

November - December 2023

***POSITIVE THOUGHTS
FROM OUR CHAIR***

Sometimes the world can feel a bleak place. It can be quite a challenge to 'spot the positives'. However those positives are there, lurking round dark corners ready to surprise and delight us when we are feeling a little despondent.

As winter approaches I have searched my world to find a list of those delights which I can turn to during the darker months. In no particular order my top ten are :

Two new kittens
Beautiful late roses still in flower
Unexpected sunny mornings
A warming glass of brandy and ginger ale

Meeting friends for coffee and cake
A walk on a frosty morning
Seeing a red squirrel

The forthcoming third series of Slow Horses (Apple TV if you haven't seen it)
Slow cooked casseroles
Getting into a bed warmed by the electric blanket

That didn't take me long! I'd be very interested to hear your lists too . . .

Looking forward to meeting you at one of our coffee mornings – or groups – or Speaker meetings – or the Christmas Social!

Warm wishes
Alison Botha
chair@u3awight.uk

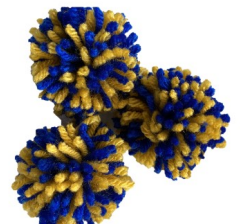
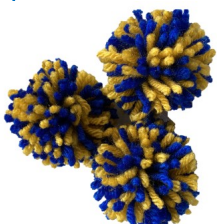


Coffee Mornings around the Island:

1st Wednesday of the month at 10:30
at the Bargeman's Rest in Newport.
2nd Monday, Winter Gardens Ventnor, at 11:00
4th Tuesday, at Ryde Castle 11:00
And Yarmouth Gossips 30th November 10.30 am

Look out for the **blue** and **gold** pompoms.

Dedicated new members' coffee morning -
Monday 20th November, Bargeman's Rest, Newport, 11.00 - 12.30



Let's Go!

A group to support members doing whatever takes their fancy.



Over to you!

What would you like to do, go, eat, see? What are your ideas for future Let's Go activities?

The committee will support you to make an event happen but the ideas need to come from you.

Sally

groups@u3awight.uk



Basket-making and Christmas Wreaths from Found Materials

with **Jan Welsh**

Friday November 17th and Monday December 4th

Jan used the internet to teach herself to make baskets from roadside finds and she is offering to share some of her learning with us. We will gather materials, experiment and share a pot luck lunch.

The split between baskets and wreaths will be determined by participants. Numbers limited so please book.

Sally

groups@u3awight.uk

Calling all musicians (and vocalists)

"I play the piano – basically classical, as it's the only thing I'm any good at – and wondered whether any other u3a members (singers, pianists, other instruments) would be interested in a group that meets to play 'amongst ourselves' – solos, duets, songs, chamber music, etc. Could be sight-reading or practised pieces, just for the enjoyment of playing with and chatting to people with a shared interest, and no standard required to qualify!

Depending on where people live, we could either meet at a single convenient location, or move between different homes to spread the load.

If something like that appeals to you, please contact Garry Thorp, at garryocxof@gmail.com, and we could arrange to meet somewhere convenient to discuss ideas."

Garry Thorp

"If there are any guitarists/bassists who would also be interested in getting together to sing as a group please contact Garry garryocxof@gmail.com or myself at kevans@lejouvenal.com. I have sung with a group in the past, together with another singer, so if there is anyone else who would be interested in singing with a group too, do get in touch. We could also look at some more contemporary music e.g. John Denver, Paloma Faith, Annie Lennox, Sarah Mclachlan, Shania Twain or anything else!"

Kay Evans



Regular Group Meetings

Monday	pm	Improvers' Spanish, Zoom, weekly Signs of the Times, Cowes, 1st Monday French Film, Ventnor Arts Club The Garden Group, 1st Monday and 3rd Tuesday Photography, Zoom, 3rd Monday	groups@u3awight.uk rayscarfe@hotmail.co.uk anthealangelan@yahoo.co.uk robintyler60@gmail.com fred.wp.dawson@gmail.com
	eve	K-Dramas, Zoom, 2nd Monday	rogerskid@zen.co.uk
Tuesday	pm	Cowes Wine Tasting, 2nd Tuesday pm The Garden Group, 3rd Tuesday (and 1st Monday)	jennylodc@yahoo.co.uk robintyler60@gmail.com
	eve	Non-Fiction Book club, Zoom, 2nd Tuesday Humanist Philosophy, 2nd Tuesday	hastingsnigel01@gmail.com rogerskid@zen.co.uk
Wed	am	Green Issues UK wide group on Zoom, 4th Wednesday Pub Lunch, 3rd Wednesday Beach Walk, Last Wednesday Playtime with Water Colours	groups@u3awight.uk groups@u3awight.uk carolbradshaw@u3awight.uk bab.mill@yahoo.co.uk
	pm	French Group at Utilita regular meetings Vinyl Revival, 3rd Wednesday Walk & Talk Gardens, 2nd and 4th Wed April - October	tonyang2@sky.com rogerskid@zen.co.uk tillmanberyl@gmail.com
Thursday	am	Card Making, Shanklin Discussion Group, Newport, 2nd and 4th Thursdays	teresareed@btopenworld.com paulinehunter12@gmail.com
	pm	Creative Writers, Newport, usually 1st Thursday Wine Appreciation, St Lawrence, 3rd Thursday Family History	sybug@aol.com frankj.kelly@icloud.com rhawebb@gmail.com
Friday	am	German Improvers or Advanced, alternate Fridays, Brading French Conversation, Lake, weekly	melongley1@gmail.com groups@u3awight.uk
	pm	French Conversation, Newport, weekly Wootton Book Group, 1st Friday Mah-Jong, Cowes	groups@u3awight.uk davidallison36@hotmail.com jackie.derrick@gmail.com
Saturday	pm	Beginners' Spanish, Newport, weekly Beginners' Italian, Newport, weekly Italian Conversation, Newport, weekly	isabelle.schloesing@btinternet.com

