

NOTE – no Coffee Morning or General meetings in August

OPEN DAY

Free Entry - Free Tea & Coffee

Open to friends, family & the general public

Friday 8th August

2pm – 4pm

Waterlooville Community Centre

(WACA - in the ASDA Car Park)

See displays of some 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

COFFEE MORNINGS 10:00 am – 11:30 am :

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

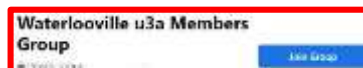


Monday 8th September

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.

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/>

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

Wednesday 17th September

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

Speaker : David Gane – The Story of Life

In this talk, David takes a whistle stop tour through life's evolution on Earth, outlines some of the evidence for it, and explains why Robinson Crusoe didn't eat beef!

Wednesday 24th September

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

Speaker : Jackie Dimmock - 30 years in Hampshire Constabulary part 3

Another 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 illustrates these with a series of beautiful mini quilts.



SOCIAL 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.

Open Day	Fri 8 th August 2pm	Waterlooville Community Centre
Quiz evening	*** Sat 20 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

*** **NOTE** change of date.

SPEAKER'S CORNER - REVIEW OF JULY'S TALK :

Hampshire & Isle of Wight Air Ambulance

Review to appear in September!

Hilary Ryan, Speakers' Secretary

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 Summer 2025 issue online, visit

<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-summer-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

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

ANOTHER QUIZ EVENING!

When? Saturday 20th September starting at 7:00 pm

Where? Springwood Community Centre, Springwood Avenue, PO7 8BJ

How much? £3 without food or £8-£10 for a Fish & Chip supper (options available)

There will be a break for a Fish & Chip supper (or bring your own food if you prefer).

Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team of six.

Teams will be for six people; any individuals or groups with less than six members will be placed with others to make the numbers up – a great way to meet new people and have fun at the same time.

To enter as an individual or as a group, please email Kevin Stock at kevc4@gmail.com

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.

RUMMIKUB 2 – COME AND JOIN US!



Are you free in the afternoon of the 2nd and 4th Wednesdays of the month?

If so, we're looking for new members to join our small friendly Rummikub group.

Rummikub is a tile-based game similar to the card game of Rummy. It's an enjoyable, brain-stimulating game that encourages critical thinking and friendly competition.

To find out more and try a free taster session, please contact Kevin Stock, Group Liaison by email to

groups@waterloovilleu3a.org or at the Groups table at Coffee Mornings and General Meetings.

Carol Kinnaird, Group Coordinator

SKITTLES AND AFTERNOON TEA AT THE SPRINGWOOD COMMUNITY CENTRE

This popular event was fully booked very quickly! Over 40 members and guests turned up expecting a fun filled afternoon and they weren't disappointed. As is the norm with u3a events it was characterised by support for each individual and a fair bit of friendly rivalry.



The tournament was decided over three rounds. Everyone took their turn in each round with three balls and a full set of skittles.

After two rounds we all enjoyed afternoon tea, prepared by our team of helpers.



There were quite a few skilled players in the room and also a lot of luck, which made the competition interesting and fun to watch. In the end it was Lynn who won first prize, with Paul and Steve in second and third places.

To finish the event we played a sudden death challenge. Each person bowled one ball at however many skittles remained standing after the last player. Anyone failing to knock over any skittles was out.

Some people were lucky and had nine to aim for; others were not so lucky. So when only one skittle remained the number of players reduced dramatically and there was great excitement when that one skittle finally fell.



Towards the end several players were left battling it out and were consistent in getting that one final skittle. There was fierce competition but it was Paul who eventually won the challenge!

Well done to everyone who took part and a huge thank you to everyone who helped to make the event a success!

Nigel Barrell

CORRECTION TO JULY BULLETIN

Under the "July dates" section of last month's bulletin there was an entry for the 25th stating that it was a *Pythagorean Theorem* day. However, there was a typo in the formula quoted – it read $24^2 + 7^2 = 24^2$. Whereas it should have been $24^2 + 7^2 = 25^2$.

