

# 2010 - NWR **GOLDEN** ANNIVERSARY YEAR BOGNOR REGIS SPRING PROGRAMME



## **This year's Golden Girls :**

Maralyn .....

Hilary .....

**Fort Knox guarded by :** Jan .....

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Thursdays, and we always start at 8, unless you're late.... and it says so!

- 7 January      **AGM** - Helga and Vanessa will take you down memory lane to recap on all that happened in the last NWR year, catch up on those meetings you may have missed, and see who's going to run with the baton next year! Then gaze into our crystal ball and make your predictions for 2010 ! Serious or funny, homegrown or international, about you or your alter ego! Remember some for public consumption and one secret one to be locked away. We'll see next year who was spot on ! Mystical moments at **Sally's ...**
- 21 January      **SILENCE IS GOLDEN** - A chance to find out how quiet you can really be, and how difficult it is! It promises to be a topsy turvy evening, full of fun and challenges, but nobody is to say a word from 8.10 pm, until the spell is broken. Signs and actions are OK, but bring some coins with you for a nominal fine, in case your tongue runs away with you when trying to communicate...as you will have to! You can try anything, but sounds are *verboten*! Monastic order at **Elaine's ...**
- 4 February      **BEFORE THERE WERE TROLLEY DOLLIES !** – This evening we whizz back to the golden age of passenger travel, as local author Angela Waller recounts tales from her popular book of the same name. Expect a first-hand, amusing look at the 50's and 60's, when being an air hostess was a highly glamorous occupation. Also hear about the famous, all the gossip of the time and what it was like to work in converted World War II bombers! Departure Gate at **Maralyn's ...**
- 25 February      **DRUG DEALING FOR DUMMIES** - An amusing, informative and interactive talk about illegal drugs and how society is coping with addicts. Be prepared to learn a lot, in more ways than you ever expected, and become proficient in something you never dreamt you'd ever do! Come along and air your views on this topical subject. Speaker: My golden girl, Kerida. Shooting gallery at **Pat's**
- 6 March  
*Saturday*      7.30 pm **GANGSTERS AND MOLLS SAFARI SUPPER** - This year we'll be harking back to the speak-easies of the Prohibition era when we go on our gastronomic progress, with all that that entails! Dressing up in the theme, even if only a bit, would be great fun (*but optional*). So pile on the bling, glisten with gold ! Patrons are warned that gun play will be frowned upon, although boys will be boys (*and so will girls*) and, if it happens, please be careful of the china! Al Capone (*aka Helga*) will be in charge. Partners or friends welcome. Please keep the date free, and watch out for advance notices.
- 11 March      **LAUGHTER YOGA** – Hold on to your sides, we are in for a highly entertaining evening. Lisa Sturges, who runs laughter workshops in the Chichester area, takes us on an active tour into the world of laughter yoga. No strange poses, but a lot of happy sounds! Lisa will later lead a discussion on laughter in our lives. Guffaws or giggles at **Vanessa's ...**
- 25 March      **IN YOUR EASTER BONNET** - As Easter approaches we'll take a light-hearted look at what keeps our topknots warm, and also be a little creative! Find out Bognor's connection with hats, be reminded of famous hats from literature and history, and try to guess which stories are true and which are porky pies! The last part of the evening is your chance to release your creativity and become a detective to boot. For this you'll all be receiving your top secret instructions some weeks earlier! Thinking hats on girls! Couture house at **Loulla's ...**

- 22 April **IS CHOLESTEROL THE ‘GREATEST SCAM IN THE HISTORY OF MEDICINE’ ?** Thirty years ago, Dr George Mann, in an editorial in the *New England Journal of Medicine*, denounced the cholesterol theory with the above words. So what do we really think now? You’ll hear the story of Dr. Ancel Keys, who first promoted the cholesterol theory... but did he falsify his findings? Bring along anything you can find, or have heard, on this subject for a fascinating discussion. Anyone with low fat nibbles, please bring them along! Brave hearts to **Luci’s ...**
- 6 May **QUESTION TIME** – Premiering in Bognor, at a venue close to you, our very own take on Question Time. A golden opportunity to question a guest panel on anything that takes your fancy, whether it be topical, biological, political, philosophical or even plain comical ! Come prepared with some questions... and be ready to have your say too. The brave guest panel will be ~~pressganged~~ announced nearer the date. Recording studio at **Heather’s ...**
- 20 May **WHEN IS THE FLOOD ?** Water, water all around when Lois Ford of the Southeast Strategic Regional Coastal Monitoring Programme, presents an illustrated talk on this very real threat to our coastlines. Find out all about how the coast is monitored, the shoreline management plans, and local coastal defence strategies for protection and flood defence. Wellie boots at **Margaret’s ...**
- 10 June 7.15pm - **SUMMER WALK** - Intrepid adventurers will delve into darkest Sussex, sustained by a start and finish at a local brewery outlet. Partners and friends of pioneering nature welcome. Place, time and details to be advised later, if the advance scouting party ever returns! *Drinks at said pub if the weather gets too gruesome.*
- 24 June **‘SPEED DATING’ DISCUSSIONS** - Come along with some ideas on just one subject of your choice, that you could chat about to someone else for a few minutes. Be prepared to listen to a whole variety of ideas in a fast moving and very stimulating evening à la speed dating format. Just turn up and get chatting ! Hot desking at **Lesley’s ...**
- 8 July **SHIMMY INTO SHAPE FOR SUMMER** Here we go girls, a little bit of authentic action around the midriff. Cherry Ward, who teaches Egyptian belly dancing, will be bringing along her jingly jangly scarves for anyone who fancies having a go! Hear about the history and all about the different moves involved, including the famous shimmy! All bellies please report to **Helga’s ...**
- 16 July *Friday* 7pm **SUMMER BARBECUE** - With fingers crossed that global warming will show us its sunnier side this summer, we will be able to enjoy an evening al fresco at Margo’s. Please equip yourself with your own personal food for the BBQ, along with a food offering for the general masses, a drink to share, and your own cutlery, plate, glass, etc. Margo has also generously invited all of us to make full use of her heated swimming pool from **6pm** onwards, before we cook and eat. *If the weather looks dodgy, we’ll be in touch that morning, or you can phone, Margo, Hilary or Maralyn.* Swimmers, chefs and hungry tums to **Margo’s ...**

**HAPPY HOLS ! See you in September.**

**Please let the hostess know if you will not be attending a meeting, it helps to gauge numbers!**

**Annual subscriptions due by May 2010.** Please give cash, or cheque payable to NWR, to Jan...

New members are very welcome and can attend 3 meetings free of charge before deciding to join NWR.

At our fortnightly meetings, a payment of £1 per member is normally charged, although for some meetings with speakers, or with additional costs, we occasionally charge £2 to cover the extra outlay.

**Out and about**

Look out for our news of Chichester Festival Theatre summer season shows and other adventures for the group.

