



Chair's Chatter

The nights are drawing in and the clocks will have gone back to winter time as you read this. Christmas will soon be upon us and I hope that you have booked your tickets for the Christmas Social. I think that in the last newsletter we gave you an incorrect date for the Social. It is of course being held on Thursday 13th December. My apologies for any confusion there. If you have not got your ticket yet, there will be a last opportunity at our Open Meeting on 8th November to buy one. Just see Joan Cooper who will be situated at a table at the end of the Hall. At just £5, they are a bargain!

After the topic being discussed at several committee meetings, we now have our very own Facebook page. So, thanks to Jane Armstrong and Carol Clark for all their hard work in getting this set up. This is an ideal way of letting members know what our groups are getting up to, and posting photos and videos. Please, remember to obtain permission from your members before you post photographs.

When I checked this afternoon, we had 73 members signed up. Facebook can be used for last minute events that are taking place but please note that, as many members may not be able or may not wish to sign up to Facebook, it should not be used as the main or sole form of advertising your activities. Wherever possible you should inform the whole membership of any forthcoming events. We have to be fair to everyone.

I am sure that after the Open Meeting where the topic will be *Fraud and Scams* that everyone will be careful what they put on the site as you would not wish to compromise your safety and security. Fortunately for us, it is a closed Facebook group, which means that you have to be a member of Bracknell U3A to access most of the site. I know that Jane and Carol verify that you are members before granting you access.

After several years of arranging new members meetings, on the past two occasions we have had a poor response to invitations to new members. Perhaps this is because we now have a "New Members" table after our Open Meetings. It is important that we get all our new and possible new members introduced into the activities that we provide. Perhaps some of the members who have joined recently can let me know if they are happy with their early days with U3A. If you have any comments or concerns, perhaps they would like to let me know, in confidence. I hope that all our new members, and indeed everyone, is made welcome at any groups they attend or at Open Meetings.

After the usual loss of members at the end of August, our numbers are creeping back up again. As I have mentioned in a previous newsletter, it is up to all of us to try and recruit new members. If you know of anyone who is soon to retire, or if you

know of someone who is looking to broaden their social life, then please take the opportunity to mention Bracknell U3A or bring them along to an Open Meeting so that they can see what we have to offer. Non-members can come along to two Open Meetings or group events before they are required to join.

I am working at raising the profile of Bracknell U3A and we had the opportunity for some of our groups to be included in the Social Awareness Week that Bracknell Forest Council are arranging for the week beginning 12th November. Sadly, the response from our groups which have activities in public premises that week was rather sparse. It is worth bearing in mind that it is to our benefit to have links to the local council. We could not include groups which meet in members' homes, due to privacy issues. If we get an opportunity to be included in events like this in future, it may be to our benefit to ensure that we have better exposure.

To this end, I was invited to and attended the AGM of "Involve" in October. An interesting evening, which ended with an entertaining quiz, helped by the fact that I was on the table that won!

I think that is enough from me for now, so if anyone wishes to contact me then feel free to email chair@bracknellu3a.gov.uk

I shall endeavour to reply as soon as possible, but please be aware that all our committee members are volunteers and have lives apart from U3A.

Dave Lenton, Chair

CHRISTMAS SOCIAL

Date: Thursday 13th December

Time: 2pm - 4.30pm (admittance from 1.45pm)

Venue: Open learning centre upstairs hall

Price: £5

There are still some tickets available for the Christmas Social. These will be on sale at the next Open Meeting on 8th November at 2pm. Alternatively, phone Joan Cooper 01344 621548 to reserve your tickets.

SPEAKERS' CORNER

Please note that for the November and January meetings there will be no admission to the Hall until 1.30pm to allow for safe setting up of the hall. Thank you.

8th November 2018 at 2pm – Frauds and Scams Steve Roberts will talk about the different types of scams to look out for and what steps to take in order not to become a victim of criminals who want to steal our savings.

