

Friends are people who make us laugh a little louder, smile a little brighter and live a little better. May your coming year be full of friends, old and new, who make you smile and bring laughter wrinkles to your face.

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 13th January and 10th February

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.

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

Wednesday 15th January

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

Speaker : Alan Kingshott MVO – HM The Tower of London Part 2

The presentation will look at the many prisoners and their punishment as well as some other exciting stories, including ghosts and ceremonies. Alan ended his career as the Chief Warder of the Tower of London, also he gave Part 1 of the presentation at the Annual Lecture in 2024.

Wednesday 22nd January

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

Speaker : Andrew Baker – Dickens – his life and influence

Andrew is an experienced and entertaining speaker with a particular interest in social, cultural and political change at home and abroad since the First World War and the ideas and forces which have shaped today's world.

Charles Dickens was born in Portsmouth. A novelist, humanitarian and critic of mid-Victorian English society, he lived among the great figures of his day; he was a complex and often obsessive man, revered in his own time, whose voice still speaks to us today.

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

Wednesday 19th February

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

Speaker : John – HIOWAA: Hampshire and Isle of Wight Air Ambulance

Hampshire and Isle of Wight Air Ambulance is the charity that delivers an advanced Critical Care Team to sick and injured people in Hampshire and the Isle of Wight when they need it most. Available both day and night, 365 days a year, the Air Ambulance Critical Care Team is called out many times a day to attend road traffic collisions, sporting accidents, collapses and many other incidents.

Wednesday 26th February

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

Speaker : Jeremy Prescott – Bomber Command



Jeremy tells the story of how Bomber Command took the fight to the Germans after the evacuation from Dunkirk, the evolution of the Lancaster Bomber, the life of the Bomber Command Crew, Op Chastise (Dambusters), the Bouncing and Tallboy bombs, the bombing of German cities, Op Manna (food drops to Holland), Op Exodus (repatriation of POWs), the sacrifice made by Bomber Command and how they are commemorated today (Bomber Command Memorial in London and International Bomber Command Centre in Lincoln).

SOUTH DOWNS OPEN

Petersfield Museum and Art Gallery are celebrating our beautiful South Downs with an art exhibition that runs until the 1st February, 2025. The Downs are not just a landscape but a living testament to art, literature, history and culture, all of which are celebrated in this exhibition, spotlighting what it means to live, work and be inspired by this iconic landscape.

There are nearly 150 artworks on display, by over 120 artists – paintings, drawings, prints, photography, sculpture, textiles and ceramics all of which have drawn inspiration from across the South Downs region, from Old Winchester Hill in Hampshire to Beachy Head in East Sussex.

Petersfield Museum can be found at St. Peter's Road, Petersfield, GU32 3HX.

Admission can be by advance booking or on the day.

www.petersfieldmuseum.co.uk/events/south-downs-open



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

GROUP MATTERS

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

visit the Groups table at a general meeting or coffee morning, email me at groups@waterloovilleu3a.org.uk or ring me on 07769 266879

NEW GROUPS!

A New Year has started so now is a good time to try and start some new groups! We already have waiting lists for the following groups with several members on each – all we need is a few more people and it will be worth starting new groups for the following :

CANASTA – A Card Game for 2, 3 or 4 players.

CYCLING FOR PLEASURE – Have a cycle ride (push bike or e-bike) with some other members. Stop for coffee somewhere too?

DINING OUT – Have lunch possibly twice a month – could include Sat/Sun.

LOCAL HISTORY – Learn the history of places in our area – may include a guided tour and talk.

MEMBERS ON THEIR OWN – To provide companionship for members living on their own – visit gardens, stately homes, have a pub lunch, or coffee & cake etc.

OUTINGS – Visit places of interest, tours, lunch etc

PHOTOGRAPHY How to use a digital camera, how to take a good photo and get members to comment and make suggestions, visit locations for a photoshoot.

SNOOKER – Budding champions or just for fun

TABLE TENNIS for beginners and experienced players knocking a ball over a net indoors.

WEEKENDERS – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

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.

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.

Kevin Stock, Groups Liaison

GET UP AND GO!

Get Up and Go is a Havant borough project funded by Hampshire County Council.

For full information call/text **07720 076284**

web www.getupandgohavant.com/ or email infogetupandgo@havant.gov.uk,

Physical activity brings many physical, mental and social benefits and these utilise and help us appreciate our beautiful local area and make it as enjoyable and as easy as possible to be active. Activities include :

Badminton	Boxing	Coastal Rowing
Sculling	Circuits (indoor & outdoor)	Football (walking & casual)
Walking Netball	Meditation & Mindfulness	Nordic Walking
Pilates	Self Defence	Tennis
Weights	Walks & Talks (Staunton Park)	Wellbeing Walks
Yoga (introductory, mixed ability and chair-based)		

Multi sports (suitable for all ages/abilities, including those with dementia and their carers)



GROUPS WITH VACANCIES (as at 5th January, 2025)

To join or leave a group, or for more information, visit the Groups table at any Coffee Morning or General Meeting, email groups@waterloovilleu3a.org.uk or call 07769 266879
You can also find out more about our groups by visiting the Groups page of our website at <https://www.waterloovilleu3a.org.uk/groups.htm>

All of our groups are listed here and each have their own web page – just click on a group name and their page will open..

