

Bournemouth



Winter 2023



*The Chair and Committee
send you all Season's Greetings
and very best wishes for a
Happy & Prosperous New Year*



The **Knit/Crochet and Natter Group** No. 95 had a colourful Stand at the Moordown Community Centre Craft Fair held on 28th October 2023.



The **Fun Photography Group** No. 57 continue to photograph different topics and enjoy taking photos with a Xmas theme. We all wish you a very Happy Christmas and always welcome new members. We are not a technical group and just enjoy socialising and taking photos. Our emphasis is on having fun!!

Group Leaders are David Cox & Steve Allen.

Photo on Front Cover submitted by Christine Booth.

Photo Left submitted by Gaye Barrett.

Notes from the Chair



Hello to everyone and hoping you are all keeping well. Now that the Autumn term is well underway, I hope that you are all really enjoying your chosen groups and activities.

It was good to see a decent turnout of members at the A.G.M. and there was a lot of interaction from the members with the Committee. We were fortunate to receive two new nominations to the Committee, however, several important roles continue to be vacant (IT Manager, Office Manager, Vice-Chair) and that makes the day-to-day work of the Committee increasingly challenging.

At the A.G.M. the Treasurer provided a detailed financial review for 2022/23 showing a small surplus of £954. This was achieved due to members' generous donations, tight control over accommodation costs, newsletter, IT, and other savings/cutbacks.

Despite increasing the membership fees by 10% this year, a £5,028 deficit (assuming a membership of 850) remains forecast for the 2023/24 financial year. Reserves as on 30th June 2024 are forecast at £49,369 sufficient to cover 70% of our annual expenditure of £70,520.

The use of Beacon continues to evolve, and Group Leaders now have access to their groups on-line. Access to Beacon by members (with e-mails) will be available via the Bu3a website from November onwards. This will enable those members (who choose to do so) to access their own member record and to manage their access to their chosen groups.

For those members who prefer to speak to someone to update their personal details, membership renewal and Groups, then the Office can be contacted as detailed in the "u3a Office" section below.

Stephanie Gardiner (Chair)



The AGM on 19 October 2023 and subsequently.....

Our Vice Chair, Stephanie Gardiner welcomed everybody (about 40 members) to the meeting and explained that our Chair, Maggie Brown, who stepped in at our hour of need last year, has retired from the role for family reasons.

Stephanie presented her report, reviewing the current status of our U3A; our membership fell dramatically following Covid and this imposed considerable pressure on our finances. Julie Williams led our very active publicity campaign promoting the wonderful programme that our group leaders provide and over 100 new members have joined us. However, we are still well short of our previous membership level and we all need to “spread the word”!

Five Committee members are retiring from their roles:-

Rod Jackson after 7 years as Treasurer

Pat Ley having been IT manager and web-master.

June Arthur after 10 years as Office Manager, lead on the membership database and mailing lists

Keith Pitman after 5 years as Newsletter editor

Robin Dalziel having been Assistant Programme Co-ordinator

Stephanie thanked all of them for their contributions to the work of Committee.

The remaining five Committee members together with two new nominees Michael Crich and Nick Monk will form the new Committee, as follows:-;

Stephanie Gardiner, Dorothy Merton, Jennie Pudney, Julie Williams, John Oram, Michael Crich, and Nick Monk. There are still five vacancies.

The Treasurer presented an analysis of the accounts showing the benefit we have had from grants and the continuing financial pressures with accommodation as always by far our largest cost. Fortunately Jennie

Continued.....

Pudney has again kept tight control of these costs in compiling our programme. Our independent examiner Bob Hucklesby will also retire following the AGM and therefore we now need another independent examiner.

There were a number of questions from members;

Q. Will the FMH continue to be available to us? A. We expect to be informed by the end of the year.

Q. Should we offer discounted fees to volunteers? A. This would not fit comfortably with the ethos of U3A as a self help organisation and many members give their time freely.

Q. How will the new Beacon IT system work? A. We anticipate that members will be able to register on-line next year although paper registration will still be available. All Group Leaders can communicate by e-mail with members of their groups,

Q. Can we apply for more grant aid. A. Stephanie explained the huge amount of time required to do this and we have no-one free to do this at present.

Q. Maintenance of our web-site was mentioned. A. We are considering adopting the new national U3A web-site system but we will need our own web-site manager.

Q. What does the Committee do? A. Each member has a specific role and corporately we shape and progress all matters concerning how our U3A functions.

