

#### **COFFEE MORNINGS 10:00 am – 11:30 am :**

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

**Monday 10<sup>th</sup> March and 14<sup>th</sup> April**

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.



#### **MARCH GENERAL MEETINGS 2:00 pm – 4:00 pm :**

**Wednesday 19<sup>th</sup> March**

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

**Speaker : Jackie Dimmock – The Good, The Bad & The Downright Funny**

Jackie will 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.) Jackie's talk uses the full range of human emotions to keep the audience interested and enthralled.

**Wednesday 26<sup>th</sup> March**

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

**Speaker : Jessic Thurtell – Dining with History**



Jessica guides us back through time to discover the food and eating customs from Anglo-Saxon time to the present day – the evolution of English eating.

It's not all wealth and feasting – think about peasant meals of pottage, working class dinners and middle class genteel dining too. Discover the evolution of table manners and how to eat politely – from daggers and fingers to soup spoons, fruit knives and oyster forks!.

#### **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.

**IF YOU DO NOT 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 and request your details to be added back on to the distribution list.

Members also receive the "u3a Matters" magazine issued several times a year by the Third Age Trust.

**To unsubscribe** from either of these, contact the Membership Secretary at [members@waterloovilleu3a.org.uk](mailto:members@waterloovilleu3a.org.uk).

## **SPEAKER'S CORNER - review of February's talk :**

**Speaker : Jeremy Prescott – Bomber Command**

The meeting was well attended by 98 members and guests. The talk was preceded by a Special General Meeting to vote on changes to the Constitution which was passed with a majority.

Jeremy related how in the early years of World War 2 this country did not have the air power it needed to overcome the German war machine. Enter the Avro Lancaster bomber which became the most successful British heavy bomber of WW2. It entered service in April 1942 sporting four engines, three gun emplacements and carried seven crew plus two pigeons who were trained to return to base if a plane went down. Almost all of the 7,377 Lancasters produced, flew night-time missions to "carpet bomb" German cities which resulted in the deaths of thousands of German citizens and the decimation of cities such as Dresden.



Jeremy described the Dam Busters raid by Squadron 617 headed by Squadron Leader Guy Gibson. The bouncing bombs used in the raid, invented by Barnes Wallis, were used to target the destruction of the Mohe, Eder and Sorpe dams in order to cripple German industrial centres. After several attempts the Mohe dam was breached; similarly the Eder. The Sorpe was more difficult as it was surrounded by an earth embankment which the bombs didn't penetrate well. One thousand German civilians were killed but the success raised the morale of the British people.

The Pathfinders followed : 19 squadrons brought in to increase the accuracy of bombers. Illuminating targets with flares and using the most up to date technology, they are credited with helping to bring an end to WW2.

The German battleship Tirpitz was under repair in Tromso when it was attacked and eventually sunk using Barnes Wallis's ten ton "Tall Boy" bombs despite a squadron of Messerschmitts being nearby. A pro-British Nazi officer in the control tower alerted the German planes only when the British aircraft were long gone.

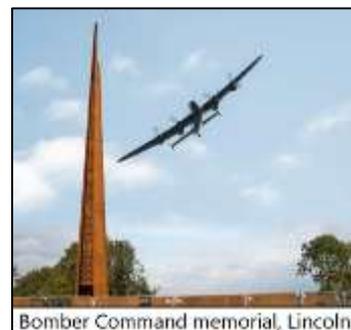
A squadron of Halifax bombers took off from Brindisi, Italy to support Polish forces in Warsaw 36 planes were lost.

Towards the end of the war, Bomber Command began to be involved in humanitarian flights - Operation Manna dropped rations to the starving Dutch people; Operation Exodus brought back prisoners of war.



Bomber Command memorial  
Green Park, London

Memorials for those killed in the service of Bomber Command are in Green Park, London and in Lincoln there is a spire of 102' the wingspan measurement of a Lancaster bomber. Those brave airmen who died in the service of our country came from many other countries around the world - 55,573 lost their



Bomber Command memorial, Lincoln

lives. We must never forget the sacrifice of those airmen or the millions of others, many of them young men, who were sacrificed in the name of freedom.