To double check :

$$24^2 = 576, \quad 7^2 = 49, \quad 25^2 = 625; \quad 576 + 49 = 625.$$

Apologies to anyone who was confused and thanks to an eagle-eyed member for pointing this out.

Anyone wanting to read more about this fascinating date please go to <https://www.timeanddate.com/holidays/fun/pythagorean-theorem-day>

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 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.

NEW 'WATCHING YOUR WEIGHT' GROUP

One of our members would like to start this new group. Many of us try to lose weight and, as we know, it is extremely difficult. And in retirement, when we are less active, it is even more difficult. But doing this in a friendly group environment could provide encouragement and motivation. We can talk about ideas that we may have to help each other. Let me know if you are interested!

FILM GROUP ANYONE?

A local Nursing Home has offered our u3a free access to its 15 seater cinema room. They show films using DVDs, and can even provide the popcorn. If anyone would be interested in forming a new Film group to make use of this facility, then let me know!

BEGINNERS ITALIAN CONVERSATION

One of our members is willing to run a new group at her home, but we need someone that can speak Italian to be their tutor. Could this be you? Let me know if you are interested in learning or tutoring!

POTENTIAL NEW GROUPS

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

CANASTA – A popular card game

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

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 we can't have a group where everyone wants to learn but no-one to teach it!! Are you able to be a tutor for any of the following? (no, you don't have to be the Group Co-ordinator too).

ARCHAEOLOGY

LINE DANCING

BEGINNERS ITALIAN CONVERSATION

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, Group Liaison

GEOLOGY 2 VISIT PORTSMOUTH UNIVERSITY, JULY 2025

With Dr. Roy Smith as our guide we saw the weird and wonderful in the Palaeontology Department :

Exquisitely prepared trilobites which used to scuttle across a Silurian sea floor



Gastropods and Ammonites from Jurassic and Cretaceous seas.



A formidable meat eating Allosaurus from the Late Jurassic



And our own Ancestors!



Definitely worth another visit!

Mary Reed, Group Coordinator

A CONCERT LIKE NO OTHER

Our Ukulele Group, led by Dawn Simpson, has a band formed of some of its members known as "Wacky Wednesdays". Over the years the band has performed about 200 concerts, entertaining at clubs, church events, hospitals, fetes, fairs and care homes in our local area. Each concert has its differences and acquired memories for the band members, usually for good reasons, although there has been the occasional disappointment.

However, in late June, instead of the group meeting for a practice session, the band entertained the children at the Rachel Madocks School in Waterlooville, a small 'Special School' for children ages 2-19 with severe and profound multiple learning difficulties. Many of the students have additional diagnoses and complex needs that require frequent medical assistance or support with behaviour due to their autism or severe learning disability.

To my way of thinking I imagined this concert would be a challenge, but how wrong my thinking proved to be as, for very good reasons, it turned out to be a concert like no other and one that I, and probably all other band members, will always remember.

The band played two sessions, the first for children 7-19 years of age and a second session for the children aged 2-6 years, each session lasting about twenty minutes. During both it was a pleasure to observe the reactions from the children, with some laughing, waving or blowing kisses, whilst others happily remained focused on the band's delivery. This was summed up by a member of the staff who later said *"Music does something for the school's pupils that is hard to describe but it touches and moves so many of the children in a way that is just heart-warming to see and we are grateful to you all for creating such a lovely afternoon."* Yes, it was a lovely afternoon, heart-warming and so worthwhile.

This all happened thanks to the band's two concert booking coordinators, Maria Miller and Jackie Courtney, and the good news is that the band is going to be invited back. Well done all round, I think.



The band at Rachel Madocks School, ready for the opening song.

We are always on the lookout for new members to join our group; no formal tuition is given but everyone is happy to share their knowledge and experience.

If you'd like to come along for a taster to find out more, please contact Kevin Stock, Group Liaison (groups@waterloovilleu3a.org).