Irregular Group Meetings

Allotment Gardening
Bookies' Favourite
Cribbage
Cycle Out
Scrabble

Reading
Mah-Jong, various locations
Eat Out and Review
Random Rambles
Bridge at home - **New** Group

peterdorsett@gmail.com
stephedwards2@gmail.com
cm.priest1@yahoo.co.uk
dave.vodden@tiscali.co.uk
alisonbotha@hotmail.com

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groups@u3awight.uk
rykastopdog@gmail.com

Annual General Meeting

The purpose of an AGM is to:

- Keep members informed
- Give members a voice
- Enable elections to take place
- Enable acceptance of the annual report and accounts.

We will also need membership approval to update our constitution, bringing it into line with the u3a model constitution with regard to the use of the internet. At our own initiative we wish to remove the restriction on ordinary members of the committee only to serve for three years. This requirement is in the model constitution to encourage volunteers to take on officer responsibilities. We believe that it is more important to allow willing people to stay on the committee if there is space.

However, we are keeping the present constitutional requirement that the officers - Chair, Vice-chair, Secretary and Treasurer may only serve for three consecutive years. We believe that this is good for the health of the u3a and, perhaps more importantly, for the health of the volunteers.

We will be circulating the 2002/23 accounts prior to the AGM.

In summary, our membership income was approximately £4,260 in 2022/3, raised from £20 per member and £235 in grants from the u3a.

Of this we paid £4 per member to the Third Age Trust, £3.35 per member towards Third Age Matters Magazine postage (increasing to £3.60 in 2023/4), and £1 per member to support the database that we use for membership management which allows online joining and renewal.

Not everyone receives a copy of Third Age

Matters: households with more than one member only receive one, some members have dual membership on the mainland and some members elect not to receive it at all. If your copy ends up in the bin unread let us know and we will remove you from the circulation list and put the £3.60 to better use!

The majority of the remainder of our membership income is spent on Speaker meetings, Socials, publicity material, printing leaflets, and printing and posting newsletters to those without email addresses. In addition, over the years we have acquired a second hand colour printer, the bright yellow Gazebo and a u3a feather banner.

In addition to membership income and TAT grants we received a generous donation of £1000 which enabled us to experiment with marketing. We splashed our adverts last year in the run up to our September month of celebration. We did recruit many new members in the autumn of 2022 but actually not significantly more than 2021.

Our tentative conclusion from the experiment was that word of mouth is best.

This is one way that every member can help - **bring a friend to the next Speaker meeting!**

We hope to see you at the AGM at the January Speaker which will be about the work of the Coast Watch at The Needles..

Your committee -
Alison, Dave, Tony, Roger, Carol & Sally

Save the Date!
Thursday 11th January 2024 14:00
AGM and Speaker Meeting at St
John's Hall Newport

Beach Walks

The September walk was from Cowes to Gurnard and back. After I had sent the invitation email out for the walk, Audrey Bendon, a u3a member who was unable to come on the walk kindly pointed out the beautiful mural on the back of the cabin that sells coffee and ice-creams on the sea front on Queens Road, Cowes. Just turn around once you have passed the cabin and have a look. It is beautiful. It was recreated by artist Hannah Horn and commissioned by Hampshire and the Isle of Wight Wildlife Trust to celebrate our region's incredible environment. There are six murals in all, across Hampshire and the Isle of Wight. The three that are on the Island are at The Needles, Aqualibrium in St Helen's, and Queens Road Cowes. Can you find the others? Thank you Audrey for pointing out this little wonder.

The next beach walk will be on Wednesday 29th November from Ryde to Seaview along the promenade. We will meet at Ryde bus station near the Hovercraft steps for a 10:30 start. There are a number of cafés along the walk so you could choose, in small groups, to walk half way and have a coffee and return or to walk all the way and have a coffee at The Old Fort, Seaview. There is also an option to walk back from Seaview or take the bus back.