Jeremy raises funds for the charity "Combat Stress" which supports veterans of conflicts in N. Ireland, Afghanistan, Iraq, Bosnia and the Falklands. The charity supports those with PTSD, depression and other issues from ages 22 to 87. Nearly 16,000 calls have been handled in the past 12 months.

**Hilary Ryan, Speakers' Secretary**

## APRIL GENERAL MEETINGS 2:00 pm – 4:00 pm :

### Wednesday 16<sup>th</sup> April

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

**Speaker : Matt Wingett – Ten Years in a Portsmouth Slum**

From his arrival in Portsmouth in 1885 at the behest of his Bishop, the Reverend Robert Dolling applied himself to missionary work in Landport. The slum he found was a den of vice, iniquity, drunkenness and violence. Over his ten years in Portsmouth, Dolling used unconventional methods to bring together a community, fighting with the Church authorities against depravity and vice to build that community.

### Wednesday 23<sup>rd</sup> April

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

**Speaker : David Gane – Inside the Nudge Unit**

David looks at the work of the Government's "Behavioural Insights Team" and how small changes, based on Social Science and Psychology, can lead to big improvements. Why did painting Copenhagen's bins reduce littering? How does a simple leaflet reduce speeding by 20%? And are those doctor's appointment reminders saying "500 missed appointments last month" making matters worse instead of better?

## DATES FOR YOUR DIARY

Here is the line up so far for various social events for the rest of 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 5 <sup>th</sup> April 7pm	Springwood Community Centre
Open Day	Fri 8 <sup>th</sup> August 2pm	Waterlooville Community Centre
Quiz evening	Sat 27 <sup>th</sup> September 7pm	Springwood Community Centre
Members' Xmas Dinner	Tue 16 <sup>th</sup> December 7pm	Waterlooville Golf Club

## ANOTHER QUIZ EVENING!

**When? Saturday 5<sup>th</sup> April starting at 7:00 pm**

**Where?** Springwood Community Centre, Springwood Avenue, PO7 8BJ

**How much?** £3 without food or £8-£10 for a Fish & Chip supper (options available)

There will be a break for a Fish & Chip supper (or bring your own food if you prefer).

Either enter as an individual or get a few friends to join you. Group Coordinators can enter a group team of 6.

Teams will be for six people; any individuals or groups with less than six members will be placed with others to make the numbers up – a great way to meet new people and have fun at the same time.

To enter please email Kevin Stock at [kevc4@gmail.com](mailto:kevc4@gmail.com)

## **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](mailto:groups@waterloovilleu3a.org.uk) or ring 07769 266879

You can also find out more about our groups by visiting the Groups page of our website at <https://www.waterloovilleu3a.org.uk/groups.htm> All of our groups are listed there and each have their own web page – just click on a group name to open their page.

### **GROUPS WITH VACANCIES**

As there are so many groups with vacancies at the moment, the list won't fit on one page! Please see the separate **Group vacancies** document that accompanies this news bulletin.

### **NEW CYCLING GROUP**

A new Cycling group has formed. It will meet twice a month on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays in the morning. Their first ride was to Hambledon on the 6<sup>th</sup> March. Let me know if you'd like to join.

### **NEW POTENTIAL GROUPS**

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

**CREATIVE WRITING** – Fancy writing something and getting others to read it?

**LOCAL HISTORY** – Learn the history of places in our area – may include a guided tour and talk.

**MEMBERS ON THEIR OWN** – To provide companionship for members living on their own – visit gardens, stately homes, have a pub lunch, or coffee and cake etc.

**OUTINGS** – Visit places of interest, tours, lunch etc

**PHOTOGRAPHY** How to use a digital camera, how to take a good photo and get members to comment and make suggestions, visit locations for a photoshoot.

**SNOOKER** – Budding champions or just for fun

**TABLE TENNIS** for beginners and experienced players knocking a ball over a net indoors.

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

### **TUTORS NEEDED**

There are some groups with a waiting list of members that are eager to form a new group – but there can't be a group where everyone wants to learn and there's no-one to teach it! Are you able to tutor for any of the following? And no, you don't have to be the Group Coordinator as well.

