

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 9th September and 14th October

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.

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

Wednesday 18th September

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

Wednesday 25th September

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

Speaker : Graham Short – My life as a micro-artist

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

Wednesday 16th October

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

Wednesday 23rd October

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

Annual General Meeting

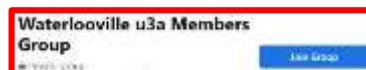
Speaker : Nigel Linger – Nelson – the last farewell

FUTURE DATES FOR YOUR DIARY

The ever popular Barn Dance Friday 18th October - Cowplain Social Club
Members' Christmas Dinner Thursday 19th December – Waterlooville Golf Club
(full details nearer the time)

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/>

OUR 2024 OPEN DAY

We held our annual open day this year on Friday 9th August at Waterlooville Community Centre. It was attended by the Mayor and Mayoress of Havant who took a great interest in the many group displays and enjoyed musical entertainment by our Ukulele and Singing For Pleasure groups. Below is a selection of photos taken on the day – to see more follow the link below :

<https://www.waterloovilleu3a.org.uk/OpenDay2024.htm>



Local History



Art Appreciation



Buildings Appreciation



Maths Puzzles



Mah Jong



Photography



Birdwatchers



Painting



Craft



Rummikub

GERMAN CONVERSATION - COME AND JOIN US!

We are 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, usually on the first Tuesday.

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

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

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 4th September, 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

Activity	When	Activity	When
Art Appreciation	2nd Friday	Line Dancing Improvers	Every Monday
Backgammon	1st & 3rd Monday	Mah Jong 1	1st & 3rd Tuesday
Badminton	1st & 3rd Wednesday	Mah Jong 2	2nd & 4th Tuesday
Birdwatchers	Last Saturday	Pilates 4	Every Thursday
Board Games (Modern)	1st & 3rd Monday	Pub History	3rd Tuesday
Board Games 2	3rd Monday	Quizzers 2	2nd Wednesday
Bridge	Every Friday	Railways & Transport	3rd Monday
Country & Western music	4th Wednesday	Rummikub 2	2nd & 4th Wednesday
Craft	1st Wednesday	Science	4th Thursday
Cribbage	2nd & 4th Tuesday	Scrabble	1st & 3rd Thursday
Current Affairs 1	2nd Wednesday	Singing For Pleasure	1st & 3rd Wednesday
Dining Out	2nd Thursday/4th Sunday	Table Tennis	2nd & 4th Thursday
Drawing 2	1st & 3rd Tuesday	Table Tennis (beginners)	3rd Friday
French Beginners	4th Friday	Tai Chi 1 Improvers	Every Friday
French Conversation 2	1st & 3rd Wednesday	Ukulele	Every Thursday
French Refreshers	4th Monday	Walking 3 - Strollers	Alternate Friday
Genealogy	1st Thursday	Wine Appreciation 2	3rd Monday
German Conversation	1st Tuesday		

PHOTOGRAPHY 4 WENT TO SOUTHSEA

Photography 4 recently met for a photoshoot in Southsea to take a look at the new sea defences.

Sue Jenkins, Group Coordinator

The *Southsea Coastal Scheme* is aimed at reducing the risk of future flooding from Old Portsmouth to Eastney. The new sea defences will also protect many historical and heritage monuments and structures such as the Victorian seafront shelters, the naval memorial and the long curtain moat.



FRAUD PREVENTION ADVICE

Have you heard of the 159 service? It is an anti-fraud hotline supported by banking and technology companies that connects people to their bank if they believe they are or have been scammed.

If you receive a phone call from someone claiming to be your bank or who encourages you to transfer money or hand over personal details – stop the conversation at once, hang up and call 159 to check if the call is genuine or not.

159 works in the same way as 101 for the Police or 111 for the NHS. When you call 159 you will be asked to speak the name of your bank and you will be connected to someone who can help and advise you.

Banks will never ask you to share your PIN, your password or to authorise a payment transfer to a new "safe account". If someone asks you to do this, they are a fraudster.

LINE DANCING IMPROVERS – COME AND JOIN US!

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 is also a way of socialising with like-minded people.



We are approaching our first anniversary and run 8-week sessions. Group members have different levels of expertise but if you have previous line dancing experience or just want to improve then our group could be for you.

We meet for an hour every Monday afternoon at Waterlooville Baptist Church which is very central and easy to locate with adequate parking.

The hall is excellent for line dancing and can accommodate more members.

We would welcome newcomers to our group. If you would like to try before you commit you can come along for a free taster session.

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



Dave Dawson & Mike Webster, Joint Group Coordinators

WINE APPRECIATION GROUP (WAG) 3 WENT TO ASHLING PARK

Eight members of WAG3 visited the Ashling Park Estate, near Chichester, to enjoy some samples of their wine. We were very lucky that the day we had chosen was warm and sunny - unusual this summer - and we were all picked up from home so no-one had to worry about driving! Ashling Park is a very young wine estate, the vineyard having been planted in 2017.



