **You are ALL invited** to find out more, work in groups with Committee members to identify what help you can offer and then we will enjoy refreshments. I have plans for a fun and interesting afternoon, so please consider attending and offering a little time and energy to support our organisation. Please book places by emailing Jane at: 1991pearson@gmail.com

In February, we enjoyed a great **Talk from Gill Girard** with wonderful freshly baked scones at the Villette Hotel on the 22nd followed by a **tasty post-Christmas lunch** at Les Cotils on the 23rd February. Thanks to June and Gill for their organisation of

at Les Coteaux on the 20th February. Thanks to Jane and Gill for their organisation of these successful events.

Are you interested in beer? If so, you should book a place on the **Randalls Brewery visit on 23rd March** at a cost of only £10 per person. The payment covers the cost of the tour and beer tasting.

On the **15th March**, Gill has also organised a **visit to the Cinema** to watch "*A La Perchoine*" at 1.30pm. A musical, telling the very true and poignant story of Guernsey children evacuated during World War Two. At only £5 a ticket, it is a great opportunity to support local actors, musicians and our very own local cinema. Please do contact Gill by email to let her know you want to see the film gill.slimm@cwgsy.net

On the **18th April** from 10-11.30am we will be holding our first **Additional Coffee morning**. This replaces our New Members Coffee morning and will be **open to ALL members**. It offers all members a chance **to talk to Committee and make suggestions** while new members are offered additional support with accessing groups and integrating into our organisation. These Coffee Mornings will take place every three months at the Community Cafe at KGV.

Fresh from her holiday, Mary Brogan has been busy sorting out a **meal at the Peninsula**, a **workshop making hanging baskets** for your garden and a **visit to the Fire Station** see the newsflashes for further details.

A date for your diary is the **1st August** when we will be holding **our Annual General Meeting** at St Sampson's High School. More details to follow about our exciting speaker and what other entertainment will be taking place.

Best wishes,

Live, Laugh and Learn!

Jane Pearson,
[Chair, u3a Guernsey](#)

HELP WANTED URGENTLY!

Your u3a needs your help

Unfortunately, our Secretary is having to stand down from the role in April, so we are

looking to recruit a new Secretary immediately to support the Chair in ensuring the smooth running of the Executive Committee and take overall responsibility for the day-to day administration.

The main responsibilities include:

- Ensuring meetings are effectively organised and minuted
- In conjunction with Chair organise AGM including Agenda and circulate papers to all members adhering to set deadlines
- Answer emails as appropriate
- Keep a record of insurances and licences and ensure renewal as needed
- Advise appropriate bodies of any changes in Officers of the Executive Committee

Please feel free to contact Hazel Solway (email: hazel.solway@gmail.com) if you wish to discuss any aspects of the role or simply want to discover a little more about this important position.

Anyone wishing to apply for the role please email u3aguernsey@gmail.com

We are ALL volunteers!

We have an incredible diverse and talented membership
and **we need YOU to help our organisation grow.**

You are invited to a

free afternoon of fun with refreshments

Date: **26th April**

Time: **2 - 4pm**

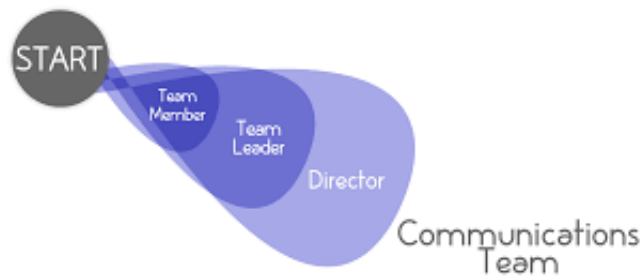
Venue: **Johnson Suite at the Rocquettes Hotel**

We are looking to increase our group of volunteers who help us in a variety of ways to support the organisation. This event will enable you to find out what you can do to help and provide support, which in turn will enable the organisation to cater for the growing numbers.

This is not about recruiting Committee members, but about increasing the number of members who help us organise events, advertise events, help in hospitality, sort monies, help with technology, administration or Interest Groups. Plus lots more
we can all play a role in helping.

Please consider seriously if you can give a little time to help.

