

September 2022

A Month of Celebration

It's 40 years since the foundation of the u3a in the UK. The French *Universités du Troisième Âge* started in Toulouse, France, in 1973 and was conceived as extending the facilities of the university to the local *older* population. When the idea was brought to the UK nearly 10 years later, the emphasis shifted to far more of a self-help model, recognising that many had something to contribute, that there was satisfaction in teaching as well as learning and also including more simply social and physical activities - a more whole body approach, if you will.

Our AGM next month will be an opportunity for us to reflect and to plan how Isle of Wight u3a members want to take this vision forward.

September will be a month of showcasing our u3a as well as celebrating it. The major lesson that we learnt from our u3a day activities last year was that people hadn't heard of the u3a. We have been trying to spread the word and raise our profile ever since.

So come and say hello and bring your friends:

- 3/4 Wolverton Manor Garden Fair**
- 7 Coffee Bargeman's Rest 10:30**
- 8 Falconry St John's Hall 14:00**
- 21 Walk Tennyson Down**
- 24 St Thomas's Square 10:30 -16:00**

Alison Botha agreed to be co-opted onto the Committee for a short while to help us with Publicity and Marketing. Our big push has been maximum advance publicity for our September activities. We were interviewed on Vectis Radio and we have ads in the local newspapers and magazines.

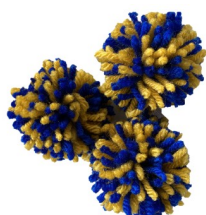
Thank you Alison - you have been a very welcome force for action.

**How can you help?
Bring your friends to meet us!**

**Speaker Meeting
& Social
Thursday 8th September**

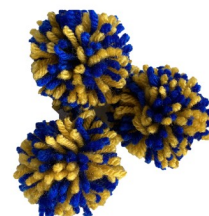
**Havenstreet
Falcons**

St John's Hall, Newport,
PO30 1LN



**Coffee Morning
Bargeman's Rest, Newport
1st Wednesday of the month
10.30 - 11.30 am**

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



Summer Photography Competition

Shades of Summer

The winning image by Paul Bowskill truly evoking Shades of Summer



Judge's Comment:

"The winning photograph by Paul Bowskill was chosen for the use of imagination and creative thought. The sunglasses referenced "shades" whilst the beer evoked thoughts of quenching one's thirst on a hot summer's afternoon. The composition is simple, uncluttered and well taken from a technical point of view. I must admit the image made me smile."

One winner and three commended photographs were chosen from a field of 35 submissions. Thank you to everyone for taking part and thank you to Fred Dawson, LRPS, for making the judgement.

Commended Photographs



Lovely picture, well captured. I suspect the person has had a nice lunch and is having a snooze on a hot summer afternoon.



Summer Harvest

This picture evokes feelings of the harvest and getting the crop in before the wind and rain of autumn. Well taken and composed.



In this image the sky and beach are very bright which contrasts well with the black umbrella and the shade it casts of the person beneath. Good use of black and white.

u3a AGM October 13th, 15:45 **St John's Hall, Newport,** **PO30 1LN**

The Annual General Meeting is an opportunity for us all as members to reflect on what we have done, what we are doing and what we would like to be doing. This is a membership organisation - meaning by members for members.

Fortunately two willing members have stepped forward for election to the committee at the AGM. We would like more - a contested election would be very validating! We are, however, still urgently in need of someone to offer to become vice-chair. We need a vice-chair: not only is it a legal requirement but also it provides support to the chair specifically and to the committee more generally. Whatever your skills and areas of interest, we need you. Why not talk to Carol, the outgoing chair, about what is involved?

We are still a very embryonic u3a; built during lockdown, with a very small committee, we have the potential to become so much more diverse. Come and have your say: be part of the journey.

[Carol Bradshaw](#)

chair@u3awight.uk

07748 886246

Volunteers Needed

Just in case you haven't heard, we need some more volunteers.

We understand that offering to commit to anything with ongoing responsibilities is hard, whether that is because you feel foot-loose and fancy free for the first time in your life and want the freedom to enjoy it or because you are busy volunteering elsewhere, caring for others, or perhaps not confident in your own health.

With that in mind we are developing the idea of teams. Teams will be anything from 4 to 20 people who have loosely agreed to be available as and when needed, on the understanding that when the time comes they may not in fact be available.

We would like teams to support the various committee roles - Chair, Treasurer, Membership Secretary, Groups coordinator as well as to support various broader functions - Social Meetings, Speaker Meetings, Publicity, Walks, Newsletter, Recruitment, and managing the teams themselves ... you name it. Please let us know if you could add your name to a list of people who would be willing to meet from time to time and tackle something that needs doing.

