

COFFEE MORNINGS 10:00 am – 11:30 am :

Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

Monday 8th April & Monday 13th May

All members, particularly new ones, are very welcome.

Find out about our interest groups and social events.

Bring along your friends. Have a cuppa and chat, make new friends.

APRIL GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wed 17th April – NEW additional general meeting at Cosham

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ

Dogs Trust Shoreham

Speaker : Jodie Munday

The Dogs Trust cares for dogs in distress, finds a loving home for them when needed and supports owners when they are in need or unable to cope.



Jodie is a Supporter Relations Officer for Dogs Trust Shoreham; she will talk about the work of the Dogs Trust and also share what her role involves.

Wed 24th April

Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

SS Shieldhall

A speaker from the Shieldhall Trust will talk about the steamship Shieldhall, which is the largest working steamship in Britain.



A member of the national Historic Fleet, she serves as a sea going tribute to Britain's maritime heritage. Maintained and operated by a team of dedicated unpaid volunteers, much work has been done on the ship over the years since she was launched and entered service in 1955 to transport treated sewage sludge down the river Clyde to be dumped at sea

COMPUTER HELP



One of our members – Rich Edwards – has offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. Rich provides this advice free, however he does not offer home visits.

Rich can be contacted, initially, by email at it-advice@waterloovilleu3a.org.uk.

MEMBERSHIP MATTERS

2024 MEMBERSHIP RENEWAL

Now that April is here, I will soon be asking you for your annual subs. Payment can be made any time from now but must be paid **by 30th June** to avoid your membership lapsing.

For an Individual the cost remains at £15, or £25 for two people at the same address. If you are fortunate to have had a 100th birthday your membership cost is zero!

I will be emailing you with payment details during April, or phoning if you do not have email. As well as paying by BACS, you can also pay at any coffee morning or monthly meeting by Debit card, cash or cheque.

Any queries, please email members@waterloovilleu3a.org.uk or phone 07769 266879

Kevin Stock, Membership Secretary

MAY GENERAL MEETINGS 2:00 pm – 4:00 pm :

Wed 15th May – NEW additional general meeting at Cosham

Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ

Speaker/Topic : tba

Wed 22nd May

Sacred Heart Church, 356 London Road, Waterlooville, PO7 7SR

30 years with Hampshire Constabulary

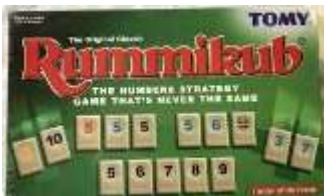
Speaker : Jackie Dimmock



Hear about Jackie's career as a WPC for Hampshire Constabulary progressing from the most junior as a 25-year old in urban policing, child protection, vulnerable adults, public protection unit, working in schools and the scenes of crime unit.

RUMMIKUB 2 – COME AND JOIN US!

Carol Kinnaird, Group Coordinator



Are you free in the afternoon on the 2nd and 4th Wednesdays of the month?

If so we're looking for new members to join our small, friendly Rummikub group.

Rummikub is a tile based game similar to the card game of rummy.

It's an enjoyable, brain stimulating game that encourages critical thinking and friendly competition.

If you'd like to see what's what, please get in touch with Barbara Legg (Group Liaison) at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

SPEAKER'S CORNER

Review of March's talk :

"Southampton – Water, Slaughter & Trade" - Speaker : Andrew Negus

Sacred Heart was packed to the gunwales for the March meeting and those who went were entertained by an amusing and informative tour of ancient Southampton, guided by the very popular Andrew Negus.

(A Speaker's review was not available this month, but below is one from the same talk given elsewhere!)

In the beginning there were three separate areas until the Romans, who were in Clausentum, decided to move across the Hamwuld, which evolved to Hampton and being the South (*well you can see where this went*).

The reason they settled here was down to the sea, deep channels and tides - ideal for the huge trading area that built up there.

The Saxons moved and built huge defences, but then along came the Normans, and the area was divided into two parts, with the rich French area on the sea side leaving the poor English to the North. A huge wool industry became the main trade with wool being exported to all parts of Europe and the ships returning with large cargoes of wine. Wine cellars were built, with many still being in existence to this day.

Again, the defences were increased - apart from where the area where rich merchants lived as they did not want their view restricted. TSK! In 1338, one quiet Sunday morning, the French invaded and found their way into the city through this area. They burnt, robbed and murdered, leaving the city devastated and the trade industry died. What with the Black Death 10 years later, it was a devastating period in the City's history.

