

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 11th November and 9th December

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.

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

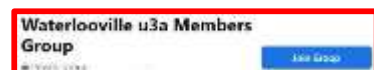
We shall see how Southampton returned to being a great port and left its foppish "spa days" behind it. Many interesting characters will feature, including two kings (one being King of the Pixies), Jane Austen and a very courageous woman. We will also meet a pirate and a sex fiend who, together, helped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

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

***** NO GENERAL MEETINGS IN DECEMBER *****

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/>

2024 AGM

(A note from the new Chair)

Hello everyone. I am honoured to have been elected as the new Chair of Waterloo u3a at the AGM on 23rd October. I repeat our huge thanks to Mark Dancey, who so gallantly carried on as temporary Chair for much longer than he originally intended, in order to oversee the successful merger with Portsdown u3a. Thank you Mark.

The AGM was attended by 94 members, and we had over 30 postal votes in addition – so a really impressive level of involvement and input. Thank you. As well as saying farewell and thank you to Mark, we also said a very big thank you to Barbara Legg who has served on the Committee in various roles for the last 9 years.

After being duly elected, the new Committee for 24/25 looks like this :

Chair	Rob Stansbury
Secretary and Vice Chair	Lyn Moore
Membership Secretary and Vice Chair	Linda Hugo-Vieten
Treasurer	Tony Paul
Groups Treasurer	Glen Bush
Assistant Treasurer	Vicki Mottershead
Groups Liaison	Kevin Stock
Meetings Secretary	Hilary Ryan

I am looking forward to working with the Committee and am very grateful to them all for agreeing to give of their time to these roles. As a volunteer organisation we are dependent on every single volunteer, whether on the Committee, as Group Coordinators or in the essential administrative roles that help our meetings run smoothly. If there is any way in which you feel you could help support our very successful u3a, do please get in touch.

Rob Stansbury, Chair - email chair@waterloovilleu3a.org.uk

MISSING BOOK "A SECRET VILLAGE, THE HISTORY OF VICHY FRANCE"

This paperback book was mislaid by a member who took it to the October AGM and general meeting at Waterloo on the 23rd October. It was left on a chair whilst the owner was otherwise engaged and it was not there upon their return. Enquiries have been made at Sacred Heart Church but the book cannot be found. If anyone knows of its whereabouts would they please email bulletin@waterloovilleu3a.org.uk.

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

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

Speaker : Nigel Linger – Nelson – the last farewell

Nigel Linger returned in his capacity as Chairman of the Portsmouth Royal Dockyard's Historical Trust to give a talk on "Nelson – the Last Farewell".

Eighty plus members were in attendance to hear about Nelson's journey in September 1805 by coach and horses from the home he shared with the Hamiltons in Surrey to the George Hotel in Portsmouth.

But there was little time for resting. After a quick breakfast, Nelson was on the move again, this time to the Dockyard to pay a courtesy call on Commissioner Saxton and then back to the George before noon. There he was joined by two members of the Government - George Rose, the President of the Board of Trade, and George Canning, the Treasurer of the Navy, who had come to wish him God-speed and to authorise £250,000 to be taken to the Governor of Malta (in excess of £27 million today).



By now, news of his arrival had spread, and a large crowd had gathered in the narrow streets outside the hotel. The usual point of embarkation for officers was at the Sally Port, just a few hundred yards away at the seaward end of the High Street. But the crowd was so dense that a passage through would be difficult and so it was decided to take an alternative route.

Leaving the hotel by a back door onto Penny Street, Nelson then turned left into Green Row (now Pembroke Street). However, whatever he did, he could not avoid those who had gathered to see him depart. He stepped upon his barge to three massive cheers to which he lifted his hat and, turning to his friend Captain Hardy, said "*I had their huzzas before, I have their hearts now.*"

Overall, a poignant and fitting tribute to perhaps England's greatest hero.

(Image credit : National Maritime Museum, Greenwich, London)

Hilary Ryan, Speakers' Secretary

70 MEMBERS WENT TO A BARN DANCE

More than 70 members and guests turned up last month at Cowplain Social Club for the Waterlooville u3a annual Barn Dance. They were entertained by caller, Wu3a member Nigel Barrell and the music of Blarney Band. The finger buffet was provided by Bones Banquets.