Embryonic Teams

Membership -

- running the membership database
- welcoming new members
- accompany to the coffee morning
- encouraging new members to join an activity

Recruitment & Events -

- Steering Wolverton & County Show
- u3a Day celebrations
- Posters in libraries/notice boards/online
- Social media
- Publicity

Membership Services -

- Social meetings (summer)
- Speaker meetings - Zoom winter months
- Supporting the start-up of new groups
- Supporting group leaders
- Newsletter, proof-reading, news collating
- Diary
- Recruit and manage teams

Look Good for Christmas!

This is a new group for anyone wanting to shed a few pounds which probably piled on during the pandemic.

The words 'diet' and 'fat' will be avoided! It will be a facilitated group to enable you to set targets, monitor progress, laugh at setbacks and celebrate successes.

Support within the group and a 'buddy' system will help us achieve what we want.

It will start Friday September 23rd and we will meet in group members' homes.

Contact: Alisonbotha@yahoo.com

Knitting with Jane Bowskill in Binstead. Would you like to learn to knit, to read a pattern, or develop a more ambitious project? All levels welcome. Enquiries through groups@u3awight.uk

Card Making with Teresa Reed - regrouping for a new start on Thursday September 15th.

teresareed@btopenworld.com

French Film Matinee

The French Film Matinee, in conjunction with Ventnor Arts Club, has moved to 15:00 on the 3rd Monday for the autumn term.

The first showing will be:

Monday September 19th: "Amelie"

Contact groups@u3awight.uk if you are not already on the circulation list.

Review - Private Royal Mail Collection in Newport.

"Next time I see a post-box I will actually really look at it."

"Who knew there was so much detail to be fascinated by?"

Well one person at least knew - and he is Arthur Reeder, the custodian of an amazing collection of post-boxes and other postie memorabilia. He and his wife, Kim, welcomed us to their home and introduced us to their private collection. Many thanks to them and to Valerie Graham for organising it.

The product of many years of research, hard work and innovative thinking, the collection is extensive and Arthur's passion for his subject unbounded.

Sally

Eat-Out & Review

The alfresco lunch on the clifftop at Castlehaven, Niton Undercliff, was always going to be more expensive than your average casual dining experience.

I suppose £70 for two (incl. tip) for posh fish and chips with a glass of wine sounds extortionate, but we went away happy!

My fish, (sea bass cooked tempura style with fries and a salad), was beautifully fresh and the best I can ever recall eating. This, combined with the beautiful location, will tempt us back someday!

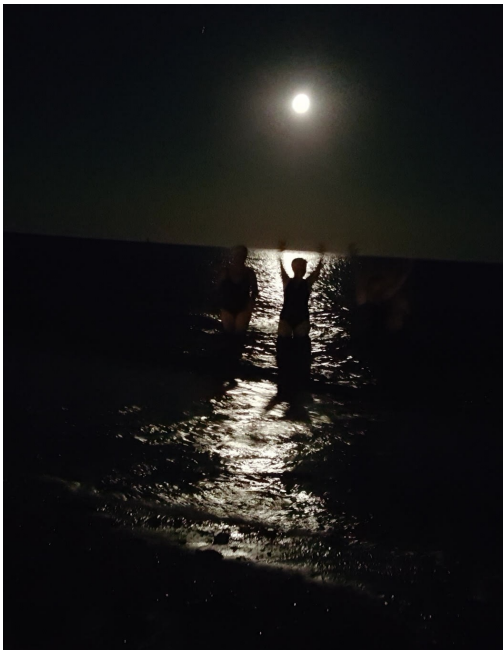
Frank

Let me know where you would like to Eat-Out & Review - Sally

Let's Go

A group to support members doing whatever takes their fancy - hands up those in favour of saying YES. What are you itching to have a go at?

Two of us thought that a moonlit swim would be beautiful. We spread the word, the idea grew, people said yes, let's do it. We had a magical moonlit swim on the evening of the August full moon. The heavens shone on us on the hottest night of the year and we had fun.



What would you like to say Yes to?

- The Mary Rose Exhibition in Portsmouth, 28th November 2022?
- Mottisfont Garden, June 2023 for the Roses?
- Horse Racing?
- A Strictly Dance Lesson?
- Your wildest dreams?

Let's Go

Sally

groups@u3awight.uk

Isle of Wight Jazz festival September 15th - 18th.

The Isle of Wight Jazz Festival programme is now available online and tickets are on sale. There is a number of paid-for performances over the course of the four days as well as fringe performances at free venues like The Bargeman's Rest and One Holyrood.

