



COFFEE MORNINGS 10:00 am – 11:30 am :

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



Monday 12th January and 9th 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 21st January

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

Speaker : Jackie Dimmock – The Good The Bad and the Downright Funny (part 2)

Jackie will continue to recall stories relating to her 30 years as a Hampshire Police Officer, using a series of mini quilts to depict the stories. The quilts are fabulous.

Wednesday 28th January

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

Speaker : Andy Williams – Marine Steam Engines Through The Ages

Andy, aka Andy the Diver,- is President of the Southdown Divers and has dived all over the world. This talk is a light hearted canter through the history of steam at sea, very appropriate in this 200th anniversary of Locomotion No 1.

IT'S OUR 20TH ANNIVERSARY THIS YEAR!

"From little acorns do mighty oaks grow" – back in 2006 we started with just under 200 members and around a dozen activity groups. Today we have just over 1,000 members and over 110 groups – we must be doing something right!

We are planning a special celebration event later in the year to coincide with our annual Open Day (more of which nearer the time) but it would be great to hear from anyone who was there at the beginning or in the early days of our birth. Certainly some of the original Group Coordinators are still members, as are one or two of the inaugural Committee members.

So do please get in touch with any memories, dits or even photographs you may have so they can be shared.

Angela Chapman bulletin@waterloovilleu3a.org.uk

2025 AGM NOTES

The 2025 Annual General meeting was held at the Sacred Heart Church in Waterlooville on 26th November. Over 80 members were in attendance, with a further 28 members who had submitted votes by post/ email beforehand. Overall there was an attendance of over 10% of the membership (the quorum being 5%).

In addition to thanking everyone for attending, Rob Stansbury mentioned specifically :

- ❖ The members of the Committee who not only give up a considerable amount of their time to their roles, and without whom our u3a could not exist, but also they had supported him during his first year as Chair, given his limited experience and knowledge of u3a before he took on that role.
- ❖ One Committee member (Glen Bush) who stepped down as Groups Treasurer; his contribution was recognised and many thanks were expressed for the work he had done.
- ❖ Waterlooville u3a has over 1,000 members and the overall day-to-day running is dependent on volunteers, including Group Coordinators, Committee members and other helpers. In all, we have over 150 volunteers and thanks are due to each and every one. If you feel yourself able to volunteer, please come forward and make yourself known to a member of the Committee, at any time of the year.

The Treasurer's report was approved.

Five members of the Committee were elected – four for re-election and one new member, Anna Meades, who has stepped forward to take on the Groups Treasurer role, for which we are most grateful.

Rob Stansbury, Chair

CURRENT COMMITTEE MEMBERS

Role	Name	Email contact
Chair	Rob Stansbury	chairman@waterloovilleu3a.org.uk
Secretary & Vice Chair	Lyn Moore	secretary@waterloovilleu3a.org.uk
Treasurer	Tony Paul	treasurer@waterloovilleu3a.org.uk
Assistant Treasurer	Vicki Mottershead	vickimottershead1@hotmail.com
Groups Treasurer	Anna Meade	groupstreasurer@waterloovilleu3a.org.uk
Group Liaison	Kevin Stock	groups@waterloovilleu3a.org.uk
Membership Secretary/Vice Chair	Linda Hugo-Vieten	members@waterloovilleu3a.org.uk
Speakers Secretary	Hilary Ryan	speakers@waterloovilleu3a.org.uk
Beacon Administrator	Angela Chapman	beacon@waterloovilleu3a.org.uk

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

Wednesday 18th February

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

Speaker : Mike Cooper – The Joy of “FLOD” – what surnames can and can’t tell us

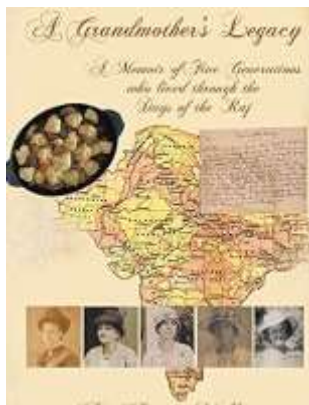
‘Onomastics’! That’s the proper term for the study of names and naming, within the study of language as a whole (or ‘linguistics’).

This talk will be an enjoyable and thought-provoking lay-person’s introduction to surnames: their nature, history, meanings and significance, using lots of examples from English and some other languages – some of those will be familiar and some will be surprising.