The tour started with a glass of still rosé whilst we sat in the sun and listened to our guide telling us about the history of the estate.



We were then taken on a tour of the vineyard where we found out about the varieties of grape grown there : Chardonnay, Pinot Noir, Pinot Meunier and Bacchus, how they are grown, cared for and harvested and how the different wines are made.

A special feature of the tour were the cool bags hidden in the grounds containing samples of two sparkling white wines, their Cuvée and Blanc de Blanc. It all felt a bit like Alice in Wonderland!

After absorbing the beautiful surroundings we were taken back to their interactive experience room where we tasted the sparkling rosé and a choice of Pinot Noir Gin, Rum or Vodka, whilst we watched a video about the bottling and fermentation processes.

All of the staff at Ashling Park are very proud of the awards their wines have won. These include *Best Non-Vintage Sparkling in the UK* for the Cuvée in 2020 and 2021 and *Best Sparkling Rosé in the UK* in 2020 and 2022.

Several of us also managed to sample the red sparkling and still wines but most of us agreed that the favourite wine of the day was the still rosé.



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	11 th September
Mods v. Rockers : a 1960s "moral panic"?	12 th September
Artist Bet Low – city streets, Scottish islands & silhouetted hills	13 th September
Exploring world faiths : charity	16 th September
Staying safe online	17 th September
Mindfulness and meditation	19 th September
Artificial Intelligence news – Professor David Westhead	23 rd September
Introduction to cryptic crosswords	24 th September
Laughter Yoga with Merrie Maggie	24 th September
Barnsdale Gardens – talk by Nick Hamilton	24 th September
Mindfulness and meditation (new 6-week series)	25 th September
Upgrade your brain – improve mood, memory, sleep & stress resilience	25 th September
Secret life of bees by Jean Vernon	26 th September
Decimals old and new – mysterious number patterns, Dr. Ron Knott	26 th September
RAF Special Duties Service	1 st October
Geology – unification of the British Isles	3 rd October
Vincent van Gogh – journey through the places he painted	4 th October
Laughter Yoga with Judith	9 th October
Visualising statistical concepts by Sidney Syson	10 th October
The vital role of Chemistry in saving our planet	11 th October
Food, foresight and the future of farming	18 th October

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>

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.

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.

WHAT MAKES US TICK?

It is a common misconception that the Committee run Waterloo u3a.

Whilst the AGM focusses on electing Committee members, they are only a very small part of the army of volunteer members who help make Waterloo u3a as vibrant and successful as it is. The most numerous and visible are our Group Co-ordinators, without whom our groups could not function and people would not seek to join us. Their support is invaluable, together with the many other group members who pitch in to help organise and run our activity groups – THANK YOU one and all.

The u3a movement is all about volunteers – we help out to help each other and ourselves. As time goes on, for various reasons, volunteers take a step back and there is always room for others to pitch in step forward, be it formally or informally.

It can be very rewarding to use former working skills and experience in a different, less committed or pressured field or to learn something new. If you have not considered lending a hand before now, perhaps this brief summary of what goes on behind the scenes might spark some interest that leads you to offer your support in some way, small or large.

In very broad terms, what makes us tick are several informal teams :

- **Finance** – deal with all of our money matters - membership fees which support our general meetings, coffee mornings, social events and so on, as well as overseeing group funds which cover venue hire, instructor fees amongst other things;
- **Group Liaison** - support Group Co-ordinators, helping with training, succession and administration of all group activities as well as liaising with members to facilitate membership of the activity groups that interest them;
- **Membership** - deal with everything concerning new and renewing members, maintaining up to date member records, welcoming new members, keeping in contact with anyone who may be unwell and their families when they sadly pass away.
- **Speakers, Meetings and Events** – manage our general meetings, coffee mornings and one-off events, organise speakers, venue bookings and the many helpers without whom such events could not happen.
- **Operations** - administer the infrastructure that supports us, including Beacon, our website, the members' bulletin and more.
- **Committee** - as Trustees they are responsible for overseeing all of the above with a view to maintaining and enhancing our overall success and continued sustainability.

You may already be helping out in one of these teams - but if not, and you think you might like to help support us in some way, please let us know. Whilst we welcome new members to the Committee, there are plenty of non-Committee roles and tasks that need support so please get in touch.

Rob Stansbury, Vice Chair vicechair@waterloovilleu3a.org.uk

NOW IS THE TIME TO BOOK YOUR SPACE FOR THE BARN DANCE!

Friday 18th October 7-10 pm at

COWPAIN SOCIAL CLUB, 54 LONDON ROAD, WATERLOOVILLE, PO8 8EN



There will be live music and a finger buffet (please specify any dietary needs on booking)

Cost is £12 for Wu3a members and £15 for guests (non-members).

