



🌿 Autumn Newsletter Groups Special Edition 🌿

From your Chairman

Welcome to our latest Groups' Special Newsletter. It is a bit later going out to you than usual this year as there has been a change behind the scenes. We have two new Group Coordinators who introduce themselves to you later in this newsletter. I hope you will be interested in what our Groups are getting up to and the variety of Interest Groups that we have.

It is very easy to start a group if you have an interest, hobby or sport that we are not catering for already. So, if there is a group you would like to be part of or even start from scratch, then contact our new Group Coordinators so that they can help you get started.

We have a meeting every first Tuesday in the month at The Bridge in Milford on Sea when we have a talk followed by refreshments. This is a time for members to get together and catch up with u3a news and their friends, find out what their groups are up to and any local news. These meetings have a real buzz to them and the talks are very interesting and informative on lots of different subjects. If you haven't been to one of our monthly meetings, check our website and see what is planned for future talks and pop it into your diary and come along for some fun.

Hilary Harris Chairman

A fabulous photo from the
Photography 2 Group



Your new Groups' Support Team



My name is John Haigh. My wife and I retired to Milford some 7 years ago, and I have been a proactive member of u3a since then. I am away quite a lot, but I will be sharing the Groups Support role with Ewan McGregor. As a continuous member of several u3a groups, and having run one group for many years, I feel I understand the needs of the role very well. Ewan and I will be taking on the role during October, and we will update members with our plans as they come together.

My name is Ewan McGregor. I have lived in Milford for around 7 years and moved here after retiring from a career in the oil and gas industry. I joined the U3A 3 years ago, and have been on the committee for the last 2. I am currently your Vice-Chairman. I am a member of 3 groups, and am the Group Contact for one of those (calligraphy). You will often see me at our monthly meetings in The Bridge helping our presenters with the audio-visual equipment. I am looking forward to working with John and the Group Contacts in the coming months



To get in touch with John and Ewan please use the Groups' Contact link, below, and on the website, or feel free to chat to them at the Monthly Meeting.

Group Support Team

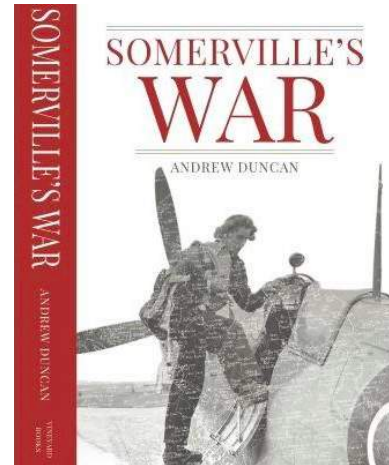
Monthly Meetings are held at 2pm on the first Tuesday of the Month. The Speaker is followed by announcements and time to chat over tea and biscuits.

November 4th: Spitfire Women of WW2

Andrew Duncan

The story of the women of the Air Transport Auxiliary, who did so-called "men's work" often taking life-threatening risks. They flew most types of WW2 aircraft, but loved the Spitfire above them all.

Andrew is the author of "Somerville's War" - a tale of deception, courage and romance and the first treatment in fiction of the famous Special Operations Executive (SOE) finishing school for spies at Beaulieu, renamed SOE Somerville.



December 2nd: Pantomime, a classic British tradition

Wayne Newport - oh yes it is!

This illustrated talk will explore the history of Pantomime. From its earliest origins in the Middle Ages, through to the lavish spectacular productions we know today. We'll journey through some fact and fiction of this popular entertainment.

There's no business like show-business and there is nothing like Pantomime.... after all, it's the only theatrical form we British ever invented...

Wayne is a professional actor and speaker. His biggest passion is Pantomime. Over the years he has played roles from Ali Baba and Idle Jack - to Villains and Dames most recently. Favourite roles to date have been King Rat in Dick Whittington and Ugly Sister in Cinderella.

Our December meetings are always a very Christmassy affair, so do try to come along and get in the mood for the festive season!



The Christmas Tea is being held at The

Bridge on Friday 28th November at 2.30-4.30 Tickets are £5.00 each. Tickets are being sold at our monthly meeting and via email to Hilary, your Chairman. We are having bellringers and a raffle just like we did last year!

Our u3a Groups have had another very successful year. New groups have started and many existing groups have continued to grow. This is what you've all been up to!

