

### February 2022

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#### ***Dear Members,***

February always makes me feel optimistic. In the gardens here and there daffodils are blooming, snowdrops are reaching up out of the dark earth and everywhere buds are starting to show. Yes, it's still cold but already the days are longer and it just feels generally lighter and brighter and makes me think cheerfully to the future.

The future of our u3a looks very bright. Our membership is increasing and new and different groups are beginning. Remember, spreading the word is what we can all do - talk to your neighbours and invite them to join, or to people you meet in social situations. Word of mouth is the most direct and simple method of advertising and we can all do it.

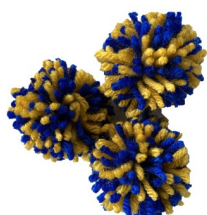
Did you know that the u3a movement is 40 years old this year? Last year the National u3a day was on June 2nd. (remember the Round the Island In a Day walk?) This year, to coincide with the 40th Anniversary, u3a day will be on September 21st. Knowing how long it took us to get everything organised last year, our planning for this year's u3a day starts now. We are trying to think of

exciting ways to show the Island what our u3a does. Can you dance in the street, put on a show, read poetry out loud, knit up a storm, sing in the open air or just talk to members about our group (in French or German perhaps)? Let us know if you have any fun ideas of ways to show the island what we are about. Watch this space next month for more news on u3a Day 2022.

This month our speaker is Brigitte Deneck whose talk, entitled 'The Power Of Your Voice' looks fascinating. Do join us on Zoom on Thursday 10th February 2022 at 14:00. Join the meeting early if you want to, and have a chat with each other over the Zoom floor before the meeting begins.

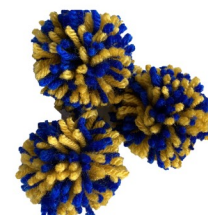
Thank you to Anne Dearle for her fascinating talk in January, "Ask a Busy Person". The talk was recorded so if you weren't able to attend there is a link available on the last page of the newsletter to allow you to listen in your own time.

***Carol Bradshaw***  
Chair



**Coffee Morning**  
**Bargeman's Rest, Newport**  
**1st Wednesday of the month**  
[membership@u3awight.uk](mailto:membership@u3awight.uk)

Look out for the **blue** and **gold** pom-poms



Carol Bradshaw	Chair	<a href="mailto:chair@u3awight.uk">chair@u3awight.uk</a>
Anne Dearle	Vice-Chair	<a href="mailto:vice.chair@u3awight.uk">vice.chair@u3awight.uk</a>
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Linda Christmas	Membership Secretary	<a href="mailto:membership@u3awight.uk">membership@u3awight.uk</a>
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Sarah Innes	Speaker Coordinator	<a href="mailto:speakers@u3awight.uk">speakers@u3awight.uk</a>

## Committee News

I feel very honoured to have been appointed Vice Chair of the Isle of Wight u3a and look forward to supporting our Chair, Carol, and helping her in any way I can. I am looking forward to building on the previous two successful years, when so much has been achieved in spite of Covid. The Isle of Wight u3a has tripled in size in the last year and continues to need more people to help it to deliver what it is capable of. The u3a gives a wonderful opportunity to learn about things you have missed out on earlier in life. It is never too late to learn and there are all sorts of options on offer giving you a chance to find a variety of new interests. It is also very satisfying to share your knowledge with other people.

I am also looking forward to getting my Social History Group going again when there is less fear of Covid, and people are happy to attend meetings indoors. We will be looking at the influence that various individuals and families have had on the Isle of Wight, beginning with the Sheddens, an important East Cowes

*This is your newsletter!  
Send the editor [rogerskid@zen.co.uk](mailto:rogerskid@zen.co.uk)  
anything you would like to share with  
us (and mention any  
errors or omissions).*

dynasty. Apart from their influence on the local area, they had an interesting and quite colourful history.

**Anne Dearle**  
Vice-Chair

### Contents

Committee	2
New groups	5
Events	7
Groups	9
Jottings	16
Photography Competition	17
Diary	19
Next Months' Speaker	20

### **STOP PRESS!**

**Save the Date -  
April 14th 14:00 - 15.30**

*The committee has once again decided to plan a face-to-face Speaker Meeting and Social on April 24th at St John's Hall in Newport -  
**So save the date!***

*Come and meet the new committee and some of our group leaders face-to-face. The meeting will start at 14:00 with an introduction to some new faces. There will then be a speaker followed by light refreshments and plenty of time to chat.*

## Membership Renewals

It is that time of year again! Our membership year ends on March 31st 2022. This means that if you have been a member since before December 2021 it is time to renew.

