

MEMBERSHIP MATTERS

Membership Renewals for 1 July 2025 - 30 June 2026

The subscription for an individual is £15, and joint is £25; joint is for 2 members residing at the same address. If you have recently had a 100th birthday then your membership cost is zero.

Renewals will start on **Monday 5th May** and **need** to be paid by **30th June** to avoid your membership lapsing.

Please see the recent email/letter for all the details of where and how to pay.

Any queries, please email members@waterloovilleu3a.org.uk or phone 07714 674245.

Linda Hugo-Vieten, Membership Secretary

COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 12th May and 9th June

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.

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

Wednesday 21st May

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

Speaker : Paul Tracey – Theatre through Pictures and Facts



Based on Paul's book *100 Theatres : Portraits of the Playhouse* and illustrated with paintings and old prints. The talk covers the establishment of English theatres in the regulated days of Elizabeth 1st and Shakespeare up to present day West End and local theatres, with a few interesting facts about well-known international theatres, including, of course, the funny and not so funny disasters.

Wednesday 28th May

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

Speaker : Jackie Dimmock – 30 years in Hampshire Constabulary part 2

A return visit from the highly entertaining and informative Jackie Dimmock bringing to life tales of her time with the Hampshire and Isle of Wight Constabulary. As she relates her memories and funny stories from her career, she beautifully illustrates these with a series of excellent mini quilts.



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.

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

Speaker : David Gane – Inside the Nudge Unit

Usually, the title of our monthly talks gives a clue to the content of it. I was asked many times what the talk was about but swerved giving a definitive answer as I felt it was up to David Gane to reveal all.

Tony Blair had endeavoured to set up a unit to tackle issues using a psychological approach. Unfortunately, this failed after a short period and the coalition government, under David Cameron and Nick Clegg, set up the **Behavioural Insights Team** with the aim of understanding how people really think and behave through behavioural science. This could then help deliver a fairer society for all. With an initial budget of £500,000 and an estimate that it should treble that amount. In fact it made ten times the original amount.

When the Government were trying to encourage the insulation of lofts with incentive offers, the take up was much lower than expected. The BIT - using the acronym "EAST" (E=Easy, A=Attractive, S=Social, T=Timely) - devised a plan to offer loft clearance prior to the installation of loft insulation. Despite having to pay for loft clearance, the take up for loft insulation increased.

The team turned its attention to tax returns and how to get more returns paid and on time. A simple revision of the letter sent to those who habitually were late or nonpayers to contain the phrase "*Most people pay their tax bills on time*" led to a huge rise in payments on time.

Speeding – the inclusion of a leaflet including a photograph of the grave of a person killed by a speeding car, led to a huge reduction in the numbers of speeding fines.

Motorbike helmets - when the law to wear helmets when riding a motorcycle came into force, there was a considerable decrease in the numbers of motorcycle thefts.

Many other initiatives were given throughout the talk and the Nudge Team were so successful that many other countries now use the model. There is a book '*Inside the Nudge Unit*' by David Halpern which makes interesting reading.

Hilary Ryan, Speakers' Secretary

NO LONGER WITH US

Sadly we have been advised of the death of two of our members – our condolences have been passed on to their families.

Sheila Marsh

Terry Moore

Both were long-term members and they will be greatly missed by those who knew them.

Linda Hugo-Vieten, Membership Secretary

OUR BANK ACCOUNTS

We have several bank accounts that are designated for specific payments and it is important that payments are sent to the correct account.

Before making an online payment to us, please double check that you are sending it to the correct account and are quoting the correct reference. Thank you!

All of our accounts have the same sort code, ie **55-70-34**.

Membership fees and donations go to our SUBS account :

Name **Waterlooville U3A SUBS**
Number **87749807**
Reference **your membership number, your surname**

Group fees (for venue hire, tutor fees, etc.) go to our SOCIAL account :

Name **Waterlooville U3A Social**
Number **80857396**
Reference **group name, your surname**

General social events :

Name **Waterlooville U3A**
Number **80851177**

(The reference for social events will be advised at the time they are advertised.)

APRIL QUIZ RESULTS

16 teams took part in a very successful Quiz evening last month. The results are :

Pos	Team	Points
1	Quizzers 1	69.0
2	The Borrowers	68.5
3	Bridge Buddies	67.0
4	Badminton	66.5
5	Card Games	62.5
5	French Improvers	62.5
7	Outings 5	61.5
8	Walking 1 - Striders	59.5
9	Birdwatchers	58.0
9	Rummikub	58.0
11	Bus Trippers 2	57.5
11	Folk History	57.5
11	The Globetrotters	57.5
14	The Potting Shed	57.0
15	Board Games 2	55.5
16	Bus Trippers 1	48.5

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/>

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

Wednesday 18th June

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

Speaker : Alison Mees – A Journey in Northern India

Alison will take you on a photographic journey around the Northern part of India and tiger reserves. Experience a walking tour of the Old part of Delhi, then taking a local train to Agra and visit the Taj Mahal. Alison also takes you to the Pink City of Jaipur and then the wildlife of India – visiting the Tiger Reserves.

