



Groups Special Newsletter August 2023

From John Whitley, Chair

Thank you to all the wonderful members who have been leading our Groups for the past year. We would not be the u3a without you! The Committee have been looking closely at how we organise ourselves, as you'll read below. We have decided that in future we will call the coordinators "Group Contacts" as we think this better describes the role. If you haven't yet completed our member survey please remember to do so. The results so far are looking very interesting!

[Link to 2023 Milford on Sea u3a survey](#)

From Lynn, our Groups Support Team Leader

Hello and welcome to the Groups Special Edition of the Milford on Sea u3a newsletter! We have set up a new team to support all the Groups and Group Contacts so let me introduce us all and what we do:

I'm **Lynn Peck** and I am the Groups Support Team Leader

Hilary Harris is the deputy Support Team Leader

Liz Miller is still with the team and will continue to update the groups timetable

Joan Bobra will be supporting coordinators with risk assessments

Liz Christian will be supporting new groups and workshops

On the afternoon of **Tuesday 10th October** we are going to hold an Open House event. Lots more information to come! Most of us are around at the monthly meetings or you can email us on groupscoordinator@mos@gmail.com

Monthly Meetings

Dates for your Diary

Tuesday September 5th
Monthly Meeting 2pm

Sunday October 1st 2pm
Games Afternoon

Tuesday October 3rd
Monthly Meeting 2pm

Sunday November 5th 2pm
Games Afternoon

Tuesday November 7th 2pm
Monthly Meeting

Saturday December 2nd
Evening Christmas Party 🎉

All in the Community Centre,
now called The Bridge.

In August we had a wonderful talk about the Lumberjills - women in forestry - by Joanna Foat, pictured here in a WW2 outfit.



In September we have Neil Meldrum

The Enigmatic Ancient Maya

A retired lawyer, Neil Meldrum has visited Central America extensively, and has delved into the fascinating and enigmatic civilisation of the Ancient Maya of Mexico and Guatemala. Why and how did they develop such a brilliant and original civilisation in the jungles of Central America, and why did it apparently disappear? Its Classic Period was between 250 – 800 AD, but by 900 AD the cities had been abandoned.

Sunday Games Afternoons

Following the very popular Games afternoon in January, we have decided to make them a regular part of our winter programme. Put the dates in your diary!

We currently have about 50 active groups with a number of potential new group suggestions. If you want to see what groups we have then please do look on our website: <https://u3asites.org.uk/milfordonsea/groups>

To join a group please go to the relevant group page, click on the bird icon in the top right-hand corner and send your message to that group contact .

Alternatively, drop us an email and we can help you.

The Group Contact Role

This role can either be undertaken by one member of the group or shared between members. The named contact will be listed on the Groups Timetable as the point of contact for the group, in particular for prospective new members.

The Contact and group generally agree to share contact details so they can easily communicate with one another, and they can choose how they wish to be contacted. Some groups like email, some now use WhatsApp.

We have already written a risk assessment that can easily be used by new groups, and any existing groups who change where they are meeting. It covers all the venues we meet at. If you meet somewhere else or go out on a trip, it covers that too, with very little extra information needed. We need risk assessments so that we are covered by the u3a insurance. We now have a member of the Groups Support team, Joan Bobra, who will be able to help you if needed.

The Groups Timetable is updated x3 per year and Group Contacts are contacted to confirm group information such as meeting times, venue and an overall description of the group's activities.

In many groups, members take turns to do research etc, but some groups, such as languages, are often led by someone with knowledge of the subject. This could be a different person to the Group Contact.

It is helpful to know the names of the members in each group. If you are happy to, you can be provided with login details to update the database, Beacon, and the website. If not, you can contact the Groups Support team who will be happy to update Beacon and the website for you.

Finally, Group Contacts have the onerous task of being invited to an afternoon tea or similar each year! It's a thank you to them for their contribution to the running of our u3a.

