

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 14th October and 11th November

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.

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

Wednesday 16th October

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

Speaker : Andrew Mills - Japan

Twelve hundred miles, winter, spring and autumn from Abashiri in the freezing north of Hokkaido to volcanic Kagoshima in the south of Kyushu; Tokyo, Kyoto, Fuji and central Honshu to the gentle pilgrimage island of Shikoku. Snow monkeys, sakura - cherry blossom; shinkansen, the bullet trains, shrines, history and unique culture. Hiroshima and Miyajima, Nagasaki and Shimabara castle. The people of Japan, festivals, kimonos and fashion.

Wednesday 23rd October

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

Our ANNUAL GENERAL MEETING followed by

Speaker : Nigel Linger – Nelson – the last farewell

September 1805. Hear about the last days and hours of Great Britain's greatest hero, Admiral Lord Nelson, as he prepares to embark on HMS Victory at Portsmouth and leave his beloved homeland for the last time.

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 "u3a 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.

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

Wednesday 20th November

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

ANNUAL LECTURE

Speaker : Sohail Husain – Beyond Beliefs : One family's incredible story

Sohail shares his family's compelling and extraordinary story and how he uncovered it during six years' of research. The story spans the First World War, the Great Depression, the Partition of India and the Holocaust and includes his German Jewish mother and Indian Muslim father – separated by birthplace, race, faith, language and age but brought together in a complicated and unconventional love affair borne of their common experience of unimaginable loss and upheaval.

See separate flyer on page 3 to book tickets.

Wednesday 27th November

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

Speaker : Andrew Negus – Southampton – Gateway to the Empire

We shall see how Southampton returned to being a great port and left its foppish "spa days" behind it. Many interesting characters will feature, including two kings (one being King of the Pixies), Jane Austen and a very courageous woman. We will also meet a pirate and a sex fiend who, together, helped create education in the town.

Oh and for good measure, we have cannibals, a lion tamer and, sadly, the Titanic disaster.

SPEAKER'S CORNER - review of September's talk :

Speaker : Graham Short – My Life as a Micro-Artist

Leaving school without any qualifications, Graham's first job was emptying mousetraps in a Birmingham factory. Within seven years he had secured a client list that included Buckingham Palace and all the other Royal residences, 10 Downing Street, Harrods, Fortnum & Mason plus high end French perfumiers.



Working from midnight to 5 a.m. in Birmingham's Jewellery Quarter to avoid vibration from passing traffic, he takes potassium, magnesium and beta blockers during the night to lower his heart rate to 20 beats per minute. Then, wearing a stethoscope, he monitors his heart and begins to engrave using micro-fine needles - between heartbeats! Every three months he has Botox

injections into his eyelids to ensure there is no movement in eye nerves and muscles while he works.

Graham amused the audience with tales about the celebrities he has met and worked with such as Ronnie Barker, Neil Armstrong, Uri Geller, Stephen Fry, Kim Kardashian, Simon Rattle and the Royals.

Graham is now considered to be one of the most talented artists in the world. His completed micro-masterpieces such as the Lord's Prayer on the head of a gold pin, are collected by fine-art enthusiasts and housed in some of the world's most desirable homes, galleries and museums.

