



Registered Charity no. 1073206

November 2017

Tel: 07799 121 926 – please leave a landline number.

Email: ferndownu3a@gmail.com

Website: www.ferndownu3a.co.uk

IMPORTANT! - you will find all papers relevant to the AGM, included with this newsletter. There are the Annual Accounts, Nomination forms for Committee membership and an extract from our return to the Charities Commission.

Please make sure you read these and, especially in respect of Committee nominations, and return these by the date indicated on the form. You might also wish to bring copies of the documentation to the AGM.

**AGM – Friday 15th December, 10 am at St Mary's Church Centre, Church Road
Doors open 9.30 when you can purchase drinks from the Beacon Cafe.**

**The AGM will be followed by a FREE light brunch. In order for us to plan the catering you must obtain a ticket from Gerry to redeem against your brunch.
NO TICKET - NO LUNCH!**

We have been advised of the death of Nellie Morley on the 21st October.
We send our condolences to her family at this time.

There will be a BUMPER SALE OF ALREADY-READ BOOKS on Tuesday November 28th, as part of our Arts & Crafts Fair.

- Step 1** Clear out all the books you've already read (- and know you won't read again)
- Step 2** Bring them to the Barrington on the 28th between 09:00 and 10:00
- Step 3** Stay on to take a look at what our Art & Craft group members have been achieving
- Step 4** Buy different books from the stall!

All in aid of Ferndown U3A!

NEWS FROM THE GROUPS

Naturewalk

The first outing of the U3A Nature Walkers took place on Saturday 7th October. About 17 of us enjoyed a leisurely walk from Hengistbury. Despite a rather wet and gloomy start we made our way down to the Stour and along the river bank to Tuckton Tea rooms where we just had to stop for a well earned cuppa! The views from the gardens down the river, amongst all the yachts and other leisure boats, is really very relaxing and it took quite an effort to round up the troops to continue the walk through the picturesque village of Wick and back to Hengistbury.

It was really encouraging to see so many faces - some new and some old faithfuls: If anyone has not signed up but feels they would like to join us please get in touch.

CHRISTMAS 2017
COMING TO A CHURCH HALL NEAR YOU.
THE U3A DRAMA WORKSHOP
PRESENTS.....



SHERLOCK HOLMES
AND THE
CLAIRVOYANT'S CURSE

LOOK OUT FOR THE POSTERS

Positive Thinking

Being positive is perfect sense to me.
Negativity is wasted energy, do you see?
A smile's rewarded with the same,
A frown and there is no gain.
Don't dwell on things that can't be solved,
Don't be annoyed, if it can't be resolved.
Anger is a waste of time,
Stress will be on your mind.
Got it wrong? don't let mistakes carry on,
Take a deep breath and start again,
It's done, so why worry, it's gone.
Be happy, be freed, be strong.
A pat on the back,
Now you're on the right track.
Relax, reflect, meditate,
Listen and learn, it's never too late.

By Eleanor Green



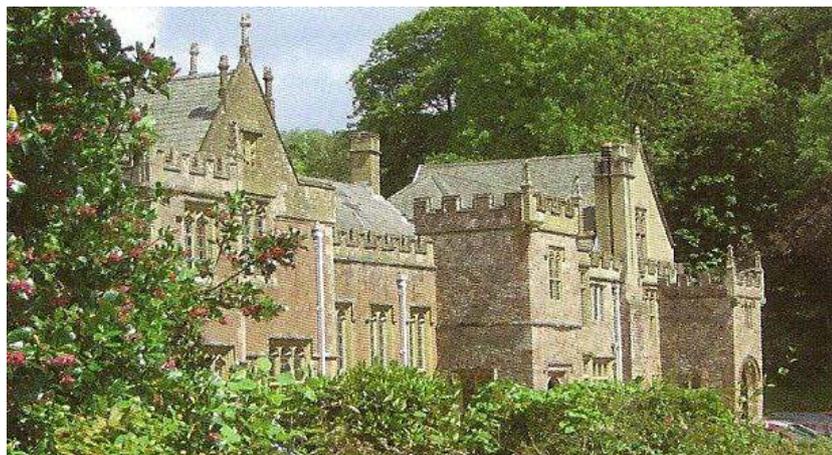
SUMMER DAYS

At the end of July a group of U3A members attended 'Summer Days' a course of English Country Dancing run by Margaret Thomas at Halsway Manor, the National Centre for Folk Arts in Somerset. Margaret has been running this course for eight years but it was my first experience this year and it certainly met and exceeded my expectations.

I have loved folk dancing & singing since childhood and first visited Halsway Manor in 1971 before going abroad so for me it was a home-coming in every respect. The accommodation was comfortable, the food was good and, most importantly, so was the company. Something very special is created when old and new friends meet to participate in a shared interest – one lady had come over from Holland to dance with us!

