

MEMBERS' NEWS UPDATE AUGUST 2023

CHAIRMAN'S NOTES

Fellow members,

I spoke last month of the summer break being suddenly upon us and I hope everyone who has been away on holiday and enjoyed themselves can spare a thought for all those who have been caught up in the terrible events in Greece and the Greek islands recently. What a tragedy, after long anticipation of sunny days with a glass of something on a beach in foreign climes. Maybe British holidays are best after all, as we all know how to deal with the rain!

Hopefully, we will be lucky and the weather for our U3a "Picnic in the Park" will be perfect, as Maggie and her team of helpers are pulling out all the stops to make it a very pleasant event and I am sure you are all looking forward to being there - I can almost smell those home baked cakes already! Lol

I am sure we will all be returning in September fully refreshed and ready for a busy U3a season. If you can spare a few minutes of your time to help "meet and greet" new and any tentative members at the Thorngate meets, please do let us know. I expect all of you remember your first meeting and how good it felt to be met and made welcome by a smiling face and to have someone 'show you the ropes'. This could be your chance to give back to someone else. Also, if you have any suggestions on topics of interest that might lead to the creation of more groups, we would be happy to discuss those with you. There is an old saying "the more, the merrier" and that is what U3a is all about. Each group you join, is an opportunity to find new friends and discover new interests and adventures. The website is also an excellent source of information for you to look at. Best wishes.

George Cantrill

A PICNIC IN THE PARK

Looking forward to seeing you all again on **Thursday, 10th August 2023** in Nicholson Gardens, Gosport from **1:30pm-4:00pm**. There will be free tea and coffee but no alcohol is permitted, although you can bring your own food and Geoff will be providing the background music for us. Nicholson Gardens are in Carlton Road (off Prince of Wales Road) and although there is no parking in the grounds, you can park along the road in that area, or, for 3 hours in the Jamaica Place car park.

WELFARE OFFICER

Hello everyone one, I hope that you are all keeping fit and well. The next new members coffee morning will be held on **Monday, 4th September** at **10:30am** at the **Discovery Centre**, which I should be able to host following my recent health issue. On this note, a huge thank you to Linda and Teri, who have been absolutely fantastic standing in for me. I hope that you all enjoy the summer, and will be able to join us at the U3A picnic.

Sheena Bone, Welfare Officer

DANCE GROUP



The Alverstoke Nursing Home enjoyed our visit so much last month, that we were invited back to entertain them again this month. We cover a variety of Swing, Jive and Dancing Strolls and if you would like to join us, new members are always welcome. No experience is necessary and no partner required.

Pat Luke, Group Leader

CRYPTIC CROSSWORD SOLVERS

We started as beginners but are now improving, so can take new members. The group is not suitable for experienced crossword solvers. However, if you can understand a bit about how to solve cryptic crosswords and would like to join us to slowly work through some examples, please use the bluebird icon on the group page to join us on the first Monday of the month, restarting **4 September** at **2pm**. We hope to compile a cryptic crossword too, working on preparing the clues together.

Jennifer Bellamy, Group Leader

WALKING GROUP (5-6 MILES)

This fairly new group has now completed 3 walks with 10-12 walkers and they have all been brilliant. Read all about what we do on our website page and use the bluebird icon if you are interested in joining us, meeting new friends, getting out in the fresh air and seeing some beautiful countryside. We walk on the third Friday of the month.

Jennifer Bellamy, Group Leader

PICKLEBALL GROUP



PB4All

Manual_Pickleball Play

Our last session before summer break is on the 31st July and the group will recommence on the 4th September 2023. If you can't wait until then, the Alverstoke Lawn Tennis & Badminton Club allow non-members to play Pickleball on certain club days, so check out their website.

Alternatively, you can join the Gosport Pickleball Club which can be contacted via Facebook. Please note fees apply to these clubs. If you are Interested in Pickleball then have a look at the attached basic rules. **Jane Mcardle, Group Leader**

ARCHAEOLOGY GROUP

We have had an interesting and fun day visiting Butser Ancient farm. Learning about and viewing life from the Neolithic to Anglo Saxon times.



DAY TRIPS GROUP

Unfortunately, shortly after booking our first day trips, Touromo Coach Trips announced that they would no longer be operating in the Fareham area. However, Maggie has found an alternative company and organised another coach trip to **The Festival of Light** at **Longleat** in December with **Angela Coaches** instead. Luckily the two trips that were organised to **Bletchley Park** and **The Watercress Line** will still go ahead but as the day trips are very popular you have to be very quick to book a place once they are advertised, as they are usually taken within a few days of the e-mails being sent out. All information about the coach trips is added to the Day Trips Website page regularly and you can view whether seats are available there. For more information about joining the group, please contact Maggie or Jan via the bluebird icon.