Venue: The Open Learning Centre

Tea Team Rota: Computers

13th December at 2.00pm – Christmas Social during which we will have *A Slightly Alternative Christmas*. Bonny Sartin will entertain with poems, songs and readings old and new for the festive season. **There will be no admission to the hall until 1.45pm.**

Venue: The Open Learning Centre upstairs hall.

Tea Team Rota: The Committee

12th January, 2019 at 1.45pm – Handbag to Handcuffs. Sheila Willis, former Police Officer and retired PCSO, will talk about the Journey of Women Officers in the British Police Force.

Venue: The Open Learning Centre

Tea Team Rota: Computing Libre

Janet Russell, Speakers' secretary

Group News

A new Scrabble group is starting Wednesday 9th January 2019 from 2 until 4pm and will run fortnightly. Please register your interest by contacting groupsupport@bracknellu3a.org.uk

Would a member be interested in starting a second Needlework/Knitting/Crochet group as the recent one is now fully booked.

This would be a commitment of one set day per month for two hours. Please contact

groupsupport@bracknellu3a.org.uk

A member has offered to run a Poetry group in the new year, once a month.

Please register your interest in this subject

to groupsupport@bracknellu3a.org.uk

Brenda Bolt, Group support

Facebook

Our new Bracknell Forest U3A Facebook group was started just over a month ago and we currently have 73 members who have joined the group. Thank you to everyone who has joined and contributed so far. We want to make this a fun and interesting place so please keep posting.

In case anybody is having difficulty finding us, can I please ask you to search for us as Bracknell Forest U3A and then change the tab that pops up under the search banner to groups. You may have to scroll across from posts, people etc. to find groups.

Alternatively, Jane has set the following page link <https://www.facebook.com/groups/BFU3A/> that you can copy and paste into your browser.

It is a closed group so if you would like to join you will need to make a request and we will approve you as a member as quickly as possible.

If you have any questions or would like us to post something on your behalf then please contact Jane Armstrong by email obj@janea.me.uk or membersecretary@bracknellu3a.org.uk.

Group coordinators, please feel free to advertise your groups and events or, if you prefer, email Jane to ask her to add a post on your behalf.

Finally, please remember if you are adding photos, to make sure you have the permission of everyone in the photo to do so.

Carol Clark

Art Appreciation

For our September meeting Liz O'Neill talked to us about the life and significant works of **Alfons Maria Mucha** (July 1860 – July 1939). Known as **Alphonse Mucha**, he was an Art Nouveau painter and decorative artist, known best for his distinctive style. He produced many paintings, illustrations, advertisements, postcards and designs for posters, jewellery, carpets, wallpaper and theatre sets.

He was born in Moravia, now a region of the Czech Republic. In 1871, Mucha became a chorister at the Cathedral of St. Peter and Paul, Brno, where he received his secondary school education. It is there that he had his first revelation, in front of the richness of Baroque art. During the four years of studying there, he formed a friendship with Leoš Janáček who would become the greatest Czech composer of his generation. Although his singing abilities allowed him to continue his education through high school, drawing had been his main hobby since childhood. He worked at decorative painting jobs in Moravia, mostly painting theatrical scenery. In 1879, he relocated to Vienna to work for a major Viennese theatrical design company, while informally augmenting his artistic education. When a fire destroyed his employer's business during 1881 he returned to Moravia, to do freelance decorative and portrait painting.

Mucha moved to Paris in 1887 and continued his studies. In addition to his studies, he worked at producing magazine and advertising illustrations. About Christmas 1894, Mucha happened to go into a print shop where there was a sudden and unexpected need for a new advertising poster for a play featuring Sarah Bernhardt, the most famous actress in Paris. Mucha volunteered to produce a lithographed poster within two weeks and on 1

January 1895 the advertisement was posted in the city, where it attracted much attention.

Bernhardt was so satisfied with the success of this first poster that she began a six-year contract with Mucha.

