

March-April 2023

Message from our Chair

I've learned some wonderfully random facts during the past couple of weeks. Milk is often used to clarify wine. A group of coots is called a cover (among other things). The newest country in the world is South Sudan (created 2011). Cats can suffer from whisker fatigue. You're welcome! The thing is, I have gathered these snippets and many more from other u3a members as we have chatted in our groups. Nothing to do with the subject matter of the group by the way – just incidental trivia! Personally I love learning like this and because I find it a stress-free way of absorbing information I think I stand a good chance of remembering.

As Spring is springing and miraculous flowers are rocketing their way out of

the cold earth, so too are we seeing many new u3a groups start from a seedling thought and flourish into something special.

I would really encourage all of you to consider either starting or joining a new group – nothing to be lost and potentially a lot to be gained.

Belonging to a group can be wonderfully enriching on so many levels and interest groups are the beating heart of u3as across the country.

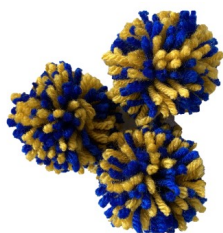
Happy Spring!

Alison Botha
chair@u3awight.uk



Speaker and Social Meetings

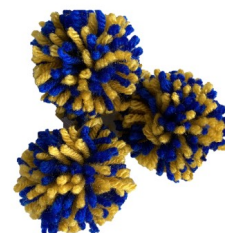
14:00, 2nd Thursday of the month
St John's Hall Newport PO30 1LN
See details on back page.



New Coffee Mornings around the Island,
in addition to **1st Wednesday of the month**
at the **Bargeman's Rest in Newport.**

2nd Monday Winter Gardens Ventnor
4th Tuesday, Ryde Castle, Ryde
and Yarmouth April 18th

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



Renewing your Membership and the Membership Portal

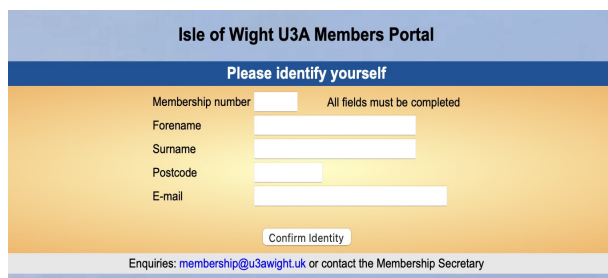
March 31st will be the end of our financial year - and time for those of you have been members since before September 2022 to renew your membership.

You will be pleased to hear that although the price of everything else seems to be going up your membership fee of £20 stays the same for next year. We have a reasonable bank balance and believe that we can absorb the planned increases - TAT fees, Third Age Matters postage and increased costs for venue hire by having more members - currently 262. We do hope that you will choose to renew and continue to encourage your friends to join us.

If you do not have an email address you will have been sent a renewal form in the post. If you have internet access then the simplest way to renew is to log in to the membership Portal.

Go to: www.u3awight.uk

- Choose the membership tab from the top of the page
- Click the link to the membership portal at the bottom of this new page..
- And enter your details. (You will need your membership number, your name, postcode and email address).



The screenshot shows the 'Isle of Wight U3A Members Portal' login page. It has a blue header with the text 'Isle of Wight U3A Members Portal' and a sub-header 'Please identify yourself'. Below this is a form with the following fields: 'Membership number' (with a note 'All fields must be completed'), 'Forename', 'Surname', 'Postcode', and 'E-mail'. There is a 'Confirm Identity' button at the bottom of the form. At the very bottom, it says 'Enquiries: membership@u3awight.uk or contact the Membership Secretary'.

All of this information can be found at the bottom of the email that sent you the newsletter - just in case you have

forgotten your name - or where you live! Or indeed if you have more than one email address and cannot remember which one you gave us.

Unfortunately, if there is a mismatch of data the boxes just go blank without any useful error message. Please check that we have your post code and email address correct and that you have entered them exactly as they are shown on the membership card details at the end of the email from us.

u3a membership card details.

Membership Number: 1

Name: Sally Forster

Post Code: PO30 3LH

Email Address: sally.u3awight@gmail.com

Renewal Date: 1st April 2024

Once you have logged in you can click the renew button. If there is no renew button then your membership is not due for renewal.

The renewal itself is straightforward. Don't be fooled into thinking you need a PayPal account to pay: if you persist it will give you the chance to enter credit card details.

While you are on the portal please could you also check your emergency contact information. We would like to know who to contact in the event of an emergency.

If you would rather pay by BACS the bank details can be found in the email or letter that accompanied this newsletter.

Many thanks for choosing us for another year.

Sally

New Radio Club

First Meeting in Ryde March 6th at 10:00.
Contact fred.wp.dawson@gmail.com.

New French Happy Hour - Are you interested in meeting for a casual natter in French, no home work, no grammar, just to chat? Contact groups@u3awight.uk.

New Italian Conversation - there are definitely a few people interested and I am exploring an Italian conversation group. I propose that we meet on Zoom on Saturday April 1st at 15:00 to explore who is interested and what is wanted.