The December beach walk will be in Totland. We will meet on Wednesday the 27th December at 10:30 by the Waterfront Café and walk to Colwell Bay and return. This is a short, mostly flat walk along the sea wall.

The January beach walk will be on Wednesday 31st at Yaverland. Since this will be along the beach the start time will be tide dependent. I will email you with the start time about one week before. We usually meet by the café in the car park.

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**



Walk & Lunch

Held on the 3rd Wednesday of the month at various locations. Next Lunch Wednesday November 15th.

To make life simpler we have decided to replace the Walk and lunch by a monthly pub lunch and Random Rambles.

Lunches have been tentatively booked on November 15th for the The Pointer Inn, Newchurch, and December 13th at The Woodmans Arms, Wootton (note Wednesday Dec 13th is the 2nd Wednesday.)

The first Random Ramble will be on Monday 27th November and will be a circular walk from Whale Chine. 10:30 start.

If you have a pub you would like to recommend for lunch or a walk you would like to explore let us know.

contact Sally groups@u3awight.uk

or Jacky on jacky.carter@yahoo.co.uk

Sally

Bookies' Favourites

Bookies' Favourites book group met as usual, at Monkton Arts in Ryde, to discuss our latest choice, "The Beekeeper of Aleppo" by Christy Lefteri. This book is about the experience of a Syrian couple who face a hazardous journey as refugees to the UK. It provoked quite a varied discussion. It included themes of loss of homeland, identity, culture, family, friendship and mental health. As a group, we thought it was thought provoking and disturbing, with good descriptions of life in Syria before the main characters were forced to leave. However, some thought that the book was repetitive and unbelievable in parts and that this detracted from enjoyment. Some of the group had read it previously and felt that it deserved a second reading.

Our next meeting will be on Monday 6th November at 12.00 at Monkton Arts. We will be discussing "Notes from an Exhibition" by Patrick Gale who grew up on the Isle of Wight.

Steph

stephedwards2@gmail.com

Signs of the Times: A Dance through History, 4

Come and join us for a "dance through history". A themed look at Pub signs and what they can tell us about local and national history with a different twist. New members welcome.

1st Monday - 6th November, 2 00 pm
Traveller's Joy, Northwood.

Ray Scarfe

Contact rayscarfe@hotmail.co.uk

St Lawrence Wine Group Sept/Oct 2023

Against all odds, somehow, we manage to get together each month to enjoy wine in good company!

At our September gathering we had a look at South American wines, and while almost all countries in the continent produce *some* wine, availability meant that the bottles came from only Argentina and Chile. Apart from the fact that we can find great quality from these two areas, what stands out is the value for money. Most examples were under £10 per bottle. Top scorers were a red Cabernet from Chile and a white Torrontes from Argentina.

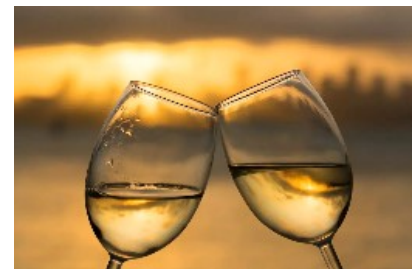
Last month (October) we tried familiar and not so familiar grape varieties from Spain. While Rioja (Tempranillo) is the style of wine we might first think of from this country, we also tasted wines made from white grapes Verdejo and Albarino. A highlight was a classy bottle of Rosé Cava from Catalunya (Barcelona), with a colourful Gaudi inspired label which would make a perfect gift for a special occasion.

Our favourite still wine was a red Tempranillo from Ribera del Duero, which also was the cheapest by some margin.

Note that we rate all wines before revealing the prices! Under duress we may well meet up again next month for similar frivolities!

Salud!

Cheers!



Frank

frankj.kelly@icloud.com

News from the Groups

Scrabble Group

The Scrabble group had some very enjoyable games last month, hosted by Di Andrews in Godshill.

One table was competitive and each game was extremely close, whilst the other table was a little more relaxed!

We play for fun and enjoy the social aspect too.

The next meet-up will be at Alison's home in St Lawrence on Tuesday November 21st at 2.00 pm, so please let her know if you'd like to join in.

We encourage car sharing!

Alison Botha and Di Andrews

alisonbotha@hotmail.com

07805 773097



Family History

Now up and running for the 2023/24 session. Six workshops for new members and beginners will be held monthly in Brighstone on the first Thursday afternoon from October to March.

Existing members meet monthly in Newport on the third Thursday afternoon from October to April (no meeting on December 21st)

We focus on research skills to help us make the most of online websites such as Ancestry and FindMyPast.

All members ideally need to bring their own laptop or iPad device and have a paid subscription to either Ancestry or FindMyPast - but this is not essential.

Just be enthusiastic!

Alison

rhawebb@gmail.com



Mah-Jong +

The Mah-Jong group is growing steadily. A small group meets in Cowes weekly. We also meet in peoples' homes, next one November 22nd.