Mucha spent many years working on what he considered his life's fine art masterpiece, *The Slav Epic*, a series of twenty huge paintings depicting the history of the Czech and the Slavic people in general, bestowed to the city of Prague in 1928. Since 2012 the series has been on display at the National Gallery's Veletržní Palace in Prague.

The rising tide of fascism during the late 1930s resulted in Mucha's works and his Slavic nationalism being denounced in the press as 'reactionary'. His Slav nationalism and Jewish roots made him a primary target of the Gestapo during Nazi occupation. When German troops moved into Czechoslovakia during the spring of 1939, Mucha was among the first persons to be arrested by the Gestapo. During his interrogation, the ageing artist became ill with pneumonia. Though released eventually, he may have been weakened by this event. He died in Prague on 14 July 1939, due to lung infection. Many thanks Liz.

If you want to join us as we explore the world of art we meet on the second Friday of the month starting at 10 am and finish about 12 pm [£1] at the Methodist Church in Shepherds Lane, Priestwood.

Greg Boys, Co-ordinator

Terence Cuneo

Terence Cuneo (1907-1996) was a prolific English painter, noted for his scenes of railways, horses and military actions. He was also the official artist for the Coronation of Queen Elizabeth II in 1953. We were privileged to welcome his daughter Carole to our October meeting, where she gave us an affectionate portrait of her father, his adventurous life, and the times they shared together. This was enhanced by a number of touching videos of her father describing some of the eventful moments of his life.

Cuneo's parents were both artists themselves; they met while studying with James Whistler in Paris. Terence first worked as an illustrator, then started painting in oils in 1936. In WWII he served as a sapper but was also commissioned as an official War Artist. He had a passion for engineering and built pedal cars, a roundabout and a railway layout for his children. Perhaps as a consequence, he was commissioned to paint a series of works illustrating railways and locomotives. Though he is chiefly renowned for these and for his military and equestrian scenes, he covered a wider range including landscapes, portraits and industrial commissions. In his later work he enjoyed locating a small mouse somewhere in his pictures; his daughter explained how this came about.

Since the death of her beloved father, Carole has devoted herself to cataloguing and promoting his work which amounts to some 9000 pieces, with more coming to light all the time. The Cuneo Society arranges visits to some of the private collections of Cuneo's work.

Bruce Collins, Group Member

Art Watercolour

At the time of publishing this newsletter, the Group were exhibiting their watercolours at the annual **Northern Parishes Arts Festival**. This **FREE exhibition** showcases a wide range of Visual Arts by local artists and was held at Brownlow Hall from the 26th to the 28th of October. This year, we're pleased to say, we had a significant number of paintings to display covering a number of genres. If you had the chance of going to see the exhibition, thank you for your support.

At this time there are no places on this group. However, if you still fancy having a go at painting, there may be places available in the Mixed Media Groups. Alternatively, if you think you might like to run or be a member of a new 'painting group' please call Brenda Bolt as there may be other members also interested in starting another group.

Greg Boys, Co-ordinator

Ballroom and Barn Dance

We are getting a pleasing number of dancers at the Ballroom and Barn Dancing Groups. It is so good to challenge our brains and feet as we work on new dances and enjoy old favourites! Ballroom continues every Friday and the Barn Dancers will be meeting on Saturdays 17th November and 15th December. See you there!

A date for your diary:

On Saturday 15th June 2019 at the Bracknell Community Day event, we plan to be dancing, along with a variety of different kinds of performers and groups of all ages. We hope to have stalls there too. The venue is in the Lexicon near Waitrose.

Lynda Lunn, Co-ordinator

Book Group 1

Our October book was *The Good People* by Hannah Kent. This truly remarkable story depressed us all with its central theme of poverty, superstition and a severely disabled child in an isolated village in Western Ireland in the 19th century. The author grabs the reader, "this is what it was like": the scenery, the villagers, the mud and the Good People (fairies).