New Monthly Pub Sign Group The Signs of the Times

Local and mainland history as seen through Pubs and their Signs. Learn more about this endangered species. Signs and Public Houses are full of interesting social history about us and the way we lived. If you would like to find out more, come to the The Traveller's Joy, 85 Pallance Road, Northwood, PO31 8LS. April 3rd 14:00



New Exploring Poems Anne Timoney of East Cowes is inviting u3a members to join a small group exploring poems that meets 13:30 - 15:30 on the first Tuesday of each month at the East Side Curve (new building beside the Town Hall in East Cowes.)

“For those who might enjoy spending time with a poem: an opportunity to sit with, investigate, discuss a poem or two each month.”

Members suggest poems for the following month's meeting. To receive poems for the next meeting, please email exploringpoemseastcowes@gmail.com

More Wine Appreciation Groups



The first wine appreciation group filled very quickly and had its first meeting on Thursday February 16th. See report on page 8.

Email Frank if you would like to go on the waiting list frankj.kelly@icloud.com or email groups@u3awight.uk to join planning meetings for groups in Cowes and Ryde.

Ryde: Monday April 17th
Cowes: Tuesday May 9th

New Cribbage Group

First meeting Wednesday March 29th. Meet at the Wetherspoons in Ryde around 17:30 for a meal followed by a game of Crib. Anyone is welcome to join for the meal or after 6:15 pm for the game. Please contact Christine on 01983 811562 and leave a message if you are interested.

New Scrabble Group

The **Scrabble group** will meet in person on the second Friday of each month at 2.30 pm. There are a couple of spaces.

We will have our first session in St. Lawrence on Friday March 10th and will discuss rotating the group at members' homes. Contact Alison Botha for details: alisonbotha@hotmail.com

Online Scrabble and Chess

Scrabble: www.isc.ro

Chess: www.chess.com

If you are interested, contact Tony Williams (who plays chess): shidehouse@yahoo.co.uk

Nutty Knitters, happy hookers and cross-stitchers. (The first two are actually book titles, referring to knitting and crochet respectively.)

So far only one interested member, who knitted a beautiful multicoloured scarf - having had one-to-one teaching at my house in Binstead. I can also offer help with machine sewing.

Jane Bowskill 01983 611482

Sunday Cookery Club

Six of us met on Sunday February 26th and made a plan. We agreed that we would meet once a month at 15:00 on a Sunday.

Next step is an inaugural potluck picnic at Aspire on Sunday 5th March to assess the kitchen, plan more detailed logistics and choose our first project, exploring herbs and spices might just be top of the list. The costs of hiring the kitchen and any ingredients will be shared by group members each session. New members welcome. Contact groups@u3awight.uk



**u3a card
Making
Group**



£3.00 per session
Covers cost of materials and refreshments,

On the first Thursday of each month

10.30am to 12.30pm

Steephill Road, Shanklin, PO37 6AB
Tel: 07903 933292

Email: teresareed@btopenworld.com

Come and join in to learn various creative ideas making cards at your pace and pleasure. All materials provided, just bring along a pen and notepad and have some fun.

Refreshments included.

Please contact Teresa to confirm your interest. Max 5 persons per session

Car Sharing

It makes perfect sense for members travelling to the same venue to share transport, but we know that some find it awkward to ask for a lift without offering payment.



To get round any embarrassment the committee is suggesting that there is a mileage rate of 33p for car sharing.

This involves the driver making a note of the miles covered, multiplying by 33 then dividing by the number of people in the car (including driver.)

Any parking charges should be included in the total. This is a voluntary arrangement and this is just a guideline to make the negotiation easier.

According to the Association of British Insurers your car insurance should be OK with this but it is worth checking with your own insurance company if you have any concerns.

Walk & Lunch

Held on the 3rd Wednesday of the month at various locations around the Island. You can walk and dine, or just walk, or just dine if you wish – all are welcome – including well behaved dogs! It is an excellent way to explore our beautiful island. Please let Carole know - especially if you are a slow walker.

Wednesday, March 15th, the walk will be a circular walk 3-4 miles starting at Quarr Abbey and ending with lunch in the café at Quarr at 12:30. The start time will be 10:00 or 10:30 -- to be confirmed nearer the time.

Wednesday April 19th again, a circular walk, 3-4 miles, this time starting at Niton and passing through Whitwell with lunch at The White Horse, Whitwell at 12:30.

Carole Anderson

carolea48@gmail.com

Yarmouth to Freshwater, Walk & Lunch, February.

On a glorious early spring morning, 19 intrepid walkers set off along the route of old railway line from Yarmouth to the Causeway and on to the Red Lion in Freshwater, stopping on the way to admire a wide variety of birds wading and feeding in the Western Yar.



Carole Anderson, who so ably organizes the walks, was poorly that day, but Frank

Kelly took up the challenge and led the way on this mini exploration!