As this is a social club, pre-booking and payment is essential.

There is a large car park at the rear of the building.

To book a place, please e-mail me at treasurer@waterloovilleu3a.org.uk.

I need to know the number of spaces you wish to book, the names of all attendees and whether or not they are a member of Waterlooville u3a. Please confirm your intended method of payment.

Payment can be made by bank transfer, or by cash or cheque at coffee mornings or general meetings. **The final payment date is 10th October 2024.**

Cheques payable to "Waterlooville u3a" can also be sent by post to me at the address below, but please also advise full details of spaces required, names, etc. per above :

A.F. PAUL, 10, Burrill Avenue, Drayton, Portsmouth, PO6 2JW

Bank transfer (**NOTE** – this is a different account to the one you pay your membership fees and group monies into, so please check that you have quoted the right account number and reference) :

Account : **Waterlooville u3a**

Sort code : **55-70-34**

Account no. : **80851177**

Reference : your membership number, your surname, BarnD

Please specify any particular dietary needs.

Looking forward to a great night.



Tony Paul, Treasurer

SEPTEMBER DATES

(From "*The Almanac*" by Lia Leendertz and "*Project Britain*" by Mandy Barrow)

1 st	The start of meteorological autumn.
6 th (1527)	Magellan completed the first circumnavigation of the world.
6 th (1852)	First free public lending library opened.
9 th (1950)	Soap rationing ended in Britain (introduced in 1942)
19 th (1960)	First parking tickets issued in London.
22 nd	Autumn equinox (at 13:43) – the start of astronomical autumn
22 nd (1955)	ITV started.
26 th (1955)	Bird's Eye fish fingers first went on sale.
29 th	Michaelmas Day (see folklore below).
30 th (1928)	Penicillin discovered by Alexander Fleming.

SEPTEMBER SNIPPETS

(From "*The Almanac*" by Lia Leendertz and "*Project Britain*" by Mandy Barrow)

Garden and weather folklore

Check your onions as you harvest them to tell if the coming winter is going to be harsh :

*Onion skin thin, a mild winter coming in,
Onion skin thick and tough, coming winter be cold and rough*

(There is some thought that this folklore could be linked to La Niña years. This weather phenomenon - the cold counterpart to warm El Niño – is characterised by a dry summer or even a summer drought, which would lead to thickened skins on onions, followed by a cold winter.)

Michaelmas Day is traditionally the end of the harvest season and is another one of the saints' days that set the tone for the weather of the following period :

As the wind is on St. Michael's Day, so it will be for three months.

Clear weather on Michaelmas Day is also a sign of a long, cold winter in Irish folklore :

If Michaelmas Day be bright and clear, there will be two winters in that year.

Gardening by the moon :



3rd – 10th September (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 crops above ground. Prepare for growth.

11th – 17th September (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.

18th – 24th September (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.

25th September – 2nd October (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. Mulch the soil.

And for those who are musically inclined – a September folk song – **The Sprig of Thyme**

Traditional, arr. Richard Barnard



This song, a warning to young women about feckless lovers, plays heavily with the Victorian idea of the language of flowers. The song finds us in a garden past its prime and overrun with weeds, looking back at its glory days of summer.

This melody is a version sung by Mrs. Jarret in Somerset in 1908.

CRIME PREVENTION ADVICE – HAMPSHIRE & IOW CONSTABULARY

Hampshire & Isle of Wight Constabulary have a wealth of handy information and advice regarding crime prevention; visit their website to find out more :

<https://www.hampshire.police.uk/cp/crime-prevention/>

Recently they have seen an increase in bike thefts and have issued some advice on keeping your bike safe :



- Ensure you use an approved Sold Secure "D" lock to secure your bike – visit <https://www.soldsecure.com/> for more information.
- Always lock your bike through the frame to a solid structure that is fixed to the ground, preferably a dedicated bike rack.
- Make the locked bike difficult to manoeuvre; keep any gaps between the lock and the bike frame small.
- Park your bike in a well-lit busy area, ideally one that is covered by CCTV.
- Always lock your bike, even if you're only leaving it for a few minutes.
- If you have any quick release items on your bike, make sure you take them with you or lock them to the bike.
- Consider using a Bike Register marking kit (overt or covert types are available).
- Register your bike for free at Bike Register (<https://www.bikeregister.com/>) and/or Immobilise (<https://www.immobilise.com/>). The Police use these sites to reunite stolen or lost property with its rightful owner.
- Always lock your bike at home, even when it is in your garage. Use the same level of security as you would leaving your bike in public.
- Consider using a ground anchor for additional security.



AND FINALLY?

Did you know that the **Gurning World Championships** take place on the 20th and 21st September at the Egremont Crab Fair? While away some time reading all about it at <https://www.egremontcrabfair.com/>

STOP PRESS - you can't always use your phone to pay!