Wednesday 25th June

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

Speaker : John Connell – Songs in wartime

DATES FOR YOUR DIARY

Here is the line up so far for various social events for the rest of this year. Full details will be provided nearer the dates – in this monthly bulletin, via email and at the general meetings and coffee mornings.

Skittles event	Sat 19 th July 4pm	Springwood
Open Day	Fri 8 th August 2pm	Waterlooville Community Centre
Quiz evening	Sat 27 th September 7pm	Springwood Community Centre
Barn Dance	Fri 24 th October 7pm	Cowplain Social Club
Members' Xmas Dinner	Tue 16 th December 7pm	Waterlooville Golf Club

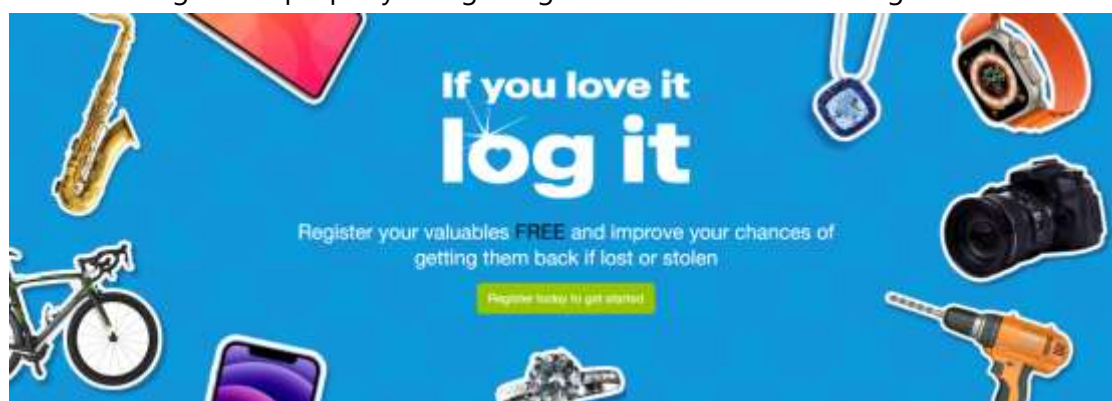
CRIME PREVENTION ADVICE - HAMPSHIRE & ISLE OF WIGHT CONSTABULARY

MARK AND REGISTER YOUR POWER TOOLS

Thieves love power tools which are usually portable and easily sold on. But when stolen power tools are recovered by the Police, it is often difficult to trace the original owner.

Security marking your tools using a **Secured By Design** recognised forensic asset marking kit (such as SmartWater or SelectaDNA) or an etching kit, is an effective and visible deterrent to thieves, particularly if you put up signage to show your property is marked.

Property marking also helps identify the owner, gaining evidence to assist in a prosecution. Tools and other property can be registered on **Immobilise** for free, which can assist the police in tracing stolen property and getting the item returned to its rightful owner.



GROUP MATTERS

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

visit the Groups table at a general meeting or coffee morning, 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 there and each have their own web page – just click on a group name to open their page.

DUTCH COFFEE MORNING

One of our members, Thea Brown, has offered to hold a Dutch Coffee Morning - a chance to talk to each other in Dutch or to improve it, if you are learning. This will be on the first Monday of each month between 10am and 12 noon at her home. The first meeting will be on Monday 2nd June. Let me know if you are interested!

CREATIVE WRITING

Are you a budding author? We need two more members to start a new group. One of our members has said they can host it in their home. The first meeting would be to talk about how often to meet and what the group will do – over coffee and biscuits! Let me know if you are interested!

NEW POTENTIAL GROUPS

The following new potential groups need a few more interested people and it will be worth starting new ones!

CREATIVE WRITING – Fancy writing something and getting others to read it?

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

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

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?

TUTORS NEEDED

There are some groups with a waiting list of members that are eager to form a new group – but there can't be a group where everyone wants to learn and there's no-one to teach it! Are you able to tutor for any of the following? And no, you don't have to be the Group Coordinator as well.