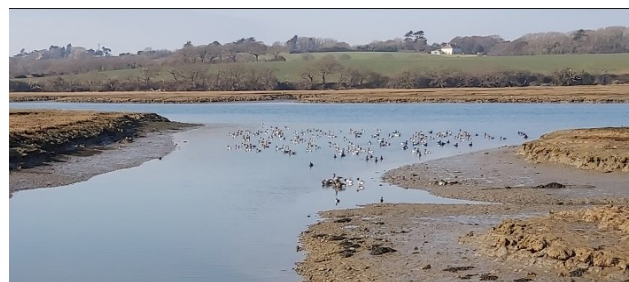


At the Red Lion we were joined by two more u3a members, and we all enjoyed a good meal in convivial company with, it seems, much to talk about.



The group then split up – some retracing their steps along the old railway route, some taking the slightly more challenging route along the west side of the river, whilst others caught the bus back to Yarmouth.

All in all a splendid day out to get rid of the winter blues!



Dave Vodden

News from the Groups

Eat Out & Review - February

January's eat-out had to be postponed although one person did decide to dine at the Masala Bay in Ventnor on the appointed night without us and said that the food was great although the company sadly lacking!

In February we returned to the Terrace, this time for lunch. Generally people were happy with the food - particularly the pies and the Caesar salad; the battered fish was a little soggy-bottomed and the beetroot and goat's cheese salad a little small.

Forthcoming meals:

No meals in the diary! If you would like to try or to recommend somewhere, just book a table for 10 and let us know.

groups@u3awight.uk

Mah-Jong +

The Mah-Jong group is growing steadily. Arrangements are made for beginners as needed. There is a game every Friday afternoon at the Cowes Community Centre.

In addition we have a Craft & Games group that meets in Newport on the last Tuesday of the month and we meet in people's homes from time to time. Next game - Tuesday, March 14th, 14:00, Godshell, followed by Tea.

Contact:

Sally

groups@u3awight.uk



Beach Walks

In February a few hardy souls had an early walk at Yaverland. The tide was right out, the threatened rain that had been forecast didn't materialise and the beach was empty. We walked along the clean, flat sand right to the cliffs and back. It was beautiful.

There will be no beach walk in March as I am on holiday but the next three are as follows:

April Beach Walk: Totland to Colwell along the path by the sea and back
Wednesday 26th 10:30 start.

May Beach Walk: Brook/Compton Beach Wednesday 31st, start time tide dependent - to be advised nearer the time

June Beach Walk: Cowes/Gurnard
Wednesday 28th 10:30 start.

Beach walks are open to all members and are held on the last Wednesday of each month. The location varies and is sometimes actually on the beach and other times on the paths or promenades by the sea. Everyone is welcome, including well-behaved dogs.

Come and have a walk by the sea, a bit of a chat and perhaps a hot drink (or cold) at the end of it. Let me know if you would like to come.

Carol Bradshaw

carolbradshaw@u3awight.uk
077488 86246

Film Studies

Reviews of recent films (mostly on Netflix) we have seen and discussed:

Four short films from YouTube, each one only 12 - 13 minutes long, each showing a totally different style of film making to those we usually watch on Netflix. **The Attendant**, was a gentle, thoughtful, feel good film with an unexpected ending about a car park attendant and an out-of-work friend. **Ruby** was a film about a long married couple where the husband buys his wife unusual birthday presents which initially she does not like but when he explains why he chose them, shows his deep love for her. Amusing moments and an unusual but touching ending made this film enjoyable. **The Crush** was about a young pupil, infatuated with his teacher, and how he prevented her from making a poor choice in future partner. A somewhat contrived story but some lovely acting by the pupil. Finally, a Sci-Fi film called **Earthy Encounters** which was a bit far-fetched and not particularly liked by the Group. Of them all "The Attendant" was voted the best and highly recommended. **Dina Jung**

"The Swimmers" 2022 Based on true story about a Syrian family during the country's conflict. A father has great ambition for his two oldest daughters and his dream for at least one of them to swim in the Olympics. A bomb in a local swimming pool makes the dangers of the war very real and the girls realise they need to escape. With their male cousin in tow, this is the story of their journey to Germany. It highlights all the problems and dangers they have to overcome.

The story then concentrates on the younger sister who reaches her goal swimming in the Olympics. A few in the

group felt that they would have liked to learn more about the older sister who returned to Syria to help others escape. All of us enjoyed the film and it is definitely recommended to watch.

Jan Tavill

"Seven Years in Tibet" 1997 A vehicle for Brad Pitt based on a true story, though there are considerable factual inaccuracies, including the ending. The first half is a mountaineering travelogue and only the second about Tibet. Some felt that Brad Pitt's handsome presence was a distraction and most of us would have liked more focus on the young Dalai Lama and life in Tibet. It was beautifully filmed, but perhaps a little superficial. **Paul Bowskill**

Future Films (Zoom Discussion on Mondays):

6th March "All Quiet on the Western Front" 2022 Well reviewed recent remake of a classic about WWI.