If people let me know what they like I will put them in touch with others with the same intentions. A small group is forming for the Saturday night performance by Nigel Price Organ Quartet with Vasilis Xenopoulos, with a plan to meet for a drink beforehand.

Yeast Cookery & French Bread Making in Newport with Eddie George.

Eddie has discovered, after much trial and error, the recipe for home made French bread and has promised to share it with a small group (max 6) as a morning workshop in his kitchen.

The workshop on Tuesday 25th October will look at a selection of the following:

- yeast: dry, fresh, sourdough.
- flours: T55, T65. Wholemeal, rye, others.
- unleavened bread, soda breads.
- breads, cakes, baguettes, pizza, flat breads, (naan, pitta, Bao buns, manoush etc.)
- hydration, poolish, autolyse, salt.
- kneading v. fermentation.
- Bake stones, steam injection, slashing, washes, spring.
- ovens, Dutch oven, tins, frying pan, griddle.
- additives. nuts, seeds, dried fruit, herbs, malt, milk, oils and fats.
- tools and equipment.

Book early on groups@u3awight.uk.

Walk & Lunch

Held on the 3rd Wednesday of the month at various locations around the Island - please let me know if you would like to come - particularly if you are a slow walker.

Non-walkers are welcome to join for lunch. Please do let me know.

There were 14 of us on the July walk at Mottistone Down and luckily it was much cooler than the day before. Unfortunately we didn't get the fabulous view of Tennyson Down leading to the Needles and the surrounding view of the Solent and Compton Bay as there was low cloud

We took a return route through some lovely shady woods and covered about 3.5 miles in total. Lunch at the Sun Inn was enjoyable and entertaining! They haven't quite got their act together staff-wise but the food was very nice.

The next walk is on September 21st from Totland with lunch at the Highdown Inn, so please pop it in your diaries and details will follow.

If you have a favourite walk and pub combination, let me know. There are still many corners of the Island that I have not explored.

Carole Anderson

carolea48@gmail.com

Volunteer Walking Marshals Required

Coordinating walks with lunch is tricky because of the wide variation in walking speeds. To make life less stressful for everyone we are asking for a slow-walk volunteer each month to organise either a shorter route or an earlier start time, meeting at the pub for lunch at 12:30 with the faster walkers and the non-walkers.

Mah-Jong +



If you have not played Mah-Jong before there will be a beginners' workshop on November 21st.

Mah-Jong is played every Friday afternoon at the Cowes Community Centre. In addition we have games in people's homes from time to time.

Sally

groups@u3awight.uk

Beach Walks

Although I had planned to resume the beach walks in September, my diary is so full with all the other u3a activities that I can't fit it in. So we will meet on Wednesday October 26th back at one of our favourite beaches, Yaverland. The time of the walk will be posted a week before the date as it will be tide-dependent. I look forward to seeing you there.

Carol

Eat Out and Review

Attention all food lovers! The next date is November 10th, at 19:30, and the place is the Isle of Wight College, Newport, for their Evening Taster Menu.

Sally

groups@u3awight.uk

Quiz Night

Also at IoW College, on Friday October 21st, a Fun Quiz Night, with dinner, organised by Vectis Radio. Glenys has reserved a table for 10. Please register your interest with her at enjoyaplay@outlook.com The cost is £15.

Film Studies



The Film Studies Group continues to meet on alternate Mondays at 5.30pm via Zoom. We welcome new members.

If you would like to join the Film Studies group or would like technical help getting up and running on Zoom or Netflix please contact Paul on bowskill.paul@gmail.com

Recently Watched Films

Taxi Driver (1976) A film that is now 46 years old, but we thought it had dated very well. Martin Scorsese, the director, and Robert De Niro, the lead, are superb in portraying the mental breakdown of a Vietnam vet in a sleazy, decaying New York. It also has an excellent jazz soundtrack. Lives up to its considerable reputation. [Paul]

Untouchable (2011) A French film which had style, humour and insight which left us with a "feel good" feeling. It was about a rich paraplegic man, paralysed from the neck down, who used to lead an exciting, active life who hires a black, out of work, ex-convict to look after him. Some of the scenes were hilarious but it highlighted the completely different cultures between the two men, sexism, racism and the gross inequality in the world. The casting and acting were spot on. Highly recommended. [Dina]

Falling for Figaro (2020) If you want a nice relaxing feel-good film this is the one! A young fund manager decides to follow her dream to become an opera singer. She meets a fellow opera singer in training...what starts as rivalry develops into something more. [Jan]