ARCHAEOLOGY

LINE DANCING

TAI CHI FOR BEGINNERS

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

OUTINGS 1 MET THE LORD MAYOR OF PORTSMOUTH



We went to the Portsmouth Guildhall to meet the Lord Mayor, Jason Fazackarley, in his chambers.

He greeted us with the background to the proposed changes to local government in our area and why we are not having local elections in May. He told us about how the building was destroyed by incendiary devices in 1941 and then eventually rebuilt in the 1950s. There is a lot of silverware that has been given to Portsmouth over the years and some in

his chambers were sporting trophies that were no longer contested. He also took us into the Lady Mayoress' s Chambers.

We then went on to the silverware corridor which was various cabinets containing all the civic owned silverware, including a silver model of HMS Victory.

Finally he took us into the Council Chamber and explained how council meetings were run.



It was a really fascinating visit which was brought alive by Jason. His humour made it all the better and we all came away amused and with a better understanding of how Portsmouth Council goes about its business.

Martin Hodgkinson, Group Coordinator

NATIONAL U3A MATTERS



The national *u3a Matters* magazine is published five times a year. It includes stories about members and u3a activities, celebrity interviews and features on technology, recipes, travel and competitions as well as a letters section. The magazine is available as a hard copy sent to you by post or you can read it online. To read the latest Spring 2025 issue online, visit

<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-spring-2025-screenreader-edition>

If you currently receive the postal hard copy and would like to unsubscribe please ask for your details to be removed from the distribution list by emailing the Membership Secretary at members@waterloovilleu3a.org.uk

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 below, 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 :

Staying Safe Online – a u3a presentation with Q&A	9 th May
Exploring world faiths : chaplaincy	12 th May
How generative AI works	12 th May
Simple tips to make your device easier to use and stay safe on social media	13 th May
From the Soviet Gulag to Arnhem	15 th May
Unlocking the potential of AI	16 th May
On This Holy Island – how pilgrimage has shaped Britain across time	19 th May
Laughter Yoga with Merrie Maggie	20 th May
Laughter Yoga with Judith	21 st May
End of life doulas and how they can help you	21 st May
Mass extinction : causes and consequences	22 nd May
Mindfulness and meditation	22 nd May
Artificial Intelligence and the law	23 rd May
Going digital can save you money : a guide for older people with the DWP	27 th May
Life on a smallholding – is it as idyllic as it sounds?	29 th May
Secrets of the human brain : a journey through the auditory pathway	29 th May
History of the 16 th century ruff	30 th May
Bollywood Laughter Yoga Dance	2 nd Jun
Flight Inspirations : the story of USAAF and RAF during WWII	3 rd Jun
Mindfulness and meditation	4 th Jun
Introduction to Canva – an online graphic design program	4 th Jun
Roads were not made for cars – the development of roads	12 th Jun
Glasgow Society of Lady Artists by Hildegard Berwick	13 th Jun

PETERSFIELD – BEATING THE BOUNDS WALK

Beating the Bounds is an ancient custom, enforced before Norman times and still observed in some English parishes, where a group from the community would walk the boundary of the parish. Whilst there is no recorded evidence that this ceremony took place in Petersfield, there are maps that show the ancient boundaries of the borough and parish.

Petersfield Museum have arranged a heritage walk that travels the 4-mile route, stopping at intervals to explain the historic connections that formed the boundary and its future expansion into the town we know today. Starting in front of the Museum and Art Gallery, the walk will take 2.5 hours.

For more information and to book a space ring 01730 262601 or go to

<https://petersfieldmuseum.digitickets.co.uk/event-tickets/62755?catID=34086>

MAY ASSOCIATIONS & TRIVIA

Astrology

1st-20th Taurus, ruled by the planet Venus; element Earth

20th – 31st Gemini, ruled by the planet Mercury; element Air

Bird of the month – Whitethroat

This warbler, similar in size to the great tit, has a long tail and a soothing chirrup. A migrant from sub-Saharan Africa and Asia, it likes to forage in low scrub and can often be seen in hedgerows in rural areas. Males

– with a grey head and the white throat from which they get their name – can be seen perching on the top of hedgerow plants while in full chorus. Females have a brown head and will lay four or five eggs from May to July.



Trivia

Severe drought in the Sahel region in western and north-central Africa during the autumn and winter of 1968 resulted in the deaths of millions of whitethroats, reducing the numbers seen in the UK by 90% - they are still recovering from this event.

Almost half of the world's bluebells are found in the UK.

There are 51 different species of mayfly in the UK.

In Roman times rocket was thought to be an aphrodisiac and anaesthetic.

May fruit : rhubarb, bananas (see some banana nonsense below), kiwi fruit.