20th March "Victoria and Abdul" 2017 Continuing our Victorian Theme.

3rd April "Bank of Dave" 2023. A real life story about a self-made man and his efforts to start a community bank.

17th April tbc.

All meetings are via Zoom and start at 5.30pm on Mondays. Anyone interested in the group can contact me at this address: bowskill.paul@gmail.com



Wine Tasting

The newly formed Wine Appreciation group had its first meeting last month (Feb).



The 11 group members tasted six different wines. The outright winner, after all votes were counted, was Devils Creek Gold Reserve SB, a Chilean Sauvignon Blanc.

Participants enjoyed a video on 'How to taste wine like a pro' and a fun quiz. The group is currently full, but other groups are starting . I would be happy to share information on running the group if required.

Frank

frankj.kelly@icloud.com



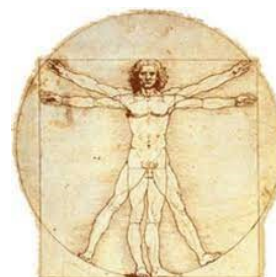
Info, copy, etc. to the editor (pictured above)

rogerskid@zen.co.uk
07732 480201

Humanist Philosophy

Are we real? Why are we? Answers to these questions and more can be sought on the second Tuesday of the month in Newport, 7.00 pm.

Friends and guests welcome - (email first, max 14). Occasionally our little group may organise an external speaker.



Above and below groups both by Roger Skidmore rogerskid@zen.co.uk

K-dramas (Netflix) Zoom discussion



Korean dramas group have had their first meeting which took up 40 minutes of enthusiastic discussion (with video clips) of what was agreed was a different, gentler and even meditative, and new (to us Westerners) genre. Romantic yes, but also intellectually rewarding, intriguing and made with beautiful photographic thoughtfulness.

Share experiences such as "Extraordinary Woo Young-Woo" and "Do you like Brahms?" Discover Brahms' FAE sonata and the deployment of love and AI in "StartUp".



Find why "Sandbox" is so magical, enjoy Grandma Choi and her corn-dogs.

News from the Groups

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

Spanish Beginners

On Saturdays, (13.00 pm) the Spanish beginner group is going well. Obviously not everybody attends every week, but some weeks we can reach nine participants.

Anyway, we go at our own pace, and I am always ready to spend time again on things we have already studied. It is one of the advantages of u3a: plenty of time!

Italian Beginners

In Italian, just after the Spanish class, four people attend.



Led by **Isabelle Schloesing**
Contact groups@u3awight.uk

I also teach privately: French/Italian/
Spanish/Turkish.

French Conversation



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

These three conversation groups are all aimed at having fun while endeavouring to speak French. There is no teacher and we share the responsibility for supporting each other to improve, or at least not lose, what French we have.

Contact groups@u3awight.uk if you are interested in French conversation or Film Club.

French Film Club

In conjunction with Ventnor Arts
Monday March 20th, 15:00

Les Quartre Cent Coups - Francois Truffaut

German

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



The Beginners/Improvers' Group has a couple of vacancies now, so if you'd like to refresh vague memories of school-days' 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

News from the Groups

Feel Good for Spring!

The Feel Good for Spring group has decided to meet fortnightly on Friday mornings at 10.30. The first Friday of every month is in St Lawrence and the third Friday is in Godshill. There is room for a few more people who would like some support in losing those extra pounds!

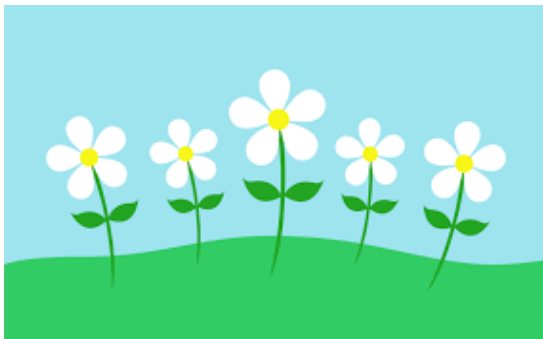
Currently we meet in St Lawrence but if there is enough interest we could move to Newport.

New members very welcome. Please contact me right away if you are interested.

Happy Eating!

Alison Botha

Contact: alisonbotha@hotmail.com



Discussion group

Come along and join us for lively and enjoyable discussions. We meet on the 2nd and 4th Thursday of every month between 10.30 and 12.00 in Utilita Hub, 121 High Street, Newport. Our two March meetings are the 9th and 23rd.

Discussion at our inaugural meeting ranged widely. Topics included:

- * Access to GP face to face appointments both here and on the mainland
- * Preventative medicine, healthy lifestyles and positive thinking
- * Shamima Begum, was she a trafficked child? Her citizenship rights now?
- * Routine as a benefit or drudgery. The impact of changes we make.

So, lots to talk about and lots of views to be heard and responded to. You're very welcome to come along and also to bring an issue you'd like us to discuss.