It was a great night of music and dancing and, judging by the number of people who got up to join in every dance with such enthusiasm, it was thoroughly enjoyed by all!

The atmosphere was tremendously friendly as people danced with old friends and made new friends.

Chris Barrell

Waterlooville u3a

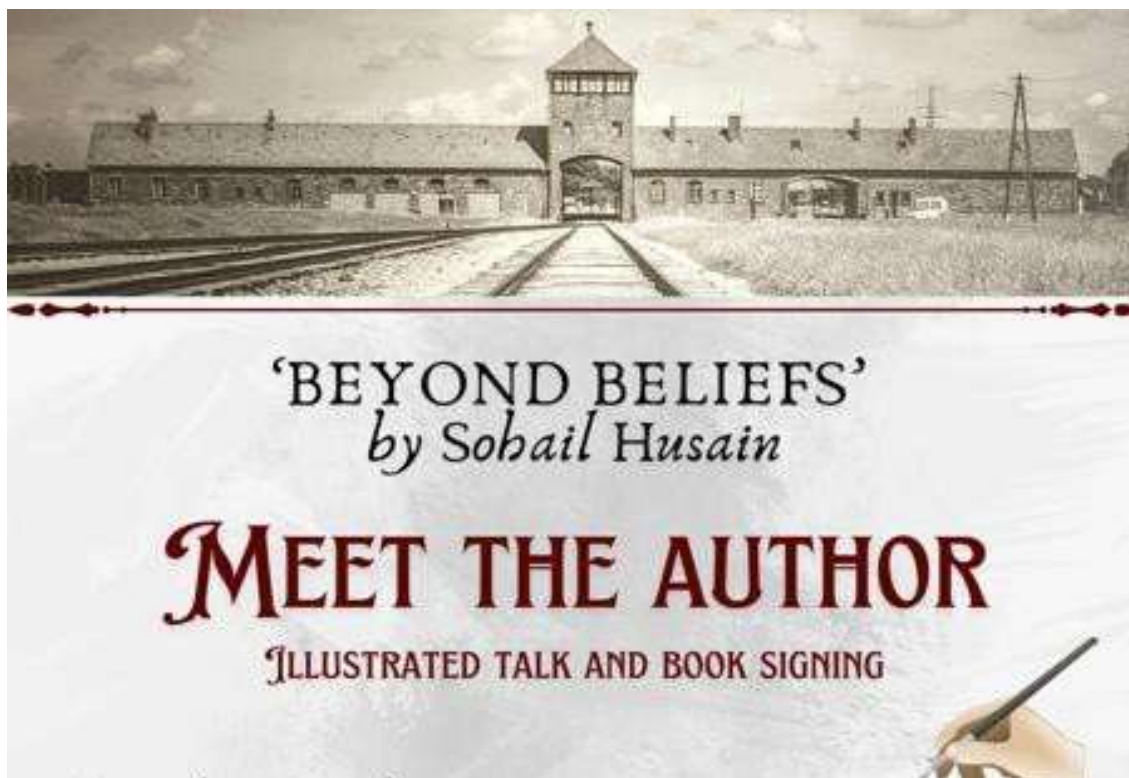
ANNUAL LECTURE

@ 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'

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 list. 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 the Membership Secretary at members@waterloovilleu3a.org.uk.

WHO DO I CONTACT ABOUT . . . ?

We have a number of standard email addresses for members to use so that their enquiries reach the correct person, even when people leave the Committee or change roles. If you send messages direct to a personal email address and that person no longer performs that role, the message will need forwarding to the correct person or may be ignored and your query could be delayed or go unanswered.

These are the main ones that most members and Group Coordinators are likely to need :

members@waterloovilleu3a.org.uk	to advise changes to your personal information – email, contact number, address, etc.
groups@waterloovilleu3a.org.uk	to join or leave a group; Group Coordinators to update your group's information – date/place/time of meeting, to advise the result of member referrals or taster sessions
groupstreasurer@waterloovilleu3a.org.uk	information/queries about group funds
bulletin@waterloovilleu3a.org.uk	submissions for news bulletins – group visits, social events, local information

OUR FUTURE LIVES



Future Lives is a UK-wide u3a group aimed at inspiring, influencing and informing members 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?