Kevin Stock, Groups Liaison

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

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 – Religious Education in schools	13 th January
Introduction to Duplicate Bridge for Bridge Improvers	15 th January
3D printing (additive technology)	15 th January
Sculpting after the Holocaust – the story of Naomi Blake	16 th January
Mindfulness and Meditation	16 th January
Essential driver and vehicle checks with IAM RoadSmart	17 th January
Bollywood Laughter Yoga and Dance	20 th January
Secrets of the human brain – how can we age better?	21 st January
An introduction to AI for older people	21 st January
Mindfulness and Meditation	22 nd January
Artificial Intelligence news – AI and Education	27 th January
Staying safe online – a u3a presentation with Q&A	28 th January
Laughter Yoga with Merrie Maggie	28 th January
Secrets of the Human Brain – Dr. Bob Pullen	30 th January
Flight Inspirations – Zeppelin airships	4 th February
Intro to BT Digital Voice	4 th February
Introduction to Cryptic crosswords	6 th February
Laughter Yoga with Judith	12 th February

WU3A FACEBOOK GROUP

We have a private Facebook group that is open to any Waterloooville 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 death of one of our members – our condolences have been passed on to the family.

Jean Smith - Jean joined us in March, 2017. Prior to her ill-health, she ran one of our Outings groups for many years and was a member of the Bridge and other groups.

Linda Hugo-Vieten, Membership Secretary

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 tell us 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.

GET SAFE ONLINE

Promoted by Hampshire Alert for the Hampshire & Isle of Wight Constabulary, the following is an extract from the website www.getsafeonline.org which has a wealth of information, hints and tips on how to safely navigate the internet.



Thanks to the internet it's easy to share all about what you're doing, how you're feeling, your opinions, likes, dislikes, passions and interests. As well as information and updates about yourself, family and friends, keeping everyone up to date about your life.

But what if what you share is **OVERSHARING** and it has repercussions that you had not considered? Like your home being burgled because you posted your family holiday pics. Or your identity being stolen if a criminal pieces together the personal details in your profile with details gleaned from other websites or a hacked email address.

Be aware of what you share.

Check that all of your social media profiles are set to **private**.

Be aware that everything in your profiles, posts, comments and pictures may be seen by people other than your own contacts. Think carefully before giving information about your movements, birthdays, where you live, your family, workplace, passport/driving licence, etc.

Don't share anything you wouldn't happily tell a complete stranger you bump into in the street.

If you've used the names of family members, pets or your favourite sports team for passwords or memorable phrases **don't include them in profiles, posts or comments.**

Respect other people's privacy which you may compromise if you share information, location and photos about them without asking them first.



What goes online, stays online - often even after you think you've deleted it.

Granting access to your social media data in order to enter a competition or survey may reveal confidential details about you – check the terms and conditions first.

Turn off location settings on mobile devices, apps and cameras to avoid giving away where you are – they can easily be turned on when you need them.

Many people post while they're away from home but this is manna for criminals.

Is it a scam?

The GetSafeOnline team have created a useful tool that can be used by anyone with a smartphone to help them spot scams.

For more information go to www.getsafeonline.org/asksilver/

Check a website

They also have an online tool to help you determine whether a website is likely to be legitimate or a scam – BEFORE you visit it : www.getsafeonline.org/checkawebsite/ (Ours passed with flying colours.)

There is also a free Self-Help Tool Centre where you can check a physical location, check a photo, check your social media footprint, check for a data breach involving your contact details, check the strength of passwords, spot the difference between reality and AI content, spot a phishing email – and so much more : www.getsafeonline.org/selfhelpcentre/

JANUARY DATES, ASSOCIATIONS & TRIVIA

4th **World Braille Day.** Marks the birthday of Louis Braille, born in 1809 and the inventor of the braille language for blind and partially sighted people.



13th **Full moon** – the first of the year and also known as the Wolf Moon. Traditionally a time to pause and reflect; a time for setting intentions for the year ahead.

18th **Winnie the Pooh Day.** Marks the birthday of A.A. Milne, born in 1882 and the author who brought Winnie the Pooh to life. This is a day to celebrate the joy, friendship and innocent wonder of simple childhood pleasures and the appreciation of enduring friendships. www.poohcorner.com

21st **Squirrel Appreciation Day.** A day to appreciate one of nature's most acrobatic and playful creatures. And fast! They can reach speeds of up to 20 mph and jump up to 20 feet; they mainly communicate by twitching their tails and their front teeth never stop growing.



23rd **National Handwriting Day** celebrates the art and personal touch of handwriting. In an increasingly digital world, this is a day to put pen to paper and rediscover the joy and individuality expressed through your unique writing style. www.nha-handwriting.org.uk

29th **National Puzzle Day** – from classic jigsaws and crossword puzzles to brain teasers and digital puzzle games, this day recognises the joy, challenge and mental stimulation that puzzles provide.

Astrology

1st-20th Capricorn, ruled by the planet Saturn.

21st – 31st Aquarius, ruled by the planet Uranus.

Bird of the month – Redwing

If snow covers the fields then this little bird, the smallest true thrush, may venture into those gardens still offering berry-strewn greenery on hawthorns or wind fallen apples.

It is identified by the creamy yellow stripe above its eye, the orangey-yellow colouring around its wings and its high-pitched call, reminiscent of a referee's first blow into a whistle.



Trivia

The Greek philosopher Pythagoras had an intense dislike of broad beans, forbidding his followers from eating them or even touching the plants.

The name *snowdrop* is thought to come from the resemblance of the flower to the type of pearl-drop earrings worn in Dutch painter Johannes Vermeer's *Girl with a Pearl Earring* which were popular in the 16th and 17th centuries.

January fruit : apples, rhubarb, blood oranges, clementines, kiwi fruit, lemons, oranges, passionfruit, pears, pineapple, pomegranate, satsumas, tangerines.

January vegetables : beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips.

Info gleaned from ***The Wildlife Community, Awareness Days, National Trust Gardener's Almanac, National Farmers' Union, British Dietetic Association***