Pauline

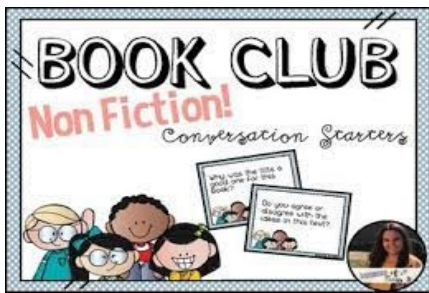
Paulinehunter12@gmail.com

If you would like to explore what the internet could do for you, speak to a committee member at a coffee morning or speaker meeting or else call **Sally on 740511** and we will see what we can do to help. Age UK also runs courses -

AgeUK: call 01983 525282
digital@ageuk.org.uk
www.ageuk.org.uk



News from the Groups



Non-Fiction Book Group

Zoom, 3rd Tuesday, at 17:00

February's Discussion

How very fortunate we are. Compared with our parents, we 'Baby Boomers' live longer, enjoy better health and healthcare, eat well, can travel easily, have been largely untroubled by high unemployment and all enjoy pensions. Home-owners have also seen colossal, unearned increases in their value. But it's not only compared with our parents that we have fared well. Our children and grandchildren will draw smaller pensions and from a later age. Many cannot afford to buy their own homes, carry debts from their higher education that we paid nothing for and worry about their and their children's futures. At their age, we were pretty optimistic.

Our January read, *'The Pinch: How the Baby Boomers stole their children's future and need to give it back'*, by David Willetts, together his (YouTube) lecture to the Royal Institution, set us all thinking. Packed with evidence of how very fortunate we Boomers have been, it posed challenges for how we should now, as a generation, be looking to improve things for our descendants. A great discussion ensued.

Who knows what future choices we will make for 2023? We will soon find out. Interested? Come and join our Zoom meetings.

Nigel Hastings

hastingsnigel01@gmail.com

Reading Group

We meet on the first Tuesday of the month to talk about what we are reading. The next meeting will be in Newport, Tuesday, 7th March, at 15:00 at Utilita, in Newport High Street.

We sit and natter about the books we are reading, 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

Wootton Book Group

We have had some interesting discussions over the last couple of sessions. Our last title 'Exit' by Belinda Bauer is a crime novel with a twist. It is about an assisted suicide that goes wrong. Despite the very serious topic it has a lot of humour.

We have each just made our next choice of book title. These include 'The Switch' by Beth O'Leary, 'Marriage Portrait' by Maggie O'Farrell and 'The Butterfly Room' by Lucinda Riley.

We meet 1st Friday of the month at 14:00.

Allison Rogers

01983 616634

davidallison36@hotmail.com



Walk and Talk about Gardens

As the days get longer and hopefully warmer, our thoughts return to our gardens. I must admit that my enthusiasm for gardening was absent during the last few months, but the sight of the first snowdrops, daffodils and hellebores has helped to rekindle an eagerness to get out there and do something.

An initial tour of the garden showed a number of fatalities, notably the Osteospermums, which on the IOW we tend to treat as perennials, this year has proved that we were wrong. I have lost every one apart from the true perennial, Osteospermum Jucundum, which seems to survive everything. Every year in the past I have taken cuttings of the Osteospermums, this year I did not! The Penstemons, on the other hand are thriving, but will have to wait for their spring haircut until the frosts are over. It is now a waiting game to see which plants will reappear.

The Walk and Talk about Gardens group has also been in hibernation, but will re-emerge in April with our first garden visit. The group, originally called "Garden Appreciation" in the old U3A, has now been active since 2017 and many of the original members are still with us.

Currently we have 13 members, which is about our limit, as some of the gardens we visit are small courtyards. We have all become good friends and share plants and ideas freely. We usually meet once a month, often the second Wednesday, but in order to fit in all the gardens we occasionally have to have two visits in one month.

I have just bought some seeds and hope to get them started soon. It is very exciting waiting for the first shoots to appear and impossible to imagine that

the tiny shoots could turn into substantial plants. If you have not tried it, have a go, you do not need a greenhouse, as you can start the seeds on a windowsill but you need to think where you are going to put the delicate seedlings after they have germinated. Most modern seeds are fairly reliable, although success rates do vary, but they are good value for money. On a recent visit to a garden centre I was quite shocked at the price of plants, which have risen dramatically so it makes growing from seed more attractive. It is worth a try.

Happy gardening,
Beryl Tillman

Monday Gardeners

have also hibernated over winter and are now slowly emerging for Spring. We will have a planning meeting on Monday March 6th.

Robin and Patricia

Allotment Gardeners

had their first meeting at the Busy Bee café on Thursday February 16th. We drank tea and coffee and chatted about our plans for the year. Annie is very organised and had sketched out a plan for this year's planting. I reported that the broad beans I had started last October had been killed off by the heavy frosts. The garlic planted at the same time had survived without any sign of damage.

Seeds were exchanged and it was decided that we would have a vegetable and flower competition. The vegetable is for the biggest onion for which I will grow the seedlings. These will be shared with the members and the results judged in September.