You can renew online using the [Membership Portal](#). If you received a printed newsletter then a renewal form will have been included. Please return the form to the address provided and pay by BACS or by cheque as indicated on the form.

If you use the Membership Portal you will need to use the details that we have on file for you to match your identity. These will have been included with the newsletter.

If you are considering not renewing then please call Sally on 740511 to talk through the ways that you can get more out of your u3a membership.

**Sally**

## Membership Volunteers

On the theme of helping people to make the most of their u3a membership, we are looking for a group of members who are willing to be called on to help with one-off short-term tasks: a 'Really Useful Members' Group'. One of the tasks that you might be asked to volunteer for is buddying with a new member to make sure that they get our emails, can access the newsletter and join in some of our activities.

Our Membership has been growing steadily, which is great and we need to try to make sure that people feel welcome and get what they are looking for. We need more help and it is clear that people are wary of commitment.

This is partly in the context of Covid, but also perhaps about wanting to stay available to use opportunities that will bring us the most pleasure.

So if you want to help but are reluctant to commit, perhaps you are willing to join our

register of Really Useful Members who are willing to be asked to do nicely time-limited jobs.

## ***New Activities***

As Groups co-ordinator I am constantly on the lookout for new ideas, new activities and new group possibilities. Please think about what you might enjoy sharing. Again, it does not have to be a long term commitment - a visit to the Mary Rose, A Dinner Date, a knit and natter, a knitathon, one coffee morning or a trip to the Edinburgh festival. Keep the ideas coming. So many possibilities.

And finally .... thank you from the Newsletter team, to those of you who took the time to send us feedback. Feedback is really appreciated, whether it is good or bad; as long as it is constructive we welcome it. So thank you.

## **Contact:**

**Sally** [groups@u3awight.uk](mailto:groups@u3awight.uk)

# Birthday Poem

## Sally's Birthday Poem

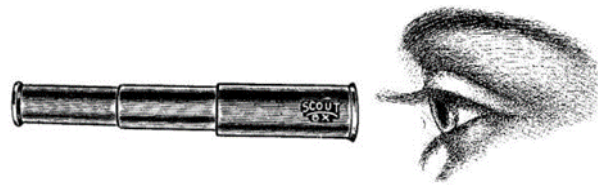
U3A, U3A. What's the schedule for today?  
Learn a language, take a walk,  
Sticks if you must, same for talk.  
Meet for a coffee, or lunch in a hostel.  
Stretch those muscles intercostal.



U3A, U3A. What to do if the weather's grey?  
There's arts and crafts, perhaps Pilates,  
Take heart in laughs and 'working' parties.  
Plant some trees, or watch some birds,  
Learn computers, 'though not for nerds.



U3A, U3A. What to do at the end of the day?  
Wrap up snugly, raise your eyes  
Look up smugly to the skies  
Join a group of mad star-gazers  
Patrick Moore-like trailblazers



U3A, U3A, there is no limit. None. No way!  
So, make a wish or resolution  
But please avoid circumlocution  
The choice is there it's all unbounded  
What's on offer? You'd be astounded.



"Enrol your pets!" the website boosts.  
Aquatic, earthy, or things that roost.  
Spiders, snakes, don't be deterred  
Though small and cuddly's much *prefurred*.



Extreme Crochet! I kid you not.  
Huge wool skeins and needles hot,  
Dining, dancing and more so latterly,  
Coin collecting and philately.



The only drawback or so I've heard  
Of this Uni for the aged third,  
Is too few Indians, not enough chiefs  
And if I'm right, that's one of your beefs.  
Too many mouths, all full of froth  
And too few cooks to make the broth.



### ***Little Angels Crafts Group***

**On the 1st Thursday of the Month  
Starting 3rd March 2022  
10:30 - 12:30  
Shanklin**

Learn various creative ideas, making cards at your own pace and pleasure. Fee £5 per session to cover materials and refreshments

Contact [teresareed@btopenworld.com](mailto:teresareed@btopenworld.com)

### ***Calling Out Cyclists***

Would you like to join with others and explore the Island by bike - starting with a simple and level cycle some time in April, with tea and cake, obviously!

Let us know if you are interested and if you have a bike carrier on your car.