Maggie Gavin, Group Leader

FINE DINING GROUP

The group enjoyed a lovely meal at **The Golden Bowler** in July and we are looking forward to meeting again at **The Bun Penny** at **Lee-on-Solent** on **Thursday, 17 August 2023**. As the Avenue141 will be closed in September we will be trying a new venue, **The Richmond Restaurant** (at the **Lysses Hotel** in **Fareham**). The menu looks delicious and a 2-course meal for £22.50 is very reasonable for Fine Dining. We have also booked a **Xmas Lunch** reservation on **Monday, 11 December 2023**. The places are being taken up quickly so please let me know as soon as possible, as this venue is very popular and we may not be able to book extra numbers if you leave it too late. The Xmas Lunch will cost about £30 per person. The Web Page is updated regularly and all information regarding the lunches, along with sample menus can be found there. If interested, please contact Jan, on u3afinedine@gmail.com or, via the webpage link.

Jan Damerell, Group Leader

LOCAL HISTORY GROUP

At our July meeting, a number of us assembled outside the Museum ready for a local walk. Aably led by Ann, we passed *Rostellan* on the corner of Spring Garden Lane, turned down Prince of Wales Road past Nicholson Gardens and on to The Grove. The maze there is based on the one in Chartres Cathedral. Continuing along the old railway line,



we arrived at Gosport Station, recalling that royalty had passed through this station. We walked past St George's Barracks and returned to the Museum. Our thanks to Ann and everyone who contributed snippets of interesting facts and information along the way. Thanks also to Ian for the photograph. We have no meeting in August but hope to meet again in September. *Joy Hammond, Group Leader*

EXPLORING WORLD FAITHS

A faith or none, just an open mind is required for this group's discussions. We have recently been looking at the 'religions' of the ancient civilisations, so have found out about, among others, the Olmecs, the Maya, the Toltecs, The Aztecs, The Moche, the Incas in South America, the interweaving in China of their Folk religion, Legalism, Daoism, Buddhism, and Confucianism. It has been fascinating. In September, we will be looking at the Japanese Shinto, which has roots in prehistoric Japan. We meet in the morning, on the 1st Tuesday of the month and if you are interested in learning more about our group, please contact Jennifer via the Bluebird icon on the website.

Jennifer Bellamy, Group Leader

DÉBROUILLEZ-VOUS EN FRANÇAIS

This means “*Get by in French*” but don't be put off if you don't get the meaning. This is just a posh way of saying “*Easy French for beginners*”. We are a small, friendly, sociable group, suitable for beginners and also those at intermediate level. We are currently working our way through a popular best-selling, French grammar text book "Living French" by T W Knight. 7th edition - available from Amazon for £13.20 (assessed with



(Cover from *French verbs made easy* by LingoMastery)

4.5 stars out of 5). There is absolutely no obligation to speak French at the meetings so newcomers are welcome to come and just observe to see if they could benefit. We also deal with French culture, places of interest, history, cuisine etc. so Francophiles, this is the group for you. We meet every Tuesday at 10:30am by video conferencing. Details from Richard Lovett at Richardf.lovett@gmail.com or 02392 585194

Richard Lovett, Group Leader

WORLD VEGETARIAN FOOD



This month we visited Vietnam and Venezuela and explored their national foods. We tasted Caraotas Negras (black beans) in a coriander sauce, Vietnamese sweet and sour mango salad, and Banh Tai Heo (pig ear biscuits).



If you are a vegetarian foodie who enjoys researching and experimenting with recipes from around the world, please contact Neena at: nvadra@yahoo.com for details, or visit the website.

Neena Edwards, Group Leader



FOLK DANCE GROUP

A reminder that the first meeting of the new Folk Dance Group will be on the **4th September, 10:15am to 11:45am**, at Gosport Methodist Church. Subsequent meetings will be on the first Monday of each month. see website for more details.

Barrie Bullimore, Group Leader

(Or things you may be interested in)

For everyone in Gosportu3a who enjoys puzzle games. Terry Hunter has suggested you might like to try "Aileen's Game" a word puzzle created by Ian Clarke, a u3a member from East Suffolk. It is quite addictive so beware. It can be found on the u3aWebsite and u3a members can compete with each other for highest scores:

www.u3a.org.uk/learning/national-programmes/aileens-game

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NEW GROUP?

How many members of Gosportu3a look at our website?
How many would like to, but don't know how to access it?
Who doesn't use e-mail but would like to know how to?

There are lots of things that we all miss out on because we don't know how to access them, or are 'scared of pressing the wrong button', but everything is easy once you know how!

If anyone is interested in joining a group or coffee morning that will show them how to make the most of their mobile phones, tablets or computers or would like to help others by sharing how to use them (just the basics). Please contact the News Editor on beaconadmin@gosportu3a.org.uk or you can leave a message on 07771 646180

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2022-23 COMMITTEE ROLES AND CONTACTS

SOME COMMITTEE ROLES AND CONTACTS HAVE CHANGED SINCE THE MEMBER BROCHURE

Chairman	George Cantrill	chair@gosportu3a.org.uk	01329 238429
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Speakers' Secretary	George Cantrill	speakers@gosportu3a.org.uk	01329 238429

Committee members and other members with a gosportu3a.org.uk email address for their role will usually check their emails at least once a week. As part of their role many committee members check their emails more frequently. If members need an urgent reply or do not get a response to emails, they should ring at a reasonable time or contact another committee member.