Contact: ***Sally***
groups@u3awight.uk



Cribbage Group

If you would like to be in an email group that gets notified when Cribbage games are being played contact:

groups@u3awight.uk
or contact Christine on
01983 811562
and leave a message.

News from the Groups

Playtime with Watercolours

After initial session with 3 ladies and then a 2nd session with 6 we now have a group of 8 who would like to come to play on a regular basis. It is a little snug all round my dining room table but we are a very friendly group with a great sense of fun so it works well.

After going through some basic information on paint, paper and brushes we are now splashing paint on paper and getting the feel of how watercolour paint does most of the work for you! So far we have been playing with messy washes and trying to get our heads round negative painting. There are so many different ways to play with watercolour, we have enough things to try to keep us going Ad infinitum.

We will be trying out the 2nd Wednesday of every month 11-1 as that seems to a good date with everyone.

We currently feel 'full' but let us know if the idea appeals and we could explore alternative premises if there is enough interest.

Looking forward to hearing from you . . .
barb.mill@yahoo.co.uk

Best wishes
Barbara



Film Studies (Zoom)

Well, it looks like the Film Club is going into winter hibernation.

If you would like to propose *and* present a film then email groups@u3awight.uk and we will book Monday 27th November or 22nd January (omitting 25th December!)

You can view a full list of films we have watched [here](#).



The Cowes Wine Appreciation Group

met and discussed and sampled four different Rieslings. This is a wine that most of the group are unfamiliar with but after these tastings have become fans. We all agreed that price does not necessarily mean quality as the cheapest bottle was voted second best!!

We meet on the second Tuesday of the month in Cowes and still have a space if another member would like to join us. We are learning about wine in all its many varieties and having fun too.



Jenny Hale
jennylodc@yahoo.co.uk

Eat Out and Review

We had a good evening at the October Eat Out and Review on Wednesday 25th, at the Buddle Inn, Niton. It was challenging for some to get there with road closures and confusing diversions around Niton - some decided to follow a bus to be sure the road was open!

We had a fantastic discount on food of 40%. This was thanks to being signed up to the Character Inns app, with discounts available for Island residents.

The meals were good and all was freshly prepared. It was very busy so we did wait a while to be served but it was worth the wait and a sociable time was had by all.

The big open fire and stone interior create a cosy atmosphere in the pub. We were sad to hear The Buddle will be closed for the Winter from Sunday. We look forward to visiting the newly refurbished pub next year.

Jacky Carter
carter.jacky@yahoo.co.uk

News from the Groups

u3a Cycle Group

Cycle Group – November Ride

The next cycle ride will be on Tuesday 7th November. This will be the last cycle ride of 2023 as the weather is becoming less favourable for fun rides - but if we do have unseasonably good weather I will see if anyone would like a winter ride!

As with recent rides it is primarily intended for those getting confidence to ride again, but all skill levels are welcome, of course! However, I would like riders to be confident on their bikes before we tackle more adventurous routes in 2024.

We shall again start from Merstone at 10.30 hrs at the site of the old railway station on the cycle track, but this time we will be heading east along the cycle track towards Sandown.

Depending on the confidence level, weather and the wishes of those taking part we can then progress through Sandown on quiet side roads to the seafront where, hopefully, there will still be a café open for refreshments - I will investigate beforehand. Optionally, if the weather is nice, we can cycle along the seafront to Shanklin before retracing our route to Merstone.

A further option for those living in the Sandown/Shanklin area is to meet up with us there and cycle with us to Merstone and back. Some may wish to stop off at the Pedallers Café in Newchurch for lunch.

Distances and estimated cycling times (each way):

Merstone to Sandown seafront
approx. 7 miles/40-50mins;
Flat; some hills in Sandown

Sandown to Shanklin along seafront
approx. 2 miles/15-20mins; Flat

If you are interested in joining us please let me know so we don't leave without you!

Please ensure your bikes are in good working order and you wear appropriate clothing etc.

And if you have any ideas for cycle rides in 2024 please let me know!

Happy cycling!

Dave Vodden

dave.vodden@tiscali.co.uk



In September we met at the Masala Bay Indian Restaurant in Ventnor.

"We had a lovely meal last night in Masala Bay in Ventnor. The food overall was very tasty I had a Lamb Balti and Jo had a luxury chicken Korma which both of us enjoyed. The negative points were: Poppadoms were a bit soggy; No desserts! The service was efficient and the evening was great, thanks to the company. The Restaurant ambience was good."

Dave and Jo Russell

Walk and Talk about Gardens

Normally we think of the end of October as a closing-down period but there is still plenty of colour with dahlias, asters, chrysanthemums, salvias, schistostylis etc. still looking good and there is plenty to keep us busy for a while yet. The roses, which were outstanding in June, seem to have exhausted themselves and found difficulty in flowering a second time and many lost their leaves.

I have enjoyed the damper summer, with slightly lower temperatures, as the lawns stayed green and the plants were not left gasping.

As always, we had some excellent and interesting visits and the people in the group enjoy being together. As we have been together for several years we have visited some gardens a number of times, but they are always changing with new plants, new positions and new growth so they never look the same.