Contact [groups@u3awight.uk](mailto:groups@u3awight.uk)



### **Visit to The Needles Old Battery April 26th.**

The On-Location History Group returns with a new date - Tuesday April 26th. The Needles Old Battery was part of the chain of defences built to protect the naval dockyards at Portsmouth on the orders of Prime Minister Lord Palmerston, against a French invasion. As the invasion never happened the old battery among others became known as one of "Palmerston's Follies". We will research, and share the history of the Old Battery and perhaps others of Palmerstone's Follies prior to the site visit.

Contact **Sally** on [groups@u3awight.uk](mailto:groups@u3awight.uk) if you would like to join us.



### ***Bucket Listers!***

**Do you have a bucket list wish that you would like to make happen in 2022?  
New Year, New Opportunities.**

Spending a little time considering unfulfilled wishes, hopes and dreams may be the first step in making some of them come true. Have you always wanted to try canoeing? Visit Chelsea Flower Show, Ronnie Scott's, tea at the Ritz, swim in the ocean by moonlight, write a difficult letter of apology, get your nails shellac'd, dye your hair purple or visit the Normandy Beaches?

Write to us with your bucket list ideas and let's see if we can support each other to get some of them ticked off in 2022! Contact [groups@u3awight.uk](mailto:groups@u3awight.uk)

### Eat-Out and Review Events

The first lunch out was in January at the Old Smithy.

The next will be at 1 Holyrood, Newport on **Saturday 5th February**.  
Contact [sheilaherrando@gmail.com](mailto:sheilaherrando@gmail.com)

And then Brunch, venue The Terrace, Yarmouth on Saturday March 5th.  
Expensive but delightful.  
[sally.u3awight@gmail.com](mailto:sally.u3awight@gmail.com)

Volunteers needed for April - you choose the date and the time, book the table and host the meal. Contact [groups@u3awight.uk](mailto:groups@u3awight.uk)



### New - Allotment Gardening

The subject of allotments can cover a wide range of subjects. The main object of working the plot of land is to grow fruit and vegetables. This means that anything from a small back garden with a spare piece of soil to a large plot of land may be utilised to achieve that objective.

There is always something to do throughout the year to achieve maximum efficiency of the plot.

From late autumn to early spring the soil has to be treated with whatever fertiliser or element that will be suitable for next year's crops. Also the type of soil must be managed in order to achieve the maximum benefit of the add-ons. This may mean lightening a heavy clay or giving more body to a sandy soil.

The benefits of being part of a dedicated group is that we can exchange ideas, swap young plants and, when the time is right, visit each other's plots. To make the experience even more interesting the group may wish to have its own Best Vegetable competitions. Whatever makes an already enjoyable experience can be added to the group's range of activities.

Contact *Peter Dorsett*:  
[groups@u3awight.uk](mailto:groups@u3awight.uk)

**Weekenders** - starting in February, aimed at people who find themselves looking for shared activities at the weekend - theatre trips, eating out, museum visits, movie nights - anything the group wants, goes.

First date brunch/early lunch in Newport on February 5th

Contact Sheila Herrando [sheilaherrando@gmail.com](mailto:sheilaherrando@gmail.com) for more information.  
Sheila will be hosting the lunch on Saturday February 5th.



## THEATRE CLUB+ by Glenys Lloyd-Williams

Future Suggestions - let me know if you are going/interested? email me: [enjoyaplay@outlook.com](mailto:enjoyaplay@outlook.com)

It is Panto time and there are loads to choose from running into February.

**Medina, Newport - 'Cinderella'**. I volunteer there so shall be doing my stint on a few dates. "Oh yes I will!!" There are matinee and early evening performances.

**Shanklin** has a range of events so best to look online.

**Apollo, Newport - 'Breaking the Code'** 4<sup>th</sup>-12<sup>th</sup> February 2022. The story of Alan Turing, inventor of the Enigma machine. Interesting and well written play. Well worth a visit.

## Monday Garden Visits

Through the Winter we will meet on the first Monday of the month for a garden walk and a hot chocolate, to which everyone is welcome.

We had a misty visit to Ventnor Botanic Gardens. A magical mixture of lushness and blossom alongside decay, courtesy of the season, and the much-celebrated Ventnor microclimate.

Inevitably we retreated to the café for tea and cakes and chat that was much enjoyed.



