

#### 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**

**NO COFFEE MORNING OR GENERAL MEETINGS IN AUGUST**

## OPEN DAY

**Free Entry - Free Tea & Coffee**

**Open to friends, family & the general public**

**Friday 9<sup>th</sup> August**

**2pm – 4pm**

**Waterlooville Community Centre**

**(WACA - in the ASDA Car Park)**

**See displays of our Interest Group activities :-**

**Art, Birdwatching, Bridge, Book groups, Card & Board Games, Current Affairs, Drawing, Geology, Genealogy Line Dancing, Languages, Local History, Painting, Photography, Sewing & Knitting, Singing, Walking and many more**

**Sign up to join our various groups**

#### 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).

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

### **Speaker : Joanna Foat – Lumberjills of WWII**

Not many people had heard of the Lumberjills of World War 2. Joanna Foat hadn't either until - when she was working in Scotland for the Forestry Commission - a chance conversation enlightened her.



For 10 years she researched the story of these strong, resilient women who took over the essential work from the lumberjacks who were serving in the war. The country imported most of its wood at the time and only had seven months of reserves. Wood was essential for pit-props in the coal mines, telegraph poles, charcoal and many other things at that time.

Jo went around the country interviewing the women who had served as Lumberjills. She learned that men in charge were very reluctant to have women doing such work but they had to relent and what a fantastic job the women did whilst also having fun and enjoying companionship.

Sixty-seven members enjoyed a fascinating, interactive talk. Joanna has written 2 books about the Lumberjills and is in the process of writing a third.

Anyone interested in more information, visit <https://www.thelumberjills.uk/>

**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 6<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	2nd Friday	Mah Jong 1	1st & 3rd Tuesday
Art History 2	1st Tuesday	Mah Jong 2	2nd & 4th Tuesday
Backgammon	1st & 3rd Monday	Photo 3	2nd & 4th Tuesday
Badminton	1st & 3rd Wednesday	Pilates 3	Every Thursday
Birdwatchers	Last Saturday	Pilates 4	Every Thursday
Board Games 2	3rd Monday	Pub History	3rd Tuesday
Books 4	3rd Wednesday	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
Dining Out	2nd Thursday/4th Sunday	Singing For Pleasure	1st & 3rd Wednesday
Drawing 2	1st & 3rd Tuesday	Sunday Diners	Variable
French Beginners	4th Friday	Table Tennis (beginners)	3rd Friday
French Conversation 2	1st & 3rd Wednesday	Tai Chi 1 Improvers	Every Friday
French Refreshers	4th Monday	Ukulele	Every Thursday
Genealogy	1st Thursday	Walking 6 - Strollers	Alternate Friday
German Conversation	1st Tuesday	Wine Appreciation 2	3rd Monday
Line Dancing Improvers	Every Monday		

### CALLING ALL BOOK LOVERS - BOOK GROUP 4 NEEDS YOU!!

**Anne Canning & Julie Ryden, Group Coordinators**

We are looking for new members to join our really friendly and welcoming group – I know everyone says that but we really are! We meet in WaterlooVille library on the 3rd Wednesday each month to chat about the book we've just read. You don't need to be a member of the library and you also don't need to buy the books, they are all supplied by the library.



When we meet it really is just a chat without being highbrow. You know when you finish reading a book and you just want to talk about it, check out your thoughts on it? Well this is the place to come! *"A book flares into life when it is shared, and squabbled over"* according to Roy (Financial Times 2023) – well we don't squabble (!!), but we certainly do love sharing the experience of a book.

Why not give us a try? We will make you most welcome.

To come along for a taster session, to join the group, or for more information 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). Look forward to seeing you!

### PHOTOGRAPHY 3 HAS ROOM FOR MORE!

Joy Coad, Group Coordinator



Photo 3 is a photography for fun group, we meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday afternoons. Going out to take photos on one meeting and reviewing the photos at the next meeting.

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)

### ARCHAEOLOGY WENT TO CRANBORNE CHASE

After a talk by group member Don Bryan at the June meeting about the extensive archaeology of Cranborne Chase, 15 members including a guest, enjoyed a field trip to look at some of the features of the area.

First stop was Knowlton where there is a henge with a ruined Norman church in the centre of it. It is the site of an ancient site of worship and Druids still visit the site at the equinoxes to carry out their rituals. On to Martin Down to view Bockerly Dyke - a high ancient earthwork and ditch which was also used by the Romans to keep the Saxons out of Dorset. The mysterious Dorset Cursus is situated here but can only be seen in aerial photographs. We were struck by the wide vistas and huge skies which were accompanied by the many skylarks flying around us.

Lunch was calling as we approached our final destination, Down Farm. We had lunch outside- intrigued by the many swifts using the nest boxes on the nearby barn. Down Farm is owned by Martin Green and farmed organically. Martin is also an archaeologist who has excavated extensively on his own land and elsewhere. So numerous are the finds that Martin



has housed his artefacts in a museum. After spending time in the museum Martin led the group to an ancient shaft 60ft deep which he excavated by hand using a freestanding ladder system. A cantilever bridge structure is situated over the shaft that gives a bird's eye view of the extent of the pit. Continuing on, Martin led us to see his most recent excavations. He is known as "the most professional amateur archaeologist" and has received an honorary doctorate from Bournemouth University. We were in very good hands. Thanks to Don for leading the trip.