We are finishing this year with a group lunch at the beginning of November and will no doubt exchange seeds, rooted cuttings and divided plants at this time. We will also try to work out the dates of visits for next year. We will probably start back in March instead of April as one of our gardeners said how good her garden looked at that time.

As two people left this year we could accommodate two more people if anyone would like to join us. We are a very friendly group.

Enjoy your garden and find time just to sit and look at it now and again.

**Happy Gardening,
Beryl Tillman**
tillmanberyl@gmail.com

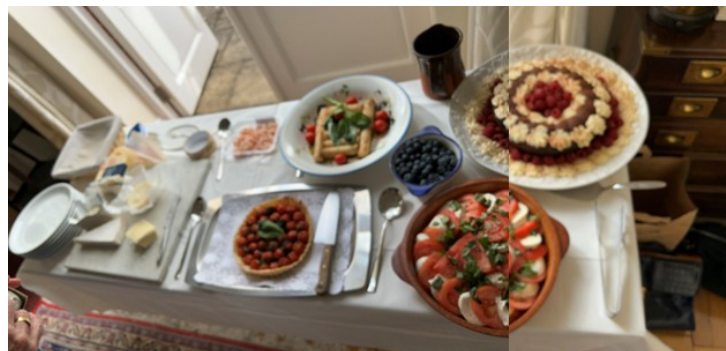


French Breadmaking - photo by Mary Longley

Eddie George repeated his very successful French bread making workshop for the second time to the delight of this years lucky participants (October 6th), rounded off with a sumptuous lunch.

Thank you Eddie.

Eddie has agreed to consider offering the course again next year - so watch this space.



News from the Groups

Photography Group

Examples of members' work can be found at: <https://www.flickr.com/groups/14827860@N22/pool/>

The meetings are on 3rd Mondays 14:00. If dropping in, just let me know and I will send you a Zoom link.

Fred fred.wp.dawson@googlemail.com

Photography is all about the making the best of the weather and light whatever the conditions. And making the best of what equipment you have and last but not least what subject matter you choose - or what matter presents itself to you. Opportunity favours the prepared photographer.

Do let Fred know of your interest at the above email address. 3rd Monday in November is Monday 20th; in December it is the 18th.



The Garden Group

The Garden Group have come to the end of their programme of garden visits for this year. What was striking in our visits was the amazing diversity of each other's gardens. Members gardens are not just flowers. Some have ponds, some fruit trees some productive vegetable plots or very productive bee hives.

We're collecting photos of our gardens in all their glory to share during the colder months ahead.

Some members rounded off the season by attending the recent recording of 2 episodes of BBC Gardeners' Question Time in Freshwater, a very enjoyable evening.

See you all again in the Spring.

Robin and Patricia

ntyler60@gmail.com

BBC Gardeners' Question Time

panel at Freshwater. Kathy Clugstone and Mathew Pottage, Pippa Greenwood and Bob Flowerdew.

(Broadcast Friday 27th October and available now on BBC Sounds)



With Film Club hibernating, check out our group for [K-dramas on Netflix](#)

"Intelligent romance ... with sub-titles for everyone!"
"Every one I watch seems even the best so far!"



"Woo Young-Woo"
"Do you Like Brahms?"

News from the Groups

Spanish and Italian with Isabelle, at Utilita in Newport...

Spanish Beginners



On Saturdays, (13.00 pm) the Spanish beginner group is going well with 6 to 9 people.

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!

Spanish Improvers



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.

Lola, from Spain will continue to coach the group and there is probably space for one or two new people with a foundation in Spanish.

Contact groups@u3awight.uk



Italian Beginners Saturday 14:00



and

Italian Conversation Saturday 15:00



Not much to say, except that I see all the time new students wanting to be admitted, especially in Spanish. I accept them obviously, because I think that eventually, they will leave by themselves if they feel a little lost. Still I encourage them to stay and see further. Everyone knows how learning a language is difficult at the beginning. It seems we will never make it, but then, slowly, we realise how much we know and understand. Quite like learning to play a musical instrument. It is also like a jigsaw puzzle: I slowly give the frame and the pieces, then the students find where and how to insert them in order to make something useful to communicate, and fill the picture little by little...

Early January, after my holiday, I will not start again immediately, due to an operation. The students know this. As soon as I am alright, I intend to resume teaching.

Contact Isabelle Schloesing

Isabelle.schloesing@btinternet.com

Isabelle also teaches French, Italian, Spanish and Turkish privately.

Allotment Gardeners

Allotment Gardeners are looking forward to a December gathering to end the year and of course to start planning next year's plantings! If you enjoy growing vegetables and would like to join our group whether you have an allotment or a single vegetable bed, please contact...