Don't forget we are all volunteers so may not be able to respond straight away but do touch base with us in person or by email and we will do our best to help and answer your queries.

We look forward to seeing you all soon!

Scrabble



Our friendly group meets fortnightly on Thursdays at 10am - 12pm at the Beach House in Milford. In the summer months, weather permitting, we convene outdoors in the lovely gardens, taking in stunning views of the isle of Wight and the Needles. New members

will be very welcome for some sea, sun and scrabble - and generous slices of cake!

Linda Daniel, Group Contact



Canasta 1

I am delighted to report that following the Sunday afternoon Games session our group is currently full. Our friendly group enjoys our games each month and catches up on some recent Milford Gossip in between games!

We would be happy to have a spectator or two if anyone is interested in learning the game. Shelagh Richardson Group Contact

Canasta 2

Canasta is a card game that is relatively easy to learn and we teach beginners. Our numbers have grown a lot since the very enjoyable games afternoon held earlier this year, and the Canasta 2 group now has 16 members. We play once per month in the homes of different members in the evening over a glass of wine or other drink. Not everybody plays in the same location and, due to this format, we can accommodate more members. Hanlie Croeser, Group Contact.

Canasta 3?

There are lots of keen Canasta players around, what about a third group? You can visit the existing groups if you don't know how to play. Contact the Groups Support Team: groupscoordinator@mos@gmail.com

Bridge

U3A Bridge Group has had a wobbly start. We have about 14 members, but when meeting to play there have only been 3 or 5 attending.

We have decided to try again after the summer, in September. We may need to change the day to encourage more players. Do get in touch in if you are interested. Sam Jones, Group Contact

Mahjong



Mahjong is a brilliant game! If you've never played before we can teach you. One of our members has produced a guide which tells you everything you need to know and will help you learn. If you have played already, you will know that there are many different rules. By using our guide we are all able to know which hands we play in our group.

The Mahjong group welcomes new members. We meet on Monday mornings from 10.30 - 12pm, on the 2nd and 4th Monday of the month in the the Community Centre. We like to get there between 10.00 and 10.30 and have a coffee together in the cafe, before we play. If you aren't sure what the game of mahjong is all about, why not pop in and watch? I'm sure you'll soon get hooked! Jenny Whitley, Group Contact

Rummikub

We meet for Rummikub the 2nd Tuesday each month at 2 p.m. at the Beach House. Rummikub is similar to the card game rummy, although this is played with tiles, a bit like scrabble tiles with 3 - 4 players for each game. It's a fun game, easy to master the basics, but the art is to master the strategy. Sounds difficult, but it's not! Celia Barker, Group Contact.

Great Newbridge Copse



More of our members have been joining the outdoor Groups

Birdwatching

Birdwatching is an occasional group. Here is a taster of one of their visits in the Spring::

We were so lucky! In spite of that really wet month, the rain let up just long enough to allow 11 members of the Birdwatching Group to enjoy a fascinating visit to Blashford Lakes, near Ringwood. We saw numerous species of water birds, of course, the most exciting moment watching a pair of great crested grebes performing their courtship display mirroring each other diving and rising from the water, exchanging beakfuls of water weed. Just like watching one of David Attenborough's programmes! And in the skies over the lake were flocks of sand martins with the occasional swallow, a real foretaste of summer. The woodlands were bright with wild daffodils, and from the hides we watched the feeders busy with finches, tits and siskin, and a great spotted woodpecker in its dramatic colouring. It was a lovely outing, the rain only starting again on our journey home. A big thank you to Douglas for his guidance and letting us share his inspiring and extensive knowledge."

Liz Christian, Group Contact.

Wild Flower Appreciation

An informal group for people passionate about wildflowers - particularly in the Milford area. We are blessed with a wide variety! Mary and Wendy are keen amateurs and welcome anyone who has an interest. No set meet-up days - but information is sent out ahead of a walk. Do join us!!

Wendy Thomas, Group Contact.