Wednesday 25th February

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

Speaker : Jenny Mallin – A Grandmother’s legacy – my Great Aunt Constance



My great aunt Constance was a woman of high social status, a wife of a British official, born in 1898 this is her account of her life in Burma and the story of a civilian trek in 1942 involving thousands of people who faced an arduous hike across some of the world's most treacherous terrain, dealing with monsoon climatic rivers, jungles and steep mountain ranges and dangerous wildlife. We learn how Rangoon was at that time the world's busiest immigration port with millions arriving into this rich, stylish and exciting destination and how Burma was recognised as the most beautiful country in South East Asia. We discover how living in Rangoon throughout its heyday of the 1930s meant a charmed life, one that was filled with opulence, bon viveur and style. We then learn how life can change overnight and the juxtapose of a situation where there was no possibility of turning back but only in moving forward.

LOGIC PUZZLES FOR FUN

If you would like to give your brain a bit of a workout then look no further than this u3a UK page [Logic Puzzles For Fun](#) . It has a wealth of logic puzzles to stretch those brain cells and build new neural pathways – and the solutions are there too!



SOCIAL DATES FOR YOUR DIARY

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

Quiz evening	Sat 18 th April	Springwood Community Centre
Beetle Drive	Fri 20 th March	Springwood Community Centre
Skittles	Sat 25 th April	Springwood Community Centre
Anniversary Celebration	Fri 14 th August	WACA
Quiz evening	Sat 12 th September	Springwood Community Centre
Barn Dance	Fri 16 th October	Cowplain Social Club

"BEAUTY OF THE EARTH" : THE ART OF MAY, JANE & WILLIAM MORRIS



Images: *Blanziflore (Snowdrops)*, Dante Gabriel Rossetti © Private Collection.

Orchard Bed Curtain, May Morris. Society of Antiquaries of London (Kelmescott Manor) © Society of Antiquaries of London (Kelmescott Manor)/V&A.

A Book of Verse (title page), William Morris © Victoria and Albert Museum, London.

This is a special exhibition presented by Hampshire Cultural Trust at the ARC in Winchester. From embroidery to wallpaper, decorated books to oil paintings, the exhibition gathers works from the earliest days of Jane and William's marriage alongside works by Dante Gabriel Rossetti, Edward Burne-Jones and John Ruskin, as well as designs by May Morris which are on public display for the first time.

Through this exhibition the visionary art of the Morris family can still encourage everyone to "*love the narrow spot that surrounds our daily life*".

The exhibition runs until the 4th February.

Full information can be found [here](#) or call 01962 398046

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 it may be ignored and your query could be delayed or go unanswered.

These are the main contacts that you are most likely to need :

members@waterloovilleu3a.org.uk

to advise updates to your personal information (email, contact number, address, etc.); any queries about your membership

groups@waterloovilleu3a.org.uk

to join or leave a group; Group Coordinators to update your group's information (date/place/time of meeting, etc.), to advise the o of member referrals/taster sessions

groupstreasurer@waterloovilleu3a.org.uk

information/queries about group funds

bulletin@waterloovilleu3a.org.uk

submissions for member bulletins – group visits, social events, local information, interesting photos and more

STILL USING A WINDOWS 10 COMPUTING DEVICE?

Microsoft stopped supporting Windows 10 last October – although devices will still work, they will become increasingly insecure as security updates will no longer be received from Microsoft.

You could choose to buy a new device running Windows 11 or you could obtain extended security updates until October of this year.

Microsoft offer extended security updates for Windows 10 devices on payment of a one-off fee of \$30 (or the equivalent £ exchange rate). In return your device will continue to receive security updates until October 2026.

For more information and how to get extended support, go to [Windows 10 extended security updates](#) There are page step-by-step instructions and an FAQ section.

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. All our groups are listed there and each have their own page – just click on a group name to open their page and discover more about when/ where they meet and what they do.

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.

WOOD TURNING GROUP

One of our members has offered to run a Wood Turning group with this description :
"Wood turning begins with a simple blank of wood and reveals the bowl, box or form hidden within it. It's a craft that offers both skill and deep satisfaction and I'm happy to share that knowledge. I can teach beginners the fundamentals and, for those already familiar with the lathe, we can work on joint projects together. Space in the workshop is limited, but everyone can be accommodated with staggered sessions."

