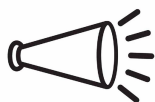


January 2024 Newsletter

A MESSAGE FROM OUR CHAIRMAN



After a seemingly endless build up, Christmas and New Year has come and gone in the blinking of an eye!

I hope you've all had a Merry Christmas and Happy New Year.

At our recent committee meeting John Stych, Membership Secretary, has told us that he may not be able to continue with the Membership renewals process for 2025.

So, we need a volunteer to work alongside John in readiness for the completion of this year's renewals and then the renewals for 2025 which kicks off in December this year.

He does have other responsibilities as well, e.g. the Beacon system.

At this stage there's no committee commitment although that may change in the future.

If anyone is interested, please approach John or myself at the next monthly meeting.

Please remember it's our u3a, it belongs to all of us.

Terry Hammond, Chairman

MEET AND GREET



Our Meet and Greet Team will be around in the Grove Room and Hall to help with any information you may require. Please do ask if you need any information or help. If you would like to join the team you would be very welcome. Please speak to me if you are interested.. **Judy Barrett**

THIS MONTH'S MEETING

This month's meeting is on Friday, 26th January at St John's when Chris Pennycook will talk about "Pompey Pals". The Pompey Pals Museum is based at Fort Widley and its mission is to 'restore Portsmouth history to Portsmouth' focussing on the First World War but covering from the 1860's to the Second World War.

GENERAL NOTICES

SPEAKERS TEAM

We are a small team who meet on a regular basis to look for Speakers to talk to our u3a at the monthly meetings and compile a programme at least a year ahead. Vanessa Jackson, who has been a member of the team for many years has decided to stand down this year and on behalf of Locks Heath u3a we want to say a big thank you to her for helping to co-ordinate a programme for Locks Heath u3a each year. We will miss her.

We are always open to ideas from members as to Speakers they may have heard or would like to suggest so please speak to one of us.

Judy Barrett, Maureen Fisher, Stephen Kirby, Maureen Kirby

PETANQUE

Come and Try Petanque.

This is the outdoor version using metal boule. Skill, luck, gentle exercise, great fun. Outside for a couple of hours. I'm sure you have all played it on holiday at some time.

I am hoping to get a group together to learn the game, with a view to having a Locks Heath u3a team. There are several local u3a petanque teams and it could become a u3a league. We can use FBC boule, rings etc.

You need trainer type shoes. Wear suitable clothes as we are outside. Have waterproof available should weather change. We don't play in persistent rain but would finish the 'end' if the rain arrived.

Contact Lois White. Friday mornings 10am for about 2 hours. Fareham West Community Centre. Henry Cort Drive, Fareham

SCAMS



There is a second article at the end of the Newsletter about Scams, which we hope you will find useful. The article was first published in the July 2021 Newsletter following a Zoom talk we had from Julie Gallagher, Trading Standards Officer with Hampshire County Council at our June 2021 Zoom meeting.

INTEREST GROUP NEWS

SKITTLES



The January skittles 'John Trophy' was won by Val Sparrow and to complete the takeover, Val's husband, Mike, won the 'Mary Drew Cup'. Our next Skittles get together at The Kings Head Wickham is on Monday 5th February at 1:00pm. **Judy Barrett**

BOOK FRIENDS



A Happy New Year to everyone. Book Friends meet on the 6th February 2024 at 2:00 pm as usual. We will be discussing the book "Daughters of War" by Dinah Jefferies. I will let members know the venue nearer the time. **Margaret White**

GARDEN GROUP



On Friday 12th January 32 members gathered in the Grove Room for a garden based quiz. Not quite as easy as I had suggested but with teams of at least 6 people, no one had to feel embarrassed if they didn't know the answers. As well as a picture quiz about vegetables, we tried the Crossword from the January edition of Gardeners' World. Even after pooling the ideas from all 5 teams, we still had to look up 6 out of 25 answers! Now I know why I usually keep going online for help.

Next time it will be gentler on our brains. We will have a DVD with garden tips. Friday 9th February at 1:45 for 2pm. **Marguerite Boulter**

LUNCHEON GROUP



To celebrate Chinese New Year our next Lunch will be at Jin Zun, 56 West Street, Fareham on Wednesday, 21st February at 12 for 12.30pm. Lunch time menu cost £12.95.

If you would like to join us please let me know at the next General meeting on Friday, 26th January 2024 or email me rachelblundell@btinternet.com or telephone 01489 577027 by 13th February please. Thank you. **Rachel Blundell**

CREATIVE WRITERS



We've started the year with one meeting in January as the first Thursday was close to the holidays. Our topic is 'Ostrich'. A bit of a challenge to wake up the creative juices. **Sue Whitehead**

WALKING



We completed our walks in December in Whiteley and Titchfield. This month we have walked along the shore from Salterns car park to Lee on the Solent. In late January and February, we have planned the following walks starting at 10.30am:

24th January: Maureen will lead this short circular walk from the car park behind the car wash at Locks Heath Centre. We will walk the pavements and footpaths to Pine Walk and through the Coldeast estate to The Mansion for refreshments. Trainers should be fine as we are walking on solid paths. Maureen's contact details: 07899 890028.