Hilary Ryan, Speakers' Secretary

Waterlooville u3a

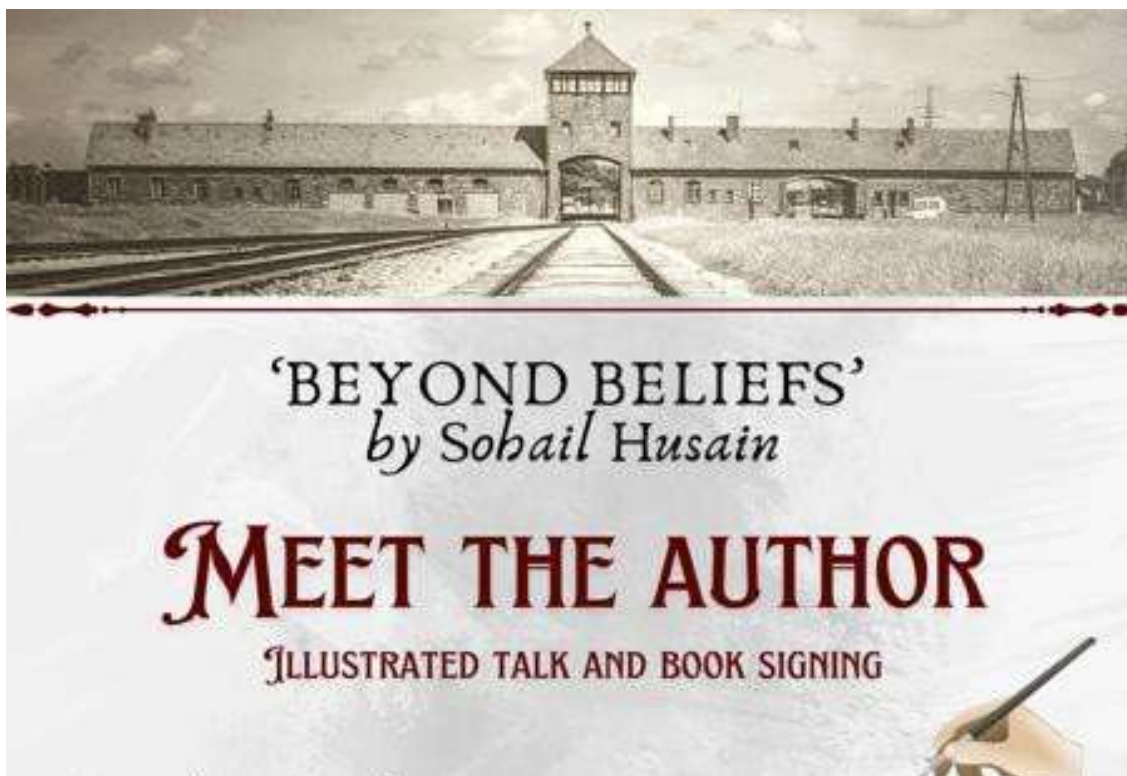
ANNUAL LECTURE

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

Ticket Event – Wednesday 20 November 2024 – 2.00pm to 4.00pm

To book tickets – See Linda at the above venue on 16th October, usual time,

OR contact her via email – lindazika84@hotmail.com



*Come and hear Sohail's
story of his parents
incredible journey*

Books will be on sale after the talk

**Refreshments – in the 'Front Hall'
after the talk**



This ticketed event is 'Free'

FUTURE DATES FOR YOUR DIARY

Barn Dance Friday 18th October - Cowplain Social Club
Members' Christmas Dinner Thursday 19th December – Waterlooville Golf Club

MEMBERS' CHRISTMAS DINNER

Thursday 19th December 7:00 pm
Waterlooville Golf Club, Cherry Tree Avenue

It's back! After a gap of several years our 'annual' Christmas Dinner for members is returning and will be a two-course carvery for £26.

This is a great way to meet other members in a relaxed setting, either individually or with some friends. Group Coordinators can book a table for their members to enjoy a meal together.

Further details will be emailed to all members shortly. Members not on email can phone me to book a place. Groups can also contact me to express an interest in booking a table.

Kevin Stock 07769 266879 or kevc4@gmail.com

FUTURE LIVES – PLANNING FOR LATER LIFE

Future Lives is a UK-wide u3a group aimed at providing information and resources about how we can improve our future lives.

How can we add life to our years and maintain our independence and quality of life for as long as possible?

National u3a are holding a series of free online talks to help answer that question; "*Planning for Later Life without "Someone You Trust"*" takes place on Tuesday 22nd October.

We are encouraged to make Lasting Powers of Attorney (LPAs) so that "someone we trust" can manage our affairs if or when we lose mental capacity. But what happens if we have no family or close friends – or no-one willing to act for us? Or if we have a "same generation" partner or close friend but no "next generation" support?

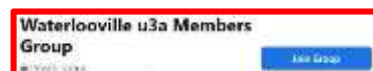
This talk will show how we can plan for later life without "someone we trust"; what we can do now; where there may be gaps; how and when the State steps in if we don't plan and what innovations we might want to see in the future.

Follow the following link to the main Future Lives page and scroll down to the events section for more details <https://www.u3a.org.uk/our-impact/future-lives>

Scroll further down to see previous online talks that may be of interest including a "*Home for Life*" questionnaire about future-proofing your home for later life - <https://docs.google.com/forms/d/e/1FAIpQLSdXVKjJkwTQqq3P5dNs3fHJXxrWQzvX4nH8Sjp1jCeYPuuqag/viewform>

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/>

GROUP MATTERS

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

visit the Groups table 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 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.