Peter Dorsett

peterdorsett4@gmail.com



News from the Groups

French Conversation

Friday am: Lake

Friday pm: Newport

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

French Film Matinée

As our November date clashed with Ventnor Film Society and that their film on 6th November (3.00 pm start) is in French we decided to support the VFS rather than choose a different film and date. The film is 'Return to Seoul' (2022) about a young Korean woman who was adopted by a French couple and who returns to Seoul to track down her biological parents. Any u3a members wishing to attend should book here:

ventnorfilmsociety@hotmail.com

We are in the process of choosing the December film - we will let you know asap

Contact anthealangelan@yahoo.co.uk

German

There are two German groups that meet on alternate Friday mornings 10.30 – 12.30am, either at the Brading Roman Villa or at Utilita in Newport. Anyone interested in joining is welcome to try both, so that they can gauge the level they feel most comfortable at. Some members choose to participate in both! There will be no session on Friday 20th October, as many of us are

going on a week- long visit to our partner town of Coburg (birthplace of Prince Albert), arranged in association with the Island's German twinning association. (This is a reciprocal visit, as a group from Coburg came to the island in May.) The Coburgers are renowned for their hospitality, and we're very much looking forward to meeting new and old friends, and practising our German!



"Improvers' Group"

There are a few spaces available if anyone is looking to improve the German they learnt at school or while living or working in Germany. We can't take beginners at this stage, but anyone who already has some knowledge should feel comfortable in this group. We practise three basic skills, speaking, listening and understanding written texts, using a variety of methods, videos, broadcasts etc. and anyone who needs to participate via Zoom can do so.

"Advanced Group"

There are spaces in this group for people with a more advanced knowledge of the language, for example, people who may have studied to "A" level in their youth, or anyone who has lived and worked in Germany for some years. The main skills we practise are speaking, listening and written comprehension, and group members often bring their own contributions for us all to pore over. Zoom is available for anyone unable to be present in person.

Please phone or email for further details.

Mary Longley

melongley1@gmail.com

07815 901252

News from the Groups

Discussion Group

Do contact us if you'd like to hear more about our lively, enjoyable and wide-ranging discussions. We'd love to hear which issues you'd like to discuss and your views on those raised.

Some topics recently discussed include:

- The building of a space port on a Scottish Island
- The personal qualities needed to launch a new business
- Whether there are good news stories and if so what are examples
- Are our bank accounts safe?
- Nuclear power - its place in providing our energy needs

Our meeting dates are as usual in November, December and January. We meet twice a month, every second and fourth **Thursday**, at Utilita Hub, 121 High Street, Newport, between **10.30 and 12.00**.

Our meeting dates for these months are:

- November 9th and 23rd
- December 14th and 28th
- January 11th and 25th

Please contact Pauline paulinehunter12@gmail.com if you'd like to come along.

Pauline



Creative Writers

The wonderful thing about writers is their enthusiasm for their subject. As a group we are always surprised at the angle/slant that can be given to a topic or exercise. This helps to crystallise genre, be it military, maritime, reflective or sinister.

The writer Benjamin Roberts came for the October meeting to talk about his experience of being published and this was well received.

The national u3a writers' newsletter also gave food for thought and some new exercises to try.

We like the facilities of and the beverage provided by the Utilita Hub in Newport and do recommend it (first Thursday of the month, 2.00 pm).

See our work on the [u3awight website](#).

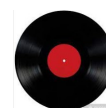
Helena Hewston sybug@aol.com



[Humanist Philosophy](#)
2nd Tuesday evening



[Vinyl Revival](#)
3rd Wednesday pm



News from the Groups

Non-Fiction Book Group

Zoom, 2nd Tuesday, at 17:00

As the seasons change and temperatures fall, so our Non-Fiction Group followed our newsletter editor's recommendation in the last edition and chose for October '[The Lost Pianos of Siberia](#)' by Sophy Roberts – a Sunday Times Book of 2020.

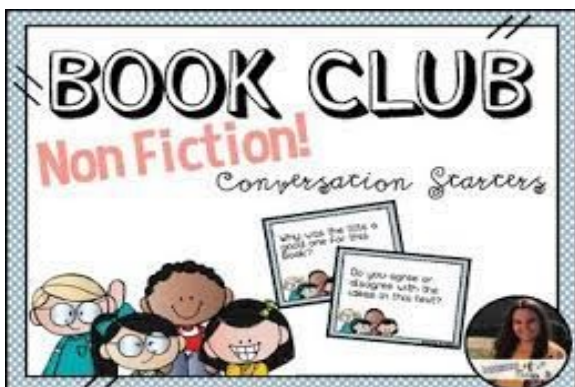
Paul Theroux describes it thus:

“The ultimate quest for the oddest objects - pianos - in the most unlikely place - Siberia. But Roberts makes it much more than that, an elegant and nuanced journey through literature, through history, through music, murder and incarceration and revolution, through snow and ice and remoteness, to discover the human face of Siberia. I loved this book”

As I write we have yet to meet to discuss this but the indications are that none will be contesting Theroux's assessment.

Where next for winter's delights?

Nigel Hastings 07967 371635
hastingsnigel01@gmail.com



Save the Date!

