

#### MEMBERSHIP MATTERS

#### 2024 MEMBERSHIP RENEWAL

Thank you to our members who have already paid their annual subs. If you have not done so yet, payment must be received by the end of this month (June) to avoid your membership lapsing. Please let me know if you will not be renewing to avoid getting reminders to pay!

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 100<sup>th</sup> birthday your membership cost is zero!

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](mailto:members@waterloovilleu3a.org.uk) or phone 07769 266879

**Kevin Stock, Membership Secretary**

#### COFFEE MORNINGS 10:00 am – 11:30 am :

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



#### Monday 10<sup>th</sup> June & Monday 8<sup>th</sup> July

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.

#### JUNE GENERAL MEETINGS 2:00 pm – 4:00 pm :

#### Wednesday 19<sup>th</sup> June

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

**Speaker : Colin Farmery - Pompey FC**

#### Wednesday 26<sup>th</sup> June

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

**Speaker : Joanna Foat - The Lumberjills of WW II**

The Lumberjills were the unsung heroines of World War II. As Britain faced the dire need for timber amidst the chaos of war, the Lumberjills emerged as beacons of strength and resilience. With their axes and saws in hand, these trailblazing women stepped forward to fill the void left by conscripted men, shattering gender stereotypes with every tree they felled. Their contributions were nothing short of monumental, supplying crucial timber used in railways, mining, aircraft, and even gas mask filters. Yet, their story has remained largely forgotten, overshadowed by the more well-known tales of the Women's Land Army.

## JULY GENERAL MEETINGS 2:00 pm – 4:00 pm :

**Wednesday 17<sup>th</sup> July**

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

**Cyber Awareness**

**Wednesday 24<sup>th</sup> July**

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

**Speaker : John Powell - Folk Music of Hampshire**

### **SPEAKER'S CORNER - review of May's talk :**

**Speaker : Jackie Dimmock - 30 years with Hampshire Constabulary**

On a cold wet Wednesday afternoon, Jackie Dimmock brought fun and laughter to the 66 members present. She illustrated her talk with quilted panels which took us through her career starting as a probationer on the Isle of Wight. The uniform of WPCs then left a lot to be desired - soft, floppy hats that were useless as protection from attack or the rain! Pencil skirts- not ideal when pursuing criminals on foot or when having to climb over gates. A shoulder bag contained a truncheon, smaller than the ones with which the male officers were issued, and if she wanted handcuffs Jackie had to buy them herself. Uniform improved a little as female officers became more visible in the Force - hard bowler type hats offered more protection but still let the rain cascade onto the shoulders.

Tales of everyday life followed - a drugs raid saw Jackie hanging on to the foot of a drug dealer as he tried to escape through a downstairs window. Enter a "friendly" donkey from the field abutting the property. The animal poked its head through the window and promptly bit Jackie on the breast! Fellow officers were insisting on seeing the evidence and her superior required an accident form to be completed - no chance!

In the days before tights, stockings and suspenders were worn (by the female officers and maybe some of the males). There were no trousers available to WPCs other than those issued to male officers. Jackie tried a pair **once** only as the sizing put the crutch down by her knees. In pursuit of a criminal, she and a fellow officer came up against a high gate; the officer tried to open the gate but deemed it to be locked. Jackie, clad in pencil skirt, stockings and suspenders, gamely climbed over the adjoining fence revealing her underwear, when another crew pulled up and calmly walked through the gate. Jackie gave us an insight into her unique method of tackling drunks who were peeing in public - she walked quietly up behind them and spoke to them whereupon whilst trying to make themselves decent, often still urinating, they went on their way embarrassed and damp around their nether regions.

The thin blue line on the quilt represents the 15 police officers who died in the line of duty during Jackie's 30 years.

These and many other stories left the audience asking for more and I'm pleased to say that Jackie will be back with us in 2025.



**Hilary Ryan, Speakers' Secretary**

## GROUP MATTERS

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

visit Barbara Legg (Group Liaison) at a general meeting or coffee morning or send an email to [groups@waterloovilleu3a.org.uk](mailto: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 5<sup>th</sup> June, 2024)

Groups seeking members - register your interest by visiting Barbara Legg at the Groups table at any Coffee Morning or General Meeting or email [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)