31st January: For this extra walk we plan to walk from Cams Mill to Fareham Quay. This is a short walk, which will take us beside Fareham Creek (if the tide is low) and through Bath Park to the Quay. We can do this on solid paths, but you may wish to wear boots so that you can go off 'piste' and walk by the creek, if the tide is out, and continue on the track at the far end of the Quay. We will return to Cams Mill for a refreshment break. John is the walk leader (07909 627104)

14th February: We will meet at St Mary's Church in Church Road, Warsash for a short walk to the shore. After the walk we will stop for refreshments at the church, where they have a community coffee morning on 2nd Wednesday each month. As we will be walking along unmade paths and the shore, walking boots are essential. Marion is the walk leader (01489 578629)

28th February: We will meet at Osborne View car park and walk towards Lee on the Solent. You can walk as far as you choose as there are many coffee shops along the way, including Café Zero at Daedalus Airport, On the Water along the beach, Penguin and Bluebird in the centre of Lee and another at the arcade on the beach. We will return to Osborne View for lunch. If you choose not to stay for lunch, please park on the street nearby or in one of the car parks on the shore. Maureen is the walk leader (07899 890028).

We look forward to catching up with you on one or more of the walks. You are welcome to join us for refreshments and/or a shorter walk if you cannot make the full distance. Please let Marion, John or Maureen know if you are joining any of these walks so that we know who to expect and avoid leaving anyone behind. Walking boots are the best footwear for the walks, unless we are totally on tarmac paths. Also, please be aware of weather conditions and bring appropriate clothing. Please try to share transport to the start of each walk to save parking spaces and the environment. All walks start at 10.30am. **Maureen Richards and Marion Wilkinson**

CANASTA



Why not take up a new interest this year? Most of our members were total beginners to Canasta until they joined the group and they all love it! We are happy to teach you at your own pace. We are a friendly and laid back group and you would be very welcome. We meet on the second and fourth Thursday

of the month at the Victory Hall. For more information contact:

Liz Kennedy lizkennedy2904@gmail.com Tel 01489 577663 or

Pauline Bower paulinebower@icloud.com Tel 07710 479933

Liz Kennedy and Pauline Bower

CINEMA GROUP – Contact: Kathy Kanji, Solent u3a.



Our first film of the year was “One Life” starring Anthony Hopkins. 355 members of our local u3as attended, almost up to pre- Covid numbers. It was a very powerful and wonderfully acted film, based on a true story.

Kathy tells me that next month’s film is most likely to be “The Boys in the Boat”, also based on a true story. She will be emailing members as soon as this is

confirmed. As usual, anyone not on email wishing to attend should contact me, either at the monthly meeting or by telephone on 01489 601684. **Celia Creedon**

ART AND ARCHITECTURE



Our first meeting for 2024 was well attended. This year we are looking at the art and architecture of the Victorian era. Will Hemsley gave an illustrated talk about the history and architecture of the Palace of Westminster. After the coffee break Celia Creedon presented the work of Edward Burn-Jones. We marvelled at the scale of both his paintings and the huge stained glass

windows that he had created. Both talks were much appreciated.

Next month should be equally interesting. Mike Cresswell will talk about the writer, artist and philosopher John Ruskin. Rachel Blundell will follow with a talk about Elizabeth Siddal, model to the pre-Raphaelite painters, who was also an artist and poet herself.

Come and join us in a very relaxed atmosphere at the Grove Room, St John's Church. Tuesday 13th February 10.10am. Admission £2. **Andrew Kennedy and Ray Gardner**

HERITAGE AND CULTURES



We had 10 members attending the first 2024 meeting of our group on 16th January. They came armed with short poems and information about their authors, including not just the famous poets Keats, Byron, Kipling and Tennyson, but also modern ones such as Jenny Joseph (“I Shall Wear Purple”) and Diana Ashworth. Constantine Cafavy also featured and Will Hemsley chose

to recite the lyrics of ‘The Olive Tree’ from the musical Kismet, which he once performed in as part of an amateur dramatic group. A lively and enjoyable time was had by all.

Next month I shall be reciting selected lyrics from Ian Dury’s work, which are poetic in themselves.

David Lee

ALL THAT JAZZ



At the November meeting we departed from our usual exploration of themes, and we listened to a presentation of music from the '30s through to the '70s by relatively unknown artists.

Guitarist Jimmy Shirley, bandleader Buddy Johnson and the Dixieland Jug Blowers were featured. The music was well performed and the high quality recordings were well received.