John Oram

Introducing our New Committee Members



Chair - Stephanie Gardiner moved to Dorset five years ago and became a member of u3a online during the Covid pandemic – taking-up beginner's Spanish and Italian via Zoom. This led to Stephanie setting up her own monthly Zoom group 'Women Explorers and Travel Writers' that she continues to run today. After joining Bournemouth u3a last year, her current groups are The Age of Reason and the Alternative Book Club. Now that Stephanie has

fully retired from her pension consultancy work, she is looking forward to helping our u3a to continue to be the vibrant, friendly and inclusive organisation that it currently is today.

Introducing our New Committee Members (Cont'd)



Treasurer - Michael Crich moved to Boscombe in 2018 from Cornwall, after retiring from a varied career in Retail Services, Local Government, and the Civil Service. He was born in Kolkata, India, and came to the UK in 1961 initially to Leeds, and then Birkenhead, before his family settled in Slough. The wanderlust continued after he met his wife Gill. They lived in Taplow

and Maidenhead, Narborough and Sutton-in-the-Elms before moving to Trelion in Cornwall. Their love of travel has since taken them to Antarctica, South America, India, Vietnam, China, and Japan, these being some of the more exotic destinations. He is a member of Tai Chi, Photography, and Spanish Conversation Groups. He also likes singing, live music, cycling, and casual pétanque.



Newsletter Editor – Nick Monk retired to Bournemouth in 2009 after working in Company Secretarial, Accounting, IT and Project Management roles in the Pharmaceuticals and Banking industries, and then over 15 years on contract. The last 9 years he worked in Brussels for Eurocontrol, one of the European NGO's

(Non-Governmental Organisations) based there. Having bought a flat in Westbourne in 2002 as a UK-base, his retirement to the “Costa-del-Bournemouth” was never in doubt! Ever since he has been an ardent supporter of Bournemouth u3a and is the Leader of one of the two Table Tennis Groups. He is a very keen member of an outdoor lawn bowls club on the West Cliff, plays competitive bridge, and particularly enjoys walking and ballroom, latin and sequence dancing.

Have we got your current e-mail Address and all your up-to-date address/contact details???

Please keep the Office informed by e-mail at
officemanager@bournemouthu3a.org.uk
or by phone via the office.



New Committee Meets Up

Your new Committee met up for the first meeting following the A.G.M. on Thursday 26th October. This is a full list of the current seven Committee members: -

New Chair: Stephanie Gardiner

New Treasurer: Michael Crich

New Editor: Nicholas Monk

Secretary: Dorothee Merton

Accommodation/SJI Representative: Jennie Pudney

Publicity: Julie Williams

Social Secretary: John Oram

Once the new Committee members (Michael and Nicholas) were welcomed and new roles allocated, discussion focused on the support available to the new Treasurer and the need to identify other volunteers to support this very important role. Without the new Treasurer stepping into the role, the existing Bournemouth u3a (Bu3a) would have quickly ceased to operate. So, a big thank-you to Michael for stepping into the role and to Rod Jackson the outgoing Treasurer for all his support and work on the Committee.

The Committee went on to discuss the 2023 AGM, a Future-Proof Plan, status of Beacon (the new membership IT management system), update on registration/programme and groups, review of the Secretary's, Publicity and Social Reports and handover actions arising from the retirement of the previous Treasurer.

The Future-Proof plan was approved by the Committee earlier in the Summer with the intention of focusing on the key areas to action and to improve the running of the Bu3a in the 2023/24 financial year. The future of Friend's Meeting House (FMH) as a Bu3a venue, currently contracted

Continued.....

until June 2024, is currently being addressed. We expect to update the new venues to replace FMH (should this be necessary). Other areas covered by the Future-Proof plan include the following: -

- Publicity/Marketing
- Governance
- Finance
- Communications
- Social
- IT/Beacon/Website

The Committee welcomes any members who are willing to assist us with the above areas. There are still vacancies left (IT Manager, Office Manager, Vice-Chair) on the Committee that provides the forum to 'make a difference' to our vibrant, friendly and inclusive u3a!

Stephanie Gardiner (Chair)

The Social Scene

One of the many pleasures of going to our groups is meeting up with friends and making new friends. Other events cropping up give us something extra to look forward to; most weeks the cycling group meet to ride locally and the pétanque group meet every Wednesday at Muscliff Park. Most months we have "Lunching around the World" visiting local restaurants and the Coffee Club visits local cafes or pubs for refreshment and a chat.

During our breaks we have a Quiz and go 10 Pin Bowling. Two big annual events are a holiday to Italy in July and our Christmas lunch at The Cumberland Hotel.

Sadly, Covid put a halt to our theatre trips and while ticket prices are so high that we are hesitant about resurrecting these trips for a while. A visit to a special Garden is being planned, possibly for late June.

