

## FROM THE CHAIR

I like to think that we get a good variety of speakers for our monthly talk on the 4th Tuesday of the month. However, the committee wondered whether the members might have suggestions of topics that would interest them, but are not on the current plan. If you have a suggestion, please contact our Speakers' Coordinator Ali Turnock: [speakers@bridportu3a.org.uk](mailto:speakers@bridportu3a.org.uk) is her email address.

You will be aware that, after many years, it has been necessary to raise our annual subscription to £20. Many members pay by standing order, and if you are one of these it will be necessary for you to change the instruction to your bank. You may be able to do this on line, but if not, you can print out a standing order form from our website. Don't forget to cancel the old one!

*Alastair Forbes*

Chairman

## GROUP NEWS



Keeping active keeps you young so here are a couple of ways to enjoy a bit of exercise:

**CIRCLE DANCING** – Many of these traditional folk dances are gentle and meditative and others are upbeat and joyful. Learning steps and dancing can enhance well-being by benefitting both

mental and physical health as well as giving us the opportunity to connect with others. You don't need a partner.



If you are interested in coming along to a taster session on Wednesday 6th March at 11am in the WI hall, please contact Christina by email [circledancing@bridportu3a.org.uk](mailto:circledancing@bridportu3a.org.uk) or text/phone 07544 695789.

**NEW FRENCH GROUP** – This is a small intermediate level group meeting weekly on Thursday morning to read articles in the French media and converse. If you are interested contact William on

[frenchintermediate@bridportu3a.org.uk](mailto:frenchintermediate@bridportu3a.org.uk)

I will be at the Ropemakers for the social evening on Monday 12th Feb if you want to share any ideas for groups or just meet over a drink.

And we love to hear any suggestions for a new group or offers of help in running a group. Contact [groups@bridportu3a.org.uk](mailto:groups@bridportu3a.org.uk)

## GROUP SPOTLIGHT

### Table Tennis Group

We play at the BYCC, Gundry Lane on the 1st Tuesday and 3rd Wednesday of the month from 10 to 12 pm, with a break for refreshments.

All equipment is provided and the charge for the 2 hours is £3.

All are welcome, from complete beginners to those with some experience. There are some members who are happy to give a bit of training if anyone wants it. It's good fun and great exercise!!

Please contact Diane at [tabletennis@bridportu3a.org.uk](mailto:tabletennis@bridportu3a.org.uk) for more details.

**Personal Recollections**

We meet on the fourth Friday morning in The George to share our memories of the little things in life. We have a monthly theme and bring along an object or picture to jog our memories. For example in January we discussed fashion, not the catwalk kind but the everyday garments we or maybe our parents used to wear.

In February we will talk about kitchen gadgets and how preparing dinner has changed over our lifetime.



For more details contact Carole at [personalrecollections@bridportu3a.org.uk](mailto:personalrecollections@bridportu3a.org.uk).

If you would like your Group featured here, please send information to [newsletter@bridportu3a.org.uk](mailto:newsletter@bridportu3a.org.uk)

**MONTHLY MEETING**

Our monthly meeting is held at Bridport United Church Hall on the 4th Tuesday of each month at 2pm. Admission is free to members and £3 for non-members, with tea and biscuits provided after the meeting.



At our 27th February meeting our speaker will be Steve Belasco, award winning photographer, with A Cruise Along the Jurassic Coast.

Our 26th March meeting will be Lt Colonel James K R Porter (Rtd) talking about the Invasion of Sicily in 1943.

**JUST FOR FUN**



With us all being advised to go 'dry' in January, as a release for February I thought the quiz would be about booze.

1. What is the locally made traditionally brewed cider known as in the West Country?
2. On which Mediterranean island did the fortified wine Marsala originate?
3. Which mixer drink contains quinine?
4. What is the minimum ageing period for vintage champagne?
5. Which fruit is often used as a flavouring in the Italian liquor Amaretto?
6. which liquor is famously served with a coffee bean and set on fire?
7. On a German wine label, what does the classification trocken indicate?

8. The Eastern European spirit slivovitz is made using which fruit?
9. From which country does Tokay wine originate?
10. What brand of fictional beer does the animated character Homer Simpson drink?

### MONTHLY LIMERICK CHALLENGE



Each month the Newsletter will bring you a suggested first line for a limerick, and publish some of those submitted from the previous month (using contributors' initials only). Thank you to everybody who takes part.

*There was a young lady from Lyme  
Who thinks walks on the beach are sublime  
She first did one a week  
Cos it makes her knees creak  
Now she does it all of the time.  
(JG)*

*There was a young lady from Lyme  
A poet ahead of her time  
But she had a great shock  
When she caught writers block  
And found that she'd run out of rhyme  
(RS)*

If you want to participate, please create a limerick with the following first line:

***" Spring soon will be with us, Hooray"***

Also, remember that that the Monthly Challenge is open to ALL u3a members and not just the members of the Limerick Club.