The flower competition will be for the largest flower head. The starter plants will be decided next month when we will meet in Newport.

Peter Dorset

Green Issues - Climate Crisis

u3a Climate Change Network

u3as across Great Britain and Northern Island have collectively created a climate change network which meets monthly on Zoom to share ideas, disseminate information and attempt to keep the subject at the front of everyone's consciousness.

Meeting details can be accessed through the link below. Meetings are usually held on the last Wednesday of the month. If you attend a meeting and would like to write a report for the Newsletter we would love to print it here.



www.u3asites.org.uk/climate-change/events

Creative Writers

We meet on the first Thursday of the month at the Utility Hub, 121 Newport High Street at 2.00 pm. Bring along a pen and paper to write in response to challenges for that day and the month ahead. Contact Helena for any further details.

Regards to all, *Helena Hewston*
sybug@aol.com

Our Creative Writers have once again chosen to share some of their pieces with us - they can be found at:

<https://tinyurl.com/creative-writers>

Family History

The Family History group continues to evolve and meet the needs of our members through small 'hands on' workshops. These are held on the 3rd Thursdays and focus on research skills to help make the most of online websites such as Ancestry and FindmyPast.

Workshops are full at present but additional ones will be held from next October according to demand.

All members ideally need to bring their own laptop, iPad/device and have a paid subscription to either Ancestry or FindmyPast but this is not essential. Just be enthusiastic!

Alison
rhawebb@gmail.com





Let's Go!

A group to support members doing whatever takes their fancy - hands up those in favour of saying YES.

Sally

groups@u3awight.uk

What would you like to "Say Yes" to?

Dates for your Diary:

- **Saturday March 25th** Stargazing night
- **Sunday, April 2nd** - The Terry Seabrooke Trio at the Apollo Theatre, Newport
- **Monday April 17th** Tai Chi Taster Class Newport .
- **Wednesday June 21st** - Mid-Summers Day sunrise picnic Culver Down and/or swim at Yaverland
- **Saturday July 1st** - Round the Island Race picnics
- **Tuesday, August 1st** - Moonlight Swim beach to be decided.
- **Saturday October 28th** - Star Gazing with Stokey, Ventnor

Ideas gestating:

- Goodwood - A day at the races Friday, May 26th?
- Mottisfont Garden, June 2023 for the Roses?
- Isle of Wight Jazz Festival, 14th - 17th September
- A trip in a paddle steamer?
- Your wildest dream?

Share your ideas and...
Let's Go!

Let's Go - Tai Chi Beginners - a taster

Sylvia Whalley runs Tai Chi classes for both beginners and more advanced practitioners in Newport on Monday & Tuesday. She has agreed to give u3a members who are interested beginners a free taster session.

Contact Sally: groups@u3awight.uk if you would like to join us on Monday April 17th at 2:15 for a Tai Chi Taster.

If April 17th doesn't suit you or is too far away you can contact Sylvia direct on sylvia.31@hotmail.co.uk or 01983 524723

Ahoy there!

Is there any interest in a day cruise aboard either of two heritage steam ships sailing in our area during the summer months? If enough are interested then a group discount is probably available. Itineraries for next year are not yet finalised but a summary is:

Paddle steamer Waverley - sails from Southampton mostly but also Portsmouth and Yarmouth, the latter to Swanage and Lulworth Cove. Other destinations are on her website.

SS Shieldhall - sails from Southampton to cover Cowes week, Needles, and the Solent.

Both ships have restaurants and bars as well as the usual facilities.

Please contact Chris on:

chrisanne_champness@yahoo.co.uk

Walking on the Isle of Wight with Southport u3a

March 14th - 16th

(Not to be confused with Walk the Wight on May 14th)

Southport u3a's **Let's Go Group** have organised a walking trip to the Island. You may remember that TAT have set up a scheme to facilitate a programme for walking exchanges between u3a's. Southport have organised their own walks but have said that any of our members who are interested would be welcome to join them.



If you would like to meet u3a members from Southport and share something of the Isle of Wight with them then please contact Jacky Carter: carter.jacky@yahoo.co.uk

They plan to walk:

Tuesday March 14th: From Shanklin, up to Shanklin Down, down to Ventnor and back around the Coastal Path.

Wednesday March 15th: From Brighstone along the ridge to Freshwater Bay (7 miles) for lunch and then onto the Needles and Alum Bay (6 miles) and then take the bus back.

Thursday March 16th: Bembridge and Culver Down Trail (6 miles).

Isle of Wight Let's Go group could plan a walking trip supported by a u3a somewhere else in the country.

Walk the Wight - May 14th

Walk the Wight is on Sunday, May 14 this year, raising funds for the Mountbatten Hospice on the Isle of Wight. Have you considered taking part?

There are different walks for different levels of fitness.