Over the years members have come up with ideas that they would like to organise, so, any offers? If you would like to discuss first, please get in touch by e-mail ideally..... social@bournemouthu3a.org.uk, or by phone via the office.

John Oram - Committee - Social Events

News From the Groups

Fun Photography Group



Recently the Fun Photography group visited the **Museum of Design in Plastics (MoDiP) at the Arts University Bournemouth.** We were allowed to photograph the various objects which are on display and some which the museum curator, Dr Louise

Dennis, placed on tables for us to photograph. Dr Dennis talked about some of the interesting objects which the museum holds and touched on the history of plastic. The museum is the only one of its kind in the UK and is one of the hidden treasures of our area. It is located on the AUB campus and anybody can visit it.

David Cox & Steve Allen - Leaders Fun Photography Group No. 57



All the "Usual Suspects" with their cameras at MoDiP!!

Photo Above submitted by Michael Crich.

Photo Left submitted by Wallace Dill Dallow.

Guided Meditation Group

When I joined U3A there was not a group for meditation so when a room at Westbourne Library became available, I volunteered to lead one. Now in its second term the group is thriving. As with all U3A groups, we always have something to chat about, but we always manage to fit in two guided visualisations each session. As the weeks go on everyone is getting more used to the idea of slowing their breathing and relaxing which studies have shown has a beneficial effect on your body by slowing your heart rate and lowering blood pressure. One of our ladies has noticed she is able to get to sleep better and these are some quotes from other group members:- "I exhale worry and inhale peace, a perfect description of the Thursday Meditation course" - Christina. "The calm and relaxation of this soothing meditation class I can highly recommend" - Karen. "Love the basic meditation, Janice has a very calming voice, I struggle with the visualisation but keep practicing" - Janet.

Janice Rushton, Group Leader Guided Meditation Group No. 67



Group Leader Janice Rushton is in the back row, third from the left, with writing on her jumper!

Poets Corner.....

I recently attended a poetry event in a Watch House on the far reaches of a seaside town, Whitley Bay, near Newcastle.

The assembled crowd gathered on a rainy Sunday and read aloud from their published poems.

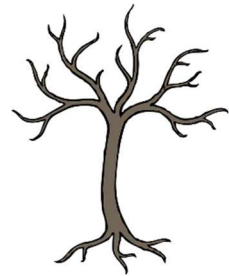
I also had to read but, as Bournemouth u3a have published a few of my poems in past Newsletters, I was a little less anxious about speaking in public.

Other budding poets in the u3a could always try and get their poems published. I have been published by Iron Press. A good site for poetry on the internet is..... www.writeoutloud.net

Deidre Foster

Winter is a deceptive season

Effortlessly, autumn's natural fall
gives way to untenanted trees,
leafless but not lifeless:
stark silhouettes under a low sun.
The sky is vast.



Fearful of winter's cruel losses, I feel small.
Hunkering down, relishing shelter, in this
season of melancholy emptiness.

Amidst soft fall of refreshing rain, a flash of red.
Swallows have gone, yet the redwing is visiting.
Mahonia is flowering yellow:
spring bulbs unfold. Days lengthen.
Light dispels winter gloom.



Winter is a deceptive season,
laying bare our discomforts:
yet teeming with life and stirrings anew.

Simon Tyndall (Poetry Reading Group No. 14)

The u3a Office at SJI



To our dedicated team of Volunteers running the office at St James Institute.....

We Thank You!

Monday	Graham Maughan, Sandra Bassett
Tuesday	Rosa Milton, Dorothee Merton (Reserve)
Wednesday	Jennie Pudney, Sue Godwin, Paul Tunnicliffe
Thursday	Mary Lapish, Angela Heasman
Friday	Chris Moran , Dorothee Merton (alternate weeks)

Please note that due to illness/holidays etc., there may not always be a volunteer in the office.

Office and Lunch Club Contact Details

Office Phone: 01202 420700 - Weekdays 10.00 a.m. – 12.00 noon

E-mail: info@bournemouthu3a.org.uk

Lunch Club: Bob Hucklesby - E-mail: bobhucklesby@btinternet.com

The Bournemouth U3A Office - Christmas Closure from Mon. 18th December 2023 and reopening Tues. 2nd January 2024

It only happens once a year but please remember that the U3A office will be closed for two weeks over the Christmas period. The Spring term starts the week commencing Monday, 8th January 2024.

May we in the office take this opportunity to wish you all a merry Christmas and holiday season, and a happy and healthy New Year.