What can be done to improve unsuitable homes or products, isolation and poor health? Many older people live alone, without local or family support, in homes that are increasingly difficult to maintain, with decreasing mobility and independence as the years go by.

The group provides a wealth of information, guidance and advice to help us all live our best possible future lives.

They host free online events about matters such as :

Planning for later life without "someone you trust" or next generation support

Retirement housing – what to consider and how to choose

Future proofing our homes for our future lives

How to age better

The group page can be found at <https://www.u3a.org.uk/our-impact/future-lives> which details all of their past and future events and a wealth of resources to investigate.

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 :

Exploring World Faiths – Faiths in Society	11 th November
Laughter Yoga with Judith	13 th November
Drifting Continents – a lesson in Geology	15 th November
A Deep Dive into the 1921 Census	18 th November
Cohousing : collective housing for healthy ageing	19 th November
Mindfulness and meditation	21 st November
Artificial Intelligence news : 10,000 million, the brain, Parkinson's	22 nd November
Bollywood Laughter Yoga Dance	25 th November
Laughter Yoga with Merrie Maggie	26 th November
What is Social Class?	29 th November
Exploring the Universe with the James Webb Space telescope	4 th December
Live Cookery demonstration - Christmas special	5 th December
Artificial Intelligence : present and future	6 th December
Flight Inspirations – role of electric-powered aircraft shaping aviation	10 th December
Paradigm of Plate Tectonics	13 th December
The hard science of herbal medicine	17 th December
AI news – 2024 review and looking forward to 2025	18 th December
Mindfulness and meditation	19 th December
Illuminating Hope : the transformative power of Christmas	20 th December

GROUP MATTERS

I am Kevin Stock and I have now taken on the role of Group Liaison looking after all of our 105 groups.

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.

Waiting Lists I have now contacted everyone on the waiting list to confirm they are still on it. If you have not been contacted and think you are on the list then please contact me.

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.

Kevin Stock, Groups Liaison

GROUPS WITH VACANCIES (as at 29th October, 2024)

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

Activity	When	Activity	When
Art Appreciation	2nd Fri pm	Line Dancing (Improvers)	Mon pm
Art History 1	2nd Wed am	Lunch Friends	Various
Art History 2	1st Tue pm	Mah Jong 1	1st & 3rd Tue am
Backgammon	1st & 3rd Mon am	Mah Jong 2	2nd & 4th Tue pm
Badminton	1st & 3rd Wed pm	Music Appreciation	2nd Tue pm
Birdwatchers	last Sat am	Painting 2	Mon am
Board Games (Modern)	1st & 3rd Mon pm	Pilates 4	Thu am
Board Games 2	3rd Mon pm	Poetry	1st Wed pm
Bridge	Fri am	Pub History	3rd Tue am
Bus Trippers	Variable	Quizzers 1	2nd Thu am
Card Games	2nd & 4th Wed am	Quizzers 2	2nd Wed pm
Carry On French	Mon am	Radio Hams	Variable
Country & Western music	4th Wed pm	Railways & Transport	3rd Mon am
Craft	1st Wed pm	Rummikub 1	1st & 3rd Tue pm
Current Affairs 1	2nd Wed pm	Rummikub 2	2nd & 4th Wed pm
Current Affairs 2	2nd Thu am	Science	4th Thu am
Drawing 1	Wed am	Scrabble	1st & 3rd Thu pm
Drawing 2	1st & 3rd Tue am	Singing For Pleasure	1st & 3rd Wed pm
Folk / Roots Appreciation	1st Thu pm	Tai Chi 1 - Improvers	Fri pm
French Beginners	4th Fri pm	Tai Chi 2 - Improvers	Thu am
French Conversation 1	Tue pm	The Potting Shed	Various
French Conversation 3	1st Mon pm	Ukulele	Thu pm
French Improvers	1st & 3rd Wed pm	Walking 1 - Strollers	1st & 3rd Fri am
French Refreshers	4th Mon pm	Walking 2 - Strollers	3rd Tue am
German (Advanced)	Mon am	Walking 3 - Strollers	Fortnightly Fri am
German Conversation	1st Tue pm	Wine Appreciation 2	2nd Tue or 3rd Mon
Learn Guitar & Sing	2nd & 4th Tue pm		

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.

Tony Thompson

Tony joined us many years ago and was a keen member of the Bus Trippers and Local History 3 groups.