The Good Liar (2019) Excellent acting by Ian McKellen and Helen Mirren as a con artist and his supposed victim, but all is not as it seems. We considered this a well-made intelligent thriller, reminiscent of *The Talented Mr Ripley*. One to watch when you are not too sleepy! [Paul]

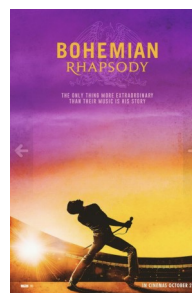
Current Discussion Programme: *We aim for a wide variety of subjects*

September 12th - The Father



(2020) Anthony Hopkins in a critically acclaimed role of a retired engineer with dementia. Suitable for U3A or not? We will give you our opinion

September 26th - Bohemian Rhapsody



(2018) A musical drama about the band Queen and their charismatic singer Freddie Mercury. Good or "perfectly adequate"? a description apparently given to the original Queen album.

October 10th - Benediction



(2021) Biography of the war poet Siegfried Sassoon. A war hero who became disillusioned with war. One that will probably make us think.

October 28th - Keep Sweet and Pray



(2022) A documentary series about an offshoot of the Mormon church and their leader Warren Jeffs who had 60+ wives. Themes of coercion and abuse.

Spanish Improvers

Space available for someone with a basic foundation in Spanish.



The group is friendly and welcoming. There is no pressure: 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

French Conversation:



Friday am: Bembridge
Tuesday pm: Brading
Wednesday pm: Newport

Please contact groups@u3awight.uk if you are interested in French conversation.

German:



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

The intermediate/advanced group is small and would welcome new members. The Beginners/Improvers' Group has a couple of vacancies now, so if you'd like to refresh vague memories of schooldays' German, now is the moment to join. It is very informal; we aim to have fun, make new friends, and learn a thing or two at the same time.

Mary
melongley1@gmail.com

Family History



The Family History Group will reconvene after the summer break at 2pm on Thursday October 20th in Brighstone.

There will be five workshop-based meetings every 3rd Thursday in the month between October and March with a Christmas Get-Together in December and a Summer lunch later next June.

Next year, we hope to visit the Records Office to discover the resources held by these offices which are located in every County throughout England and Wales.

At the workshops, members will be able to carry out some online research for themselves in a happy and convivial atmosphere.

This year we will be looking at the complications of maintaining online family trees by exploring the alternatives, including: creating a traditional paper Tree backed up with filed documentation or getting a family story-book printed.

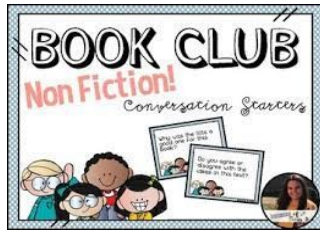
The Christmas Get-Together will be on 15th December at a favourite pub to be chosen at the next meeting. Partners and spouses are always very welcome at these events.

We are always looking for new members. Beginners, and those who are more experienced, will be warmly welcomed to join us in a winter pastime which is ideal for those with a thirst for solving problems and making exciting discoveries.

Alison
rhawebb@gmail.com

Non-Fiction Book Group

Meeting on
Zoom, third
Tuesday at
17:00



Our next meeting, on Zoom as always, is on 18th October at 4.45 pm as we are not meeting in September.

Lined up for the start of our second year are books on human nature, the rise and fall of a Yorkshire mining dynasty, lessons from research on the long-lived, and the good fortune and responsibilities of we 'Baby Boomers'. Interested? Get in touch and join us...

We have room for a few more members.

Nigel Hastings

hastingsnigel01@gmail.co

Reading Group



We meet on the 1st Tuesday of the month at 15:00. The next meeting will be on September 6th in Yafford. We sit and natter about the books we have read, those we loved and those we struggled with or abandoned. If you love reading, and like to talk about what you have read, come and join us.

Sally groups@u3awight.uk

Traditional Book Group

Our September meeting is taking place at Albert Cottage on Friday 9th September, where we thought we would all enjoy a cream tea while discussing our book for September, which is 'Where the Crawdads Sing'. Fay, who chose the book for this month, has seen the film so it will be interesting to see if she thinks the film has done justice to this wonderful story by Delia Owens.

A new member has just joined our group which brings our numbers up to eight, so we are now full; but if anyone is interested, we can put their name on a waiting list.

We usually meet on the first Friday of each month in Wootton and have already chosen titles up to December. These include 'Tidelands' by Phillipa Gregory and 'Bel Canto' by Ann Patchett.

Allison Rogers

01983 616634.

davidallison36@hotmail.com

Technology and Communications

This Group meets on the first Monday of the month to help people develop their IT knowledge. If you are interested please contact Fred.

