

FROM THE CHAIR

We are having a coffee morning for new members on 21 March. This will take place at the Golf Club at West Bay, and if you are a new member, you should already have received an invitation. If you have not, and would like to come, please email treasurer@bridportu3a.org.uk to let Valerie know. As I mentioned at the recent monthly talk, we are always on the lookout for members who would like to help by joining the committee. You do not have to have a particular role in the first instance. Please email me if you are interested please email me at chair@bridportu3a.org.uk and I will advise you of the next step.

Alastair Forbes

Chairman

MEMBERSHIP SUBSCRIPTION DUE

Please remember that your subscription is due this month, and it has increased to £20 for the year. If you pay by standing order please make sure you have changed it before the payment date. You should already have received notices about this. If you have any problems, please contact treasurer@bridportu3a.org.uk

GROUP NEWS



We love to hear any suggestions for a new group or offers of help in running a group. Contact groups@bridportu3a.org.uk



Circle Dancing will be starting off with a taster session on 6th March and continuing weekly on Wednesdays at 11am in the WI Hall. Contact Christina by emailing circledancing@bridportu3a.org.uk

Brush up your French before your summer holiday by coming along to a gentle conversation group on the first Tuesday morning. Contact Jonathan frenchconversation2@bridportu3a.org.uk to find out more. If you are fairly confident and want to read and discuss French news, there is a weekly group on Thursday mornings. Contact William frenchintermediate@bridportu3a.org.uk.

If you are learning a language and want to practise with other members we can help you start a new group.

Please note that many groups have changed venue recently so make sure to check messages from your group leader.

COACH EXCURSIONS

Crossways Travel have a programme of outings throughout the year. As a member of Bridport u3a you get a 10% discount on trips that pick up in Bridport. Book directly by contacting *Crossways* on 01305 851697 and quoting your membership number.



In April there is a trip to Dartmouth combining the south Devon steam train with a boat trip on 11th and a visit to Looe on 28th

The full list can be found on our website events page [here](#)

More details are on their website [here](#).

GROUP SPOTLIGHT

If you would like your Group featured here, please send information to 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.



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

Our 23rd April meeting will be our AGM, and we will also have a talk from Joanna Gardiner of Super Sniffers, medical detection dogs.

JUST FOR FUN



1. What was the real name of the TV chef known as The Galloping Gourmet?
2. With which herb would you normally make pesto?
3. The American dish known as Montmorency contains which fruit?
4. What kind of fish is used to prepare Scott Woodcock?
5. Famed for its meat products, the port of Fray Bentos is in which country?
6. What is the name given to the watery by-product of cheese making?
7. What colours are the sponges in a typical Battenburg cake?
8. In the nursery rhyme, what did Jack Sprat refuse to eat?
9. What are potatoes called in France?
10. Which fruit is a cross between a pomelo and an orange?

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.

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

" There was an old man from Kinross "

Also, remember 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 by 31st March and a selection will be printed in the next Newsletter.

NATIONAL u3a

February saw the launch of the new-look for u3a Friends Newsletter, which you can access at www.u3a.org.uk/news/newsletter, where you can also sign up for future editions to be emailed to you automatically, or not, as you prefer.

This contains news from other u3as around the country together with updates from the national Chair, Liz Thackeray, and special offers for u3a members, which currently includes Sainsbury's, M&S and Currys, amongst others.

Do you know about **Festival 24**? The u3a national Summer School is in York this year 18-20th July. Full details are still to be finalised, but it will be based around the University of York with various options for accommodation. Tickets are not yet available, but the cost of attending will be:

- Day 1 £25 including buffet supper
- Day 2 £10 for the full day
- Day 3 £5 for half a day

You can find the latest information and sign up for updates [here](#) and information will be included in the Friends Newsletter as above.

Fit For Future, not a new exercise group, but a movement to change the way the u3a is run nationally, is trying to engage as many u3a members as possible to gather diverse opinions. There is a section on the national website outlining everything to date, and seeking member opinions on the proposed changes during March and April. Details [here](#). Please note, as this is a members-only consultation, you will have to register as a u3a member to access this information.

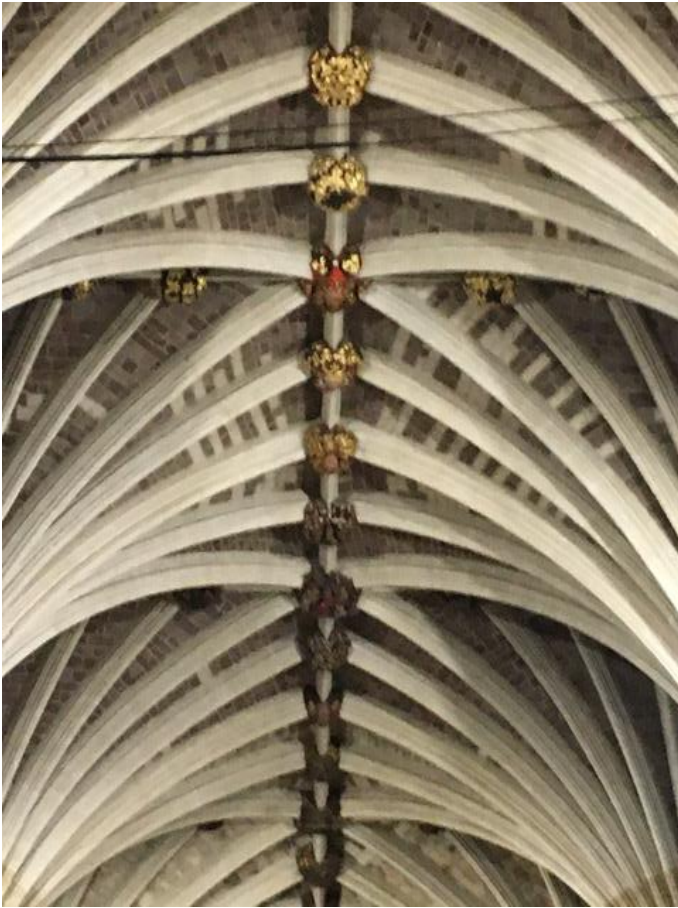
Did you know that Third Age Matters is also available as a text-only download that can be read by text-readers, so anybody with a visual impairment can still enjoy the national magazine? The link is available [here](#). You can also access previous editions.