**ARCHAEOLOGY**

**LINE DANCING**

**TAI CHI FOR BEGINNERS**

### **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.

**Kevin Stock, Groups Liaison**

## CYCLING WENT TO HAMBLEDON

We set off on our inaugural ride on the 6<sup>th</sup> March. Seven of us wound our way to the Old Forge tearoom at Hambledon and then back to Purbrook Heath. The weather was excellent and the pace was gentle and appreciated by all. A very successful ride – the first of many to come.

**Robert Campbell & David Collingwood, Joint Group Coordinators**



## WALKING 1 – STRIDERS WALKED AROUND PORTCHESTER CASTLE

Our route took us in a figure of eight around Portchester Castle, partly along the coastal path and partly on roads. A flat walk with no stiles and the weather behaved itself!

**Jenni Ambrose, Group Coordinator**

## GEOLOGY 2 WENT TO PORTSMOUTH

Our March trip was to the Natural History Museum in Portsmouth. It was a chance to see the Museum's collection of minerals and fossils on our own private tour.



Fossils of Ammonites were in abundance



The biggest Gryphaea (Devil's Toenail) we had ever seen!

Christine Taylor, the Museum Curator, has improved the public displays showing conditions in Hampshire back in time.



Minerals of all sorts including this mystery one still to be identified.



We finished with a walk into the Butterfly House. Quite fascinating.



The Museum is well worth a visit for all ages!

## NATIONAL U3A MATTERS

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. The magazine is available as a hard copy sent to you by post or you can read it online. To read the latest February issue online, visit



<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-february-2025-screenreader-edition>

If you currently receive the postal hard copy and would like to unsubscribe please ask for your details to be removed from the distribution list by emailing the Membership Secretary at [members@waterloovilleu3a.org.uk](mailto:members@waterloovilleu3a.org.uk)

## NATIONAL U3A ONLINE EVENTS

Each month, national u3a offer online talks and workshops on a wide variety of topics to keep our minds and bodies going.

The below list goes to early April, but the web page will have later events. Click the link, 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 :

Exploring world faiths – Faith and Water	10 <sup>th</sup> March
Dorothy Levitt – the Fast Lady	11 <sup>th</sup> March
The use of Artificial Intelligence in Healthcare	12 <sup>th</sup> March
Sustainable travel in Europe	12 <sup>th</sup> March
From Turmoil to Joy – the sculpture of August Rodin	13 <sup>th</sup> March
Penguins – Icons of Antarctica	17 <sup>th</sup> March
Making your smartphone or table easier to use	18 <sup>th</sup> March
Laughter Yoga with Judith	19 <sup>th</sup> March
Recording and editing a video on your smartphone	19 <sup>th</sup> March
Mindfulness and Meditation	20 <sup>th</sup> March
Artificial Intelligence news – GPT, Agents and Healthcare	21 <sup>st</sup> March
LEO – the world’s first business computer	21 <sup>st</sup> March
How many letters in the alphabet – world writing systems	24 <sup>th</sup> March
Lung disease – identifying new treatments	25 <sup>th</sup> March
Laughter Yoga with Merrie Maggie	25 <sup>th</sup> March
Clare Jenkins - A glimpse of Anglo-India	26 <sup>th</sup> March
Secrets of the Human Brain – what keeps us awake and makes us sleep	27 <sup>th</sup> March
Flight Inspiration – stealth technology	1 <sup>st</sup> April
Smart tech for older and disable people	1 <sup>st</sup> April
Robotics and automation	2 <sup>nd</sup> April
A sustainable wardrobe	4 <sup>th</sup> April
How to get published with writers and artists	8 <sup>th</sup> April
Laughter Yoga with Judith	9 <sup>th</sup> April
Duplicate Bridge tactics for improvers	11 <sup>th</sup> April

## COMPUTER HELP



Two of our members – Rich Edwards and Andrew Leonard – have offered to help members with any queries or problems related to their computer/tablet/iPad. This is mostly in the form of advice given over the phone or by email. Many problems can be resolved by user intervention. This informal advice is provided free but home visits are not offered.

Rich and Andrew can be contacted, initially, by email at [it-advice@waterloovilleu3a.org.uk](mailto:it-advice@waterloovilleu3a.org.uk)

## CALLING ALL BIKE OWNERS

The Police regularly arrange marking events to provide cycle security advice and offer security marking and registration onto BikeRegister's online database :

<https://www.bikeregister.com/>

Registering your bike helps police and retailers to identify and verify the legitimate owner of bikes that have been stolen or are being resold.