Let me know if you are interested in joining it!

POTENTIAL NEW GROUPS

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

BEGINNERS BADMINTON – open to all levels

BOOKS 6 – read a book then discuss it with other members

CANASTA 4 – a popular card game

ITALIAN CONVERSATION FOR BEGINNERS – learn together

FILM CLUB - watch DVDs in a local cinema room for free.

MEMBERS ON THEIR OWN 3 – social activities for our single members

PAINTING – any medium

WEEKENDERS 2 – Looking for things to do at the weekend? Pub lunch, a walk, meet for coffee or a drink?

Kevin Stock, Group Liaison

PLEASE CHECK THE BANK DETAILS AND REFERENCE WHEN YOU MAKE A PAYMENT

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 a bank transfer to us, please double check that you are sending it to the correct account and are quoting the correct reference. This is particularly important if you belong to several groups as their references will differ. 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**

(If you're unsure of the group reference to use, please contact groupstreasurer@waterloovilleu3a.org.uk - advise the full name of the group and when it meets so that you can be given the correct reference)

General social events :

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

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

NATIONAL U3A MATTERS MAGAZINE



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. To read the magazine online, visit [u3a Matters magazine online](#) where both the current and previous issues can be seen.

COMPUTER HELP RETIRED

Technology has advanced greatly since we introduced our computer "advice line" several years ago. Online searches and AI answer most queries nowadays and are available 24/7, 365 days a year. There are AI assistants to hand in most browsers, various Copilot offerings for many software programs and information about Chat GPT can be found [here](#). The number of enquiries have tumbled to less than a handful over the last year so Rich and Andrew are "retiring" from this role and we extend our very grateful thanks to them both on behalf of the members they have helped over the years.



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. However, **IF YOU DO NO longer 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.

To unsubscribe contact bulletin@waterloovilleu3a.org.uk.

M27 JUNCTION 10 IMPROVEMENT– UNDERPASS IN PLACE

The M27 Junction 10 improvement involves the provision of three new slip roads, along with a new motorway underpass to the west of the existing motorway junction and the construction of a new dual carriageway to link the new slip roads to the existing road network.



Follow [this link](#) to see a time-lapse video of the new underpass “box” being slid into place. The exercise took place over the 26th and 27th December and took 20 hours to complete. Incredible! This innovative technique avoided many months of lane and speed restrictions and prolonged and extensive overnight works. The team effort involved around 130 crew working 10,000 hours, managing to complete the complex operation ahead of schedule. The underpass will open to traffic later this year and will provide two lanes in each direction, new slip roads and a shared footway/cycleway.

Here is some [drone footage](#) of the work so far and showing the beginning of the work to backfill the embankment.

And finally a [drone flight](#) along the completed section over the underpass

SOUTH DOWNS NATIONAL PARK – MILES WITHOUT STILES

Miles Without Stiles are routes that are suitable for people with limited mobility, wheelchair users, families with pushchairs, dog walkers and less agile walkers.



A number of new routes are being created across the South Downs – including the removal of stiles, replacing gates and resurfacing rough tracks.

This is an ongoing project and there are six routes currently available – one of which is not too far from us – West Walk in the Forest of Bere near Wickham.

Full information about this walk can be found [here](#)

And details of the other walks can be found [here](#) – including some that have been filmed to give visitors an advance flavour of the terrain.

JANUARY BITS'N'BOBS

Useful tip? Folklore has it that rubbing a potato on your windscreen when frost is threatened prevents any ice from forming and you can jump in and hit the road without any need to scrape the screen first.

Deity : JANUS – the Roman god from which January gets its name. Janus has two faces – one looking back into the past and the previous year and the other facing forwards to the future and what is to come. Known as the god of gateways, Janus is associated with the passing of time, endings and new beginnings.



Herb : SAGE – (also *salva officinalis*), the ancient Egyptians used it to promote fertility whilst the Greeks and Romans used it to preserve meat. Thought to improve memory and fine-tune the brain sage was often burned during funerals to help mourners deal with grief and to cleanse the sacred space.



Flower – the SNOWDROP, (also *galanthus*), symbolises hope, purity and renewal, representing the arrival of spring and new beginnings. In Greek mythology they are believed to have sprung up from the tears of the goddess Persephone. A folk belief is that carrying a snowdrop in your pocket can bring financial success.