May vegetables asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions.

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

COMPUTER HELP



Two of our members – Rich Edwards and Andrew Leonard – have 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. This informal advice is provided free but home visits are not offered.

Rich and Andrew can be contacted, initially, by email at it-advice@waterloovilleu3a.org.uk

A LETTER TO YOUR YOUNGER SELF

Follow the link and scroll down to read a selection of letters written by u3a members to their younger selves. The idea was to write a letter to send back through time, to a past version of yourself – what did you want to say to that person? What experiences and hindsight would you share? What advice would you give them?

Read *Dear Bill* who talks to his younger 10-year old self about the dreams that he had for his future, the wisdom of his grandmother.

Or *Dear Rose*, 73 now and corresponding with her 17-year old younger self, musing about the impact on her parents of losing three of their children.

And *Dear Neil*, a 17-year old suffering from the "black mist" who survived into his 70s with the help of music.



<https://www.u3a.org.uk/learning/learning-activities/write-a-letter-to-your-younger-self>

MAY DATES

1st (-31st) **Walking month** is the perfect opportunity to step into the great outdoors and embrace the joys and benefits of walking. Stroll through the countryside, pound a city pavement or hike up a hill, every step counts towards a healthier, happier you. And it's totally free.

10th (-18th) **Doughnut Week** – every doughnut sold by participating bakers raises money for the Children's Trust charity which provides specialist care and rehabilitation for children with multiple disabilities. <https://nationaldoughnutweek.org/>



12th **Nutty Fudge Day** – or any fudge really! The word fudge means to put together clumsily or dishonestly and the term dates back to the late 1700s. However fudge itself has only been around since the late 1800s.

The largest fudge ever produced weighed in at over two tons, taking over a week to construct and used over 300 gallons of condensed milk.

Apparently, traditional fudge can be kept for one to two weeks in an airtight container, for up to three weeks in a fridge or several months in the freezer. Who are they kidding!

12th **Full moon** – this month is known as the Flower Moon – due to the proliferation of blooms that appear in May.



12th **Limerick Day** – this day celebrates the birthday of Edward Lear – artist, illustrator, author and poet – born in 1812. The day also celebrates limericks which were popularised by him in 1846 in his *Book of Nonsense*.

One of Edward Lear's most famous limericks is "There was a Young Lady" :

*There was a Young Lady whose chin / Resembled the point of a pin;
So she had it made sharp / And purchased a harp
And play several tunes with her chin.*

20th **World Bee Day** – designated in 2018 to raise awareness of the importance of bees which are under a continuous threat from human activity that destroys bee colonies over time. Help bees to survive and thrive by planting sunflowers, poppies, thyme, dill and fennel. Find out more from <https://www.un.org/en/observances/bee-day>

20th (1845) The **Last English Duel** was fought in Gosport between a Captain Alexander Seton and Royal Marine Lieutenant Hawkey. Both were married men, but Seton paid rather too much attention to Mrs. Hawkey and was challenged to a duel to settle the matter of honour. The outcome was a fatal one for Seton and Hawkey fled to France.

26th **Gloucester Cheese Rolling**– today spectators will flock from far and wide to see the daring sporting action on Cooper's Hill in Brockworth, near Gloucester. It is a world famous phenomenon, attracting thousands of spectators and brave competitors who keep this wacky tradition alive.



This is a race like no other where participants throw themselves down Cooper's Hill after a wheel of Double Gloucester cheese. The 180-metre hill (just under 200 yards) has a 1:2 gradient meaning very few contestants manage to stay on their feet as they attempt to catch the coveted dairy prize. While the cheese can never actually be caught (it can easily reach up to 80 mph!) the winner is the first person to cross the line at the bottom of the hill.



Take a peek at this 3-minute video to get a real sense of this bonkers tradition :

<https://www.youtube.com/watch?v=cvuktushEhY>

SOUTH DOWNS NATIONAL PARK – ANNIVERSARY PHOTO COMPETITION



Three cheers for 15 years! As the National Park is celebrating its 15th birthday this year, people are being invited to photograph some of their favourite things about the South Downs – be that locations, views, towns and villages, heritage, food and drink or whatever the imagination can come up with. There are prizes for first to fourth places

plus a winner and runner-up in a separate wildlife category.

For full details of the competition and prizes on offer go to :

<https://www.southdowns.gov.uk/three-cheers-for-15-years-win-250-in-south-downs-national-parks-prestigious-photo-competition/>

ALONG THE SEAFRONT AT PORTSMOUTH

This very comprehensive write up appeared in *A Bit About Britain* describing a walk along the seafront from Old Portsmouth. It is well worth a read, providing historical tidbits as well as information on what to see and where to go – accompanied by some stunning photos.