Hilary Ryan – Group Coordinator

### 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

Members' Christmas Dinner                      Thursday 19<sup>th</sup> December – Waterlooville Golf 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 :

Live cookery demonstration – summer recipes	11 <sup>th</sup> July
The Harlem Renaissance 2	12 <sup>th</sup> July
Exploring World Faiths : Forgiveness	15 <sup>th</sup> July
Boost your digital confidence – overcome mobile or tablet issues	16 <sup>th</sup> July
Laughter Yoga with Judith	17 <sup>th</sup> July
Mindfulness and Meditation	18 <sup>th</sup> July
Numbers with Shapes with Dr. Knott	25 <sup>th</sup> July
Modern Britain – A Story Told Through Stamps	26 <sup>th</sup> July
Bollywood Laughter Yoga Dance	29 <sup>th</sup> July
Laughter Yoga with Merrie Maggie	30 <sup>th</sup> July
Secrets of the Human Brain – Research, Imaging and Scanning	31 <sup>st</sup> July
Flight Inspirations – the 'Bloody Hundredth' Bomb Group	6 <sup>th</sup> August
Cryptic Crosswords in Context	7 <sup>th</sup> August
From Monet to Modern – exploring 'The Water Lily Pond' 1899 and beyond	15 <sup>th</sup> August

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 GARDEN SCHEME – PRIVATE GARDENS OPEN TO THE PUBLIC

The National Garden Scheme (NGS) gives visitors unique access to over 3,500 exceptional private gardens throughout the UK and raises impressive amounts of money for nursing and health charities through admissions, teas and cake.

In 2023 donations of just under £3.5 **million** were made to beneficiary charities such as Marie Curie, Macmillan Cancer Support, Hospice UK, Carers Trust, Parkinson's UK, Army Benevolent Fund, Mencap, Sue Ryder and many more.

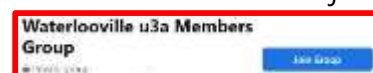
There are just under 90 Hampshire gardens participating in the scheme and over 20 on the Isle of Wight. Visit <https://ngs.org.uk/> to find out which gardens are open and when.

**Vicki Mottershead**

## 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/>



## JULY SNIPPETS

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

1 <sup>st</sup> July	the 999 emergency service was introduced in 1937 In 1997 British rule ended in Hong Kong after 99 years
2 <sup>nd</sup> July	1928 saw the granting of equal voting rights to women in Britain
15 <sup>th</sup> July	St. Swithin's Day (traditional) "St. Swithin's Day if thou dost rain, for 40 days it will remain. St. Swithin's Day if thou be fair, for 40 days will rain na mair."
21 <sup>st</sup> July	The first London railway station – Euston – was opened in 1837 In 1969 Apollo 11 landed on the Moon
25 <sup>th</sup> July	St. Christopher's Day, Patron Saint of Travellers
28 <sup>th</sup> July	In 1856 the first potatoes arrived from Columbia The first fingerprints were used for identification in 1901

**Swan Upping** takes place annually in July on the River Thames – a census where swans are counted and marked on a 70-mile, 5-day journey up the Thames.

### Gardening by the moon :

6<sup>th</sup>-13<sup>th</sup> July (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> July (until 11:17) (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.

21<sup>st</sup> (from 11:17) – 27<sup>th</sup> July (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.

28<sup>th</sup> July – 4<sup>th</sup> August (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 July folk song – **Cupid's Garden**

Traditional, arr. Richard Barnard

*♩ = 116*

As down in Cu-pid's Gar - den with plea-sure I did go,  
see the fair-est flow - ers that in the gar-den grow, The  
first it was the jas - mine, then li - ly, pink and rose; they  
are the fin-est flow - ers that in the gar-den grow, that in the gar-den grow.

This song is thought to have been written about Cuper's Gardens, a 17<sup>th</sup> – 18<sup>th</sup> century pleasure garden on the south side of the Thames in London. It was dubbed '*Cupid's Garden*' for perhaps obvious reasons, and it closed in 1760 after losing its licence because of a problem with pickpockets. This version of the song is taken from a singer heard by Cecil Sharp in Taunton in 1904 and lyrics published in the 1890s and 1900s.

## WATERLOOVILLE COMMUNITY CENTRE – GOLDEN JUBILEE

Otherwise known as WACA, WaterlooVille Community Centre celebrated their 50<sup>th</sup> anniversary in June with an Open Day.



Several of our groups have met there over the years and members of our Tai Chi 2 – Improvers group gave a demonstration.



We also had a Membership and Groups table present for anyone interested in joining us.

## PORTSMOUTH PARK'N'RIDE

The PR3 Portsmouth to Southsea service has returned for the summer.