W1: The flat walk, Sandown to Shide
2-4 hours, 8 miles

W2: Bembridge to Carisbrooke
4-6 hours 12.5 miles

W3: Carisbrooke to Alum Bay
5-8 hours, 14 miles

W4: All the Way - Bembridge to Alum Bay. 8-12 hours, 26 miles

Full details are available on their website www.mountbatten.org.uk

Why not join other u3a members to form one or more walking groups to share the experience?

Contact Dave Vodden to be matched up with other walkers. Also contact Dave if you would like to sponsor a u3a walker.

Email: vice.chair@u3awight.uk or seek us out at a coffee morning and decide which walk you are you are interested in 1, 2 ,3 or 4 or if you would like to find someone to sponsor.

Third Age Trust

Don't forget to check out the Trust website www.u3a.org.uk for any new online opportunities or events.

Maybe consider entering the cookery competition, design a dish to celebrate the Coronation?

Maybe consider subscribing to their newsletter so that you do not miss new courses and events as they become available?

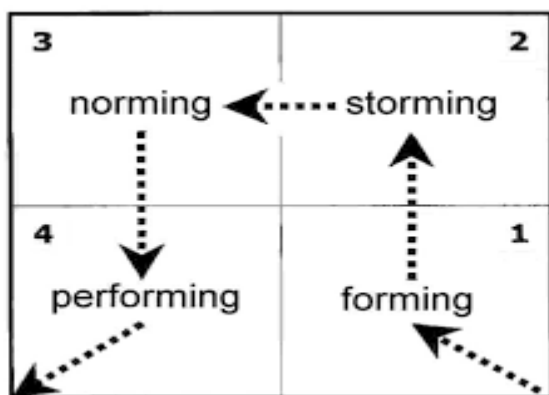
Groups Session

We were thrilled that 24 members turned up to the 'Groups' session in January, which looked at all aspects of what is involved in running an interest group within our u3a. We were so impressed by their willingness to participate and share ideas.

We spent a few minutes identifying all the positive outcomes we had experienced from belonging to a group, either past or present.

Some of the feedback: fun - laughter - skills - developing friendships - breaking personal barriers - resilience - support - creativity - inspiration - discovery - activity - support .. and many more! So we know from this that groups can be enormously beneficial.

We were then introduced to Stormin' Norman - outlining the predictable life of a group from the Forming stage to Norming (agreeing guidelines/rules/behaviours etc) and then Performing before coming to an end 'Mourning'. We looked at the possibility of some Storming happening along the way too!



We discussed what a potential group leader/host might need to consider when starting a group (time/venue/parking/bus times/regularity/min-max membership/publicity etc.) and then what might be hurdles to clear (agreeing group guidelines/having a co-leader etc).

We also had a quick brainstorm on groups that participants would like to be available.



Finally those who were already running groups or intending to start one soon stayed to discuss health and safety awareness, dealing with any finances and so on.

Contd...

It was a very stimulating and thought-provoking session and we will take notice of those who suggested this could be an event held every 6 months. We will also produce some notes on the issues discussed for those wishing to start a group and a simple step-by-step guide to using the u3a database for group admin.

The first steps are very simple:

1. Talk the idea through with someone on the committee - a coffee morning makes an ideal opportunity.
2. Remember you do not need to be an expert, just an enthusiast - there are plenty of learning resources to support you.
3. Decide on a time and a place for the first meeting or a planning meeting in consultation with a member of the committee, especially if you would like a committee member to attend the first meeting. Try and avoid conflicts with existing groups that might appeal to the same people.
4. Send the information to editor@u3awight.uk and groups@u3awight.uk for inclusion in the newsletter and diary.
5. Be patient - it sometimes takes several weeks for a group to take shape.

Now it's over to you! We are looking forward to seeing lots of new groups spring up. See pages 3 and 4 for those already planning a first meeting.

Alison and Sally

Spotlight on....

Our Chair!

Alison Botha...

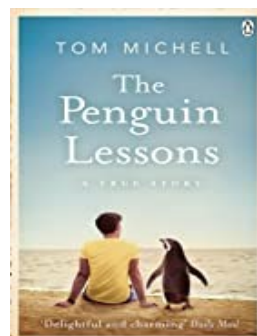
born in Zambia 1951 and moved to the Island in 1960. Went to Sandown Grammar School. Had a few career changes along the way – from journalist to bass player, then youth and community worker which led to counselling, group work, mediation and training.



Have lived in a tent, had over 20 addresses and am an avid cat-lover. Also love gardening, all wildlife, cake and quizzes (not necessarily in that order). Married to Frank Kelly, and live in St Lawrence. It's been an interesting journey so far . . .

Editor's (non-fiction) Book of the Month:

Tom Michell is in his roaring twenties: single, free-spirited and seeking adventure. He has a plane ticket to South America, a teaching position in a prestigious Argentine boarding school, and endless summer holidays.



What he doesn't need is a pet. What he *really* doesn't need is a pet penguin.

Kindle - £3.99

Whereas u3a groups are enjoyable social units, we are unlikely yet to have a group for all tastes. This page offers some suggestions that members might find useful.

Bridge Learning

We do not have a bridge beginners group at the moment.

