

Chair: Michele Doran  
Vice Chair: Neal Goulborn

**Monthly General Meetings are held: via Zoom  
on the 2<sup>nd</sup> Tuesday of each month at 2.30 pm**

## **NEWS from the COMMITTEE**

### **Welcome to your October Newsletter**

I start this month with good news and bad.

The good news is that next month's General Meeting will be at St. Luke's! There are some issues that need to be sorted and you will need to book a place due to a limit on numbers. More information will be emailed out in a couple of weeks, so 'watch this space' and please talk to those colleagues you know that don't often read their emails.

More good news - We are continuing to see a steady increase in membership and are almost back to our pre-Covid numbers. Groups are slowly getting back to face to face meetings. New groups are beginning to emerge. The Social Team have organised two social events since the last newsletter, both of which were well supported, and have others in the pipeline.

The bad news is that, unfortunately, our hopes for being able to provide a hybrid meeting have stalled. The Technical team are working hard to iron out issues with sound and we hope that this will happen soon. Also, I have only had three volunteers to help with setting up, Meet and Greet and making teas and coffees, so unless more of you come forward we will not be providing refreshments.

I will stay positive in my belief that there are some of you out there who are willing and able to offer help, but it has just slipped your mind to get in touch.

The Trust has a new Chair and Vice Chair this year which provides the right opportunity for change. You will all have received a copy of the National Newsletter Express from Bob, our Secretary, which is asking members for help in shaping the u3a movement for the future. Please take a few minutes to have your say – it is really important that change is driven by the members.

I knew a place called Yesterday  
Where once I used to live.  
Nobody there would turn away  
Their time, they'd always give.  
Everyone looked out for you  
As you did the same for them,  
In that place called Yesterday  
I can still remember when.  
People never had anything much  
What they did have, it was shared.  
They always waved and gave a smile,  
That's how we knew they cared.  
We used to call it mucking in,  
That's what it was all about.  
It was easier to help each other  
When all you had was nowt.  
Now I live here in the Present,  
In a street of those unknown,  
Whose life is so much easier  
If they keep it close to home.  
Yes, I was raised in Yesterday  
Where we always had respect.  
Here in this place called Present  
I find it suffering from neglect.

The weather may have changed, and the days become shorter – but Christmas – the time of giving - is only 82 days away! Let us all take heart in this and pull together to keep Hamble Valley strong and vibrant.

Take care  
Michele

## NEWS ABOUT GROUPS

**Singles Sunday Lunches 3** has now restarted.

**Knit & Natter** starts up on 21 October. Anyone interested please contact Michele.

**Music for Pleasure** has now closed but it has been a very popular and enjoyable activity. If anyone is interested in starting a list to try and resume as a New Group then please let the secretary know on [secretary.hvu3a@gmail.com](mailto:secretary.hvu3a@gmail.com), who is looking after new groups

### New Groups

This month a new list has been started for **Petanque/Boules**, and the list for **Pickle Ball** has been resurrected.

### Folk Dance Group

Monks Brook u3a have a Folk Dance Group which is open to all in the Southampton Network - details are on their website.

<https://www.monksbrooku3a.org.uk/index.php?page=List&List=1>

### Hybrid Meetings

At a recent network meeting members discussed u3a groups who have been successfully conducting meetings where most members of the group are now meeting in a member's home, with one (or more) members joining them on Zoom. Would this be a useful alternative for your group? This is very simple and straightforward to organise. We have our own Hamble Valley Zoom account and many groups have been using this.

Please see our HV Website for details of all Group Activities and email me with any requests.

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

Alison Baker, Groups Coordinator  
Bob Baker, New Groups Coordinator

## OCTOBER GENERAL MEETING

This month's speaker is **Steve Herra: The Iconic QE2 Story**

Steve's last ship was the **QE2** upon which he served as a Purser. He will tell us the story of this iconic liner from her launch in 1967 to her final journey from our shores in 2008, her Falkland War Service, and the celebrities who sailed onboard, including members of the Royal Family.

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

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

**MEMBERS in ACTION –**

**Cream Tea at Hilliers Garden Centre, September**



Members have a chat in the room allocated to HVu3a while anticipation builds for the cream tea to arrive.

And when it did. ....



Big smiles all round at a very well presented, varied and plentiful cream tea.

Well done to Hilliers and thanks to the Social Team for organising such a well-enjoyed event.

**A Life on the Ocean Wave (well, day on Southampton Water) October**



30 members embarked on the Ocean Scene at Town Quay on Sunday, 10 October, to enjoy the beautiful sites bordering Southampton Water and a fish and chip lunch. The sun came out, the sea stayed smooth, and the conversation flowed. Another big “thank you” to our Social Team.



**News from the SOCIAL TEAM**



We have been very pleased with the support given to the events we have organised to-date, and thank everybody for their ‘thank you’s’. It is lovely to see a plan coming together – even if at times frustrating! We are now working on bringing people together to enjoy a Christmas event worthy of celebrating a social Christmas.

At the same time, we are looking ahead to 2022 so if anyone has an activity or visit they would really like to take place, contact us and we will see if we can put it on the agenda.

And, as always, we would welcome some assistance whether it be on the team or for a one-off event/activity.

## BOB'S PODCAST. RECOMMENDATIONS

### Podcasts:

Hi, I'm back with a couple of podcast suggestions that, I think, might appeal to our male members more than the women, but it'll be great if you prove me wrong - I know there are a great number of female scientists and engineers within our population.

There are a huge number of podcasts available on all sorts of subjects so if you don't care for these, please do investigate what else is on offer. Podcasts range from in-depth reporting on a huge variety of subjects that the usual radio stations seem to no longer provide through to the 'influencers' advising on make-up, fashion, cooking etc etc, with a stop along the way for the arts.

Here's the couple of suggestions from what has caught my ear recently.

- **The Special Boat Service: WW2's silent heroes**  
This Historyextra.com podcast is an interview with historian David Saul who took over from Paddy Ashdown. Paddy Ashdown later became a politician after being a former member of the Special Boat Service, but sadly died while writing the authorised history of the SBS during the Second World War. The podcast explains how this daring maritime unit played a crucial role in the Allied victory and highlights some of its most spectacular operations. 40 mins.
- **30 Animals that made us smarter**  
A BBC Sounds podcast series that covers a whole gamut of instances that show how animals have helped us understand how products and processes can be designed better to cure problems and enhance their efficiency and effectiveness. Currently has 30 episodes of around 15-20 mins length. The one that caught my ear first was related to how the Kingfisher helped Japanese industry improve the efficiency of Japan's famous bullet train. Others focus on how Manta Rays have shown us how to better clean plastic from the ocean, and what octopuses do which guided us to better tools for surgical operations. Cows bees etc etc – the list is varied and fascinating.

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**

*Ask not what your u3a can do for you – rather ask what you can do for your u3a*



Now that things are moving forward, we are really in need of more people to join the Committee and to sign up to our STAR board (Small Tasks As Required). If you can find some time in your month to support your u3a, please contact me.

### **Michele.**

**PS.** A member has 5 Epson printer cartridges that he is happy to pass on to anyone who can use them. Contact Michele if that is you.