

News From u3a GuernseyIssue 62April 2023Membership - 981

Dear Member

Hi,

Well, I went with Hilary for my cycle ride last Tuesday morning. And yes, I took the electric bike. With a head wind at times, I was very glad that I did! More of that later with an article from the lady herself.

I'm always amazed at the number of activities of taking place every month and enjoy reading the articles, long and short, that are sent for me to put into the Newsletter. My respect goes to those of you that were climbing ladders at the Fire Station. The views looked amazing, so it was obviously worth the effort.

We've had some very variable weather just recently, I hope that all of your tiles are still on your roof! I'm definitely looking forward to improvements for summer.

Please keep the articles and photographs coming in.

Live, Laugh and Learn!

Ian Jowitt, Newsletter Editor

Message from the Chair

A beautifully hand-made bench was unveiled by the original committee (Sue Knowles, Pat Child, Pauline Telford and Alan Chubb) to celebrate u3a Guernsey reaching 1,000 members on the 4th April. Sue gave a short address and Dave the Convenor for the Woodworking Group gave a brief outline of how the bench had been constructed. The Guernsey Press took photographs (see more below). Our talented Woodworking group were tasked by the Executive Committee with making a bench to commemorate our organisation reaching this amazing size. Together they designed and built the bench from traditional oak wood then added an etched inscription. It looks amazing outside the entrance to the KGV building. Please do pop along and take a look or maybe enjoy a rest - it really is very comfortable.

Joining u3a Guernsey should provide you with many opportunities to live a fulfilled retirement. Finishing full time working provides free time, but planning in regular activities such as exercise, hobbies, meeting in groups or doing voluntary work will ensure a smoother transition from full time working. It will keep things interesting and give you a purpose each day. Joining a group of like minded individuals will allow you to continue to challenge yourself mentally or you could consider doing something for the first time. This can be very refreshing or simply inspire you in a very different direction. The organised talks enable us to find out more about the world around us, while the social events allow us time to enjoy making new friends.

I very much enjoy belonging to the Interest Groups and attending the talks and functions, but my life is further enriched by being involved with the Red Cross where I volunteer as a shop volunteer once a week. This offers a chance to mix with people outside of our organisation and I would strongly recommend that you consider voluntary work. There are loads of charities in Guernsey who would welcome a helping hand and supporting their work can be very rewarding.

You might consider the following:

Citizens Advice Guernsey is a busy local charity and provides an invaluable service to the community, helping around 3,500 people each year on a wide range of issues including: financial, employment, housing, relationships, consumer and health. There are plenty of opportunities to get involved from becoming a Generalist or a Money Adviser, to joining the Research & Campaigns team, being part of the office admin team or even help out with transporting donations and delivering furniture. If you are interested in joining Citizens Advice contact the office on 242734 or email volunteer@citizensadvice.org.gg for more information.

You might also consider working as part of a team of volunteers in the recently

opened **Friends of Citizens Advice** new shop on Mont Arrive. Generally, volunteers work a half day shift once or twice a week. If you are interested in becoming one of the Friends of Citizens Advice, please contact Alison Vine on <u>07394 441500</u> or at alison.vine@suremail.gg.

And remember if YOU want FREE advice that is independent, impartial, and confidential, call Citizens Advice on 242266 or pop in and see them on Bridge Avenue, just off The Bridge in St Sampson.

If you want to volunteer for one off projects, I'm sure local organisations would welcome your input. Just get in touch with them. I spent a couple of afternoons painting a room for the **Youth Commission**. The room had previously been used as a store but after a couple of coats of paint and a new carpet it can be repurposed. They were looking for more space where they can talk to young people and so I left feeling good about the way I had used my time to support others.

We seem to be so busy, us retired folk. **Our Social Team** have worked their magic once again. Eighty members enjoying a visit to the cinema to watch *A Le Perchoine* and I've heard very good reviews about the local film. Another forty-five members visited the **Fire Station** on the 18th March and had a fabulous tour of the site and facilities. Members were extremely generous and left donations to the fire fighters charity amounting to over £200. Thank you to them and anyone else wishing to make a donation can do so by passing monies onto Mary. It will give her an excuse to go back and see those men in uniforms! Do check out the photographs of the visit on what was a great day weather wise! A visit to **Randalls Brewery** took place on 23rd March with 18 of our members enjoying an informative talk and lots of tasting of the local brews. A **Pre-Easter meal** was enjoyed on the 4th April at the Peninsula Hotel. Whilst the room at Cobo Community Centre was rocking with lots of fancy dress at our **60s & 70s Dance Party** organised by Carol and Gary Sheppard, our LeRoc Convenors. Finally, Dave held a **second Pastel's Workshop** which again was a great success.