Don't miss this and look out for her first book *Burial Rites*, equally depressing and remarkable, based in Iceland. Both books are based on true occurrences.

Future Books

<i>That Woman</i>	by Anne Sebba	13 Nov
<i>The Ambassadors</i>	by Henry James	11 Dec
<i>The Last Painting of Sara De Vos</i>	by Dominic Smith	8 Jan

Brian Tonkinson, Co-ordinator

Digital Photography

Yet another very successful meeting in October when we discussed meteorological phenomena such as "mock suns" or "sun dogs", as they are sometimes known, as well as photographing the moon.

As reported at the meeting, Mavis and I will be away in November and the December meeting will be held on Monday 17th December to avoid clashing with the Christmas lunch.

John and Mavis Cook, Co-ordinators

French Conversation

Our group is doing well and we all enjoy chatting in French. We choose a topic for discussion for the next meeting so that those who want to can prepare something, or at least look at some vocabulary. We have talked about music, cinema and theatre and what we do in autumn.

The subject for our next meeting on 13 November is: 'Le centenaire de la fin de la première guerre mondiale'.

The group meets every 2nd and 4th Tuesday of the month from 14.00 until 15.00 in the cafeteria of the Open Learning Centre. We would love to welcome more members who are fairly fluent in French.

Lucy Simnett, Co-ordinator

Garden Group 1

We have had to cancel various visits through the summer because of the hot weather but, on the 7th September, six members from Garden Group 1 had a very enjoyable visit to Kew Gardens on a beautiful, fresh, sunny day.

We first visited the Marianne North Gallery which was quite astonishing with 832 paintings, hung wall to wall and floor to ceiling, all by this remarkable Victorian artist who travelled the world capturing plants in their natural environment.

We then spent time in the Temperate House which was designed by the architect Decimus Burton (1800-1881), opened in 1863. It has recently undergone a five-year project to restore this magnificent Victorian glasshouse to its former glory. It is now truly beautiful!

The Temperate House contains 1500 plant species, many of which are rare and on the brink of extinction. It was fascinating to climb the spiral stairs to the upper walkway and look down on the plants from that height.

Lydia O'Connor and Chris Burry, Joint Co-ordinators

German Conversation

The German group is still going strong and quite diverse topics are discussed from the traffic in Bracknell to a book describing life in East Germany at the time of the fall of the Berlin wall, and Royal Families here and abroad.

Our meetings take place in the Open Learning Centre on Thursdays every 2 to 3 weeks from 12.30 to 13.30. Anyone who speaks some German would be very welcome to try us out.

Lucy Simnett, Co-ordinator

History Group

At our September meeting Mavis Jones decided she wanted to pass on the leadership of this group. We thank her very much for eight years of sterling service in this role and hope to see her at many more meetings. Derek Thornton and Liz Bush will now be leading the group as co-leaders.

At this meeting we continued with our current topic on the origins of nursery rhymes. Many of the rhymes we remember have historical significance, though different sources often give several explanations.

At our October meeting we started studying "How did Saxon Northumbria influence the growth of Christianity in Britain". We learnt about Cuthbert, Bishop Biscop, the Synod of Whitby and Lindisfarne.

A good discussion took place as we discovered how these topics connected.

We will continue this topic on Nov 21st at the Methodist Church.

Liz Bush, Co-ordinator

Italian Conversation

We aim to improve our Italian by chatting and some of us prepare a small vocabulary to enable us to talk about the subject we want to discuss.

This is by no means compulsory and we want to keep the meetings very informal without homework or preparation if members don't want to.

We would love to welcome more people who can string a few sentences together in Italian.

Our meetings are held in the cafeteria of the Open Learning Centre from 14.00 until 15.00 on Thursdays every 2 to 3 weeks; the dates are in the diary.