Getting out and about



Classic Car Group This photo is of our group assembled early one Sunday morning in April on the cliff top before going on our Drive It Day outing to Stourhead Gardens.

We had 8 cars on the drive although our usual monthly meetings to a pub, local or further away, attract 10 to 12 members with our great variety of cars, spanning from 1926 to two modern

classics from the noughties with a majority in the 60's and 70's.

Membership is effectively full at the moment but I am quite happy to hear of others interested as circumstances do change. Jonathan Harvey

Groups that research and visit local places

The Questors group has had a busy and varied year. In January we visited Kingston Lacey to view the snowdrops. Following a planning meeting in February we visited Highcliffe Castle in March. We then had a guided tour of Lymington in April, a visit to the RNLI Poole in May and a tour of 'secret' Salisbury in June. In August we visited Calshot Castle (pictured) and most recently we enjoyed a boat trip at Bucklers Hard. There will be a planning meeting in November and a Christmas lunch at South Lawn in December. Anne Rustomji



Our **Local Explorers Group** has now been running for 10 years. We were formerly called Villagers 1 but we have expanded the area we cover, hence the new name.

Our focus this year has been on the historical city of Winchester. We have toured the lower half of the city along the River Itchen including Wolvesey Castle, one of the greatest medieval buildings in England – the palace of the powerful and wealthy bishops of Winchester. We visited the medieval alms house of The Hospital of St Cross and Alms house of Noble Poverty. On another day we had a very informative guided tour of Winchester College (“Manners Makyth Man”) - Founded in 1382. Jim Bunting.



Winchester College Scholars Dining Room

Would you like to join a group like these?

The Villages Plus Group would like some new members.

We meet on the 1st Wednesday of the month and visit stately homes, gardens, museums, galleries etc., mostly within Hampshire and Dorset. We travel by car, sharing where possible, and always find somewhere nice to have lunch. Pamela Allen. See the website for contact details if you would like to join.

Our **How Things Work Group** has had an interesting year of discovery.

Some of our visits included a behind the scenes tour of the RNLI learning about their boat building and teaching resources; an illuminating talk with HM Coastguard discovering how the National Centre coordinates with control rooms such as the RNLI and other emergency services; a hands-on visit to Brooklands Museum and a fascinating talk given by one of our local verderers where we learnt about the traditions of the New Forest and how the multi-agencies work together. Here we are at the Regent Centre, looking up at the lighting and lifting systems. Admiring the gantry!



The group is large, warm-hearted and always eager to learn. The stories stay with us long after we leave. Virginia Darley.

We have a maximum group size of 50 - and you are welcome to join our waiting list. See our website page for details.

The Wildflower Group is taking a break but will be back in the spring. So go to the website and sign up if you are interested.

See if you can spot a winter heliotrope- there are lots around Milford. Wendy Thomas.



Groups to keep you active

Cycling Invitation

We of the Cycling Group are a happy band of men and women, but would love to invite one or two more to join our ranks. We meet once a month (on the second Wednesday) and aim to cycle about 10-12 miles around the Forest or along the coast in the summer, and mostly through country lanes in the winter. We always have a long stop for coffee and a chat halfway!



We mainly ride normal bikes, as our aim is to enjoy the journey, not to break any records. Also, we stick together as a group on our rides. A different member organises and leads the ride each month. Our Group page on the website shows you some of our favourite rides. In this photo we are resting at Hengistbury Head, having cycled from Stanpit Reserve (the back route). The group is small as a few members were missing, so please do join us for a ride and see what you think. The only downside is you have to get to the start point with your bike, which is often The Bridge but not always. Do come and try us out! Frances Daniel

We have two **Walking Groups**. Pamela Allen reports that Walking Group 1 is very successful and is now full with a waiting list. Walking Group 2 still has spaces, so if you fancy a regular walk, visit their website page.

And for those of you who like to keep active indoors...



The table tennis group is thriving now that we play every week. Mainly playing doubles we are close to capacity at present. Liz Miller



**We have lots of groups for people who like games.
Have a look at the website. Lots have spaces.**



Why not join the likes of Kylie Minogue, Martin Lewis, Sting, John Travolta, Joan Collins and Tom Cruise and play the classic word-forming game that always spells F-U-N.

