

WEDNESDAY 8 FEBRUARY 2023

THE PAVILION BALLROOM, WESTOVER ROAD, BOURNEMOUTH

COST: £49.50 PER PERSON

We are pleased to confirm that our Annual Lunch 2023 will, once again, be held at The Pavilion, Bournemouth. You are invited to join your President, Emma Hamilton Cole, at what will be one of the Society's most prestigious events of the year.



Our speaker will be **LOUISE MINCHIN** - journalist, broadcaster, and writer.

She was a much loved and respected presenter of *BBC Breakfast* for 20 years. Before joining the programme, she was one of the main news anchors on the BBC News Channel and the BBC's *One O'clock News*. She has also presented *The One Show*, *Five Live Drive*, *Real Rescues* and *Missing Live*. She loves reality television and has been a contestant on *I'm a Celebrity Get Me Out Of Here 2021*, *Time Crashers* and was runner-up in *Celebrity MasterChef*.

She is also a writer and endurance athlete who has completed two of the toughest triathlons in the world, Norseman and Patagonman.

Her first book, *Dare to Tri*, charted her journey from the famous BBC Breakfast red sofa to representing the Great Britain Triathlon team in her age-group at six World and European Championships. Her second book will be published by Bloomsbury in 2023 will reflect her passion for celebrating women's extraordinary sporting stories.

Louise hosts two successful podcasts, the *Her Spirit* Podcast, which is aimed at encouraging women to be active, and *Push Your Peak for Wattbike* in which she interviews top athletes about their journeys to excellence to see what we can all learn.

She is Chair of the Women's Prize for Fiction 2023.



Wednesday 8 February 2023 (12:00 for 12:45)

Menu

Twice Baked Local Cheese Soufflé (V)
Cheese sauce, red pepper and tomato coulis

or

Parma Ham Tartelette
Pickled shallot and pea shoot salad, caper berries, pea and dill purée



Roast Breast of Cornfed Chicken
Parisienne potatoes and chargrilled courgettes with a Forestière sauce

or

Pear and Gorgonzola Tortellini (V)
Butternut squash velouté and sautéed New Forest Mushrooms



Trio of Desserts (V)
Caramelised white chocolate dome, orange Ganache and a Praline Quenelle
served with a duo of chocolate soil and black cherry gel

or

Treacle Tart (V)
Stout syrup and marmalade ice cream



Tea or Coffee