Activity	When	Activity	When
Art Appreciation	2 <sup>nd</sup> Fri	German Conversation	1 <sup>st</sup> Tue
Art History 2	1 <sup>st</sup> Tue	Line Dancing Improvers	Every Mon
Backgammon	1 <sup>st</sup> & 3 <sup>rd</sup> Mon	Mah Jong 1	1 <sup>st</sup> & 3 <sup>rd</sup> Tue
Badminton	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	Mah Jong 2	2 <sup>nd</sup> & 4 <sup>th</sup> Tue
Birdwatchers	Last Sat	Pub History	3 <sup>rd</sup> Tue
Board Games 2	3 <sup>rd</sup> Mon	Quizzers 2	2 <sup>nd</sup> Wed
Books 4	3 <sup>rd</sup> Wed	Railways & Transport	3 <sup>rd</sup> Mon
Bridge	Every Fri	Rummikub 2	2 <sup>nd</sup> & 4 <sup>th</sup> Wed
Country & Western music	4 <sup>th</sup> Wed	Science	4 <sup>th</sup> Thu
Craft	1 <sup>st</sup> Wed	Scrabble	1 <sup>st</sup> & 3 <sup>rd</sup> Thu
Cribbage	2 <sup>nd</sup> & 4 <sup>th</sup> Tue	Singing For Pleasure	1 <sup>st</sup> & 3 <sup>rd</sup> Wed
Dining Out	2 <sup>nd</sup> Thu & 4 <sup>th</sup> Sun	Sunday Diners	Variable
Drawing 2	1 <sup>st</sup> & 3 <sup>rd</sup> Tue	Table Tennis (beginners)	3 <sup>rd</sup> Fri
French Beginners	4 <sup>th</sup> Fri	Ukulele	Every Thu
French Conversation 2	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	Walking 6 - Strollers	Alternate Fri
French Refreshers	4 <sup>th</sup> Mo	Wine Appreciation 2	3 <sup>rd</sup> Mon
Genealogy	1 <sup>st</sup> Thu		

## GERMAN CONVERSATION NEEDS YOU - COME AND JOIN US!

The German Conversation Group is looking for new members. We are a small and friendly group, with both native and non-native speakers, and we make sure our sessions work for everyone.

If you have a limited working (or better) proficiency, why not come for a taster? We meet monthly in a member's home a couple of miles beyond Clanfield, usually on the first Tuesday of each month.

*Wir freuen uns, Sie zu treffen.*

**Martin Fulda, Group Coordinator**

If you're interested, please get in touch with Barbara Legg (Group Liaison) at a coffee morning, a general meeting or by email to [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)

## CALLING ALL LINE DANCERS - IMPROVER GROUP LEVEL

**Dave Dawson & Mike Webster, Joint Group Coordinators**



We are looking to recruit additional line dancers for our group, it is both fun and enjoyable for all ages, helps to keep the mind active, provides a basic level of fitness and it is also a way of socialising with like-minded people.

We have only been formed since last September and are running 8-week sessions. The class has people of different levels and if you have previous experience or just want to improve this may be for you.

We meet for an hour every Monday afternoon at Waterlooville Baptist Church which is very central and easy to locate. It has adequate parking. The hall is excellent for line dancing with space for more members.

We would welcome any new members to our group. If you would like to try before you commit you are welcome to attend a free taster session.

**Come along, give it a go - you only have one life "line dancing is FUN"**

To enquire about joining the group, for further information or to make arrangements for a taster session please contact Barbara Legg (Group Liaison) at a coffee morning, a general meeting or by email at [groups@waterloovilleu3a.org.uk](mailto:groups@waterloovilleu3a.org.uk)

## INTEREST GROUPS ONLINE

Are you thinking of not renewing your membership due to ill health? Are you finding it increasingly difficult to leave the house to go to a group you belong to? If so, you may like to join an online u3a called 'Interest Groups Online'. It has nearly 100 groups that meet on Zoom, including History, Languages, Music, Arts, Literature, Science & Technology.

Just like a u3a, the activities are run by members and are a great way to meet people from all across the u3a and the UK. It costs £12 to join for a year, equating to £1 per month. For full details, see <https://www.u3a.org.uk/learning/interest-groups-online>

**Kevin Stock, Membership Secretary**

## FUTURE DATES FOR YOUR DIARY

(Full details to be published nearer the time)

Our annual Open Day                      Friday, 9<sup>th</sup> August – Waterlooville Community Centre

The ever popular Barn Dance                      Friday 18<sup>th</sup> October - Cowplain Social Club