Membership Secretary

NOVEMBER DATES

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

- 2nd (1896) First motor insurance policies were issued in Britain. They excluded damage caused by frightened horses.
- 5th Guy Fawkes Night – also known as Bonfire Night. The day in 1605 that Parliament was saved from being blown up by said Guy Fawkes. In the "days of yore" celebrations were heard throughout the day, with bells ringing, cannons firing and beer flowing. Nowadays the custom centres around large bonfires and firework displays.
- 7th (1783) Last public hanging in England – forger John Austin was hanged at Tyburn, near where Marble Arch now stands.
- 8th (1974) The world famous fruit and vegetable market at Covent Garden in London closed after existing for more than 300 years.
- 11th Martinmas Day – the Feast of St. Martin was a time for celebrations with great feasts and hiring fairs at which farm labourers would seek new posts. Since 1918 all remnants of the old Martinmas celebrations have disappeared and the 11th is commemorated as Armistice Day.
- 12th St. Cecilia's Day – she is thought to have been a Roman maiden who was martyred in the 2nd or 3rd century. Her story is told in the *Second Nun's Tale* in Chaucer's *Canterbury Tales*. She is usually portrayed with an organ and is the patron saint of musicians and organ builders.
- 20th (1992) Windsor Castle was badly damaged by fire.
- 24th Stir-up Sunday. A traditional date to make Christmas puddings. It started in Victorian times when families would come together to get their fruit puddings stirred up, steamed and stored ahead of Christmas.
- 25th St. Catherine's Day / Catterntide. Martyred by being broken on a spiked wheel, her symbol is a wheel and Catherine Wheel fireworks are named after her.
- 27th (1914) Britain's first policewoman went on duty at Gratham in Lincolnshire.
- 30th St. Andrew's Day – Scotland's National day.

NOVEMBER SNIPPETS

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

Gardening by the moon :

1st – 8th November (*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.

9th – 15th November (*first quarter to full moon*)

This is the best time for sowing crops that develop above ground – but is bad for root crops. Take cuttings and make grafts but avoid all other pruning.

16th – 22nd November (*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.

23rd – 30th 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. Mulch the soil.



And for those who are musically inclined – a November folk song – **The Life of a Man**

Traditional, arr. Richard Barnard

This song uses the cycle of the tree through the seasons as a metaphor for the life of a man, with autumn and the first frosts now upon us and the leaves withering and falling. An alternative name for this widely popular folk song is *The Fall of the Leaf*.

♩ = 90

As I was out walking one morning at ease, I view'd the leaves as they
hung on the trees, they all were in motion, appearing to be, and
those that were withered, they fell from the trees. *Chorus:* Who's the
life of a man, any more than the leaves? A man has his season, so
why should he grieve? Although in this world he ap-
pears bright and gay, like a leaf he shall wither and soon fade away.

As I was out walking one morning at ease,
A-viewing the leaves as they hung on the trees,
They all were in motion, appearing to be,
And those that were withered, they fell from the tree.
*What's the life of a man any more than the leaves?
A man has his season, so why should he grieve?
Although in this world he appears bright and gay,
Like a leaf he shall wither and soon fade away.*

I saw those same leaves but a short time ago,
They all were in motion, appearing to grow,
When frosts came upon them and withered them all,
Then the rain it did follow and down they did fall.
*What's the life of a man any more than the leaves?
A man has his season, so why should he grieve?
Although in this world he appears bright and gay,
Like a leaf he shall wither and soon fade away.*

If you go to the church many names you will see,
Who fell from this world like the leaves from the trees.
Old age and affliction all on us will call,
Like the leaves we will wither and down we shall fall.
*What's the life of a man any more than the leaves?
A man has his season, so why should he grieve?
Although in this world he appears bright and gay,
Like a leaf he shall wither and soon fade away.*

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

CLEVER STUFF



Take a look at the painting on the side of the building then check out the reflection in the water. Or visit https://raybartkus.com/street_art.html



These wall murals are designed to look right-side-up when reflected off the water below.

Created by Ray Bartkus for the Lithuanian city of Marijampolė, this mural is set alongside the river Šešupė. A bit like a *trompe l'oeil* illusion, the viewer's position changes the composition and there is an ideal spot for the optical effect in relation to the various vertical planes onto which the murals were painted.