Following the raids and the loss of all his wine the King commanded that the defences be strengthened and the open area in-filled with a new city wall, albeit with windows so that the merchants could still have their view.

In Tudor times the city was in recession and poverty but in 1750 a spring was discovered and from this Southampton developed into a Spa Town. Frederick the Prince of Wales even visited to cure his Gout, other famous people flocked to the area and Jane Austen resided there for a time.

There followed the period known as the "Dandies & Fops" – the subject of another talk!

PILATES 5 – NEW GROUP STARTING IN MAY – SPACES AVAILABLE

Anyone interested in taking up Pilates? Plans are well under way to start another Pilates group in May – it has proved quite popular but there are a few spaces left..

The group will meet weekly during school term times every **Thursday between 12:30 and 1:30** at Cowplain Activity Centre.

Register your interest with Barbara Legg at the Groups table at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

QUIZ EVENING – FRIDAY 12TH APRIL – LAST CALL!

ONLY A HANDFUL OF SPACES LEFT

When? Friday 12th April starting at 7:00 pm

Where? Waterlooville Community Centre (in the ASDA car park)

How much? £3 without food or £8-£10 for a Fish & Chip supper (options available)

Quiz evenings are always extremely popular and there are only a handful of spaces left. If you'd like to take part, please email Kevin Stock at kevc4@gmail.com

CYCLING FOR PLEASURE – POTENTIAL NEW GROUP

Among many outdoor activities that sustained our mental and physical health during the Lock down of 2021/2022, cycling was among the most popular of all pursuits. Sadly, it is now a forgotten leisure activity for most. That does not have to be the case.

With the coming of Spring, there is no better time to be out into the countryside cycling safely along the byways.

It does not have to be any more energetic than one can tolerate, nor any further than one would wish to go, and initially once a week depending upon the weather. We have a lovely countryside on our doorsteps and I would be more than happy to lead all those willing to get on to two wheels, battery operated or not, and enjoy the ride.



Depending upon the levels of fitness, there accordingly could be a ride organised for all. As a retired GP I have always advocated its social, mental and physical health benefits and I regularly cycle myself.

Irfan Sheikh

Register your interest with Barbara Legg at the Groups table at a coffee morning, a monthly meeting or by email to groups@waterloovilleu3a.org.uk

NATIONAL U3A EYE

This is a rolling photography project aimed at encouraging members to take and submit pictures of their surroundings. There is a different theme each month and up to 15 photographs are published once each month's deadline has passed. Below are a few of the entries for the March theme of "Worn" :



Mr. Tubby
Susan, Balsall Common



Worn but not worn out!
Alan, Leigh-on-Sea



Beach groynes at Hornsey
Alex, Pocklington & District

The April theme is "**Impact**" – submit your photograph(s) before the deadline of Thursday 25th April 12.00 noon to <https://u3auk.wufoo.com/forms/qzos7n202bqgm7/>

Prefer not to receive member bulletins?

We issue regular bulletins to our members to inform them of meetings, social events, group activities, membership information, etc.

IF YOU DO NOT WISH TO RECEIVE THIS BULLETIN, please let us know so that we can remove your details from the distribution. A confirmation email will be sent to you but you can change your mind at any time and request your details to be added back on to the distribution list.

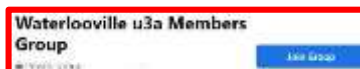
Members also receive the "Third Age Matters" magazine issued several times a year by the Third Age Trust.

To unsubscribe from either of these, contact our Membership Secretary at members@waterloovilleu3a.org.uk or call 07769 266879.

WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterlooville u3a member. To join, login to Facebook and search for 'Waterlooville u3a Members Group' and request to join. Or click this link

<https://www.facebook.com/groups/WaterloovilleU3A/permalink/5260385320729203/>



PUZZLED BY CRYPTIC CROSSWORDS?

During May and June, National u3a are running a short 6-session course to introduce beginners to the pleasures and mind-exercising benefits of cryptic crosswords.

This six-session course will teach you how to solve cryptic crosswords. It starts with the simplest ideas and easiest types of clue and gradually builds to the more advanced aspects of clue solving. At the end of the course you will understand how cryptic clues work, be able to solve clues at an intermediate level of difficulty and know how to develop your skills further. This is a stimulating course that can lead you to an enjoyable new pastime.