Monday 11th December 2023 14:00

Social at Arreton Community Centre

Wootton Book Group

'The Dickens Boy', our choice of book in September was not a 'winner'! Most of us did not enjoy the story which is about Charles Dickens' tenth child Edward, known as Plorn, who was sent to Australia 'to apply himself'.

The choice in October was much better received. This was 'A Single Thread' by Tracey Chevalier. Everyone in the group loved this story in which Violet, one of the 'surplus women' left behind after losing her fiancé in the first world war, shows her spirit and resilience. It is really worth reading.

In September we all went as a group to see the film 'Barbie'. We were all surprised by how much we enjoyed it. The script was very clever and it was so funny. The group is more than just a book group as we enjoy each other's company and often try to arrange a meal or a visit out.

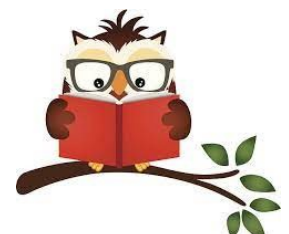
Our titles for November and December are: 'The Shrines of Gaiety' by Kate Atkinson and 'Haven' by Emma Donahue. We may even squeeze in a Christmas lunch on one of the sessions!

Allison Rogers
01983 616634
davidallison36@hotmail.com

Reading Group

We meet monthly in Newport on the 1st Tuesday of the month at 15:15 and discuss what ever we are reading - sometimes with a question about why, sometimes just with delight.

Sally
groups@u3awight.uk



News from the Groups

GREEN ISSUES

This is an excerpt from this year's report of an enlightened food website called COOK written by Jon Alexander, co-founder of the New Citizenship Project which could be an interesting topic to consider.

CONSIDER A FEW TRAITS OF TODAY'S FOOD SYSTEM.

- We allow sugar content to remain high, creating record levels of obesity and crippling our health service.
- We support low wages in agriculture, food manufacturing and hospitality, and disastrous environmental impacts, all for the sake of keeping down price.
- We focus our best innovation brains narrowly on convenience, because as long as our food arrives when and where we want to consume it, we don't really care how it got there.

Why? Because that's what "the consumer" wants.

In that phrase is a logic that seems inescapable. It lays claim to a fundamental truth about human motivation: we are consumers, driven by rational self-interest. And this apparent truth immediately limits the role people are capable of playing in society. It turns today's broken food system into an inevitability.

But challenge that one supposed truth, and suddenly the possibilities for our food system look very different.

What if people are not consumers? What if it's just a mindset, a story we tell ourselves and each other? What if we choose a different story to tell? What if food brands sought our involvement, not just our spend? What if we thought of ourselves and each other as active participants in shaping the food system, and not just consumers?

This shift in mindset can help create a better food system. It is a future waiting to happen and it starts with a single word: citizens

Working in collaboration with COOK and five other organisations, the New Citizenship

Project has published a report called Food Citizenship: how thinking of ourselves differently can change the future of our food system. Find it at www.newcitizenship.org.

In 2015 a study was replicated and participants were asked to imagine themselves as one of four individuals dependent for water on a single well that is starting to run dry. As a group they need to use less water.

Two key questions were posed:

To what extent would you be prepared to use less water yourself?

To what extent would you trust the other three to use less water?

The subtlety is this: for half the participants, the scenario was framed in terms of individuals ("you are one of four individuals..."); for the other half, using the language of consumers ("you are one of four consumers..."). With no other prompt, no explicit attention drawn to this language and no significant differences between participants, the results were astounding. Those who answered as consumers were significantly less likely to be willing to reduce their own water usage; and significantly less likely to trust their fellow dependents to do so.

The word "consumer" could end up as a dirty word like "smoker" - what do you think?

Looking forward to seeing you [online](#).



Dina Jung

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

GREEN ISSUES - STOP PRESS The Government's Boiler Upgrade Scheme (BUS) increases to £7,500 on the 23rd October 2023. Please contact Dina on 07854 440557 for an explanation if you want to get rid of your reliance on gas.

Spotlight on...



Carol Bradshaw



Carol... As a member of an RAF family I attended 9 different junior schools and 3 secondary school. I went on to university and then spent 13 years teaching in Secondary Schools including Medina High School.

I left teaching and moved into industry and worked in various defence engineering companies including Plessey Radar, as it was, here on the IW. I live in Northwood and have lived in the same house for 45 years.

I love cats although I don't have one any more. I like walking, especially by the sea. I enjoy writing and keep a journal in which I scribble several times a week, more often when I am away from home. In it I write thoughts, ideas, a bit of verse and ideas for a novel which I have started but will probably never finish. I am never without a book.

I joined the IW u3a in October 2019, was Chair for three years and during this year, my last year on the Committee, I have helped to organise the Speaker Meetings programme.