Lucy Simnett, Co-ordinator

Local History

For our August meeting we visited Mapledurham Watermill and were given a fascinating tour of St. Margaret's church and the Watermill by the Miller. The church is the only one we have ever seen with railings down the length of the church with Church of

England on one side and Catholic on the other side. C of E services are held once a month and Catholic services are also held occasionally. The Miller described the workings of the Mill, which is powered by an Archimedes screw in the river. There has been a Mill at Mapledurham for over 1000 years and it is mentioned in the Domesday book. The current Mill dates back to the English Civil War and is the last commercially working watermill on the River Thames.

In September the Local History group welcomed Graham Dives who showed us several collections of photos of the Bracknell regeneration project. Although we had seen some photos on other occasions, there was much discussion and reminiscing of Bracknell in previous years. Of particular interest were the photographs of the demolition taken from the top of Easthampstead House and a BBC drone view of the Lexicon.

Our October meeting was a visit to the Kedermister Library in St. Mary's church, Langley. The church dates from the 11th century, rebuilt in the 13th and 14th century and again in the 17th century. The library and family pew were built on the south side of the church by Sir John Kedermister in 1631. At that time the library contained almost three hundred books in a variety of languages collected and bound by Sir John for the benefit of successive vicars of the Parish. An inventory of the books was written on parchment at the time of Sir John's death in 1638 and hangs on the wall of the library.

About three-quarters of the books were published between 1610 and 1637 and the majority are written in Latin. The Missale Romanum, published in Cologne in 1483, defined Catholic Orders of Service but following Henry VIII's establishment of the Church of England all references to the Pope were crossed out although the same orders of service continued to be used. The library holds a Pharmacopolium, published in 1630, which suggests treatment for all manner of ills. A more recent book is the Speaker's Bible, which belonged to Sir Edward Seymour, Speaker from 1673 to 1679. The library also owns the 11th century illuminated manuscript Gospels, probably written in England before the Norman Conquest and now on permanent loan to the British Library.

We were amazed by the library and collection of books, which were in virtually pristine condition despite their great age and showed a remarkable standard of printing.

Janet Russell, Co-ordinator

MOTO

MOTO is a social group for **M**embers who are **O**n **T**heir **O**wn. We hold a planning meeting each month to discuss what members would like to do. This includes meals, trips and anything else that our members want.

Wokingham Theatre – The October production was *Sense and Sensibility* (an adaptation by Jessica Swale from the Jane Austen novel). The story was good with plot twists and turns but some of the characters were not projecting their voices so some of the words were hard to hear. This didn't stop the fifteen MOTO1

members from enjoying the evening. These events are so popular with our group that some members had to go on a different day as we only reserve a limited number of seats. For future productions the number of seats has been increased so we can all go on the same evening.

Roy Orbison Story (a tribute act) – 14 members went to Camberley theatre to see the show and we all had a great time. The main performer was good and the backing band were excellent (both as his support and when they were performing on their own). These concerts are really enjoyed by our members so we have two more booked – Bee Gees and Rod Stewart.

Churchill War Rooms. 14 members travelled to London to visit the Churchill War Rooms (part of the Imperial War Museum). The museum is located under the buildings near to Downing Street. In addition to the War Rooms themselves there is a very large exhibition chronicling the life of Winston Churchill. After the War Rooms some of the group went to visit the Banqueting House. In a couple of weeks, we will return to London to visit the main Imperial War Museum in Lambeth Road.

Blackpool trip. 42 Bracknell U3A members met up on a Monday morning to start our journey to Blackpool. As we had enough in the group the coach was dedicated to our holiday and this avoided having to go to the Reading services to pick up other travellers. This is standard for a coach holiday, but does add significant time to the journeys. We had some traffic delays on the drive up, but nothing to cause too much concern.