### 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 :

Laughter Yoga with Judith	12 <sup>th</sup> June
Vaccines – who discovered them, how do they work, what have we learned	12 <sup>th</sup> June
London 2012 – A Games Maker’s Story – the 2012 Olympics	14 <sup>th</sup> June
Expert tips and essential apps for effortless online living	18 <sup>th</sup> June
Secrets of the Human Brain – your spinal cord	19 <sup>th</sup> June
Mindfulness and Meditation	20 <sup>th</sup> June
The Olympics – from Olympia, via Much Wenlock, to the World	20 <sup>th</sup> June
Artificial Intelligence News – people-centred AI	21 <sup>st</sup> June
Laughter Yoga with Merrie Maggie	25 <sup>th</sup> June
Darkness on the Edge of Town – Bruce Springsteen and the American dream	27 <sup>th</sup> June
Flight Inspirations – the history of Royal flying	2 <sup>nd</sup> July
Rembrandt at 34 – A Mirror to the Soul	5 <sup>th</sup> July
Live cookery demonstration – summer recipes	11 <sup>th</sup> July
The Harlem Renaissance 2	12 <sup>th</sup> July

Click the link below to 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>

### NATIONAL U3A SHORT STORY COMPETITION

(Full information from <https://www.u3a.org.uk/learning/short-story-competition>)



The u3a national short story competition is back for its fifth year.

All submissions will be judged by group judging panels and the best story from each group will be compared to decide on an overall winner.

An illustration will be commissioned for the winning story and the overall winner will receive a framed copy of their story, with the illustration.

The theme for this year’s competition is “**Escape(s)**”

**The competition closes at 12 noon on Monday 8<sup>th</sup> July, 2024**

Your story must be your own, individual, original work, in English, a maximum of 1500 words and not submitted anywhere else.

Competition rules: <https://www.u3a.org.uk/learning/short-story-competition-rules>

Submit your story : <https://u3auk.wufoo.com/forms/qm8ns3e1dcw9uo/>

### 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](mailto:members@waterloovilleu3a.org.uk) or call 07769 266879.

## JUNE SNIPPETS

(From "*The Almanac*" by Lia Leendertz)

1 <sup>st</sup> June	the start of meteorological summer
20 <sup>th</sup> June	Summer solstice at 21.50 – the start of astronomical summer
21 <sup>st</sup> -22 <sup>nd</sup> June	Strawberry Moon
24 <sup>th</sup> June	Traditional Midsummer's Day – also St. John's Day

### Gardening by the moon :

#### 6<sup>th</sup>-13<sup>th</sup> June (new moon to first quarter)

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

#### 14<sup>th</sup> -21<sup>st</sup> June (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.

#### 23<sup>rd</sup> – 28<sup>th</sup> June (full moon to last quarter)

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

#### 29<sup>th</sup> June – 5<sup>th</sup> July (last quarter to new moon)

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



### And for those who are musically inclined – a June folk song - **The Seeds of Love**

Traditional, arr. Richard Barnard



This is one of the first songs ever collected by celebrated folk song collector Cecil Sharp. He heard it one morning in 1903, sung softly by gardener John England as he mowed the lawn.

## COMPUTER HELP

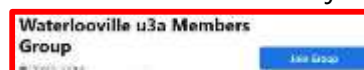


One of our members – Rich Edwards – has offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. Rich provides this advice free, however he does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

Rich can be contacted, initially, by email at [it-advice@waterloovilleu3a.org.uk](mailto:it-advice@waterloovilleu3a.org.uk).

## 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/>

## NO LONGER WITH US

Sadly we have been advised of the deaths of some of our members – our condolences have been passed on to their families.

### **June Donovan** (ex-Portsmouth)

June was a loyal member of the u3a and our group and really loved her Mahjong - she will be greatly missed.

She had belonged to Portsmouth u3a for many years and joined Waterlooville u3a when Portsmouth closed.

### **Pauline Warder** (ex-Portsmouth)

Although Pauline wasn't able to renew her membership and become a member of Waterlooville u3a through health issues, she was an active member of Portsmouth u3a, helping out at the General Meeting in her 90s and enjoying meeting up with members at the monthly Sunday lunch with the Dining Out group. She celebrated her 100<sup>th</sup> birthday on the 14<sup>th</sup> May, welcoming friends and family to her home of 75 years, on that afternoon for a drink and cake to celebrate this momentous occasion, with a card from the King and Queen proudly on display.

### **Jonathan Cook**

Jonathan was a long-term member of Waterlooville u3a and latterly belonged to the Singing For Pleasure group.

**Kevin Stock, Membership Secretary**

## GET UP AND GO – AND ENJOY SOMETHING NEW!



A Havant Borough Council project funded by Hampshire County Council. The aim of the project is to help encourage people to move more, especially those who are not active due to a health condition or struggling financially.

Physical activity brings a multitude of physical, mental and social benefits and this project provides a range of fun activities utilising some of the beautiful spaces around our local area, aimed at making it as enjoyable and as easy as possible to be active.