We are a friendly group who meet fortnightly on a Thursday morning at 10am until 12:30pm in the Beach House, Milford on Sea. Stunning views of the Needles and the Isle of Wight are enjoyed in the upstairs suite whilst delighting in coffee and cake. Beginners very welcome. Linda Daniel

Mahjong!

Apparently the latest craze is to play mahjong in water. But don't worry, we play in comfort with cups of coffee at the Bridge! We've continued to have new members over the last year and our beginners have picked up the game very quickly. We welcome both experienced players and complete beginners. We meet twice a month on Monday mornings. See our website page if you'd like to join. Jenny Whitley.



Languages

Italian for Fun

The group is in the process of moving from the South Lawn Hotel due to imminent building work there. Starting in October we will be meeting instead at Ray's Italian (which is, of course, rather fitting for the group)

We are now working at a Lower Intermediate level of Italian and would be pleased to welcome new members. We are focused on Italian conversation, improving our vocabulary and ease of speaking the language. But our aim is always to live up to our name and have fun while we are learning. This is not the right group for anybody who wants to learn Italian grammar in a serious classroom atmosphere! Jonathan Ruddle

French for Fun (which also now meets at Ray's) have read stories and listened to examples of everyday conversations. They have sent emails to imaginary French friends and described their perfect days.

The **Spanish Beginners Group** (also at Ray's) have focussed a lot on eating and drinking as they get used to reading Spanish menus and asking questions about them. They have also been learning about how to shop.

Spanish for Fun having been listening to Spanish podcasts about the news, and reading some quite imaginative Spanish detective short stories. As well as learning a little bit of grammar on the way.

All three language groups meet twice a month and have one or two slots for new members. John Whitley

Spanish Conversation is open to new members. They enjoy chatting in Spanish! Paul Gayford



Discussion, Study and Creativity

The **Family History** group continues to meet monthly to explore our roots and encourage one another to try different avenues. We have been meeting in members houses but are now investigating holding meetings elsewhere. We have space for one or two more members if there is anyone who is keen to trace their family roots. See our website page for details. Wendy Ray

The **Economics Group** have examined the impact of Trump's trade tariffs and discussed whether we need to be worried about levels of government debt. They have looked at what causes inflation. Recently they have looked at digital currencies such as Bitcoin. The group meets monthly. We are nearly full, but could squeeze you in if you're keen! John Whitley

The **Photography 2** group has continued to meet monthly at Ray's Italian. We choose a theme for each meeting and share images we have taken around that theme, either recently or in the past. Members can also bring along any other images they would like to discuss.

In early October the group had an outing to Mudeford Quay and were rewarded with fantastic weather for photography. A couple of example pictures are included. We are open to new members. Jonathan Ruddle



Find out more about all of our groups on our website:

[Milford on Sea u3a](#)

Community News



You've probably seen the Milford and Keyhaven Scarecrows everywhere, but have you spotted our latest member who is Reclining on the u3a bench outside The Bridge?

Any ideas on which groups she might be joining?

Christmas is coming to Milford. Put the date in your diary! Come along and support our very own Singing for Fun Group.

Volunteers are needed on the day. Get in touch if you can help magicalmilford@gmail.com



Please pass on to anyone who you think might be interested.



Milford Music

Second & Fourth Thursday of every month
2.00-3.30 at The Bridge, Milford on Sea Community Centre

This inclusive community music group is open to anyone who likes to sing, or just sit and listen to the music.

We particularly welcome people affected by dementia or any other conditions, with a family member or carer.

Join us for an enjoyable and relaxing afternoon.



Memory Club

First & Third Thursday of every month
2.00-3.30 at The Bridge, Milford on Sea Community Centre

Memory Club welcomes anyone who is caring at home for a relative or friend, either with or without the person they care for. There are games and reminiscence activities. Just come along.

Support from our Coordinator

When a person experiences memory issues, they and their families are likely to want to find out what help is available.

Jan is our Coordinator for the village and surrounding area. She is very experienced in working with people affected by dementia, and will be able to signpost to relevant local services and support, as well as being a sympathetic ear.

Jenny Whitley on charity@whitleyonseas.net
or contact the Community Centre 01590 644861



The Milford on Sea Charitable Trust is a Registered Charity no 1172750

Please send articles for the Newsletter to jenny@whitleyonseas.net

The next edition will be published in December. If you have any community news that is relevant to u3a members, please send it in

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

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