Dorothee Merton (Acting Office Manager)



Our Committee Members 2023/24

Stephanie Gardiner	Chair + U3A Beacon System
(Vacancy)	Vice Chair
Michael Crich	Treasurer
Dorothee Merton	Secretary/Beacon Administrator/ Joint Programme coordinator
Jennie Pudney	Joint Programme coordinator/ SJI Representative
Julie Williams	Publicity
(Vacancy)	Office Manager
John Oram	Social Events
(Vacancy)	IT Manager
Nick Monk	Newsletter Editor



Can YOU help us please? There are the above-mentioned **THREE vacancies** on the Bournemouth u3a Committee, and these important roles need to be filled soon.....

If you think you that you would like to help us, or maybe chat things over in person first, then please contact Julie by e-mail:- publicity@bournemouthu3a.org.uk



LUNCHING AROUND THE WORLD with Bob Hucklesby

We love 'Lunching Around The World' - not only are we learning about different cuisines but we are widening our vocabulary too. Words to savour like Tzatziki, Tiropitakia, Loukaniko and Souvlaki (courtesy of The Real Greek)..... and Gamberi Milanese, Linguine Positano, Villaggio Greco and Tartufo (from our friends at Finezza).

A particular recent highlight has been our introduction to 'Bento Boxes' at The Wonderful Kitchen in Charminster. Such concentration is required when deciding which items to include. The food is beautifully presented on special trays and as each one arrives at the table - you get a real sense of ceremony. We will definitely be visiting The Wonderful Kitchen again.

In Spring 2024, our tastebuds will be taking a journey across three continents:-

LUXOR (Lebanese/Moroccan) - FRIDAY 19th JANUARY – from 12.30 onwards - 67 Charminster Road, Bournemouth BH8 8UE

COTE BRASSERIE (French) - TUESDAY 27th FEBRUARY – from 12.30 onwards - 1 Westover Road, Bournemouth BH1 2BY

KALA THAI - MONDAY 11th MARCH – from 12.30 onwards
- 127 Old Christchurch Road, Bournemouth BH1 1EP

Information about each meal is sent out to all members via e-mail approximately three weeks in advance.

Places **must be pre-booked** and some restaurants will require meal choices in advance.

So, if you don't know your TARTE TATIN from your TARTARE, or your GAMBERI from your GNOCCHI - why not come and join us?

To book, please contact: E-mail: bobhucklesby@btinternet.com
Tel: 01202 551401

E-mail: info@bournemouthu3a.org.uk **Page 14** Office Tel: 01202 420700



TEN PIN BOWLING

with John Oram

Monday 18 March 2024

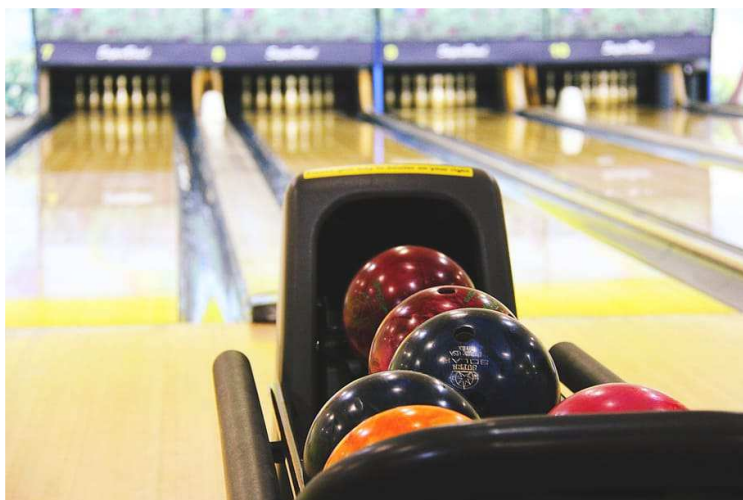
At Hollywood Bowl, (Bowlplex), 382 Poole Road, Branksome, Poole BH12 1DA (Opposite Tesco)

As usual please arrive promptly at 11.00 so that we can organise a group for each lane and all start together at 11.15 a.m. As our sessions will be in school term time, we should get the concessionary rate. We usually play two games finishing by about 1.00 – 1.30 although some may choose to play just the one game.

Bowling shoes are available for hire but ordinary footwear is perfectly acceptable. No need to book, just turn up and by all means bring a friend if you wish.

If you don't feel like playing just come along and watch and have a chat. Enjoy the fun and there is a coffee bar.

There is plenty of parking on site and of course many buses pass the door along the Poole Road.





OUR FIRST QUIZ for 2024 with Alan and Audrey Kneller

Wednesday 20 March 2024, at 2.00pm, arrive from 1.30.