Star signs –

CAPRICORN 21st December 2025 – 19th January 2026; symbol the Goat; element Earth (practical, realistic, cautious); quality Cardinal (initiating); "I use"; ruling planet Saturn (the backbone); body parts bones, knees, teeth.



AQUARIUS 20th January to 18th February; symbol the Water Bearer; element Air (clever, curious, communicative); quality Fixed (persevering); "I know"; ruling planet Uranus (the awakener); body parts shins, ankles, circulation.



Interesting dates

1st – half way through "Twelvetide" (the 12 days of Christmas). If you're feeling energetic you might care to dance around a cow wearing a flat cake on its horns (really?). Apparently if the irritated bovine throws the cake forwards, you'll have good fortune; backwards, the opposite. However, if you are feeling a little delicate you might follow the custom of NOT cleaning today, not even popping last night's empties into the recycling, lest you clear away all the good fortune you have tried so hard to accumulate.

2nd – the Anglo-Saxons considered this to be the unluckiest day of the year, with some in the Middle Ages declaring it to be perilous! In order to not take any unnecessary risks it was generally agreed that activities such as marriage, bleeding, travelling and being born on this day should be avoided at all costs.

4th or 5th Twelfth Night depending on whether you consider the first day of Christmas to be Christmas Day or Boxing Day. The traditional time for removing all Christmas decorations from sight; failure to do so risks ruining your luck for the rest of the year. (Some believe it is acceptable to leave them up until Candlemas on 2nd February).

12th – "If on 12th January the sun shine, it foreshadows much wind." Hope that the month remains cold for it's also said that a mild January does more harm than good in the long run.

13th – said to be the coldest day of the year.

18th - National Winnie-the-Pooh Day – the perfect day for playing Poohsticks!

19th – the day when people are most likely to give up their New Year's resolutions. If you feel the need to be more resolute, try nibbling on some borage leaves for courage and strength of character.

Sources : Greeny Gardener; "Everyday Folklore" by Liza Frank; "Mystical Year" by Alison Davies, Your Zodiac Sign and the vast t'internet.

GROUPS WITH VACANCIES (as of 1st Jan)To join any group contact Kevin Stock groups@waterloovilleu3a.org.uk or 07769 266879