ARCHAEOLOGY WENT TO THE COTSWOLDS

Members of the Archaeology Group recently spent four days visiting the archaeological sites of the Cotswolds. Starting at the remains of the Roman villa and mosaic at Littlecote House, the group then proceeded to Cirencester - our base for the next three days. The weather was kind and a visit to the Cirencester Roman amphitheatre, Querns long-barrow and the Cirencester obelisk- all in close proximity, rounded off a pleasant evening.



Day 2 - a guided tour of Chedworth Roman Villa was followed by a visit to the enigmatic Rollright stones - a stone circle made of oolitic limestone, sculpted by weathering into fantastical shapes. On the same site is a portal dolmen burial chamber known as the Whispering Knights. Legend has it that the Knights are plotting against the King. The King Stone is sited across the road overlooking the valley across to the village of Long Compton.

Day 3 - Cirencester has a fantastic museum named after the Roman name of the town- Corinium. It contains an extensive range of collections charting the history of the area. The afternoon activity was optional : a guided walk of Cirencester or free time.

Day 4 - We say farewell to Cirencester but take the opportunity to visit the Devizes Museum. An excellent museum with artefacts from all over Wiltshire and the Stonehenge landscape. Positive feedback of the trip was much appreciated and I'm already planning our next trip.

Hilary Ryan, Group Coordinator

GROUPS WITH VACANCIES (as at 8th October, 2024)

Groups seeking members - register your interest by visiting the Groups table at any Coffee Morning or General Meeting or email groups@waterloovilleu3a.org.uk

Activity	When	Activity	When
Art Appreciation	2nd Friday	Mah Jong 2	2nd & 4th Tuesday
Backgammon	1st & 3rd Monday	Painting 2	Every Monday
Birdwatchers	Last Saturday	Pilates 4	Every Thursday
Board Games (Modern)	1st & 3rd Monday	Pilates 5	Every Thursday
Board Games 2	3rd Monday	Pub History	3rd Tuesday
Bridge	Every Friday	Quizzers 2	2nd Wednesday
Country & Western music	4th Wednesday	Railways & Transport	3rd Monday
Craft	1st Wednesday	Rummikub 2	2nd & 4th Wednesday
Cribbage	2nd & 4th Tuesday	Science	4th Thursday
Current Affairs 1	2nd Wednesday	Scrabble	1st & 3rd Thursday
Drawing 1	Every Wednesday	Singing For Pleasure	1st & 3rd Wednesday
Drawing 2	1st & 3rd Tuesday	Table Tennis	2nd & 4th Thursday
French Beginners	4th Friday	Table Tennis (beginners)	3rd Friday
French Refreshers	4th Monday	Tai Chi 1 Improvers	Every Friday
German Conversation	1st Tuesday	Ukulele	Every Thursday
Line Dancing Improvers	Every Monday	Wine Appreciation 2	3rd Monday
Mah Jong 1	1st & 3rd Tuesday		

NATIONAL U3A ONLINE EVENTS

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

Click the link 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>

The current offerings include :

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
Ruth Bourne - my work at the Bletchley Park code breaking factory	14 th October
Mindfulness and meditation	18 th October
Food, foresight and the future of farming	18 th October
Planning for later life without "someone you trust" – Penny Shepherd	22 nd October
Science behind climate change and mitigation	24 th October
Alastair Newton – a Life in Expeditions	24 th October
"Hoodies" : Folk Devils and a Moral Panic for the New Millennium	25 th October
Artificial Intelligence news – where is the AI when I am flying?	28 th October
Laughter Yoga with Merrie Maggie	29 th October
John Baxter on Sustainability	31 st October
Flight Inspirations – the British Airliner Collection at Duxford	5 th November
Cryptic Crosswords for Beginners - 6-sessions beginning	7 th November
Summing Up the 19 th Century (history, maths and stats)	7 th November

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.

It doesn't matter if you have a limited working conversation or better proficiency, why not come along for a taster visit and see? You might be surprised!