Activities include :

Badminton	Women-only Boxing	Walking football
Men's low impact circuits	Ladies that lift	Lawn Bowls
Walking netball	Stand Up Paddle Boarding	Pilates
Rowing – fixed seat, sculling (sliding seat), coastal rowing		Yoga
Swimming – slow lane, introduction to sea swimming		

For more information or to book visit :

<https://www.getupandgohavant.com/book-activities>

<https://www.facebook.com/GetUpAndGoHavant/>

Email [info@getupandgohavant.com](mailto:info@getupandgohavant.com) or call 07720 076 284

## **GARDEN AND BIRD LOVERS – HELP OUT WITH A BLACKBIRD SURVEY**

Blackbirds are a common bird in gardens everywhere, from rural areas to the hearts of cities. However in recent years birdwatchers have reported fewer birds being seen in their gardens. This decline has been linked to a new mosquito-borne virus in the UK which is often fatal to Blackbirds.

The British Trust for Ornithology are trying to understand the extent and spread of the virus. Until October they are asking people to take part in a survey that could shed light on the potential for disease transmission by Blackbirds in gardens by looking at the number of birds that occur together. The survey also hopes to identify how Blackbirds use different types of gardens and how well young can be raised be it in rural or urban gardens.



To take part in the survey you need access to a garden, have an interest in garden birds and be able to recognise a blackbird by sight. BTO will provide a simple identification guide to adult and juvenile Blackbirds of both sexes. The time you spend on the survey is your choice but a minimum of 15 minutes per week is recommended.

For more information visit :

<https://www.bto.org/our-science/projects/blackbirds-gardens/taking-part>

## **GET OUT AND ABOUT FOR FREE AT STAUNTON COUNTRY PARK, HAVANT**

### **ART IN THE PARK**

**Saturday 15<sup>th</sup> June 10:00 am - 2:00 pm**

A first for this sort of event - all are welcome, amateurs and professionals alike.

For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/staunton-country-park/events/art-in-the-park-2024> , call 03707 797 522 or email [scph@hants.gov.uk](mailto:scph@hants.gov.uk)

### **FLORA & FAUNA WALK**

**Tuesday 18<sup>th</sup> June 10:00 am – 11:30 am**

A short guided walk (approximately one mile) along an easy access path circumnavigating Staunton Lake taking in the stunning views and vistas of the Parkland.

For more information or to book a space, visit

<https://www.hants.gov.uk/thingstodo/countryparks/staunton-country-park/events/get-up-and-go-flora-fauna-walk?date=202406181000> , call 023 9244 6223 or email [info@getupandgohavant.com](mailto:info@getupandgohavant.com)



**GET OUT AND ABOUT FOR FREE AT QUEEN ELIZABETH COUNTRY PARK**

**PARK YOGA**

**Sundays until 15<sup>th</sup> September 9:30 am – 10:30 am**

No need to book, just turn up to the Park Yoga flag on Bottom Field.

All are welcome, regardless of age, background or ability.

For more information, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Park-Yoga-2024?date=202406160930> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)

**SOCIAL WALKING GROUP**

**Wednesdays until 31<sup>st</sup> July 10:00 am – midday**

Walks cover 2-3 miles at a gentle pace. For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Y-social-walking-group?date=202406191000> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)

**STRENGTH AND CONDITIONING CLASSES**

**Wednesdays until 17<sup>th</sup> July 10:30 am – 11:30 am**

Low impact exercise classes covering core work, flexibility, balance and resistance work for the whole body. For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Strength-and-conditioning-June-July-2024?date=202406121030> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)

**BIKE WEEK – BEGINNERS ROAD RIDE WITH MAINTENANCE TIPS**

**Wednesday 12<sup>th</sup> June 10:00 am – 1:00 pm**

A ride from Hoops Velo in Petersfield following the cycling route to Queen Elizabeth Country Park. After a short break, a return ride to the bike shop where staff will share some tips on bicycle cleaning and maintenance.

For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Breeze-Bike-Week-road-ride-June> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)

**SOCIAL MOUNTAIN BIKE RIDE**

**Monday 17<sup>th</sup> June 10:00 am – midday**

An easy-paced social ride for people of any age. Those nervous about riding off road are very welcome. For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Guided-off-Road-June> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)

**MINDFUL MEANDER – FOREST BATHING**

**Sunday 30<sup>th</sup> June 10:00 am – midday**

Expect a mindful, slow paced stroll immersed in the natural environment (about 2-3 miles an hour). For more information or to book a space, visit :

<https://www.hants.gov.uk/thingstodo/countryparks/qecp/visit-us/whatson/Mindful-Meander-June-2024> , call 023 9259 5040 or email [qecp.enquiries@hants.gov.uk](mailto:qecp.enquiries@hants.gov.uk)



**Thousands of years later – we're back to using hieroglyphs!**