Dance workshops were held in the morning with live music provided by Meter Rite – a fiddle & piano combination. Afternoons were free but there were optional singing workshops'

Two highlights of the week were an Assembly Ball on Wednesday and a lively Ceilidh on the last evening when much talent was displayed. The evenings were rounded off for some with singing and storytelling in the bar until midnight.



I would certainly recommend Halsway Manor to anyone with an interest in the Folk Arts of this country and Margaret's passion is infectious.

I am looking forward to the next one already!

Jennifer Lodge

Ferndown & District U3A

Arts & Crafts Exhibition

Tues 28 November
10 am to 12 noon
at The Barrington

Entrance Free!
Many exhibits for Sale!
*Beat the Christmas rush and
come and see!!*

Courtesy of Jenny Boyce, From Barbara Rivington, taken from Harpenden High Street, Methodist Church

Dust if you must, but wouldn't it be better
To paint a picture or write a letter,
Bake a cake or plant a seed
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes and the wind in your hair,
A flutter of snow or a shower of rain;
This day will not come round again.

Dust if you must, but bear in mind,
Old age will come and it's not kind,
And when you go - and go you must -
You, yourself, will create more dust!



Christmas Bakes and Makes

On a bright day last week, eight ladies came together to learn some new recipes for the Christmas period.

They paired up, and each pair made:

A Savoury Brioche Couronne
Feta and Cranberry filo tarts
Quick Mincemeat Cake
A Snowy Yule log
Sausage Wreath

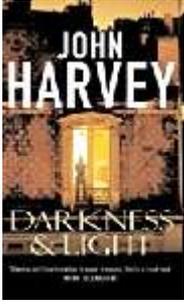
And a Pear, Stilton and Walnut Quiche



It was 'every girl for herself' in my tiny kitchen (7ft square!) But was great fun, and after six hours of hard work they had plenty to take home with them!



BOOK REVIEW



Darkness and Light by John Harvey



Another fine 'Frank Elder' novel

The book opens with a child psychiatrist in session with a young boy, and you just know that therein lies the whole crux of the plot.

Frank Elder is trying to settle into retirement in Cornwall. But despite moving four years ago, the reader gets the impression from the start that he is not totally happy with his lot. When he gets a phone call from his ex-wife, Joanne, concerning the missing sister of one of her friends, it is not long before Frank Elder is revelling in what he does best – policing.

Despite this being one of the many Frank Elder books, John Harvey makes it easy for the reader to accept the book as a one-off. Elder's history is gradually revealed and we start to see the man himself as well as the policeman.

When the missing woman is discovered dead in her own bed, alarm bells start to ring concerning a similar murder eight years earlier which eventually went unsolved. Frank manages to seamlessly work together with the existing Nottingham murder squad, and John Harvey weaves together the murder plot and the various suspects with the personal plot-line of the lives of Frank, his ex-wife Joanne and their daughter Katherine.

This was a very pleasant read. Mr Harvey has managed to create a very personable copper in Frank Elder and all the other main characters in the book are well-presented and plausible. There is also a pleasant amount of humour which does tend to lighten things a little.

I look forward to reading more of the Frank Elder novels.

Sméagol

This month's puzzle: (answers on the website)

A simple test of what you see...
eg. The first one below is?
Hitting below the belt of course!!

**Belt
Hitting**

**Stay
Night**

 **Range**

  **20
Years
old**

Wineeee

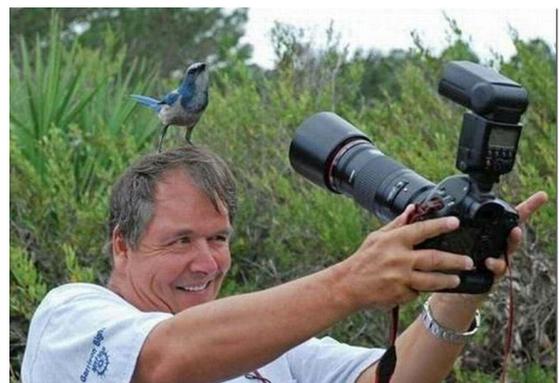
**Fuss fuss fuss
Fuss fuss fuss
Fuss fuss fuss
zero**

E **Anything
Anything
Anything
Anything**

Sounds Familiar?

Man to Florist: 'I'd like a bunch of flowers please,'
Florist: 'Certainly sir. What flowers would you like?'
Man: 'Er..I'm not sure...Ummm...'
Florist: Let me help you, sir. What exactly have you done?'

Something you don't see often!





Ferndown U3A Booking Form

Title / Description of Activity / Outing / Event

.....

Departure Location Date

Start/Pick Up Time Finish Time

Any Additional details or Special Requirements

.....

.....

Group Leader Name

Contact Details

Member's Name

Home Contact number

Please reserve Tickets. Cheque for £

attached and made payable to **Ferndown & District U3A - Social Account.**

***Cheque and completed form to be handed to Group Leader
We recommend you keep a copy of this form, before handing it to the Group
Leader.***