Tuesday was damp and overcast in Blackpool but that didn't bother us as it was a day trip to the Lake District (which was bright and sunny – for once!). The coach dropped us at the bottom end of Windermere (Lakeside) so we could take a boat ride to Bowness-On-Windermere. After an hour looking round, the coach then took us to Grasmere – so we had a scenic drive along Windermere and through Ambleside. After a look around Grasmere we headed back to Blackpool for our evening meal. That night we boarded the coach for a drive to see the famous Blackpool Illuminations.

Wednesday was a 'free day' in Blackpool so you could do what you wanted. Some members went to the Ballroom for afternoon tea and a couple of our members actually went on the dance floor!

Thursday was spent in Liverpool and a stop on the way back to see '*Another Place*' which is a piece of modern sculpture by Sir Antony Gormley located at Crosby Beach in Merseyside. It consists of a hundred cast iron figures facing towards the sea. The figures are modelled on the artist's own naked body.

Friday was our journey home to Bracknell and the end of another wonderful holiday.

We are already thinking about where we want to go in 2019!

MOTO 1 is currently full but there is a MOTO 2 group within Bracknell Forest U3A.

Diane Jones, Coordinator

Music Appreciation

For our September meeting we had a varied programme with a mix of composers, some well-known and a few many of us hadn't heard of at all. There were also different genres: classical, jazz, rag and dance.

Some of the less well-known composers included Hans Gál OBE (1890 – 1987) an Austrian-British composer, teacher and author. Elena Kats-Chernin (1957) is an Australian composer and Alessandro Besozzi (1702 – 1775) an Italian composer and virtuoso oboist.

Kate Amos, Group Member

Music Appreciation (Modern)

At our September meeting we concentrated on music and video from 2010 to the current day. We thought we may have a problem coming up with music to suit our group but with artists such as London Grammar, Lazuli, Black Keys, Eric Bibb, a very dramatic video from Paloma Faith plus many more we more than filled the afternoon. Some of us had not come across many of the artists played so we all heard music that was new to us.

At our October meeting, we decided to see what we could find from the 40s and 50s. This mainly consisted of singles, many of which we either hadn't heard for decades or ones that some had not heard of at all. A good reminiscing afternoon.

Our next meeting which will be November 13th we will look at modern music that has been based on or derived from classical music; that should be interesting. If you would like to join us please email me on blues@bracknellu3a.org.uk

Tony Bolt, Co-ordinator

Music Makers

As we were finding that parking at the OLC was impossible on the first Monday in the month – try carrying a cello from behind the shops – we are now meeting at the Methodist Church, Shepherds Lane on the first Monday in each month playing from 10 to 11.30 as now.

We will continue to meet at the OLC on the third Tuesday as other events happen then at the Church.

Anne Pusey

Science and Technology

In October we heard about the first elements to appear as the Earth was formed. We then looked at the technology of the world's greatest structures and whether it is the appearance, function or structure of a bridge, tower or building which is most important. Shorter talks looked at how vultures can help forensic scientists and how an increasing amount of information can be obtained from fingerprints.

Future meetings will continue to explore a variety of scientific topics. New members are welcome to join the group in the Methodist Church on Shepherds Lane on the first Thursday of each month.

Don Webster, Co-ordinator

Spanish Intermediate

We take turns to meet in group members' houses on the second and fourth Tuesdays of the month from 10 am until 11.30 with a coffee break half way through the meeting, where we do a Spanish crossword. For the following meeting we prepare three sentences using some of the words from that crossword.

We start our meetings with some Spanish conversation which can be about anything we choose. Recently members have talked about trips to Herefordshire and Weymouth, a hospital visit, and a shopping expedition. In the past we have talked about books or television programmes that we liked.

There are five of us at the moment so there is plenty of room for new members. If you are interested and would like to come along to one of our meetings to see if you would like to join the group, please get in touch with me and I will let you have details of our next meeting.

Shelagh Barnett, Co-ordinator

Transport Group

Seven members of the Transport Group visited Brooklands on Sunday 21st October. An enjoyable day was spent looking around the various exhibits, including one of the prototype Concordes.