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 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.

Julie Frew sent in this lovely photo taken in Exeter Cathedral recently



SEASONAL RECIPE

Julie Frew also suggested the inclusion of a Seasonal Recipe in the Newsletter, so I hope you all think this is a good idea. If you have a favourite seasonal recipe (please bear in mind the Newsletter is written in advance so recipes must reach me by the end of the month previously) please send them to newsletter@bridportu3a.org.uk. Do not worry about imperial/metric fahrenheit/celsius/gas mark conversions etc, as we can do that, just send your recipe.

As March is officially the start of Spring, and includes both Mothers Day and Easter this year, this family-sized lamb roast seemed appropriate.

Spinach & pine nut stuffed Leg of Lamb



- 3 tablespoons of olive oil
- 1 large onion
- 1 pack baby spinach leaves
- 2 cloves of garlic
- 4 oz or 110 grams pinenuts
- 4 oz or 110 grams golden raisins
- 1 boneless leg of lamb
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 teaspoon coriander

Preheat the oven to 200C, 400F or gas mark 6

In a large pan heat the olive oil over a medium heat and fry the onion until softened, about 8 minutes. Add the spinach and garlic, and stir gently until the spinach is wilted, about 4 minutes. Remove from the heat and stir in the pine nuts and raisins.

Sprinkle the lamb with half the salt and pepper then turn it over and repeat on the other side. Sprinkle one side with the paprika and coriander, then evenly spread the spinach mixture on that side. Roll up the lamb from one long side then tie with kitchen string every 2 inches, or hold in place with skewers.

Transfer the lamb to a roasting tin and roast for about 1 hour. The lamb will be medium rare, so increase time is you prefer a more well-done joint to a maximum of 1.5 hours.

Remove the lamb and let it rest for 10 minutes before removing the twine and slicing to serve.

This will be good served with Hassleback or roast potatoes and carrots. You can use the pan juices to make gravy.

Please send in photos of your creation.

OUTSIDE u3a

This month sees all things Mothers Day or Easter, so here are a few other options.

Many **Farmers Markets** are reopening in March. Sherborne, in Cheap Street, is on the 3rd Friday of every month from 9am to 1pm with 30+ stalls, which leaves plenty of time to visit Sherborne Abbey (where the guides are very informative), the 12th century ruin [Sherborne Old Castle](#)



and Sir Walter Raleigh's pad [Sherborne Castle](#), which has lovely grounds.

Axbridge farmers market is held on the first Saturday of every month in the centre of town. Click [here](#) for a list of regular vendors. The market square is also home to King John's Hunting Lodge Museum. This makes has been shortlisted for the Taste of the West Best Framer's Market for the last 2 years.



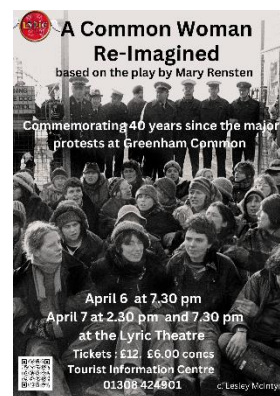
Vegan Fairs are held throughout the west country now, [veganfairs.co.uk](#) for a full list of dates and venues.

There has been a lot of hype around **AI (Artificial Intelligence)** recently, much of it apocalyptic. For a balanced introduction to what AI is, this short article in the [New Scientist](#) is well written. and this piece from the [New Yorker](#) highlights how simple pastries led to an AI way to fight cancer.

And thinking of **Japanese pastries** this is a charming view of a day in a [Japanese bakery](#)

For all you puzzle solvers, can you [crack the code](#) that was found in an 1800s dress pocket; hint think weather reporting!

We often hear from young people how we oldies are the reason the world is so bad for them. This is a reminder of how we were activists in our day, and perhaps an example of how much worse their world could be without us oldies having taken a stance! A common woman reimagined is a commemoration of the 40 years since the protests at Greenham Common, and is at the [Lyric Theatre](#) on 6th & 7th April, tickets online or from the TIC.



ANSWERS TO JUST FOR FUN

1. Graham Kerr
2. Basil
3. Cherries
4. Anchovies
5. Uruguay
6. Whey
7. Pink & Yellow
8. Fat
9. Pommes de terre
10. Grapefruit

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 newsleter@bridportu3a.org.uk and we will do our best to use as many as possible.

Until next month

Stay safe

Bridport U3A Committee