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 visit the Groups table at a coffee morning, a general meeting or email Groups Liaison at groups@waterloovilleu3a.org.uk

OCTOBER DATES

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

- 1st (1870) First official issue of the post card in Britain by the Post Office, together with the introduction of the halfpenny postage stamp.
- 1st (2000) Last commercial Hovercraft flight across the English Channel.
- 2nd (1925) First London red bus went into service in the city.
- 3rd (1906) S.O.S. established as an international distress signal.
- 3rd (1959) First use of the postcode in Britain at Norwich.
- 8th (1965) Opening of the Post Office Tower in Maple Street, London
- 10th (1881) The Savoy Theatre in London – Britain's first public building to be lit by electricity – opened with Gilbert & Sullivan's "*Patience*"
- 12th (1948) First Morris Minor family car was built at Cowley in Oxford
- 16th (1958) "*Blue Peter*" first broadcast on BBC.
- 25th St. Crispin's Day – patron saint of shoemakers
- 31st Halloween (Eve of All Hallows). Thought to be the one night of the year when ghosts, witches and fairies are especially active.
Punkie Night is a local halloween Somerset tradition originating in Hinton St. George. Local children parade through the village streets in costumes, swinging their "punkies" (a hollowed out pumpkin, turnip or mangel-wurzel with a light inside), chanting the traditional Punkie Night Song and collecting money for charity along the way. The parade is led by the Punkie King and Queen.



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.

OCTOBER SNIPPETS

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

Gardening by the moon :

3rd – 10th October (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 October (until 12:26) (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.

17th (from 12:26) – 24th October (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.

24th October – 1st November (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.

And for those who are musically inclined – an October folk song – **Rosemary Lane**

Traditional, arr. Richard Barnard

This song uses the fading of the garden as an analogy for a life ruined by seduction. Here the maid is convinced by her sailor lover that any child that arises from their union will be well taken care of, but it is clear from the final verse that it all came to nothing.



I was once in service down Rosemary Lane;
I kept the good will of my master and dame,
Then one fateful day a young sailor came by
And this was the start of my misery.

The sailor was drowsy, he hung down his head,
He asked for a candle to light him to bed.
I led him there too, as another might do,
He said, 'Pretty maid, won't you come to bed too?'

Next morning so early the sailor arose
And into my apron three guineas he throws,
'Take every last one, for I have done so wrong,
I've left you a daughter or else a fine son.

'And if it's a girl she shall sit at her ease,
And if it's a boy he shall sail the salt seas,
With jacket so blue and his ribbons and bows
He'll climb the high rigging where e're the wind blows.'

Now all you young lasses take warnings from me
Beware the young sailor whoe'er he may be.
Like a flower in the garden when its beauty's all gone
You will be left with nothing, with naught to be done.

NO LONGER WITH US

Sadly we have been advised of the death of one of our members – our condolences have been passed on to the family.

Trevor Evans

Trevor joined us from Portsdown in March and latterly was the Group Coordinator for Photography 4.

Kevin Stock, Membership Secretary

CITIZENS ADVICE ON PENSION CREDIT

(Suggested by Jan England)

A recent change in the eligibility rules for the Winter Fuel Payment means you will only receive this payment if you get certain benefits, including Pension Credit. However, many people are either not aware of Pension Credit or do not know how to find out if they are eligible for it.

Citizens Advice can provide the information and resources you need to find out more.

For online advice go to <https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/pension-credit/before-you-claim-pension-credit/check-if-you-can-get-pension-credit/>

By telephone :

Universal Credit Help to Claim : **0800 144 8444**

General Adviceline : **0808 278 7809**

Local Citizens Advice offices are in Havant, Hayling Island and Waterlooville and an outreach presence in Emsworth – they have variable opening days/times so ring the Adviceline for these details.

Havant – First Floor, 57 Meridian Shopping Centre, PO9 1UN
Monday-Friday 1000-1500

Hayling Island – Community Centre, Hayling Park, Station Road, PO11 0HB
Tuesday 1000-1400

Waterlooville – Library, The Precinct, PO7 7DT
Monday 1000-1400 (appointment only); Wed 1300-1500 (drop-in)

Emsworth – Emsworth Baptist Church, North Street, PO10 7BY
Monthly 1st and 3rd Thursday

AND FINALLY – A VICTORIAN CURE-ALL?



In the 19th century the allure of electricity permeated consumer culture and even understanding of the body, with electric devices widely marketed as an alternative to medicines prescribed by doctors.

The National Archives hold one such product . . .

Made by the Medical Battery Company, the "*Electropathic Belt*" claimed it could cure a whole host of maladies as well as imparting "new life and vigour" on the wearer. However it wasn't long before its efficacy was brought into question – cue sighs of relief all round!