For more information and to reserve your free space see the below link :

<https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-6-session-course-tickets-873418587507?aff=oddtcreator>



Cryptic Crosswords for Beginners: 6 Session Course

Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on cryptic crosswords. Please note booking closes on 6th May.

Thursdays 23rd, 30th of May and 6th, 13th, 20th and 27th June at 10am

Free – online via Zoom

NATIONAL U3A ONLINE EVENTS

Throughout every month, national u3a offer many online talks and workshops on a wide variety of topics to keep our minds and bodies going.

The current offerings include :

Live Cookery Demonstration – Spring recipes	11 th April
Arts & Crafts Designs of May Morris	11 th April
AI News	11 th April
Bollywood Laughter Yoga and Dance	15 th April
The key to longevity, happiness and global change	16 th April
Road to Clean Water – 1858 great stink & Victorian London sewage	17 th April
Mindfulness & Meditation series	18 th April
Live Cookery Demonstration – more Spring recipes	18 th April
Despair to delight – the sonnets of Gerard Manley Hopkins	18 th April
The Climate Crisis and some solutions	19 th April
Secrets of the human brain – the blood-brain barrier	24 th April
Laughter Yoga with Merrie Maggie	30 th April
110 years of aviation history in Hertfordshire	7 th May

Click the link below see what's currently available, then click on the event of your choice for full details and how to book: <https://www.u3a.org.uk/events/educational-events>

GROUP MATTERS

To join or leave a group, or for more information :

visit Barbara Legg (Group Liaison) at a monthly meeting or coffee morning or send an email to groups@waterloovilleu3a.org.uk

If a group is full, you can be placed on the waiting list; you will be offered a space when one becomes available and you are at the top of the list. Don't wait to go on a waiting list – popular groups usually have one and being on the waiting list increases your chances of being offered a space.

Have an idea for a new group? Groups don't magically appear – they are born when enough members express an interest in a particular activity and someone (or two) volunteers to act as Group Coordinator. There is a wealth of support for budding groups so get in touch with Barbara Legg and see what happens.

Already a Group Coordinator? THANK YOU! Please keep us up to date with any changes to your group's membership and provide feedback when members are referred to you, this ensures that advertised group vacancies and any waiting lists are as accurate as possible.

GROUPS WITH VACANCIES (as at 1st April 2024)

Activity	When
Art History 2	1st Tuesday
Backgammon	1st & 3rd Monday
Badminton	1st & 3rd Wednesday
Birdwatching 2	Last Saturday
Books 4	3rd Wednesday
Bridge	Every Friday
Country & Western music	4th Wednesday
Cribbage	2nd & 4th Tuesday
Drawing 2	1st & 3rd Tuesday
French Conversation 2	1st & 3rd Wednesday
Line Dancing for Improvers	Every Monday
Mah Jong	1st & 3rd Tuesday
Pilates 5 NEW starting May 2024	Every Thursday
Pub History	3rd Tuesday
Quizzers 2	2nd Wednesday
Rummikub 2	2nd & 4th Wednesday
Science	4th Wednesday
Scrabble	1st & 3rd Thursday
Singing For Pleasure	1st & 3rd Wednesday
Table Tennis (beginners)	3rd Friday
Ukulele	Every Thursday
Wine Appreciation 2	3rd Monday
Wine Appreciation 3	1st Tuesday

APRIL SNIPPETS

14th April St. Tiberius' Day – when cuckoos traditionally start singing (stopping on St. John's Day, 24th June)

23rd April apart from St. George's Day it also marks the start of the British asparagus season (ends at the summer solstice on 20th June).

"Oak before ash, in for a splash; ash before oak, in for a soak." According to this old saying, if oak comes into leaf first the coming summer will be drier than if the ash leaves up first.

Gardening by the moon :

2nd-8th April (last quarter to new moon)

A dormant period with low sap and poor growth. Do not sow or plant. A good time for pruning while sap is slowed. Weeding now will check growth well. Harvest any crops for storage. Fertilise and mulch the soil.

9th-15th April (new moon to first quarter)

The waxing moon is associated with rising vitality and upward growth. Towards the end of this phase plant and sow anything that develops above ground. Prepare for growth.

16th-23rd April (first quarter to full moon)

This is the best time for sowing crops that develop above ground but is bad for root crops. Pot up or plant out seedlings and young plants. Take cuttings and make grafts but avoid all other pruning. Fertilise.