**'The Curious Incident of the Dog in the Night-time'**. 19<sup>th</sup>-23<sup>rd</sup> April 2022

**Chichester theatre - 'The Play What I Wrote'** 8<sup>th</sup>-12<sup>th</sup> Feb 2022. Fun tribute to Morecombe and Wise. Matinees 2.30pm. **Rita and I are booked on Wednesday 9<sup>th</sup> at 230pm, Seat M28 if you would like to join me.** Tickets will sell fast.

**'The Taxidermist's Daughter'** 8<sup>th</sup> - 30<sup>th</sup> April 2022. 6 matinees available.

**Apollo Theatre Tour:** February 19th at 10.45. Interested in seeing behind the scenes? Join this fascinating tour for a diverting Saturday morning outing. Let me know if you'll be attending. Thank you.

Glenys x

Osborne House Garden (when open) Free with English Heritage Membership, but check online first.  
**Cancelled - Garden Closed Mondays**

**Monday March 5th**

**Mottistone Gardens**

Free with National Trust Membership

The Monday Garden Group will resume visiting each other's gardens to walk, talk, plan and drink tea on the 1st Monday of April - April 4th, at Yafford.

Email [groups@u3awight.uk](mailto:groups@u3awight.uk) if you would like to join us.

Sally

## Walk & Lunch

Next month we will return to the Western Yar and The Red Lion.

In March, while I will be away skiing, we have two volunteers - Alison & Carole - who will host a walk around Niton and lunch at The Buddle Inn. Thank you Carole and Alison.

April will be back to The Pointer Inn, Newchurch. More volunteers for May 18th please.

*Note to all - please can you express your interest in the walk, and as early as possible - cancellations are easier to deal*

with than late bookings, especially in March, out of consideration for the kind volunteers!

## Sally



## Beaches Report

Unfortunately the December beach walk, due to be held on Wednesday 29th, was cancelled owing to inclement weather.

I proposed last month that the February beach walk would be in St Helens. However, after an exploratory and beautiful walk along the sands on the Duver, I discovered that both the café and the toilets there were closed. We will try this venue again in the spring when the facilities are available. So for the January

Beach walk we will try Yaverland again. I will report on it in the March Newsletter.

The February beach walk will be on Wednesday the 23rd at 10:30 am. The venue will be Ventnor. I will send more details to you all nearer the time. Everyone is welcome. Come and have a walk by the sea, a bit of a chat and perhaps a hot drink at the end of it. Let me know if you would like to come.

## Carol

[chair@u3awight.uk](mailto:chair@u3awight.uk) 07748 886246



## Walk and Talk about Gardens

This group has now entered its hibernation period and group garden visits have been suspended until Spring. That does not mean that our gardens lack colour or interest but eating cake and drinking tea outside becomes less appealing.

This is also the time to make structural changes to the garden while it is still pleasant to work outside.

The group keeps in contact throughout winter with emails and photos, as we did during lockdown.

**Beryl Tillman**

## Spanish Improvers' Group Now full, but we do keep a waiting list.

Talk to Keith if you are interested. The group is friendly and welcoming. There is no pressure and we are here to enjoy ourselves and get the satisfaction of learning a new language. If you are interested please make contact with Keith.

**Keith Pritchard** 01983 407942  
[keithswonderfulworld@gmail.com](mailto:keithswonderfulworld@gmail.com)

**Games** - Newport - first Friday afternoon  
Next Meeting February 4th.

There will be tables of Mah-Jong, but if Mah-Jong is not your thing then why not come along and play the game of your choice - Scrabble, Cribbage, etc.

If you have not played Mah-Jong before and would be interested in attending a one day starter session then let us know. We are also looking into ways of teaching Mah-Jong to remote bubbles using Zoom. So if you have some interested friends whom you could bubble with (in a group of 2-5) then the teaching could be remote.

**Contact Sally** [groups@u3awight.uk](mailto:groups@u3awight.uk)

## French Conversation:

**Friday am:** Bembridge  
**Tuesday pm:** Brading  
**Wednesday pm:**  
Newport (new)



Both the **Tuesday and Friday** groups are now full.

Please contact [groups@u3awight.uk](mailto:groups@u3awight.uk) if you are interested in a French group.

## German:

**Two groups, alternate  
Friday mornings at  
Brading, Improvers and  
Intermediate/Advanced.**



The Improvers group is now full. The intermediate/advanced group is small and would welcome new members.

It is very informal, and we aim to have fun, make new friends, and learn a thing or two at the same time.