Walking Group 1

We have about 10 on the list of walkers but usually we are around 5 or 6 who walk, so we have room for a couple more if any one is interested. We start our walk at 10 or 10.30am on the 3rd Thursday of the month, going approx 3 1/2 to 4 miles taking around 3 to 3 1/2 hours. We go locally and slightly further afield. Here we are at Hengistbury Head.

Pamela Allen, Group Contact.



Walking Group 2

The group was started earlier this year to provide an additional opportunity to members who are keen on walking. Our aim is to do walks of around 5 miles, followed by an optional meal in a pub or a picnic.

Non-walking partners are welcome to join us for lunch. So far we have

done a few local walks along the sea wall or cliff top to Lymington and Barton, the bluebells at Great Newbridge Copse (above) as well as walks at Hengistbury Head and in the New Forest at Royden Woods and Wilverley. We can accommodate more members.

Hanlie Croeser, Group Contact.



The easiest way to join a Group is to contact the specific Group Contact directly. Their contact details are on the Groups' timetable or you can use the pigeon link on the website.


More opportunities for getting out!



We have a **Golf Group**  that meets on the

Fourth Tuesday of each month until November. They do not play more than 9 holes at any one session and keep to courses where the green fees are sensible and the terrain not too undulating, including Walhampton, Bashley, Hoburne and Dudmoor Farm, and Christchurch. Members on the list will be emailed individually with details.

Paul Farndon, Group Contact.

Any Runners out there? 

There have been a couple of suggestions for a **Running Group**. If there are any runners out there who would like to meet up either regularly or occasionally please contact John Whitley via john@whitleyonsea.net.

No qualifying level is needed and all levels are welcome

After all that exercise we need to relax too!

Wine Appreciation 2

Our group is held on the last Friday of every month. We have been going since November 2022 so we are still quite new to it. As a group, we decided how we would lead our meetings and have fun experiencing wines that we might, as individuals, not have tried. There are tasting notes and sometimes maps of specific areas that the wines come from and snacks to compliment the different tastes. We take turns meeting in one another's homes and the host for the evening presents their choice of wine etc to the group. It makes for a lovely evening and in true U3A spirit, we learn from each other and make new friends.

Hilary Harris, Group Contact.

Art Appreciation 4



Our group of 10 continues to meet monthly and discuss artists and their works. We also take a wider view and examine various art movements, ranging from the European - such as romanticism and impressionism - to the art of other cultures such as Japan and native Canadian and Australian art. This keeps us engaged and aware of the diversity of art across our world. At this month's meeting we discussed several Russian artists. Carolyn Wallace. Judith Baines, Group Contact.

Play Reading

Play Reading is the 2nd Wednesday each month at 2 p.m. in the library at the South Lawn Hotel. No acting is required. There are 11 of us in our group which is the maximum for the room size and everyone picks a character name from the table and we read our part in the play, which is generally a comedy / farce. We've had some really good plays which have been very funny and we quite get into the parts. Some of our group get into any accents as well, which makes it even more funny and enjoyable. Celia Barker, Group Contact.

The Photography Group

The photography group has the maximum number of members who meet monthly to look at and discuss members photos of a set subject. Subjects so far this year have included 'Trouble', 'Small', 'Patterns' and 'Doors & gates'. Members also arrange visits to local areas to help with getting photos of the subject for the upcoming month. One visit was a joint visit with the 'New To Photography' group to Longstock Park Water Gardens where a beautiful Purple Emperor Butterfly graced us with his presence for a good couple of hours! Paul Farrar, Group Contact.



New to Photography Group



We are over half way through this series of meetings for members who want to know the basics of photography and how to get the most out of their camera. It is a series of 11 meetings running from January to November. We have covered understanding how a camera works, exposure, composition, aperture and shutter speed. We meet at the Beach House and have a good mix of theory and practical. The group members recently had the opportunity to meet up with the Photography group for an outdoor visit to Longstock Park Water Gardens.