Please send your contributions to [limericks@bridportu3a.org.uk](mailto:limericks@bridportu3a.org.uk) by 29<sup>th</sup> February and a selection will be printed in the next Newsletter.

### NATIONAL u3a

Did you know that Third Age Matters is also available as a text-only download that can be read by text-readers, so anybody with a visual impairment can still enjoy the national magazine? The link is available [here](#). You can also access previous editions.

More information about national online groups, projects, research and much more can be found in the national u3a Newsletter, which you can sign up to [here](#). You can also access previous Newsletters.

### MONTHLY LOCAL PHOTOGRAPH

Each month we will publish a photograph of a local scene. Please submit your photographs to [newsletter@bridportu3a.org.uk](mailto:newsletter@bridportu3a.org.uk) and let me know when and where it was taken, and if you want to be acknowledged as the photographer or remain anonymous. Please note, we may use photographs from the newsletter on our website. Please advise if you do not want this to happen.

*This was taken on New Years Day on Bere beach  
by FB*





**OUTSIDE u3a**

**Dorset Council** is currently seeking residents' views on local transport, which will feed into their plans for the future. To participate, this is the [link](#) for the website, where the consultation is open until 3rd March

**Estrella Damm** has published a list of its top 50 gastropubs in the UK, and coming in at number 35 (up from 97th last year)



is The Barrington Boar near Ilminster, which also has 4 en-suite rooms in the covered skittle alley. It specialises in local produce and has a good array of local wines and spirits too. For their website click [here](#)

**Snowdrops**, yes, it is that time of year again. [Forde Abbey](#) has spectacular local gardens, which are open every Saturday and Sunday in February Don't forget to visit the lovely cafe to warm up. Similarly the woodland walks around



[Mapperton House](#) can be a route to their kitchen cafe, open on Sundays. Or for somewhere free, a visit to villages near Dorchester, particularly **Affpuddle**, with its pretty 13th Century church and the river Piddle running through has banks adrift with snowdrops, and the village of Compton Vallance is famed for their displays.

**Lyme Regis Museum** is running a series of walks and workshops in February. **Lyme Regis Town History Guided Walk** with Museum Entry. Feb

15th/18th & March 6th/21st, 11am. Tickets £7.95 for adults, £4.95 for children available [here](#).

**Bird Painting in Watercolour** one day workshop with James Winrow. Feb 21st, 9.30am-3.30pm. Tickets £45. Book your place [here](#).



**Landscape of Light Art for Inspiration** with Helen Garrett at Lyme Regis Museum - 4 week course (March 6th/13th/20th/27th), 2 - 4.30pm.

£140 for 4 sessions. Book your place [here](#).

**Field Sketching in Lyme Regis** one day workshop with James Winrow. March 8th, 9.30am-3.30pm. Tickets £45. Book your place [here](#).

The In Your Area app [inyourarea.co.uk](http://inyourarea.co.uk) is a useful free resource for finding out what is going on locally. They also have an offer of **free National Trust family day passes** (for up to 4 people) available on a first-come-first-served basis. These single-use passes are valid at a range of NT properties until 8th March.

If you are interested in **looking back at 2023, and forward to 2024**, you may be interested in these resources: the ['40 questions to ask yourself every year'](#) Or the ['year compass'](#)

If like me you can lose hours **searching for something on the internet**, you might find a pleasanter experience using a tool like [this](#)

Do you remember the **Singing Nun** from my childhood days? Wikipedia tells the very sad story of her life after recording Dominique, which I used to sing along to, not knowing a word of French! Falling down that habit hole recently I discovered a different 'famous' nun, [Sister Mary Corita aka the Pop Art Nun](#), named by The Los Angeles Times as one of their nine women of the year in 1966. Not quite the reclusive and contemplative life I always thought nuns led.

***ANSWERS TO JUST FOR FUN***

1. Scrumpy
2. Sicily
3. Tonic Water
4. 3 years
5. Apricot
6. Sambuca
7. Dry wine
8. Damson plum
9. Hungary
10. Duff

***CONTACT US***

Thank you to everyone who has taken the time to comment on our Newsletters, and we welcome all suggestions. If you have anything you would like to be included in future Newsletters, please send your submissions to [newsletter@bridportu3a.org.uk](mailto:newsletter@bridportu3a.org.uk) and we will do our best to use as many as possible.

**Until next month**

**Stay safe**

**Bridport U3A Committee**