Future social events include a visit to the **Victorian Walled Garden** on the 12th and 20th June and the **Queux Plant Centre** is the venue for our 'Plant your own Hanging Basket' on the 21st April 2.30 until 4pm. I went on this workshop last year and made a lovely basket which flowered all through the summer months. Great tuition was offered by Nigel, so if you have your name down for this activity I'm sure you will enjoy and come away with a basket you can enjoy for the next few months. Don't forget our **Quiz** at 7pm on the 21st April at just £12 per person and that includes food. Gill is also planning a **tour of the Dairy**, so do look out for details of this in future newsflashes.

How are you planning on celebrating the **King's Coronation** on the 6th May? Family not over here? Don't sit on your own, come along to KGV between 10am and 3pm;

we will have a gazebo set up where you can view the event on the big screen. We are also having a **Cake Competition** - all entries to be at the gazebo by 11.00am for judging. The cakes will be judged on look & taste, and once judged offered to other members to enjoy with a nice cuppa. Please do consider donating a cake for this event. We look forward to seeing you dressed up in your red, blue and white. It might be a good idea to bring along a fold-up a chair, if you have one, and come join in the fun.

Finally, a big thank you to all of our volunteers who work so hard in organising events and ensuring we all have a great time. Also, to any of you who make new members welcome, bake cakes, support members in groups etc ... it really does make a difference. Thank you! If you are thinking you could help, please do consider attending our **Free Afternoon Tea** on the 26th April 2-4pm at Les Rocquettes Hotel, when you can hear how you can support us. Just email me to let me know you wish to attend.

Best wishes,

Live, Laugh and Learn!

Jane Pearson, Chair, u3a Guernsey

HELP WANTED URGENTLY!

Your u3a needs your help

Unfortunately, our Secretary has had to stand down from the role, 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: <u>hazel.solway@gmail.com</u>) 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 <u>YOU</u> to help our organisation grow.

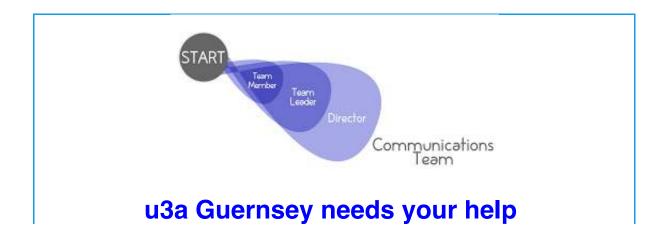
You are invited to a **free afternoon of fun with refreshments** Date: **26th April** Time: **2 - 4pm** Venue: **Johnson Suite at the Rocquettes Hotel**

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



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 <u>u3aguernsey.news@gmail.com</u> or Jane Pearson (Chair) at <u>1991pearson@gmail.com</u> if you wish to discuss any aspects of the role or of you simply want to discover a little more about this important position.







Unveiling of the University of the Third Age bench at the KGV. The bench was made by the u3a woodworking group.

(Picture by Peter Frankland, 31976875)

THE University of the Third Age is celebrating reaching 1,000 members in Guernsey.

u3a was founded in the UK in 1982 with the aim of encouraging groups of retired people to come together and stay engaged through interest groups varying from cre-ative writing to boxing to American square dancing. It was brought to Guernsey in 2015 by

Sue Knowles, Pat Child, Alan Chubb and Pauline Telford after Mrs Knowles wanted to take up the ukulele, but found there was a lack of provision to learn new things locally.

'In the past people used to think if you were retired you were past doing anything new,' said Mrs Knowles. She added that the first meeting was a

sign of how popular u3a would become

. . .

by Benoit Mahieux

bmahieux@guernseypress.com

locally.

We held our first one at the Vale Dou-zaine and we put up 40 or so chairs – 220 people turned up in the end,' she said. Its 1,000 local members are part of more

than 80 different interest groups. One of these is woodworking, the mem-bers of which crafted an oak bench to com-

memorate the milestone, which is housed at KGV.

Woodworking leader Dave Gallienne has been part of u3a since it started in Guern-'I get a lot of enjoyment out of it. I meet

new nice people and I learn new skills. I also enjoy the teaching part of it,' he said. The five woodworkers began the project

in November and finished in February, us-In November and finished in February, us-ing wood from R H Le Tissier and the Men's Shed Guernsey Workshop to engrave a mes-sage into the bench. Keith Wellington joined u3a three years ago and is part of the wine tasting group.