Bob, Band Member

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	1 st Aug
Aviation – the future and history of drones	5 th Aug
Exploring alternatives to mainstream social media	11 th Aug
Laughter Yoga with Judith	18 th Aug
Expeditions of George Mallory (b.1886, d. 1924)	18 th Aug
Mindfulness and Compassion meets Poetry	18 th Aug
Vengeance of Vision? Artemisia Gentileschi and the Art of Survival	21 st Aug
Climate Change and Artificial Intelligence	26 th Aug
Laughter with Merrie Maggie	26 th Aug
Secrets of the Human Brain – touch and pain pathways	28 th Aug
Flight Inspirations – the history of RAF Northolt	2 nd Sep
Travelling with meaning and purpose – the HX Expeditions way	2 nd Sep
Small modular nuclear reactors	3 rd Sep
Rainer Maria Rilke – the Journey Within	4 th Sep
Cryptic Crosswords in context	5 th Sep
Railway History at the National Archives	9 th Sep
Laughter Yoga with Judith	10 th Sep
Upgrade your urban driving with IAM RoadSmart	11 th Sep
Life and music of Ian Gillan – Deep Purple	11 th Sep

U3A RADIO PODCASTS



The national u3a produce monthly podcasts for members to listen to. It is run by a team of u3a volunteers who have radio experience and features interviews with members, interest group coordinators/leaders, Trustees, national volunteers and Subject Advisers.

These podcasts are available on the dedicated u3a **YouTube** channel as well as via **Spotify** and **Apple Podcasts** or just put *u3a radio podcast* in any search engine.

AUGUST DATES & TRIVIA

2nd. (1870) World's first underground railway– the Tower Subway beneath the river Thames - opened its doors for passengers. Sadly the subway was closed within a few months because of bankruptcy and the tunnel is now used for utilities.

4th -10th. National Allotment week.

6th (1926) Gertrude Ederle, an American Olympic swimmer, was the first woman to swim across the English channel; she did it in 14 hours and 34 minutes.

6th (2000) Great Yarmouth was showered with fish. Apparently the fish had been picked up by a waterspout in the North Sea. Fed them into a thundercloud which burst over Great Yarmouth and dropped the, by then, dead fish over part of the town – enough to cover a shed roof in one spot.



8th Photographer Iain Macmillan took the iconic photograph of the Beatles crossing a zebra crossing which later became the cover for their 11th album Abbey Road.

9th **Full moon** – August's is known as the Sturgeon Moon; the name derives from some Native American groups who found that sturgeon were most abundantly caught during this month. This month's full moon comes with a celestial bonus – when it rises just before 9.00 am, it will be in alignment with Saturn, Venus and Jupiter.



10th (1675) The foundation stone was laid for the Royal Observatory in Greenwich = supervised by John Flamsteed, the first British Astronomer Royal.

11th -17th Afternoon Tea week – a great opportunity to celebrate the tradition of afternoon tea – a pot of tea, finger sandwiches, scones and pastries all enjoyed in the company of friends and family; what's not to like?

12th (1981) The IBM Personal Computer or the IBM 5150, was stocked in stores for the first time. It had no disk drives and sold for £4,000 in today's money.

13th Left-Handers Day. About 10% of the population is left-handed whilst most equipment and day-to-day articles are designed and manufactured for the use of right-handed people.

16th (1858) The first transatlantic telegraph message was sent by Queen Victoria to American President James Buchanan. The cable was only successful for a few months and technical difficulties led to it being closed in October of 1858.

18th (1612) The Pendle witch trials began; nine women and two men were tried for practicing witchcraft. The trials lasted for two days and 10 of the accused were found guilty and executed on the 20th August.

20th (1951) The first Benny Hill show was broadcast.

28th Bow Tie Day. Thought to have evolved from the cravat (which originated in Croatia in the 17th century), the bow tie became a part of a fashionable man's wardrobe in the early 19th century.



29th (1831) The English scientist Michael Faraday discovered electromagnetic induction which went on to help the creation of electric generators, transformers and induction cook tops.

30th (1860) The first European tramway was installed and run in Birkenhead. The opening of the tramway was initially for a six-month trial which extended to a 77-year run, closing shortly before World War II. Part of the original route is operated today by a heritage organisation to showcase their restored trams.