There is a teacher (recommended by other members) who delivers classes in Ventnor at the Ventnor Arts Club (the old Nat West Bank building on the High Street). Lessons are on a Wednesday afternoon from 2.30 until 4.30 pm. The teacher is Maureen (Mo) Jones and you can contact her on 07871 850272.

Also Sue Harrison (Ryde) gives lessons. To find out more, email susanharrison280@gmail.com

01983 716779 or
mobile 07812 562173.

Keep-Fit for u3a Members

Similarly, any one interested in doing a fitness class focused on improving balance, strength and mobility might like to contact one of our members, **Ginny Duffield**

ginny.duffield@btinternet.com

07976 883165

...who runs private (paid for) classes in Trinity Theatre, Cowes, on Tuesday afternoons, 2.00 pm.

We have negotiated a preferential rate for u3a members.

Trains in Miniature - Interested?

If your answer is yes why not come along to Whitwell Village Hall on the third Thursday of the month and explore the world of N Gauge model railways, and find out more?

The Isle of Wight Group of the N Gauge Society welcome new members. Come along to one of our meetings and find out about us and railways in miniature; you will be made welcome.

No need to join on your first visit, as the first two visits are for you to find out more about the group.

We have a lot planned for this year, we are continuing to build our group modular layout, some members are making layouts in cases and we are holding another Open Day in October when trains will "return to Whitwell". The Isle of Wight Steam Railway are holding a model railway weekend on May 13th and 14th and we will be there with our layouts.

See our website for more information: www.ngsiow.uk or give Richard a call on 01983 855331 or 07831 347346.

The Bells Art Group

We have many members interested in an art group - in fact almost as many different forms of Art Group as there are members interested.

The Bells Art Group meet at Victoria Recreation Ground Pavillion in Newport on a Tuesday afternoon with tuition by award winning professional artist Murray Ince,

Contact 01983 752059

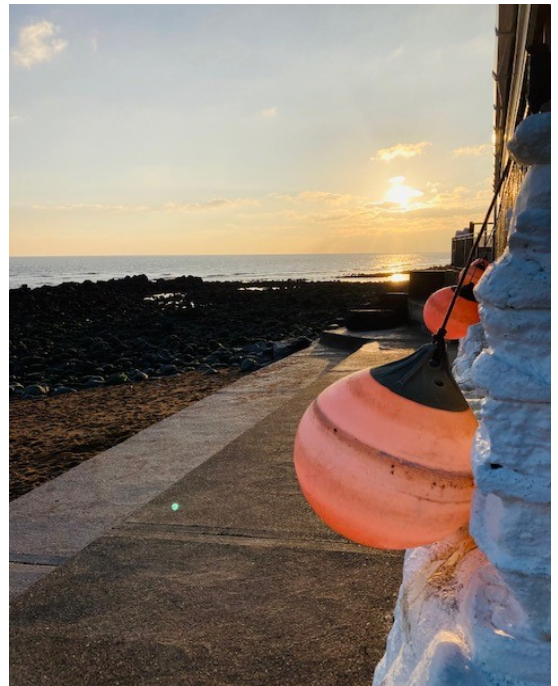
or hello@mauriceince.com

u3a Winter Photo Competition winner is Teresa Reed:

“Winter Warmers’ Walk on a Beautiful Late Sunny Afternoon at Steephill Cove”

Watch out for the u3a Summer Photo Competition. (There were only two entries for the Winter competition.)

“Winter Narcissi” was a late entry by Roger, grown from a plant-it-yourself Christmas gift.



Cheese and Carrot Flapjack recipe courtesy of Beryl.

IDEAL for breakfast on the go. Makes: 20.

Ingredients

100g unsalted butter	
350g porridge oats	
350g cheddar, grated	
3 carrots, grated	
2 eggs	
1 tsp mixed dried Italian herbs	2 tbsp mixed ground seeds

Method

- 1 Heat oven to 200c/180c fan/gas 6. Melt butter in a saucepan. Tip rest of ingredients into a large bowl with pinch of salt, then mix in butter. Press mixture into a 28cm x 16cm baking tray lined with baking parchment.
- 2 Bake for 30 minutes until brown and crisp on top. Leave to cool, then cut into 20 squares. Will keep in an airtight container in the fridge for up to three days.

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Speaker Meetings

Thursday 9th March at 14:00 – St John’s Hall, Newport

‘Invasions of the Wight’ by Mark Earp

Mark Earp is a well-known speaker on the Isle of Wight and has been giving talks for some years. In this talk he will look back at the many invasions of the Island, some more successful than others!



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Thursday 13th April at 14:00 – St John’s Hall Newport

Sue Ryder: **‘A Life Lived for Others’** by Joanna Bogle

Joanna Bogle is a writer, historian, author of some 20 books and an excellent speaker. She is returning to us to give a talk about **Sue Ryder** and the support she gave to the sick and the disabled in many countries after the Second World War.

Thursday 11th May at 14:00 – St John’s Hall Newport

Spring Social

Details to follow