He also enjoys being part of a large group of people. 'It's great socially and very active,' he said.

The charity holds monthly coffee morn-ings at the KGV from 10am to 11.30am, where members find out about forthcoming events. These have included visits to the fire station, archery sessions and meals in local hotels. There are no restrictions on u3a memberships, which cost £15 per annum.

■ Its Guernsey website is u3asites.org.uk/ guernsey/home.

...

...

. . ..





Crazy ⊨aster Habbits created by the Art for the Terrified. Great effort tolks really like the scarfs.

Jane

The u3a Woolly Jumpers Knitting and Crochet Group

We were invited to a get together with other knitters supporting the Ukraine baby hat appeal. We met at St Martins community centre and all took a small plate of refreshments with us.

Lilita Cruz and her team welcomed us and read out some of the many thank you email messages sent from hospitals in Ukraine.

One email was from the Medical Director of a maternity hospital and he said how delighted the staff were to open the boxes and distribute the knitted items.

Another message mentioned the surprise that so many people on such a small island, had been so generous. At this point I don't think there was a dry eye in the room.

Two ladies from Ukraine had made a large Honey cake, which was very quickly eaten. One lady spoke of their gratitude and thanks to all Guernsey people for supporting their country in such desperate times.

The Woolly Jumpers Group will continue knitting for Ukraine babies and we would welcome donations of Double Knitting wool, not necessarily full balls, and baby colours if possible, but any colour would be welcome.

I am happy to collect the wool. Phone me on 07781 404254

Nandra Torode

Naughty but Nice?

In response to Ian Jowitt's comments in the last u3a newsletter about electric bikes, I would like to say a few words.

Is it cheating to use a motor? For starters, electric bikes are <u>not</u> motor bikes. They only help the rider when they are turning the pedals. You still need to pedal to make them go.

I have been leading u3a cycle rides when the weather is favourable and these have attracted riders of e-bikes, as well as conventional push bikes.

e-bike design has improved greatly in recent years, so that the battery and motor are barely visible and they are streamlined into aesthetically shiny frames. This means that where looks are concerned, e-bikes can be well integrated into a group ride with conventional bikes. Also within a group of people with different levels of fitness, ebikes can equalise speeds, so that all riders can confidently keep up with the rest of the group.

For many people, e-bikes increase the likelihood of joining a ride, undeterred by hills or distance. You still have to exert effort. You just travel faster and further than you would on a conventional bike.

So, not naughty at all! Come and join us on whatever bike you feel comfortable. Cycling has proven physical and mental health benefits and encourages people to get outdoors. It's a very sociable activity. We go at the pace of the slowest rider and we have frequent stops.

Regular rides will be happening, weather permitting, every Tuesday morning at 10.00 from KGV. To join the mailing list contact Hilary at hilapod@gmail.com

Hilary









Fire Station Tour

Great afternoon In wonderful weather! We were looked after very well by the Fire Crew. We were taken up on the turntable ladder where the views were amazing. Very successful, 80 members attended, one of our members enjoyed it so much they bought five of the DVDs to send worldwide.

The photographs were taken by Bill.









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 <u>kfooks@cwgsy.net</u>

Pay on the night.

Sorry but late cancellations will be charged.



Queux Garden Centre, Le Preel Road, Castel

Friday 21st April 2.30pm - 4.00pm

If you would like to be shown how to create a colourful Coronation Themed display, in red, white and blue, in your planter or hanging basket (including moss, compost and selected plants), do come along and enjoy this afternoon workshop.

There will be a maximum of 30 places for the workshop. The cost for this will be £25 to include refreshments and your planted basket or pot. Nigel will be on hand to provide advice on successful planting. Payment will be taken on the day of the workshop.

In order to reserve a place, please email Mary Brogan at:- mbrogangsy@gmail.com

Please include your name and membership number when emailing. The first 30 places will be notified asap.

If there is demand for a second workshop, I will see what we can do. As always, please let me know if you cannot attend after you have booked, so that I can give your place to the next person on the waiting list. This workshop was very popular last year so please book early to reserve your place.

Interest Groups April Updates

NEW Urban Photography Group

This is a group for anyone interested in taking photographs in and around town. It is simply a walk with a camera with no theory sessions or critiques of your photographs. But if you'd like to share a couple of pics each month for the Facebook Closed Group that would be great. You don't need a posh camera you can even use the one on your phone.

Walking St Peter Port will be slow but there are a lot of steep hills, flights of steps and uneven venelles so you need to be happy about this. It is anticipated that the group will walk for about an hour then find a nearby cafe for a coffee or even an ice cream. Click on the pigeon to join the group or ask any questions you may have.. The first meeting will be on Thursday 27th April at 10am and following meetings will take place on the last Thursday morning each month.