Inside every prison there is an Independent Monitoring Board (IMB) which keeps an eye on fair treatment, etc. If you would like to volunteer for the IoW IMB please contact [Sophie Anscombe](mailto:Sophie.Anscombe@justice.gov.uk) as she really needs some help here.

sophie.anscombe@justice.gov.uk

imb Independent Monitoring Boards

[What will I do as a volunteer?](#)

and

[Isle of Wight volunteer opportunities](#)

Fellow u3a group Portsdown u3a [Annual Lecture](#):

Free event by ticket only – apply to contact@portsdownu3a.org.uk

The History of the Tower of London

Speaker – Alan Kingshott
former Chief Yeoman Warder, HM
Tower of London



Wednesday November 15th
2:00 pm - 4:00 pm
Cosham Baptist Church, Havant Road,
Cosham PO6 2QZ

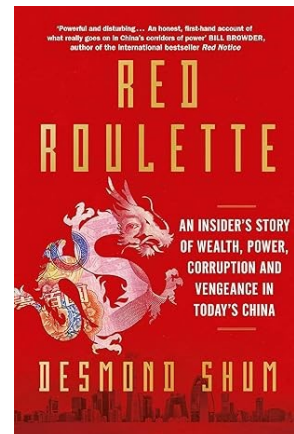
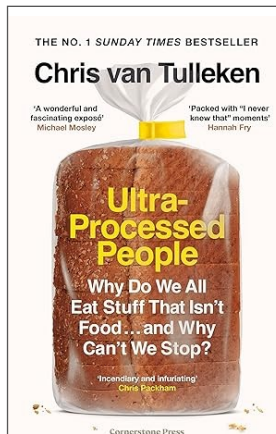
Editor's books of the month:

“Ultra-Processed People” by Chris van Tulleken

Why do we all eat stuff that isn't food ... and why can't we stop?

“Red Roulette” by Desmond Shum

A true insider's account of Wealth, Power, Corruption and Vengeance in Today's China.



Web Site The u3aWight web site currently uses a web platform designed and run by two long-standing u3a volunteer members (at national level) who are nearing retirement. The plan is to encourage regional u3a's (like us) to move across to WordPress, using a u3a created template. If you have WordPress web design skills or would like to develop them then you would be very welcome to become a u3aWight web-apprentice.

Please contact the web/newsletter editor if interested:

rogerskid@zen.co.uk

www.u3awight.uk

I.C.E. In Case of Emergency

It might be sensible to consider carrying a card in your wallet or purse which gives details of who to contact in an emergency.

This can save emergency services a lot of time and bother if you are unlucky enough to be in a situation where you are unable to communicate.

Please add your phone to I.C.E.



Info, copy, errors and omissions etc. to the editor:

rogerskid@zen.co.uk 07732 480201

Facebook

The Facebook Members' Group:
www.facebook.com/groups/iowu3a



The Facebook Open Page:
www.facebook.com/u3aWight



Our normal website is:
www.u3awight.uk



Update: Speaker Meeting Programme 2023/2024

All Speaker Meetings are held on the second Thursday of the month at St. John's Hall, Newport, and start at 14:00.

The location/timings of the socials vary and will be advised well in advance.

2023

Nov – Beaver Recovery Programme

Dec – Winter Social

2024

Jan – Jeremy Thomas - National Coast Watch, Needles, about their work on the Island (plus AGM)

Feb – The Donkey Sanctuary

Mar – Mark Earp - Every Pond Matters

Apr – Kevin Shaw 'Lord Palmerston: Britain's Most Outrageous Prime Minister'

May – Forest Park Waste and Recycling

June – Summer Social (no **July/Aug**)

Sept 12th – David Fairlamb – nature talk of our choice tbd.

October 10th Sarah Lang – subject tbd

November – still available

December Winter Social



Christmas Social

Monday 11th December, 2.00 pm

Don't miss out on our Christmas Social this year!

There will be bubbly, mince pies, cake, hot drinks and a quiz.
What more could you possibly want??

MONDAY DECEMBER 11th

2 – 4 pm

ARRETON COMMUNITY HALL,
NEWPORT ROAD, ARRETON,
IW, PO30 3DE

Bus Route Number 8

Speaker Meetings

Speaker Meeting
2.00 pm, Thursday, November 9th
St. John's Hall, Newport, PO30 1LN

Beaver Recovery Programme

Speaker Nicola Wheeler,
Beaver Recovery Projects Officer,
Hants & IW Wildlife Trust

Beavers used to be widespread across Britain and Europe, thriving along rivers, wetlands and meadows wherever there was enough water to shelter from predators, and enough vegetation to eat. But increasing demand for their fur and castoreum oil used in perfumes escalated in the 16th century and led to unsustainable levels of hunting, and to their decline across Europe and total extirpation from Britain. By the 18th century, beavers were completely absent from British waterways.

Come and hear about Hampshire & Isle of Wight Wildlife Trust's ambition to bring back an animal long ago hunted to extinction... beavers could bring multiple benefits both for biodiversity and for people!

I look forward to seeing you there.

Carol

carolbradshaw@u3awight.uk

07748 886246



www.u3awight.uk