**Mary**  
[melongley1@gmail.com](mailto:melongley1@gmail.com)



## Film Studies Group

I had heard only good reports about this film, and I personally wasn't disappointed.

***The Unforgiveable*** is a story of a woman called Ruth Slater coming out of prison after serving 20 years for killing a copper.

As the story unfolds, and she is trying to enter back into society, the only thing on her mind is to find her little sister who was only five when this crime was committed.

This movie is a shining example of a sister's love, almost to the extreme. In her bid to find her sister Ruth meets two couples, one a lawyer and his wife, and the other are the foster parents who brought her sister up. It was very interesting to see how they reacted to Ruth, at times quite harshly. Here's someone who has served 20 years for a crime and the film showed how pain,

inability to forgive, and hate could have devastating consequences.

The sons of the dead copper are looking for revenge on Ruth...the younger brother heard her say 'life goes on' which he took out of context...his actions then bring the film to its conclusions!

The recognition and hug by the sister to Ruth at the very end of the film can certainly bring a tear to your eye.

Ruth was played well by Sandra Bullock.

As a group, some of us interpreted the storyline differently....however we all agreed it was an enjoyable and interesting film to watch.

**Jan**



This friendly film group has reorganized itself and is looking forward to increasing its membership. If you are interested in film.....then why not give this film group a go! All the films are on Netflix. All the meetings are on Zoom...fortnightly basis during winter months and monthly in the summer. Always a Monday 5.30pm, usually for an hour.

The criteria we look for when watching a film are:

- Sound track (including music)*
- Acting main role and supporting actors*
- Camera work – long tracking etc.*
- Story line*
- Use of colour/black and white*

*How true it is (relating to book or real life)*

*Editing*

*Continuity including plot holds*

Everyone in the group is welcome to put forward films for selection to watch. If your film is selected then you will be responsible to send out Zoom invites and host that session. If you have difficulty with doing that we have an experienced member who will help you with it. You may also write up a review for the newsletter.

If you are interested in more information and/or joining the group please contact Dina on the groups page of our website.



## Technology and Communications

The January meeting discussed apps for tracking walks and the difficulties in exporting data from one app to another. The use of Google maps was demonstrated, together with some of the lesser-known features including how to use Google maps to get directions and as a sat nav in the car.

The next meeting of the Technology and Communications Group will be on Zoom, Monday 7th February at 14:00.

All these underlined references should load web pages if being viewed online. Ed.

[Eleven free walking apps](#)

[Footpath map](#)

[Wight footpaths](#)

[Grid reference finder](#)

[Google maps](#)

**[Fred Dawson](#)**

[fred.wp.dawson@googlemail.com](mailto:fred.wp.dawson@googlemail.com)



## Photographic Group

At the January meeting group members discussed their latest photographs and how they were taken. Suggestions were provided, in particular the need to bring out detail in the shadows.

A particularly good photograph was of reindeer at Gun Wharf Quay taken by Duncan Howells.

View [Members' photos](#) here.

There will be a physical meet-up on 17th February 14:00 at the Riverside Centre, Newport, by the river. This will provide an opportunity to have a chat and stroll whilst taking photographs.

**[Fred Dawson LRPS](#)**

[fred.wp.dawson@googlemail.com](mailto:fred.wp.dawson@googlemail.com)



[A particularly good photograph](#) was of reindeer at Gun Wharf taken by Duncan Howells.

## Non-Fiction Book Group

We met again, as usual, on the third Tuesday of the month to review our January's read - 'Darwin's Ghosts - in Search of the First Evolutionists' by Rebecca Stott. Described by the Sunday Times as "a thrilling, finely researched history of science... gripping and ambitious", we all learned a good deal including, and perhaps most memorably, that Aristotle was also a keen biologist with an insistence on the unique merits of direct observation and the development of taxonomies for understanding the natural world. The author's engaging narrative style, describing not only the ideas but also the day-to-day lives of those who had gone before Darwin, prompted some uncertainty about the evidential basis of the accounts, but there was agreement that this had been "a really good read".

Looking ahead, our next three books - all available in paperback and for Kindle - are to be:

**February:** *Who Am I? And if so how many?* By Richard David Precht (2011). "Never before has anyone introduced readers so expertly and, at the same time, so light-heartedly and elegantly to the big philosophical questions".