Photography

The photographic group welcomes all with an interest in photography. If you would like to know more contact:

Fred Dawson LRPS

fred.wp.dawson@googlemail.com

Walk and Talk Gardens

I always feel that August is a difficult month in the garden (for me) but this year even more so. Looking at my own garden I felt it was quite brave of others to invite people to see their gardens. A small garden, where water does not have to be carried far, is a definite advantage.

We have visited four gardens since I wrote last, two of which I was unable to visit myself. Two were small and one of these was a new member's garden which was packed with pots full of brightly coloured flowers, a little haven of peace.



The other garden I visited was larger and here the lack of rain was more evident, with prized hydrangeas performing dismally but, on the positive side, a Gaura planted in gravel in the front garden had flowered all summer, seeding freely in the gravel and forming a good clump whereas one in the back garden had virtually disappeared.

I think this summer will cause us to reassess our planting and look with more favour on plants that have performed well with the minimum of extra water; and we may have to abandon others no matter how much we wish to grow them.

Beryl

Monday Garden Group

The Monday Gardeners have enjoyed a wonderful summer of garden visits, enjoying each other's gardens, company and cakes.



Our last meeting before we break for this year will be a plant/seed/cutting swap so that when we resume next spring our gardens will be even more colourful.

Thank you to all our members, who have been so welcoming and generous. Roll on next year!

Happy gardening.
Patricia and Robin
Robintyler60@gmail.com

Editor's Note
In Praise of Gaura.
My perennial meadow, which is full of Gaura, has flowered all summer without being watered.
Sally



Allotment Gardening

Late May saw our little group of three visiting Sarah's home to see the early development of her home plot. Unfortunately, the weather was unkind and we were only able to view it from her elevated patio. It did give us the opportunity to discuss our own Plots and plans.

July marked a further increase in our membership. Rebecca joined us to make our numbers up to five. So it was our opportunity to visit the home of Patricia and Robin where we found Patricia restricted with a badly strained ankle. However, Robin was able to show us their beautiful garden and vegetable plot which contained a selection of vegetables from runner beans to onions. We sat in the garden drinking tea and enjoying talking about the garden and our own plots. We have agreed that during the growing season we will meet on the first Wednesday of the month. The August venue was Rebecca's allotment in Ryde where we were joined by another new member – Sally, ironically with a plot at the same allotments in Ryde as Rebecca. So now we are 6.

My allotment is looking very sad with all the dry weather. Even the late raspberries which gave a bumper crop last year, are looking stressed. I tried a few climbing French beans called Cobra this year and they have done very well. They are purple in colour but turn to green on cooking. They are delicious and I'll be growing a lot more next year. We desperately need rain and will perhaps be performing a rain dance at the next meeting!!

If you are growing vegetables, whether in your garden or on an allotment and would like to join us, please get in touch.

Peter

ttesrodretep@yahoo.com

Green Issues

The format of the Climate Crisis Meeting has changed slightly and we now start with a Question/Information session which is really useful. The topic this month was different types of low-energy heating with videos on heat pumps and infrared panels. An interesting discussion followed.

We ran out of time to discuss the other forms of Green Heating that are on the market so we had to postpone them.

The Third Age Trust also arranged a talk by Mike Berners-Lee on what we need to do and do now. His book "There is no Planet B" gives a fuller explanation and, if it is anything like his talk, will be well worth a read.

It covered all aspects of Climate Change including the need to change our eating habits, ways of living and, most importantly, a change in political thinking - emphasising co-operation between countries to avoid wars over usable land and mass migration.

He was very concerned that people think they are doing enough by recycling or going for a few cycle rides. He explained how everyone has to change their lifestyle and consume far less, as overconsumption is a major part of the cause and we have yet to make an impact on CO2 reduction.

The talk will be on the Trust website www.u3a.org.uk if you would like to see it.

Dina

Dina.jung@gmail.com



u3a Climate Change Network
www.u3asites.org.uk/climate-change/events

Meeting and Social

Thursday 8th September

2022 14:00 – 16:00

St John's Church Hall,
St John's Road, Newport, PO30 1LN

Havenstreet Falconry Birds of Prey



**Indoor flying – an experience not to be missed,
followed by Tea & Cake**

ADVANCE NOTICE
for Thursday October 13th
Speaker Meeting
Followed by
Annual General Meeting

Malcolm Wells MBE
“So Far, So Good”
light hearted stories of things
that could have gone better

Malcolm worked for 16 years at Canine Partners where he was National Speaker, he was a musician and a medical assistant in the first gulf war. The talk finishes with the “behind the scenes” experience of receiving the MBE at Buckingham Palace including being mistaken for a member of the Royal Household.