At The Annunciation Church Hall, 218 Charminster Road,
Bournemouth BH8 9RW.

We again invite group/team leaders to make up a table of a maximum of SIX members and notify the Office by phone or preferably e-mail of your contact details and team name. A group can have more than one team.

If no one in your group wants to make up a team, contact the Office telling them of your interest and you will be linked with another group that cannot make a full team, or you could be linked with other individuals to make a new team.

Admission is £3 per person, to include refreshments, payable at your table.

We had a superb response to our winter Quiz to be held on 6 December 2023, now fully subscribed. We are limited in the number of tables which can be accommodated in the hall - so to avoid disappointment next time please be sure to book your team a place as soon as you can.....

Alan and Audrey Kneller



Quote:- “Everyone loves sport. And everyone loves a quiz.” Sue Barker

COFFEE CLUB



Come and enjoy a beverage of your choice and meet other members of Bournemouth u3a..... Friendly atmosphere, so do come along.....!!

All Coffee Club meetings 10.30 a.m. - 12.00 Noon

Thursday 18th January - Cosy Club, Bournemouth



Downtown Bournemouth, between Holland and Barrett and the old Beales Department Store.

There is a lift in the entrance to the first-floor bar area.

Your host will be Julie.



Wednesday 21st February - Westbourne Conservative Club

Situated in Alum Chine Road, near Westbourne centre. Plenty of buses run through Westbourne. Alight at either the Westbourne Pub or the Post Office (from Bournemouth) or at the Westbourne Arcade/Iceland stop (from Poole) and then walk through the Arcade to Alum Chine Road.

Your host will be Julie.



Friday 15th March - Ludo Lounge, Southbourne

Alight the bus at Fisherman's Walk. Our venue is on the same side as the Post Office.

Frequent buses - M2, 1b, 1c, 33

Your host will be Jill.

Quote:- "I was taken by the power that savouring a simple cup of coffee can have to connect people and create community." Howard Schultz



Dates for your Diary



Date	Event	Venue	Time
Wed. 06 Dec.	Quiz	Annunc'n Church Hall, Charminster BH8	14.00
Tue. 12 Dec.	U3A Christmas Lunch	The Cumberland Hotel, East Cliff	12.30
Fri. 15 Dec.	Office closes for 2 weeks	St James Institute	12.00
2024			
Tue. 02 Jan.	Office reopens again	St James Institute	10.00
Mon. 08 Jan.	Start of Spring term	All u3a venues	
Thu. 18 Jan.	Coffee Club	Cosy Club, Bournemouth	10.30
Fri. 19 Jan.	Lunching around the World	Luxor in Charminster BH8	12.30
Wed. 21 Feb.	Coffee Club	Westbourne Conservative Club	10.30
Tue. 27 Feb.	Lunching around the World	Cote Brasserie, Central Bournemouth BH1	12.30
Mon. 11 Mar.	Lunching around the World	Kala Thai, Old Xchurch Rd, Bournemouth BH1	12.30
Fri. 15 Mar.	Coffee Club	Ludo Lounge, Southbourne	10.30
Fri. 15 Mar.	End of Spring term	All u3a venues	
Mon. 18 Mar.	10 Pin Bowling	Bowlplex, Branksome	11.00
Wed. 20 Mar.	Quiz	Annunc'n Church Hall, Charminster BH8	14.00
Mon. 22 Apr.	Start of Summer term	All u3a venues	

A Day of Dance on Thursday 7th December 2023

Both Bournemouth and Christchurch u3a **International Folk Dance Groups** are having a **JOINT DAY OF DANCE** at Our Lady Queen of Peace Church, 18 Douglas Road, Southbourne BH6 3ER on Thursday 7th December from 11.45 a.m. until 3.45 p.m.

Teachers: Phil and Brenda Steventon. (Folk dances from several countries will be included).

Workshop 1 : 11.45 a.m. - 1.15 p.m. - bring and share lunch from 1.15 p.m. - 2.15 p.m. (or bring your own lunch if you prefer)

Workshop 2 : 2.15 p.m. - 3.45 p.m.

Each workshop is £2.50.

Please bring soft dancing shoes. Folk dance experience is not necessary. No partner is needed. Just come along and enjoy!!

Free parking available, or there are bus stops nearby.

For further information and tickets please contact:-

Janet Mason - Tel. 01202 433121 or e-mail: janetmason22@gmail.com
or Jan Harris - Tel. 01202 427523 or e-mail: janharris16@hotmail.co.uk



Winter Wonderland.....



Let It Snow! Let It Snow! Let It Snow!.....



Photo submitted by Gerry Duggan - Fun Photography Group No. 57.