Southsea PR3 buses run every 30 minutes each weekend until 1 September, with journeys taking just 20 minutes to Clarence Pier. A day ticket costs £4 for up to five people, or there are weekly, monthly, annual and Flexipass options.

For timetables and route maps visit <https://parkandride.portsmouth.gov.uk/maps.shtml>

## HAVANT THICKET – SOUTHERN WATER CONSULTATION



Southern Water are holding a public consultation on their proposed **Hampshire Water Transfer and Water Recycling Project**. The consultation ends on 23<sup>rd</sup> July 2024.

Southern Water say the scheme would involve adding purified recycled water to the new Havant Thicket Reservoir in Havant with the aim of providing more water during droughts, helping to protect water supplies and precious chalk streams in Hampshire.

Havant Thicket Reservoir is already being built in order to store surplus water from local springs, providing up to 21 million litres of water a day to Southern Water when needed.

For more information about this proposal visit <https://www.hampshirewtwrp.co.uk/>

To add your views to the public consultation, go to <https://www.hampshirewtwrp.co.uk/feedback.html>

And the main site with information and updates about the full Havant Thicket project can be found at <https://havant-thicket-reservoir.uk.engagementhq.com/>

## CYBER CRIME – SUSPICIOUS EMAILS, TEXTS AND MOBILE CALLS

SERS (Suspicious Email Reporting Service) was launched by the National Cyber Security Centre (NCSC) and the City of London Police in April 2020, to enable the public to forward suspicious emails and report any malicious website links. Since its launch, more than 32 million reports have been made to the service with more than a third of all emails reported in the last year.



The reports have led to more than 329,000 websites addresses being removed by the National Cyber Security Centre. Action Fraud, the national fraud and cybercrime reporting service, launched a national phishing awareness campaign on 24 June 2024, as reporting reached its highest level since SERS launched. New data shows a rise of 44% year-on-year, with almost 11,611,400 reports made to SERS in 2023, up from 8,074,200 reports in 2022.

Alongside emails, there has also been a huge number of text messages reported to 7726. In March 2024, more than 60,000 malicious websites were removed as a result of being reported using 7726. This is a free service, offered by mobile network providers, allowing customers to report suspicious text messages in order to prevent other people from receiving them too.

### What is phishing?

'Phishing', 'quishing' or 'smishing' is when criminals use scam emails, text messages, QR codes, or phone calls to trick victims. Whether it's an email asking you to "verify" your bank account details, or a text message claiming you've missed a delivery and are required to pay a redelivery fee, the goal is usually the same - to trick you into revealing personal and financial information.

### Some practical advice to follow when it comes to dealing with suspicious messages and calls :

If you have any doubts about a message, contact the organisation directly using the contact details on their official website.

Do not use the number or web address in the message. Your bank, or any other official source, will not ask you to provide sensitive information by email.

Received an email that doesn't feel right? STOP! Report suspicious emails by forwarding them to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Send emails to this address that feel suspicious, even if you're not certain they're a scam – they will be checked.

Always report suspicious text messages or scam call numbers, free of charge, to 7726. Your provider can find out where the text came from and block or ban the sender.

**To report a scam text**, forward it to 7726 and then send the sender's number when prompted.

**To report a scam call**, simply text 7726 with the word 'Call' followed by the scam caller's number.

**If you've lost money or provided financial information** as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at [actionfraud.police.uk](https://www.actionfraud.police.uk) or by calling 0300 123 2040.



## PUBLIC CONSULTATION TO DEVELOP PCC'S NEW POLICE AND CRIME PLAN

This consultation will help set clear policing priorities over the next four years to deliver a "best-in-class" police force.



HAMPSHIRE & ISLE OF WIGHT  
**CONSTABULARY**

The Police and Crime Commissioner for Hampshire was recently elected for a second term and is seeking views and suggestions from Hampshire residents that could be included in future policies and initiatives "that resonate with the unique needs of where you live".

The consultation survey is open until the 19th August. To make your views known, visit : <https://survey.alchemer.eu/s3/90719383/PCP-Public2024>

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

### WHAT IS THIS?



Apparently it's something of an archaeological enigma - a hollow dodecahedron from the Roman era with no known purpose or use. Around 130 dodecahedra have been found across the Roman Empire, with the majority having been found in northern Europe and



Britain, although none in Italy. Some 33 of these 12-faced trinkets have been found in Britain.

The cryptic copper artefacts come in varying sizes; they were first discovered in the 18<sup>th</sup> century but there is no known mention of these 12-sided, hollow objects in any surviving ancient Roman texts or images, so historians are somewhat at a loss as to what exactly they were for.

Dodecahedra are quite intricate, featuring a number of round holes, with knobs framing the holes. They are made out of a copper alloy and would have been quite expensive, due to the amount of time and metal that was used to create them, which adds to their intrigue.

There have been numerous suggestions as to what dodecahedra could have been. Some theorise that they were religious objects, knitting tools, measuring instruments or even stress toys. Due to the high level of skill involved, some have suggested that they were a way for a master craftsman to demonstrate their expert abilities.

Who knows?