24th April-1st May (until 12.27 pm) (full moon to last quarter)

A "drawing down" energy and a good time for sowing and planting any crops that develop below ground – root crops, bulbs and perennials.



From "*The Almanac*" by Lia Leendertz

LANGUAGE ODDITIES

(Submitted by Drew Gurney)



Dad, are we pyromaniacs? Yes, we arson.

What do you call a pig with laryngitis? Disgruntled.

Writing your name in cursive is a signature move.

Why do bees stay in their hives during winter? Swarm.

If you're bad at haggling, you'll end up paying the price.

A stage designer lost their job but left without making a scene.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

Why is 'dark' spelled with a k and not c? Because you can't see in the dark.

Why is it unwise to share your secrets with a clock? Well, time will tell.

Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."

It's difficult organising a hide-and-seek tournament - good players are so hard to find.

What do you say to comfort someone who's struggling with grammar? There, their, they're.

What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.

Have you heard about the benefits of eating dried grapes? It's all about raisin awareness.

HAVANT BOROUGH COUNCIL ELECTIONS 2ND MAY 2024 - CHANGES

Following the Local Government Boundary Review that concluded in 2022, Havant Borough Council made the following changes :

- 14 wards reduced to 12 wards
- 38 councillors reduced to 36
- All wards have 3 seats
- New locations for some polling stations

To find your polling station, go to <https://wheredoivote.co.uk/> and enter your postcode or telephone 023 9244 6019.

Ordinarily every year for three consecutive years, one councillor in each ward will complete their term of office and their seat will become vacant. The subsequently elected councillor will be in post for four years. In the fourth year there is no election.

As a result of the Boundary Review, Havant will have an 'all out' election in 2024 which means that all three seats in each of the 12 Wards within the Borough will become vacant.

COMMUNITY PANTRIES



The current high cost of living sadly means many people are struggling to feed themselves and/or their families.

In exchange for a small weekly contribution, community pantries provide groceries at a lower cost than supermarkets or shops, offering a range of fresh, frozen and general foods which can change on a weekly basis. In addition, the pantries are working to help reduce food waste by working with local food businesses.

To find out more visit :

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/supportforfamilies/communitypantries-overview/communitypantries>

There are 25 community pantries across Hampshire, including :

Fareham	Growing Places, Oak Meadow Children's Centre, Tewkesbury Avenue, PO15 6LL
Gosport	Borough Football Club, Privett Park, Privett Road, PO12 3SX
Havant	Munch Community, Dickinson Centre, Park Community School, PO9 4DQ
Hayling Island	Library, Elm Grove, PO11 9EE
Waterlooville	Growing Places, Mill Road, PO7 7DB

Portsmouth has numerous pantries throughout – all listed here :

<https://www.portsmouth.gov.uk/services/benefits-and-support/help-and-support/help-with-food/#pantry>

SE u3a Forum Summer School

Monday 2nd – Thursday 5th September 2024

University of Chichester



Everything is moving steadily forward with the launch of the first phase on Thursday 14th March 2024 @ 10:00am via the SE u3a Forum's website. You will be able to peruse the fourteen subjects on offer for Summer School 2024.

There are many new subjects, such as:

- Art & Mythology, Photography, Crochet
- Living History, Patchwork, Philosophy
- Latin Remembered, Bridge, Politics
- Illuminated Manuscripts and Science



Also, on the agenda are the returners :

- Cycling, Mah Jong and Mathematics

Please be patient, as **no places can be reserved**, prior to the initial booking date going 'live', see below - thank you.

The costings for this year are:

- Residential En-suite - **£390**
- Residential Standard – **£360**
- Non-Residential with dinner - **£195**
- Non-Residential no dinner - **£140**

There will also be entertainment on campus, each evening, which is included in the price. But, if you would like to attend the theatre on the Tuesday evening, this comes at an extra cost – ticket price unknown at present.

The next phase will be the Booking Information sheet and the Booking Form; they will be going 'live' from **Thursday 11th April 2024 @ 10:00am**; a date for your diary - just search online for **se u3a forum** and they will be accessible to download.

Forum's web address is : <https://u3asites.org.uk/southeastu3aforum/events>

As we progress towards September more information will continue to be added, on a regular basis, to the Summer School webpage on the South East u3a Forum website.

The Summer School Team 2024, South East u3a Forum



All images are from Summer School 2023
(Submitted by Linda Hugo-Vieten)

Information Correct: 12th March 2024