NEW Stamp Collecting Group

An exciting new Stamp Collecting Group is being formed. Any interested members, including members new to stamp collecting, will be welcome as there is no prior knowledge of stamp collecting required. Additionally, u3a members with stamp collections which they no longer require may donate them to the Interest Group. Many thanks to members who have already pledged to donate their collections. Anyone interested in joining this group please contact Ken by email: gibbs@guernsey.net or by clicking on the pigeon on the website.

NEW Collective Gardening Group

Our garden has been cleared from weeds and the beds are ready to be planted. If you are keen in growing vegetables but don't have space or maybe like me you would like to learn more and work with others to become more green fingered. Interested, then please contact me on : 1991pearson@gmail.com

New Board Games Group

All interested in joining this group. Please contact : glenys.stevens@cwgsy.net if interested.

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 starting at 7pm. At a cost of just £12 per person which includes basket supper and raffle tickets it represents excellent value. Book your table with food choices with Karen at: kfooks@cwgsy.net

Woodworking Group

The Convenor for this group is standing down. If anyone feels they could help please contact me on: 1991pearson@gmail.com

Gardening Group

The Convenors for this group are stepping down. Please let me know if you would be willing to take on the role : 1991pearson@gmail.com

u3a 2023 Bridge Festival 22nd - 26th May

The second festival will take place on the above dates. The first had over 500 u3a members from across the country playing, and this year they hope to top that number. As previously, players will be able to play at their local venue on their regular day, or at home, or online. The four online platforms are Bridge Base Online, Bridge Club Live, RealBridge or StepBridge. If you are interested please contact our local Bridge Convenor Sue, who will provide additional information, by emailing: sgcgold@yahoo.co.uk

Pastel Workshop Group

Dave Ford runs a Drawing Group at St Saviour's Community Centre weekly on Wednesday mornings and is looking for new members to join. Do contact him if interested: davidford0129@gmail.com

WANTED.....

Have you a chess set doing nothing in a cupboard - please let us know. The Chess Group is growing in size and they need more sets. Please email me on :1991pearson@gmail.com or the Chess Convenor, Martin on: mrcoombes42@outlook.com

Have you any seeds, plants, cuttings, equipment which may be useful to the Collective Gardening Group? Please bring along to the coffee morning or I can collect. Email Jane on: 1991pearson@gmail.com

U3A Guernsey Events as at: Thursday, 13 April 2023

PLEASE BE AWARE THAT TIMES, DATES AND VENUES ARE SUBJECT TO CHANGE

FORTHCOMING EVENTS 2023	DATE	Time From :	<u>Time To:</u>	VENUE
Drop-in Coffee Morning for queries, help, suggestions	Tuesday 18 April	10.00am	11.30am	Community Café KG
Hanging Basket Workshop	Friday, 21 April	Full		Queux Plant Centre
Annual Quiz	Friday, 21 April	7.00pm		La Villette Hotel
Recruiting Active Volunteers training session with Free Afternoon Tea	Wednesday 26 April	2.00pm	4.00pm	Les Roquettes Hotel Johnson Suite
King's Coronation - u3a Cake stall	Saturday, 6 June	12	3.00 pm	KGV
Tour of Guernsey Dairy	May/June - TBC			
Victorian Walled Garden Tour & lunch	Monday, 12 June & Tuesday, 20 June	Tour 2.00 pm		Saumarez Park
Fab-Lab at Guilles Alles Library				Guilles Alles Library
FUTURE EVENTS				
Drop-in Coffee Morning	Tuesday 18 July	10.00am	11.30am	Community Café KG
AGM	Tuesday 1 August	2.30 pm	3.30/4.00 pm	St Sampsons High School
Showcase Event	Tuesday, 12 September	p.m.		KGV marquee
Drop-in Coffee Morning	Tuesday 17 October	10.00 am	11.30am	Community Café KG
Tiger Lily				

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

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 <u>GROUPS</u> <u>PAGE</u>, (click on this link to get there instantly). Also check out the <u>EVENTS</u> <u>PAGE</u> to see what's going - new events are added as soon as they have been organised.

Our website and <u>NEWS PAGE</u> are regularly updated with the latest information and pictures of Group activities. Please send in photos and news articles from your Group to <u>u3aguernsey.news@gmail.com</u>; 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 <u>all</u> members and are the <u>same</u> for <u>any</u> 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 <u>u3aguernsey.news@gmail.com</u>

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