To book a place, please send an email to Jane at: 1991pearson@gmail.com



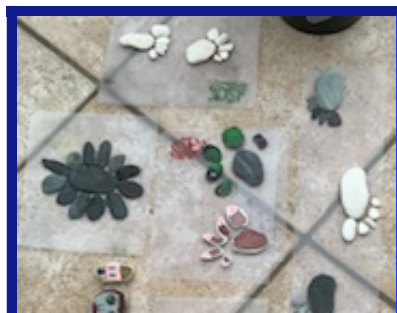
u3a Guernsey needs your help

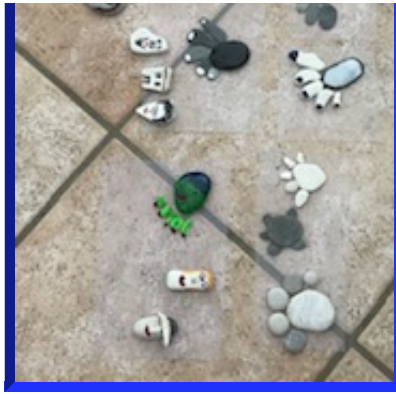
We are looking to recruit a new Media Team Leader to facilitate communication at all levels within u3a Guernsey. You need to have an understanding of modes of communication and not necessarily be an expert, as we have a very experienced team supporting this important role.

The main responsibilities include:

- Overseeing all aspects of the u3a Guernsey website, newsletters, newsflashes etc...
- Ensure the database used for mail shots is regularly updated and answer queries from various email addresses related to media.
- Chair Media Sub-group meetings to allow for exchange of information
- Attend Executive Meetings to keep them informed of any issues related to media and provide support and suggestions related to modes of communication

Please feel free to contact Ian Daish (Media Team Leader) at u3aguernsey.news@gmail.com or Jane Pearson (Chair) at 1991pearson@gmail.com if you wish to discuss any aspects of the role or if you simply want to discover a little more about this important position.





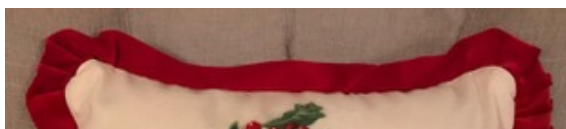
Pebble Footprints from the Art For the Terrified Group
Thanks Sue

All Things Felting Group workshops

The Group completed their needle-felted Winter robins. One clever member turned hers into a cushion.

Lots of fun and more to come. Contact Karen at: karenw@cwgsy.net if you are interested for full details.

No experience necessary, suitable for beginners and all materials provided. Come and learn a new skill and hobby.





Gill Girard's Talk

Everyone seemed to enjoy Gill's stories of tours of the Island, especially her live virtual tours during Covid. At one time, she had 300 people watching her. When lockdown finished a number of people visited the Island to see for themselves. A super afternoon tea was provided by the Villette Hotel.

June Le Poidevin
[Speaker Secretary](#)



U3A Quiz Evening

Friday April 21st 2023 at

La Villette Hotel

7pm for 7.30pm start

Basket supper

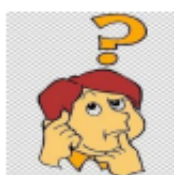
Choice of Scampi and chips; Chicken and chips;

Sausage and chips or

Vegetarian quiche and chips

Open to all U3A members and their partners

£12 per person (includes a raffle) -Tables of 6



**Book your table with food choices with Karen
at kfooks@cwgsv.net**

Pay on the night.

Sorry but late cancellations will be charged.

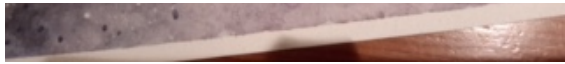
Watercolour Group (& Mixed media)

**This group meet weekly on a Wednesday from 2-4pm
at St Saviours Community Hall.**

More Watercolour paintings to add from last months. Well done Artists!!

Pearl Guille - Convenor





Pre-Easter Lunch

The Peninsula Hotel
12.30pm for 1.00pm
Wednesday 5th April



We have organised a Pre-Easter lunch at **The Peninsula Hotel** with a choice of either two or three courses from the special menu below.

The cost is **£22.50 for two courses** and **£25.50 for three courses**.

April Fest Set Menu

Starters

Soup of the Day (VE)

freshly baked bread roll, Guernsey butter.

Sauteed Wild Mushrooms (V)

brioche croute, baby spinach, truffle cream.

Ham Hock & Pickled Carrot Terrine (DFA)
beer chutney, toasted brioche.

Smoked Salmon Bruschetta (DFA) (GFA)

Main Courses

Gammon & Chips (DFA)
chunky chips, friend egg, peas.

Hunter Chicken (GF)
smoked bacon, Emmental cheese, BBQ sauce, peas and fries

Battered Cod (DFA)
chips, mushy peas, tartare sauce, charred lemon.

Aubergine Moussaka (V)
house salad, garlic naan bread.

Desserts

Orange Creme Brule (GFA)
coconut lavender biscuits.

Sticky Toffee Pudding
butterscotch sauce, vanilla ice cream

Ice Cream & Sorbet Selection (GFA) (DFA)
wafer, fresh berries.