Paul Farrar, Group Contact

Classic Cars

The Classic Car Group continues to grow and last month's meeting had a record attendance with 12 classics of many different makes and ages gathering on the cliff top before driving to a pub at Burley for lunch and where another car was already waiting.

A passing classic drove into the car park on seeing our spectacle and asked about our group - this is not the first time that this has happened! The Group is now at maximum capacity, so there will be a waiting list. Who knows, maybe we could even have a second Classic Car Group!
Jonathan Harvey, Group Contact.



Creative Writing for Fun

This is a small group who do what it says on the tin - who get pleasure out of writing in a light hearted way. We meet once a month and share our written efforts on a subject previously chosen. If time permits, we spend ten minutes on spontaneous writing on a given theme. An enjoyable afternoon together.

New members are invited to join us, where they can be assured of a very warm welcome. Julie Paton, Group Contact.

Historical Topics Group 2



Historical Topics 2

Everyone chooses a subject within 5 years of an agreed date to research and present at the next meeting.

Duplicates are surprisingly rare. This month's subjects, based around 1843, included; Charles Dickens' Urania Cottage, his reform home for 'fallen women' financed by Miss Burdett-

Coutts of banking fame; Brunel's SS Great Britain, the world's first great ocean liner, immigrant and military transport, coal and wool hulk in Port Stanley and now a major visitor attraction in Bristol in the dry dock where it was built; and Alfred Bird, of Bird's Custard fame, who invented egg free custard and baking soda because his wife was allergic to eggs.

John Hall, Group Contact.

Family History

We are a small group who meet once a month on a Thursday afternoon to discuss various topics and interesting finds while researching our family history. We range from complete beginners to long time researchers. We would welcome new members.

Kim Liddle, Family History Group Contact

Are you a Group Contact? Please could you make sure Beacon is up to date so new members can view details about the group and if there are any spaces available.

Need some help? Contact your Support Team!

Book group

The Book Group was formed at the inaugural meeting of this U3A and has been successfully carrying on for 10 years carrying on through the pandemic by exchanging reviews via email and later meeting in members' gardens.

We read a wide range of books - chosen by members- recently we've discussed the Rules of Civility by Amor Towles and Munich by Robert Harris.

We meet at the Beach House on the second Monday afternoons. We currently have a couple of vacancies & would welcome new members to our friendly group. Joan Burgess, Group Contact.

Psychology Discussion Group

The Psychology discussion Group is going from strength to strength with currently 11 members (one new member joined this month), and one on the waiting list, so at present the group is full.

In the last few months, we have covered topics on the 'Psychology of Change', the 'Psychology of Ageing', and had two sessions on NLP (neuro linguistic programming) with exercises led by a group member with particular expertise. In the next few months, we will cover 'Decluttering', the 'Importance of Fairy Tales' and the 'Psychology of Wokeness'.

Chris Chaundy, Group Contact.

There is a Facebook group for our members which we would encourage you to join. It is a private group so cannot be viewed by non-members. If you are a group contact and would like to let us know what is happening in your group, feel free to add a story and a photo (or email it to us). It is a tool for us all to promote our groups especially if you are looking for new members:
[Milford on Sea Facebook Group for members](#)

The How Things Work Group!

The 'How Things Work' group has gone from strength to strength and now has 23 members. We have a diary of places to visit throughout the year to find out more about how things work. We have visited The Vinegar Hill Pottery, The Bombay Sapphire Distillery, The Milford Gate River Level



monitoring system, Poole Lifeboat Station and the Whitchurch Silk Mill amongst others. As a group we try to ask for a bespoke tour to ensure we learn about 'how it works'!! We generally have a lunch out afterwards or a coffee before we start a tour. We can take more members if anyone else would like to join. Vic Foote, Group Contact.