**March:** *And the Band Played On: the enthralling account of what happened after the Titanic sank.* By Christopher Ward (2011). "A gripping and moving account not just of the sinking of the Titanic, and the wretched class system which bedevilled the aftermath, but of the long-term impact on survivors and dependants. What started out as a story for the author's children and grandchildren has turned into a terrific read for everyone" - Alastair Campbell.

**April:** *Regeneration: ending the climate crisis in one generation.* By Paul Hawken (2021).

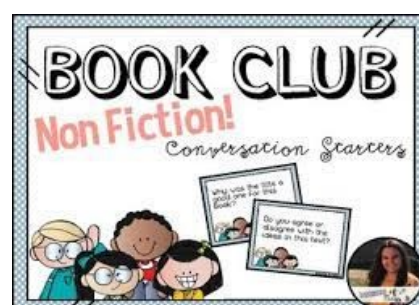
This is a physically big book: A4, thick and glossy. We listed it as third, to enable us to get ahead with it.

"This is an incredibly thought-provoking book and one that I will be coming back to time and again. Paul Hawken, a highly experienced and respected writer and thinker and talker on how we can survive the impending climate crises in front of us, has given us a more practical way to see to the future - how we make it work for us. I am not qualified to question his approach but it seems to me at least worthy of trying it out if we can. I must add that everyone who has seen the book on my desk and has simply picked it up to flip through was blown away by the images."

In addition to discussing the books at our Zoom meetings, held on the 3rd Tuesday of the month at 5pm (**note new time**), we are setting up a WhatsApp group for each book to support the exchange of experiences, thoughts and maybe even retrospective reflections. We will see how it goes.

We have room for a few more members if this selection of books interests you. Do get in touch.

**Nigel Hastings**  
[hastingsnigel01@gmail.com](mailto:hastingsnigel01@gmail.com)



## Military History Group

By the time this newsletter is published we will have completed our first Zoom session on nuclear weapons. I hope all who watched it enjoyed it and perhaps learned something new.

Our next Zoom session is scheduled for 14:00 Friday 18<sup>th</sup> February.



Topics to be presented will be: Farnborough Air Displays, 1948 to 1953, and Supermarine Spitfire Mk 1 to Mk 24, design aspects.

If you are not already enrolled with the Military History Group and would like to attend this session then please e-mail me at [robintyler60@gmail.com](mailto:robintyler60@gmail.com)



## Traditional Book Group

Meeting on the first Friday of each month. Our first meeting will be Friday 4<sup>th</sup> February at 2.00 pm in Binstead. We will each choose a book that we think the group will enjoy reading over the next sessions. Each month the person who chooses the book will start the discussion and everyone in the group will give their views and opinions.

Sometimes the books may not be to our taste but generate lively discussion. The beauty is that we are often introduced to a title or author and get real pleasure reading a book that we would never have chosen ourselves.

The person whose book choice it is that month brings a cake and this helps make the meeting a sociable, enjoyable event.

**Allison Rogers**

[davidallison36@hotmail.com](mailto:davidallison36@hotmail.com)

## Eat Out and `Review

On Wednesday 5<sup>th</sup> January six members met at the Old Smithy in Godshill. There's plenty of parking with a huge car park (free) attached.

We sat in the conservatory, so light and airy, and tables were not too close together. It was a buzzy location with most tables fully occupied. There was a varied menu with home-made options. Between us we had a full English all-day breakfast, jacket potatoes, a home-made soup and a yummy cheese scone!

The conversation was lively with a range of subjects such as theatre, music and trips out. "Lovely venue on a lovely day" was one comment.

**Debbie**

## Green Issues

The next Climate Crisis topic will be: 'Animal Agriculture and Climate Change' on **Wednesday 23rd February** starting at 10:30 am. Please log into [u3a climate communities](#) to ask for a Zoom invite, and to view past videos if you missed them.

Hope to see you there. I will send a reminder closer to the time.

Keep going Green

**Dina**



[u3a Climate Change Network](#)

[Climate Crisis Cinema](#)

## Green Stop Press!

The Isle of Wight Council has managed to acquire considerable funding for free solar panels for residents of the Island under the LAD scheme (Local Authority Delivery Scheme). To qualify, your income should not exceed £30,000 and your EPC should be below a D. This offer will close in March when the qualifying EPC will change to D or above. The managing company of these funds is [City Energy](#) and full details are given on their website. If you need further information about the scheme please contact me on 07854 440557 and I will be glad to chat about it.

**Dina**

Or see [IW Radio item](#) (Ed.)