It's free!

Make sure you take your bike with you.

The next local **Bike Marking Event** run by Hampshire Constabulary is :

Date : **Saturday 22<sup>nd</sup> March**

Time : **10:00 – 14:00**

Where : **Waterlooville Town Centre**, at the Bandstand



## PROPOSED MAYORAL COMBINED COUNTY AUTHORITY

Local authority leaders across Hampshire are proposing to establish a Mayoral Combined County Authority currently administered by councils across Hampshire, Portsmouth, Southampton and Isle of Wight.

If the proposal goes ahead, the first election for a mayor will take place in May 2026.

Before taking a decision on whether to proceed with the necessary legislation, the government is seeking views from those who live and work in the area. The consultation includes questions on the proposed geography, how the Combined County Authority will make decisions and the effects of working across this geography.

**Full details of the proposal** can be found here :

[https://consult.communities.gov.uk/lggc/hampshire-and-the-solent-devolution-consultation/supporting\\_documents/Hampshire%20and%20the%20Solent\\_Devolution%20Priority%20Programme%20Consultation%20Document.pdf](https://consult.communities.gov.uk/lggc/hampshire-and-the-solent-devolution-consultation/supporting_documents/Hampshire%20and%20the%20Solent_Devolution%20Priority%20Programme%20Consultation%20Document.pdf)

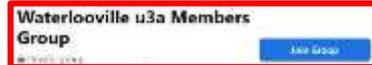
**The consultation runs until the 13<sup>th</sup> April**, to share your views follow the link below :

<https://consult.communities.gov.uk/lggc/hampshire-and-the-solent-devolution-consultation/consultation/subpage.2025-02-11.9767972217/>



## 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/>

## KINGS THEATRE OPEN DAY – SUNDAY 16<sup>TH</sup> MARCH, 10:00-15:30



The Kings is having a rare Open Day this month. There will be an opportunity to watch live rehearsals of up-coming shows; the Kings Choir **Resonate** will perform on stage and invite people to join in; **Spin-the Wheel** gives people the chance to win tickets to up-coming shows and there will be updates on the progress of **Elevation 1907** – the Kings Theatre regeneration project.

This event is FREE but tickets must be booked in advance :

<https://www.kingsportsmouth.co.uk/whatson-event/open-day/>

## CYBER BOBBY SCHEME

The scheme from the Blue Lamp Trust offers FREE home visits giving advice and guidance about basic IT security and how to avoid being affected by a cyber crime or a cyber-enabled crime. Visits are made to Hampshire and Isle of Wight residents who are :

- Vulnerable due to age (over 60), OR
- Disabled (over 18), OR
- Previous victim of cyber crime

One of their police-vetted Cyber Advisors will visit and advise on :

- What is cyber crime?
- Cyber and scam prevention advice
- How to check privacy settings
- Signposting to other advice and resources
- How to report issues]How to recognise scam emails and text messages



For more information and to request a visit, or to make a referral for someone you know :

Online : <https://www.bluelamptrust.org.uk/about-cyber-bobby/>

Email : [cyber@bluelamptrust.org.uk](mailto:cyber@bluelamptrust.org.uk)

Phone : 0300 777 0157 option 1

## MARCH DATES

1<sup>st</sup>. (all month) **National Bed Month** – sleep plays a critical role in our overall health and well-being. An opportunity to see whether you can improve the quality of your sleep with good sleep hygiene practices and a comfortable and supportive bed. We spend a third of our lives asleep and our mattresses are subject to a staggering 20,000 hours of wear and tear over just seven years.

12<sup>th</sup> **Plant a Flower Day** – put your green thumbs to work and plant a flower today. Whether you're an experienced gardener or someone who's never touched a trowel, take the opportunity to add some beauty and colour to your surroundings, help to support local wildlife and benefit physically and mentally through connecting with nature.

14<sup>th</sup> **Full moon and lunar eclipse**–the Worm Moon marks the arrival of Spring. It derives its name from the earthworms that emerge from the soil as the ground begins to thaw and temperatures rise with the onset of spring. The earthworms provide food for new-born birds and other animals awaking from hibernation. Nature feels alive again and the lunar spectacle symbolises renewal and growth after the dormancy of winter.