Happy Wanderers

A Days Out group was formed at the start of this U3A and visits were arranged to local points of interest including the Red House Museum in Christchurch, the Tudor House in Southampton and Eling Tidal Mill. This morphed into more extensive visits including the Mary Rose at Portsmouth, the NT Polesden Lacey, and Adam's Farm in the Cotswolds. With a change in emphasis we became Villagers 2 where we researched local villages and places of interest including Keyhaven, Brockenhurst, New Milton, Sway and Lymington.

This year we had a name change to the Happy Wanderers and have visited Winchester for a lovely walk along the river, Mottisfont Abbey particularly to see the roses at their best and also invited non-group members on a guided tour of the Russell Cotes museum in Bournemouth. We usually manage to find an interesting place for lunch. At the moment we have a full complement of members but things do change.

Joan Burgess, Group Contact.

Villages 4



The Villages 4 group visited Hythe in April and most recently, on midsummer's day, Yarmouth and the Needles Battery. Here are some photographs taken in Yarmouth Castle where we played games and tried on some costumes!

Anne Rustomji & Pam Johnson



Local Explorers

Formerly Villages 1, we have branched out to research local towns, including Lymington and Southampton, and to travel further afield. This summer we have been fortunate with the weather and had our research meetings in members gardens. We have visited Mottisfont, and have planned a trip to Hillier Gardens. We had a talk on the Hillier Family at a monthly meeting a few years ago. The background to the setting up of the gardens is quite fascinating. We have the book if other groups are interested. At present our group is full. Nigel Swann, Group Contact

Villages 3

Villages 3 has had a mixed time this year. A trip to Hinton Ampner in April was greatly enjoyed, but due to ill health some members couldn't make it. A return visit in December is on the cards, when we hope everyone will be fighting fit! However, we have had a number of enjoyable visits, to the Art Gallery in Southampton, to the D-Day museum in Southsea, and a trip to the Rufus Stone followed by tea and a wander at Furzey Gardens. All our visits include lunch at adjacent pubs, which is all part of the day out!

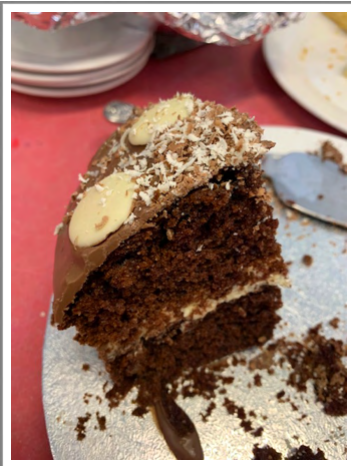
In July, 13 members held a meeting hosted by Lynne and Graham Brown to discuss the future of the Group. David and Sandra stood down as coordinators (after two years, when we'd said we'd do one!), and the mantle has now been passed to Diana Brushwood. Thank you, Diana, for taking it on. After a lot of discussion, with suggestions for future visits, we all enjoyed a fish and chips lunch courtesy of Mr. Pink! Sandra Allpress.

And Finally.....

It wouldn't be a u3a meeting without cake!

At a recent meeting for new members we had some wonderful cakes made by our members. I was assured by Jan Toomey that her delicious chocolate cake is extremely easy to make. She said even I could make it!

So here is the recipe Express Chocolate Cake



6.8oz plain flour
1 level tsp bicarbonate of soda
1 rounded tsp baking powder
2 level tablesp cocoa
5oz caster sugar
2 tablespoons golden syrup
2 eggs
1/4 pint milk
1/2 pint veg oil
A pinch of salt

*Grease 2 8in tins and line. Beat all ingredients together
It looks runny ..that's ok!*

Cook at 345° for 35mins

Sandwich together with double cream

Add melted chocolate for top.

I used orange butter cream for the middle and milk and milkybar choc drops for the top. Keep some back to grate over the top and you're all done!!!

Send articles and photos for the Newsletter to jenny@whitleyonseanet

The next edition will be published in late October/early November.

For information see: www.u3asites.org.uk/milfordonseanet

To contact us with comments please email: milfordonseau3a@gmail.com

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