**I joined** the Godshill Lunch and Walk ending up in The Taverners for a very tasty lunch. Sporting my new boots, it was a pleasant climb to Appuldurcombe House and back to Godshill. I'm a little out of shape with Covid sofa-surfing but glad I went along.

As the year goes by I'm hoping to walk more to get fitter. Next week, tradesmen permitting (new bathroom), I will be there.

**Jill**



## The u3a as a Voice for Older People

The u3a are refreshing their vision and strategy - and it is not too late for you to have your say.

Part of the new vision is to aim to be one of the organisations consulted on policies that affect older people and to be active in challenging age discrimination. The u3a has developed a toolkit for organisations to educate people about the subtle and not-so-subtle ageist messages that are commonly promulgated. Recent policies that have given the message “That all those over 70 were vulnerable and frail and should keep themselves at home” is one of the not-so-subtle ones, equating a mere number with a state of health.

As with all 'isms' the place to start is with ourselves. Take the time to discover how you really feel - and why. Is it really true? Challenge the stereotype - “When I am an old woman I shall wear purple, with a red hat that doesn't suit me” (from the poem “Warning” by Jenny Joseph.)

*Are there any Red Hatters out there?*

**Sally**



No disease



Chronic disease

## Not all Disabilities are Visible

Are we tolerant enough for hidden disabilities? Disabled toilets now have signs that say “Not all disabilities are visible” for those being judgemental about normal-looking people sneaking into disabled loos and normal-looking people using Blue Badges who have hidden disabilities. E.g. back injuries that no-one believes in together with other hidden limitations.

Most people say little about their problems but we should assume that everyone has something - well we all probably do.

**Roger**

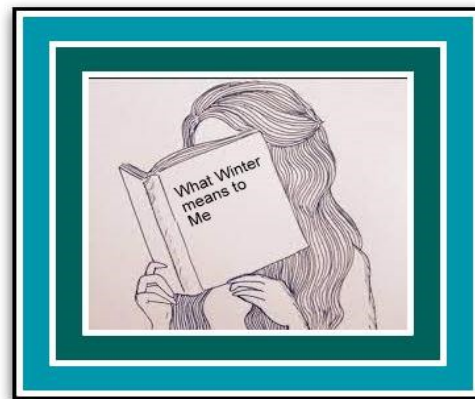




# u3a Photo Competition Winter 21/22

## “What Winter Means to Me”

Winner receives a year’s membership!



First Place: “A Winter's Walk by the River”, by Teresa Reed

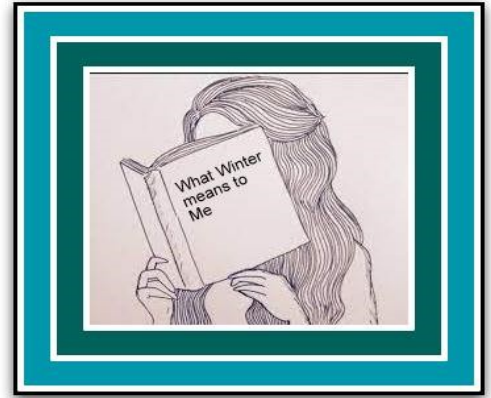


Second Place: “Witches’ Brooms on Bare Branches”, by Elizabeth Fox

Third Place: “A Christmas Cracker”, by Paul Bowskill



# u3a Photo Competition Winter 21/22



## “What Winter Means to Me”

Images were judged on how well they met the theme, composition and technique.

### **Issues encountered:**

Some images were too small to be effectively judged. Some images seem to have little connection with the theme.

In competitions, descriptions should not be included as the title and image should speak for themselves. For the purposes of judging the competition I have ignored the descriptions.

For future reference, competition images should be 2000 pixels for the longest edge at a resolution of 300 dpi.\*

If you would like to learn more about photography then please join the *Wight u3a Photography Group*. The purpose of the group is to learn more about how to get the best out of our photography. There are monthly get-togethers on Zoom and physical meet-ups in person.

The emphasis is on learning by doing and learning from each other and enjoying photography.