AUGUST ASSOCIATIONS

Astrology

1st-22nd Leo (the lion), ruled by the Sun; element Fire; "I will"

23rd – 31st Virgo (the virgin), ruled by Mercury; element Earth; "I serve"

Bird of the month – Starling

Smaller than a blackbird, with their black feathers shining blue and green in the late summer sun, starlings will be inspecting lawns for leatherjackets, spiders and earthworms this month. Noisy birds, with a call a bit like a buzzer, their normal lifespan is 15 years. It is the male that builds the nest from grass – usually in a hole in the wall, tree or building. The female lines it with feathers, wool and moss and, once the nest has been built, the male decorates it with leaves and petals.



Starlings are very good mimics and have been recorded copying the sounds of car alarms, phone ringtones and mammals as well as putting together their own "remixes" of the calls of other birds!

August fruit : apples, apricots, bilberries, blackberries, blackcurrants, blueberries, cherries, damsons, figs, gooseberries, greengages, loganberries, melons, nectarines, peaches, plums, raspberries, redcurrants, rhubarb, strawberries, tomatoes*.

August vegetables artichoke, aubergine, beetroot, broad beans, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, courgettes, cucumber, fennel, French beans, kohlrabi, leeks, lettuce, mange tout, marrows, mushrooms, onions, pak choi, parsnips, peas, peppers, potatoes, radishes, rocket, runner beans, spinach, spring onions, swedes, sweetcorn, tomatoes*, turnips, watercress.

* tomatoes are scientifically fruits as they contain seeds, but they are culinarily vegetables as they are not sweet.

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

MARKETING AND PR CO-ORDINATOR

Do you have any experience in marketing, publicity and working with the media?

We are looking for someone who would be interested in developing this new role promoting Waterlooville u3a in the local area. The Co-ordinator would be responsible, with guidance from the Committee, for raising awareness of u3a locally, sharing information about activities and events and building positive relationships with local and national media as needed. This role description is flexible, to suit your ideas and experience.

If you feel this role might suit you / or you want further information, please contact Rob Stansbury our Chairman at chairman@waterloovilleu3a.org.uk

GROUPS WITH VACANCIES (as of 3rd August)

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

Interest Group	Meeting Day & Frequency	Venue
Art Appreciation	Monthly 2nd Friday pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wednesday am	Zoom
Art History 2	Monthly 1st Tuesday pm	Denmead 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
Board Games 2	Monthly 3rd Monday pm	Members' Homes, Cosham
Books 4	Monthly 3rd Wednesday am	Waterlooville Library
Bridge	Weekly Friday am	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 2	2 nd & 4 th Tuesday pm	Springwood Community Centre
Card Games	2nd & 4th Wednesday am	Springwood Community Centre
Country & Western music	Monthly last Wednesday pm	Members' Homes, Widley
Craft	Monthly 1st 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, Widley
Cycling	1st & 3rd Thursday am	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tuesday am	Jubilee Centre, Waterlooville
Folk / Roots Appreciation	Monthly 1st Thursday pm	Members' Homes, Waterlooville
French Beginners	Monthly 4th Friday 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	Pear Tree Court, Horndean
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
Quizzers 1	Monthly 2nd Thursday am	Springwood Community Centre
Quizzers 2	Monthly 2nd Wednesday pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
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
Sewing	Weekly Thursday am	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wednesday pm	Sacred Heart, Waterlooville
Snooker 2	1st & 3rd Thursday pm	Waterlooville Sports Bar
Sunday Diners	Monthly 2 nd Sunday	Various places
Table Tennis (Beginners)	1st & 3rd Friday pm	Denmead 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	1st & 3rd Tuesday am	Various places
Walking 1 - Strollers	1st & 3rd Friday am	Various places
Walking 2 - Striders	1st & 3rd Monday pm	Various places
Walking 2 - Strollers	Monthly 3rd Tuesday am	Various places
Walking 3 - Stragglers	Fortnightly Friday am	Various places
Walking 3 - Strollers	Fortnightly Friday am	Various places
Wine Appreciation 2	2nd Tue or 3rd Mon eve	Members' Homes, Waterlooville