It starts off with some historical anecdotes, including a couple of not exactly flattering quotes :

Cricket commentator (1914-91)

"Seedy at times, grim in places, but colourful and tinted with the hues of history."

Dr. George Pinckard in 1795 said

"But here hordes of pollinating females are seen reeling in drunkenness or plying upon the streets with a broad modesty which puts the great orb of noon to the blush."



The walk begins at Portsmouth Point (aka Spice Island), continues past the Round Tower, along the Hot Walls and Sally Port – with mentions of the Black Stone, Pioneer Statue and Bonds of Friendship. Then on to the Square Tower and Grand Parade, past the Royal Garrison Church and Governor's Green. The Ramparts and Solent sea forts get a mention as the walk progresses by Clarence Pier and Esplanade and the various memorials that can be seen there; then on to Southsea Common and the Portsmouth Naval Memorial, Southsea Castle, South Parade Pier and Canoe Lake and finishing off at Lumps Fort.



<https://bitaboutbritain.com/along-the-seafront-at-portsmouth/>

GROUPS WITH VACANCIES (as of 25th April)

To join any group contact Kevin Stock at groups@waterloovilleu3a.org.uk or 07769 266879

Interest Group	Meeting Day & Frequency	Venue
Art Appreciation	Monthly 2 nd Friday pm	Members' Homes
Art History 1	Monthly 2nd Wednesday am	Zoom
Art History 2	Monthly 1st Tuesday pm	Denmead Community Centre
Art in the pm	2nd & 4th Monday pm	Springwood Community Centre
Backgammon	1st & 3rd Monday am	Hampshire Rose, Widley
Badminton	1st & 3rd Wednesday pm	Horizon Leisure Centre, Havant
Birdwatchers	Monthly last Saturday am	Various places
Board Games (Modern)	1st & 3rd Monday pm	Denmead Community Centre
Bridge	Weekly Friday am	Acorn Community Centre
Bus Trippers	Variable	Various places
Card Games	2nd & 4th Wednesday am	Waterlooville Community Centre
Country & Western music	Monthly 4th Wednesday pm	Members' Homes, Widley
Craft	Monthly 1 st Wednesday pm	Cosham Baptist Church
Current Affairs 1	Monthly 2nd Wednesday pm	Members' Homes, Waterlooville
Current Affairs 2	Monthly 2nd Thursday am	Portsmouth Golf Club
Cycling	1st & 3rd Tuesday am	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville
French Beginners	Monthly 4th Friday pm	Members' Homes, Drayton
French Improvers	1st & 3rd Wednesday pm	Members' Homes, Various places
French Refreshers	Monthly 4th Monday pm	Members' Homes, Drayton
Genealogy	Monthly 1 st Thursday pm	Church of the Resurrection
German (Advanced)	Fortnightly Monday am	Members' Homes, Drayton
German Conversation	Monthly 1st Tuesday pm	Members' Homes, Clanfield
Learn Guitar & Sing	2nd & 4th Tuesday pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Monday pm	Waterlooville Baptist Church
Lunch Friends	Variable	Various places
Mah Jong 1	1st & 3rd Tuesday am	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tuesday pm	Portchester Parish Hall
Poetry	Monthly 1st Wednesday pm	Members' Homes, Cowplain
Radio Hams	Variable	Various places
Railways & Transport	Monthly 3rd Monday am	Portsmouth Golf Club, Widley
Rummikub 1	1st & 3rd Tuesday pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wednesday pm	Springwood Community Centre
Science	Monthly 4th Thursday am	Springwood Community Centre
Scrabble	1st & 3rd Thursday pm	Springwood Community Centre
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville
Snooker 2	2 nd & 4 th Wednesday pm	Cowplain Social Club
Tai Chi 1 - Improvers	Weekly Friday pm	Waterlooville Community Centre
Tai Chi 2 - Improvers	Weekly Thursday am	Jubilee Hall, Horndean
Ten Pin Bowling	Weekly Thursday pm	Tenpin, Chichester
The Potting Shed	Variable	Various places
Ukulele	Weekly Thursday pm	Lovedean Village Hall
Walking 1 – Stragglers	1 st & 3 rd Tuesday am	Various places
Walking 2 - Striders	1st & 3rd Monday pm	Various places
Walking 2 - Strollers	Monthly 3rd Tuesday am	Various places
Walking 3 - Strollers	Fortnightly Friday am	Various places
Wine Appreciation 2	Monthly 2nd Tue or 3rd Mon	Members' Homes, Waterlooville