**Fred Dawson LRPS**  
[fred@u3awight.uk](mailto:fred@u3awight.uk)

\*or “medium” setting if no other indication  
*Ed.*

### **Editor’s Note:**

25 images were received, too many to publish in the newsletter. [A report](#) of all the images will be emailed to contributors and will be available on request from the editor.  
[editor@u3awight.uk](mailto:editor@u3awight.uk)



## February Diary

### Regular Group Meetings

14:00	1 <sup>st</sup> Monday	Zoom	Technology and Communications
14:00	3 <sup>rd</sup> Monday	Zoom	Photography
16:00	Every Monday	Zoom	Not Quite Beginners' Spanish
17:30	Alternate Mondays	Zoom	Film Studies
13:30	Every Tuesday	Brading	Conversational French
15:00	1 <sup>st</sup> Tuesday	Yafford	Reading
17:00	3 <sup>rd</sup> Tuesday	Zoom	Non-Fiction Book Club
10:30	1 <sup>st</sup> Wednesday	Bargeman's Rest, Newport	Coffee Morning
14:00	1 <sup>st</sup> , 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday	Newport	Conversational French
14:00	1 <sup>st</sup> Thursday	Brighstone/Hybrid	Writers
14:00	3 <sup>rd</sup> Thursday	tbc	Family History
10:00	Every Friday	Bembridge	Conversational French
10:30	Alternate Fridays	Brading	Improvers German
10:30	Alternate Fridays	Brading	Intermediate/Advanced German
14:00	1 <sup>st</sup> Friday	Newport	Mah-Jong & other games
14:00	1 <sup>st</sup> Friday	Binstead	<b>New</b> Traditional Book Group
14:00	3 <sup>rd</sup> Friday	Zoom	<b>New</b> Military History

### Events this month

Feb 5 <sup>th</sup>	Saturday - lunch	One Holyrood, Newport	Eat Out and Review & <b>New</b> Weekenders
Feb 10 <sup>th</sup>	Thursday	Speaker Meeting on Zoom	The Power of Your Voice
Feb 16 <sup>th</sup>	Wednesday	Western Yar	Walk & Lunch
Feb 19 <sup>th</sup>	Saturday	Theatre Group	Apollo Theatre Visit - Behind the Scenes
Feb 23 <sup>rd</sup>	Wednesday	Climate Crisis Group	Animal Agriculture & Climate Change
Feb 23 <sup>rd</sup>	Wednesday	Beach Walk - Ventnor	

### Future Events

Mar 5 <sup>th</sup>	Saturday	Brunch Yarmouth	Eat Out and Review
Mar 10 <sup>th</sup>	Thursday	Zoom	Speaker Meeting
Mar 16 <sup>th</sup>	Wednesday	Niton	Walk & Lunch
April 14 <sup>th</sup>	Thursday	St John's Hall, Newport	Speaker Meeting and Social
April 26 <sup>th</sup>	Tuesday	The Needles	On-Location History Group

Still nothing catches your fancy - or the groups that you fancy are not at the right time for you? Let us know on [groups@u3awight.uk](mailto:groups@u3awight.uk). We are keen to support the start-up of new groups.

Groups that are looking for new members to get started include: Allotment Gardening, Modern Greek, Painting, music appreciation and Play Reading.

Always check with the group leader for up-to-date info on diary events. The above diary is only correct at time of going to press.

**For more information go to**  
[www.u3awight.uk/events](http://www.u3awight.uk/events)

[www.facebook.com/groups/iowu3a](https://www.facebook.com/groups/iowu3a) closed group for members  
[www.facebook.com/u3aWight](https://www.facebook.com/u3aWight) open page for the public

# Isle of Wight u3a February Speaker



## “THE POWER OF YOUR VOICE”

**Brigitte Deneck**

How often have you spoken - in meetings, singly or in groups - and experienced not being listened to? And would like to explore a way to express yourself so the point you are making is heard?

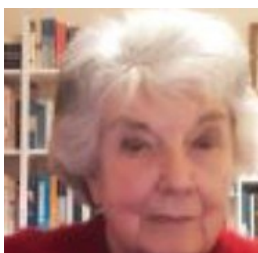
In her talk, Brigitte shares her journey of discovery since she started to explore ways to speak powerfully in 1968. She also gives you the opportunity to have fun trying a few practical exercises (while muted on Zoom).

<https://beyourvoice.co.uk/>

**Thursday 10th February 2.00 pm on Zoom**

**Details to be sent soon.**

**COMING SOON! 10TH MARCH SPEAKER!  
14TH APRIL SPEAKER! EVERY MONTH!!!  
APRIL FACE-TO-FACE !!**



Anne Dearle's engaging talk "[Ask a Busy Person](#)" from January 13th can be watched again at [this link here](#) (starts at 12 minutes in, and lasts 50 minutes)