Interest Group	Meeting Day / Frequency	Venue
Art Appreciation	Monthly 2nd Fri 2pm-4pm	Members' Homes, Drayton
Art History 1	Monthly 2nd Wed 10am-12	Zoom
Art History 2	Monthly 1st Tue 2pm-4pm	Denmead Community Centre
Backgammon	1st & 3rd Mon 10.30am-12.30pm	The Woodman, Purbrook
Badminton (Improvers)	1st & 3rd Wed 1pm-3pm	Horizon Leisure Centre, Havant
Board Games (Modern)	1st & 3rd Mon 1.30pm-3.30pm	Denmead Community Centre
Board Games 2	Monthly 3rd Mon 2pm-4pm	Members' Homes, Cosham
Bridge	Weekly Fri 10am-12	Acorn Community Centre
Bus Trippers	Variable	Various places
Canasta 3	2nd & 4th Mon 2pm-4pm	Acorn Community Centre
Country & Western music	Monthly last Wed 2pm-4pm	Members' Homes, Widley
Craft	Monthly 1st Wed 2pm-3.30	Cosham Baptist Church
Current Affairs 1	Monthly 2nd Wed 2pm-4pm	Members' Homes, Waterlooville
Current Affairs 2	Monthly 2nd Thu 10am-12	Portsmouth Golf Club, Crookhorn
Cycling	Weekly Thu 9.15am-12.30	Various places
Dining Out	2nd Wed & 4th Sun lunchtime	Various places
Drawing 2	1st & 3rd Tue 10am-12	Jubilee Centre
French Conversation 1	Weekly Tue 2pm-4pm	Members' Homes, Waterlooville
Fun French	2nd & 4th Wed 2pm-4pm	Members' Homes, Cowplain
Fun with Watercolours	Weekly Thu 1pm-4pm	Members' Homes, Cowplain
Genealogy	Monthly 1st Thu 2pm-4pm	Church of the Resurrection, Drayton
German (Intermediate)	Fortnightly Mon 10am-12	Members' Homes, Drayton
Learn Guitar & Sing	2nd & 4th Tue 2pm-4pm	Members' Homes, Widley
Line Dancing (Improvers)	Weekly Mon 2pm-3pm	Waterlooville Baptist Church
Lunch Club	Variable 12.30pm-2	Various places
Mah Jong 1	1st & 3rd Tue 10am-12	Age Concern, Cowplain
Mah Jong 2	2nd & 4th Tue 2pm-4pm	Portchester Parish Hall
Photography 1	2nd & 4th Tue 10am-12	Pear Tree Court, Horndean
Poetry	Monthly 2nd Wed 2pm-4pm	Members' Homes, Cowplain
Quizzers 2	Monthly 2nd Wed 2pm-4pm	Age Concern, Cowplain
Radio Hams	Variable	Various places
Rummikub 1	1st & 3rd Tue 2pm-4pm	Springwood Community Centre
Rummikub 2	2nd & 4th Wed 2pm-4pm	Springwood Community Centre
Science	Monthly 4th Thu 10am-12	Springwood Community Centre
Scrabble	1 st & 3 rd Thu 2pm-4pm	Springwood Community Centre
Sewing	Weekly Thu 10am-12	Acorn Community Centre
Singing For Pleasure	1st & 3rd Wed 2pm-3.30	Sacred Heart Church, Waterlooville
Snooker 2	1st & 3rd Thu 1pm-4pm	Waterlooville Sports Bar
Sunday Diners	Monthly 2nd Sun 12.30pm-4.30	Various places
Tai Chi 1 - Improvers	Weekly Fri 12.30pm-1.30	Waterlooville Community Centre
The Potting Shed	Variable	Various places
Ukulele	Weekly Thu 2pm-4pm	Lovedean Village Hall
Walking 1 - Stragglers	1st & 3rd Tue 10.30am-12	Various places
Walking 1 - Strollers	Monthly 1st Fri 10am-12	Various places
Walking 2 - Striders	1st & 3rd Mon 1.30pm or 2.00pm	Various places
Walking 2 - Strollers	Monthly 3 rd Tue 10am-12	Various places
Weaving & Felting	1st & 3rd Tue 2pm-4pm	Members' Homes, Cowplain

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/>

NATIONAL U3A ONLINE EVENTS

Each month, national u3a offer free 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

Flight Inspirations : miracle on the Hudson – a pilot’s perspective	6 th Jan
How do your medicines work? An introduction	7 th Jan
World faiths : the effect of mother language in shaping & understanding faith	12 th Jan
Mindfulness and compassion meets poetry	9 th Jan
Understanding online content and misinformation – practical guidance	13 th Jan
Laughter Yoga with Judith	14 th Jan
How to build confidence in later life	14 th Jan
Mindfulness and meditation	15 th Jan
When numbers turn nasty –a mysterious troublesome number	15 th Jan
From Roman Britain to the Dark Ages by Charles Boundy	15 th Jan
Bollywood Laughter Yoga Dance on Brew Monday	19 th Jan
How do your medicines work? Asthma	21 st Jan
Smart Cities – Let’s Talk Tech with David Martin	21 st Jan
Voyage through the Scottish Hebrides with Monty Halls	21 st Jan
Artificial Intelligence – from diagnosis to prediction, AI and primary healthcare	23 rd Jan
The Calendar, Time and the Cosmos, part 1	23 rd Jan
Wellbeing tasters – tai chi, qigong, seated yoga, mindfulness, meditation, etc.	26 th Jan
Why snails might hold some answers to age-related memory loss	27 th Jan
Laughter Yoga with Merrie Maggie	27 th Jan
Cryptic crosswords in context	28 th Jan
The story of Tootje (Cato) Granaat 1926-2000	29 th Jan
The Calendar, Time and the Cosmos, part 2	30 th Jan
Preparing for an AI world	2 nd Feb
Flight Inspiration : Space and Aviation, the new high ground	3 rd Feb
After Alzheimer : memory, ageing and what comes next	3 rd Feb
How do your medicines work? Hypertension	4 th Feb
Smashing particles – behind the scenes at CERN	5 th Feb
The Mathematicians’ Library with Thomas K. Briggs	6 th Feb
The Calendar, Time and the Cosmos, part 3	13 th Feb
How do your medicines work? Pain Relief	18 th Feb
Live Cookery demonstration – winter warmers with Chef Alex	20 th Feb