It was a London Transport Bus Fest Day so there was a good line up of buses from around the country as well as London. Richard Loveys and myself spent quite some time looking at the various stalls. I came away with several model buses to go with the 00 gauge model railway I am building.

Forthcoming events

Monday 19th November a trip to the Morgan car factory. Still a couple of seats left if you are quick. £24 for the coach plus £20.25 to go on the factory tour.

Monday 26th November for our planning event at the Lavender Park Golf Club from 12 till 2. We shall be planning our activities for the winter.

Wednesday 28th November. Our trip to the RAF museum at Hendon is now full.

For further information please email
chair@bracknellu3a.gov.uk

David Lenton, Co-ordinator

Daydreaming about - Meditation

After learning 'two times two is four', playing with magnets as a child, and that the capital of France is 'P', I became an Engineer. I later retired, and discovered computers. And meditation.

Our mental facilities are pretty amazing, whether or not there are certificates on the wall. However, our active mind can run away with us, and then - what?

Daydreaming is close to meditation, although daydreaming typically is about something you have in mind. The next useful step is to settle the mind, to become centred and calm in the moment. But my mind is full of thoughts! Like a busy street outside full of traffic! Like a bag full of ferrets! How can I change this?

This is where 'breathing' comes in. The extraordinary thing is that if breathing slows down, then the mind has less urgency, it is easier to find stillness. 'If a thought enters, then just lead it out again...' is what I recall being advised by someone who seemed to know what they were doing.

A way to do this is to be physically still - seated for example – take a deep breath in and then out, to relax. A few times. Use slower breathing, so that at the top of the 'in' breath, linger a short while, and the same at the bottom of the 'out' breath. This helps to still the mind.

Way back when I thought the brain and mind were only a glorified computer, I came across an insightful quote of a six-year old: "The difference from a person and an angel is easy. Most of an angel is in the inside and most of a person is on the outside." (1)

My personal (and limited) experience certainly suggests benefits can be gained from meditation such as from this general approach. There are many forms of meditation. It is not a spectator activity. Like life, and riding a bicycle, one has to actually do it....

1) *Book: Mister God, this is Anna, by Fynn (2000)*

Alan Cocks

Note from the editor:

For those of you who are interested in learning more about meditation, Alan sent in a link to an interesting article from the Washington Post about what meditation does for the brain. I have copied the link and I hope you can read the article yourself.

https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/?noredirect=on&utm_term=.9eb6f212f7ee

Forthcoming Regional Events (TV Network)

“How to be a Happy and Successful Convenor”

27 November 2018 10.30am - 3.30pm
Benson Village Hall, OX10 6LZ

The day is free with lunch included. Must be booked in advance (see details below). **There may still be places.**

More details:

http://www.u3atvnetwork.org.uk/2018_workshop_Flyer.pdf

Booking form:

http://www.u3atvnetwork.org.uk/2018_workshop_Application%20Form.pdf

Derek Jackson, BFU3A Admin. Secretary

2019 Diary

Have you purchased your 2019 diary?

Only £2.50 each

Payment with order

Great value Limited stock

If you cannot attend the November Open Meeting, ask a friend to purchase one for you

See Derek Jackson at the November Open Meeting.

Any stocks remaining will be available at the Christmas Social.

Editor's Note

Issue 136 edited by Lucy Simnett
Publication date: 1 November 2018
Grateful thanks to all contributors.

Diary Editor: Janet Russell
janeterussell@aol.com

Deadlines for contributions
to the next editions are:
Issue no 137 – 29 November 2018
Issue no 138 – 7 February 2019

Please send contributions to all editors at:
newseditor@bracknellu3a.org.uk

The editing team consists of:
Peter Arthur, Bruce Collins
Liz Hanson, Lucy Simnett

The Editors cannot accept responsibility for the accuracy or views of contributors, or for statements and claims made in any items or advertisements appearing in the BFU3A newsletter.