Blackberry Almond Dome (GFA)
red berry coulis, almond crumble.



They're just a few places left!

Please book online using your credit card via the Eventbrite website using this link: <https://www.eventbrite.co.uk/e/pre-easter-lunch-at-the-peninsula-tickets-166036737351> And

To help you book via Eventbrite, we have prepared a simple step by step guide which can be found on our website here
: <https://u3asites.org.uk/files/g/guernsey/docs/eventbritebookingguide2022sep.pdf>

Fire Station Tour & Demo

2.00pm - 4.00pm
Saturday 18th March 2023



Have you ever wondered what goes on inside the Fire Station? Now is your chance to find out!

We have organised a tour of the Fire Station complete with a live action demonstration and a fire safety talk. Whilst there is no charge for this event, we would appreciate members making a minimum donation of £5 towards the Fire Fighters' Charity.

Please book online using the Eventbrite website using this link :
<https://www.eventbrite.co.uk/e/guernsey-fire-station-tour-demo-tickets-571940538547>

To help you book via Eventbrite, we have prepared an additional simple step by step guide for reserving a place on free events on Eventbrite which can be found on our website here :

<https://u3asites.org.uk/files/g/guernsey/docs/eventbritebookingguideforfreeevents2023mar.pdf>

Thank you

March Interest Group Updates

NEW Collective Gardening Group

If you are keen in growing vegetables but don't have the space or maybe like me you would like to learn more and work with others to become more green fingered, then please contact Jane on : 1991pearson@gmail.com

New Board Games Group

Please contact : glenys.stevens@cwgsy.net if interested in finding out more about this new group.

Quizzers Group

Save the date for an entertaining evening run by our Quiz Group. They will be holding their annual quiz for u3a members at La Villette hotel on the **21st April**. See details in the advert above.

iPad Group

This group will appeal to complete beginners and those wishing to build up more confidence in the use of this technology. The sessions will be held on Monday mornings in six weekly blocks for groups of approximately eight members with similar learning needs. For further information check out the website or contact the convenor, Ian Daish, by emailing him at : u3aguernsey.ipadinfo@gmail.com or alternatively for complete beginners who have not yet got an email address, you can phone him on 720394.

Politics Group

This group meets at 2pm at Les Cotils on the last Monday of each month. Please contact Tony via the website if you are interested in further information.

View Point (Discussion) Group

Room for new members this group will be meeting on Thursday 9th March 10.00 - 11.30am at Les Rocquettes Hotel. No cost for this group but you are expected to buy coffee, tea etc. The group has a relaxed chat about anything in the news local, national and international.

Photography Group

Due to low numbers this group will be on hold for the time being, however we have a

NEW Group. More information coming in the April newstflash.

Bridge Group

This group will be meeting on Mondays, 10am -12pm to learn new techniques of play. Please contact Sue the convenor for further information by emailing : sgcgold@yahoo.co.uk or via the pigeon on the website.

Le Roc Group

The normal start time for this group is now 1.30pm at KGV on Thursdays. The cost is £4 per session or you can pay £40 for the term. Check out the website for further information.

Theoretical Minimum Group

This group are able to start a new course and so it is an excellent opportunity for new members to join in. They are going to delve into Nonlinear Dynamics and Chaos, with some interesting applications to physics, biology, chemistry and engineering. They will be following the course of lectures given by Steven Strogatz to undergraduates at Cornell University in Spring 2014. The mathematical treatment is "friendly and informal, but still careful".

See https://www.youtube.com/playlist?list=PLbN57C5Zdl6j_qJA-pARJnKsmROzPnO9V

There is an accompanying book by Prof Strogatz "Nonlinear Dynamics and Chaos". In addition Alan McKane has taught courses on this topic and as always will be a helpful guide.

If you are interested or just want to find out more please contact Peter, the convenor: pmlang@cwgsy.net

Needle - Felting Workshops for Beginners

This workshop will focus on making a 3D structure (small animal or pin cushion for your needles). Suitable for complete beginners and improvers. Sessions will be held at the Styx Community Centre in St Peters. The cost of £30 is for two classes, each of two hours long on a Friday morning and includes all materials and room hire.

Money should be paid at the first workshop.

The March sessions are March 3rd and March 17th 9.30am - 11.30am.

For details and to book your place email Karen: karenw@cwgsy.net

NEW Stamp Collecting Group

Anyone interested in joining this group, please contact Simon Coombes via the pigeon on the website.

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.

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

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.

NB To access some of the documents on our website you will need to use 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

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.



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



[U3A Guernsey Website](#)
