

Chair: Michele Doran  
Vice Chair: Neal Goulborn

**Monthly General Meetings are held: via Zoom and also in St Lukes Church,  
Hedge End, on the 2<sup>nd</sup> Tuesday of each month at 2.30 pm**

## **NEWS from the COMMITTEE**

### **Welcome to your November Newsletter**

As promised last month, our next General Meeting on 9th November is to be held at St Luke's.



However, it is important you book your attendance as the numbers we can fit into the hall are limited as we are still practising social distancing.

Notification of the meeting was sent out on 29<sup>th</sup> October. Attached to the notification was the risk assessment regarding St. Luke's – it is short, so please make sure you have read it.

It will be great to feel that social u3a atmosphere in St Luke's we used to enjoy – just being able to enjoy a cup of tea and a chat will be lovely and seems like a treat now! Our speaker, Gerald Ponting, comes recommended and promises an interesting and amusing talk based round "My Favourite Photos and the Stories Behind Them"

Please don't forget to wear your membership lanyards – they were all hand delivered a few months ago.

We are really looking forward to seeing some of you at St Luke's

**Michele**



## NEWS ABOUT GROUPS

### Groups Team

We now have a Groups Team who are working together to support our Groups and New Groups - they are Alison & Bob Baker, Margaret Duff and Trish Reynard. We will have a table at St Luke's with information about our current Groups and our New Groups.

A New Group is a list for a proposed New Group - if you have an idea for a New Group let us know and we'll start a list. The idea is that other interested members can sign up and we will help the Group to get going. Please come and meet us to ask questions and share ideas about anything to do with our Groups.

### Computers and Home Technology

The online Group has now reformed and will meet face to face from now, having its first meeting in the Hilldene Centre, West End, on Tuesday 16th November. This group is already quite large and only has space for one extra member.

### Bloomers

The original Bloomers Group has now closed. The Social Team are hoping to organise some garden visits suited to larger group numbers. The Groups Team are working with a few members who would like to start a Group with a smaller number of members working collaboratively in the planning and organising of visits. A start up meeting will be held early in the new year with a view to organising a programme for the 2022 summer season.

### Knit and Natter Group and Pickleball

Both these groups have had their first taster session and are planning the next one. Knit and Natter meets 3<sup>rd</sup> Thursday of the month, 2-4 Snowdrop Place, HE, and Pickleball TBA. Please get in touch if you would like to join either of these groups.

We've also started lists for amongst others, Petanque, Amateur Painting and a second French language group, all of which have sparked a little interest but would welcome a few more members who'd be interested in trying something new. So why not enlarge that circle of friends, you know it'll be good for you.

Please see our HV Website for details of all Group Activities

<https://u3asites.org.uk/hamblevalley/groups>

For Groups, contact: Alison Baker

For New Groups, contact: Bob Baker

## NOVEMBER GENERAL MEETING

November's Speaker is Gerald Ponting – **My Favourite Photos and the Stories Behind Them**

December's Speaker is Heather Parsons – **Being on Strictly**

Both of the above speakers come recommended by other social groups so be prepared for a few laughs!

## MEMBERS in ACTION



Members of Singles Sunday Lunch Group 3 enjoyed a tasty Sunday roast at the Farmers' Home in Durley on 17 October. Thanks to Trish Reynard for organising this event – the conversation flowed, the food was good and the sun shone. Members of the group discussed the next venue and will be enjoying another meet-up at the Brigadier Gerard, Fair Oak, this month.

We have plenty of photos of walking groups, and eating groups – how about some from the rest of you? Pretty please .....

**We are putting an “age limit” on photos on the website so that any over 3 years’ old are removed. So some new ones are really necessary to show the variety of activities our membership enjoys.**

## BOB'S PODCAST RECOMMENDATIONS

Hi, I've found a bit of time to listen to a couple of podcasts recently that I think might appeal to some of our members. You've read my general blurb many times now, I'm sure you can remember it better than I can, but don't lose sight of those sentiments and let's get to the suggestions.

### **Home/Front: Marla's War**

A warzone is a scary and dangerous place that most of us are grateful we'll never have to experience. However, to put it lightly, it can be a bit of a circus.

*Home/Front: Marla's War* is a two-part series about an American anti-war activist, Marla Ruzicka, who had no real place on the frontline, and yet – unfunded and unsupported – showed up in both Afghanistan and Iraq at the start of both of those wars. Her self-proclaimed mission was to speak for the civilian victims of war – those accidentally harmed or killed. You might think she was a bit late to the anti-war party but stay with this pod because Marla did something incredible, and something that had never been done before: she brought attention to those civilians, Please give it a go, suspend your cynicism - you may open your heart to Marla.

### **Stuff the British Stole**

A series of podcasts, each about half an hour long. Throughout its reign, the British Empire stole a lot of stuff. Today those objects are scattered around genteel institutions across the UK and the world. They usually come with polite labelling. This series looks at the not-so-polite history behind those objects.

Each episode, fronted by author Marc Fennell, picks one artefact and takes you on the wild, evocative, sometimes funny, often tragic adventure of how it got to where it is today.

*If you'd like to have a listen to podcasts, but don't know how, There's a "how to access and listen to Podcasts" guide now available to save/print on the HVu3a website at <https://u3asites.org.uk/hamblevalley>. Look in the "Tech Help" section.*  
Bob Baker



Caught this week's "Just One Thing" while driving. On Radio 4 and available on BBC Sounds, I was about to find some music and got hooked! This week's episode was about how just standing up every hour can have a massive effect on general health, mobility, and energy levels. It was well presented, with humour mixed in with the science and interviews with "guinea pigs" who had tried and benefitted. Short, well-paced presentation about how just minor, quick and easy changes can make a big difference. Well worth a listen! Ed.

## GET to KNOW your u3a

Think the u3a is primarily for social contacts? The leadership of the Third Age Trust has just changed and below is an invitation to a meeting where the new leaders set out their vision for the future of the Trust. Delivered via Zoom, this meeting is open to everyone.

### SOUTH EAST REGIONAL NETWORK VIRTUAL AUTUMN GATHERING "WORKING TOGETHER" Wednesday 17<sup>th</sup> November 2021

9.30 -13.00

This gathering will be of interest to Chairs, committee members and the membership.

<https://www.eventbrite.co.uk/e/autumn-gathering-ser-working-together-tickets-174364818867>

#### Keynote speakers

**Liz Thackeray** – recently elected chair of the Third Age Trust and **Michaela Moody**, the vice chair.

Liz and Michaela will be sharing their vision for the development of the u3a movement during the next three years while they are in office and their aspiration for its future. They will take questions after their presentations.

Following a short break there will be the opportunity to attend one of 9 break out rooms covering a variety of areas of current interest.