14<sup>th</sup> **Pi Day.** Today is an opportunity for enthusiasts to indulge in all things mathematical. Not only does  $\pi$  represent the ratio of a circle's circumference to its diameter, it is an essential tool in fields like engineering, physics and statistics. And yes, there's a website dedicated to Pi Day - check it out here : <https://www.piday.org/>

15<sup>th</sup> (to 23<sup>rd</sup>) **Daffodil festival** – the arrival of spring is celebrated at Daffodil festivals, weekends and days all over the country. Such a cheerful flower.



18<sup>th</sup> **Black Pudding Day** Black pudding, a type of sausage made from blood, fat and oatmeal or barley, has a rich history dating back centuries. Its origins can be traced to the height of the Roman empire and ancient Greece, where it was crafted as a way to utilise various parts of an animal to ensure minimal waste.



During World War II black pudding was popular as it used readily available ingredients that were not rationed, making it an affordable protein source when other meats were scarce. Its simplicity and nutrient value made it a key wartime food.

Some folklore claims that hanging a black pudding in the chimney could ward off evil spirits.

20<sup>th</sup> **Spring Equinox** also known as the *vernal* equinox, marks the sun's crossing above Earth's equator, moving from south to north - when there is an equality of daylight and darkness, signalling the return of longer days and warmer temperatures. This is the day when the sun rises due east and sets due west – no matter where you are on Earth, apart from the North and South Poles. Spring is here and summer is coming!

24<sup>th</sup> **Skipping Day** – A timeless activity that combines cardio, coordination and endurance, making it an excellent workout. It improves heart rate, improves bone density and promotes healthy skin. for anyone and everyone. Time to grab a rope and get skipping!



## MARCH ASSOCIATIONS & TRIVIA

### Astrology

1<sup>st</sup>-20<sup>th</sup> Pisces, ruled by the planet Neptune; element Water

20<sup>th</sup> – 31<sup>st</sup> Aries, ruled by the planet Mars; element Fire

### Bird of the month – Blue tit

This tiny bird will be beginning to build its nest by the end of the month and its high-pitched chirrup is a soothing balm as spring begins. Bird feeder regulars, they are partial to peanuts and fat balls. They produce one brood of chicks, raised to coincide with peak caterpillar season so there's plenty of food to go round for their growing family!



### Trivia

The leaves of the common primrose have been used to make tea, which is said to alleviate insomnia.



During the Second World War the British government classed rhubarb as an essential food and fixed the price of rhubarb to 1 shilling per pound in an attempt to keep it affordable for everyone.

**March fruit** : rhubarb, bananas, blood oranges, kiwi fruit, lemons, oranges, passionfruit, pineapple..

**March vegetables** : cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede.

Info gleaned from *The Wildlife Community, Awareness Days, National Trust Gardener's Almanac, National Farmers' Union, British Dietetic Association*

The latest offerings from Get Up And Go include :

**Havant Slow Lane Swimming** at Havant Leisure Centre £3.50 per person every Monday at midday.

<https://www.getupandgohavant.com/book-activities?category=0bba19a7-7a62-40bc-8ad5-3e67a10689c5>

**Waterlooville Circuits** – Thursday evenings indoors at Anders Hall and Saturday mornings outdoors at Jubilee Park; £2 per session.

<https://www.getupandgohavant.com/book-activities?category=26f50202-607f-412c-a0c3-275a2fd6aaff>

**Staunton Country Park walks & talks and Havant Hidden History walks** – various dates; the Staunton walks cover Heritage and history as well as Flora and fauna. They're all FREE!

<https://www.getupandgohavant.com/book-activities?category=9730d32f-d4af-4b62-8f42-1cc2e76261c5>

For a full list of Get Up And Go activities around the area go to :

<https://www.getupandgohavant.com/book-activities>



## SPRING FORWARD – CLOCK CHANGE DAY SUNDAY 30<sup>TH</sup> MARCH



Time to mark the start of British Summer Time by putting the clocks forward by one hour, bid farewell to the shorter days of winter and welcome longer, lighter evenings.