At the December meeting we explored the theme "wild animals" when fourteen tunes were played. Interestingly there was humorous discussion about the definition of an animal, and one or two really pushed the boundaries. The Oxford Dictionary definition states that an animal is "a living organism other than man, having sensation and the ability to move" so none of us needed to worry too much. Afterwards we enjoyed Christmas nibbles and mulled wine together. Thanks to everyone for bringing in the festive fayre.

The January meeting was on Monday 15th when the theme was "relatives" i.e. Momma, Poppa and family members. Happy New Year **David Badcock**

SHEPPERD SINGERS



We returned to Singing after our festive break. With the cold weather and winter, which brings about various ailments we expected to see a tremendous drop in our members attendance but not a bit of it. Everyone is very keen and enthusiastic to sing together, learn new songs, practice the ones we are feeling very confident to sing, and enjoy ourselves.

We welcomed another two new singers this week making us quite a large group. At the beginning of December we sang at Hamble Heights, who enjoyed our singing so much that they have asked us back on a regular basis.

Avon Park Residential Home, Park Gate, is expanding so we will be able to sing to them in the future. If you know of anyone needing their facilities would you kindly get in contact with me as I can tell you personally a little more about this home and they in turn will donate to a charity for us. Thankyou. **Carol Nicholls**

The Third Age Trust Newsletter links –

If you would like to view the most recent newsletters issued by The Third Age Trust at national level, please click on the following links.

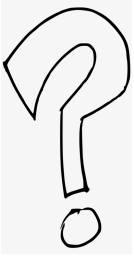
December 2023 Newsletter

<https://mailchi.mp/u3a/your-u3a-friends-newsletter-december-2023?e=3933585511>

January 2024 Newsletter Express

<https://mailchi.mp/u3a/newsletter-express-01-01-24?e=3933585511>

FACTOIDS – You may find interesting:



- The (3 point) car seat belt we use today was invented in 1959 by Nils Bohlin at Volvo. The carmaker knew it was so important for safety that they allowed any car maker to use the design for free. At least 1 million lives have been saved.
- 96% percent of people check their phone within 1 hour of waking up in the morning.
- During the launch of BBC2 in 1964, a kangaroo got stuck in a lift in the TV centre
- In 1940s Britain, children's TV was shown from 5pm to 6pm, then transmission stopped for an hour to encourage them to go to bed
- After the introduction of colour TV, the number of people dreaming in black and white fell from 25% to 7%
- A smartphone contains more computing power than the whole of NASA had in 1969.
- On a single day in 2018, volunteers in India planted 66 million trees.
- The smell of Play-Doh is trademarked.
- All the Slinkys ever made would encircle the world 150 times.
- Each year, Britons use enough wrapping paper to cover the Moon.

Note from the Editor:

Thank you all for your contributions to this month's Newsletter.



The Scams article follows on the next page.

SCAMS

Julie Gallagher, Trading Standards Officer with Hampshire County Council spoke to us at our June 2021 zoom meeting about **Scams**.

The following are the main points from her talk with contact details if you wish to find out more.

The main areas where Scams take place are: Postal Scams, Telephone Scams, Cyber Crime and Doorstep Scams.

In her presentation Julie gave some useful information about how to do your best to stop being scammed and some contact details if you are concerned about whether you might be being scammed and a summary of this information is given below, courtesy of Hampshire County Council.

Top Tips - what can you do to protect yourself and/or others?



- 1 Never disclose security details.
- 2 Don't assume everyone is genuine.
- 3 Don't be rushed.
- 4 Listen to your instincts.
- 5 Stay in control.

Want to find out more?

Visit the website for all the latest news and information about Friends Against Scams:
www.friendsagainstscams.org.uk

Action Fraud 0300 123 2040: www.actionfraud.police.uk

Forward scam emails to: report@phishing.gov.uk

Forward Smishing attempts to 7726.
(This free-of-charge short code enables your provider to investigate the origin of the text and take action, if found to be malicious)

#FriendsAgainstScams

**WE DO NOT BUY
GOODS OR SERVICES
AT THE DOOR**

PLEASE DO NOT COLD CALL



Beware doorstep callers

STOP : Are you expecting anyone? Can you see the caller from a window? Do you need to open the door?

CHAIN : Put the chain on before opening the door. This will restrict the opening and show you are on your guard

NO : Why not just say **NO THANK YOU!**

**An ID CARD may not be proof of genuine identity -
IF IN DOUBT KEEP THEM OUT**

Report any concerns by calling
Trading Standards on 01962 833666 or
Police on 101 (999 in an emergency)



**You can order BWC Directories
Online from the Hants Shop**

<https://www.hants.gov.uk/shop/product.php?productid=51370&cat=516&page=1>

