

March 2026 Activities

CHAIR'S CHAT



Membership Renewal

Thank you to all those members who have already paid their renewal ... if you have not could you please do so as soon as you can.

Also, at the March open meeting there will be the opportunity to pay by card.

Membership cards will be issued starting at the April 24th Open Meeting.

AGM – April 24th

On Monday March 23rd the AGM agenda and other related paperwork will be sent out by email or you will have received it by post with this newsletter.

Website - locksheath.u3asite.uk

The number of members using our website continues to grow. It's a great way to see what's going on and it's a perfect complement to this Newsletter. Website numbers over the past month – 538 visitors up 36% - 18 visitors per day – 1,616 pages viewed.

South East u3a Forum Summer School - September 7th – 10th - University of Chichester A list of confirmed courses are now available to view on the South East u3a website, with the full listing by the end of March. Bookings open from May 8th. A leaflet about this Summer School is attached at the end of this Newsletter.

Graham Chair@locksheathu3a.org.uk

THIS MONTH'S MEETING

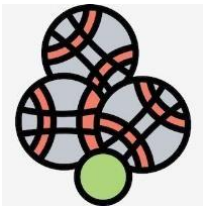
This month's meeting is on Friday, 27th March. This month's Speaker is Julian. The talk is a journey down his memory lane about his time as young architect working in the construction industry punctuated with the funny, the dotty and the downright ridiculous. A time before modern technology such as CAD, emails and mobile phones. We are aware that Julian is living with cancer helped by Macmillan Cancer Support and donates his fee to two Cancer Charities. We have agreed to him explaining why he is giving this talk to both raise awareness of the work done by Macmillan and to raise money for Macmillan and Cancer Research UK. He has confirmed to us that there will not be any mention of any medical procedures or details of his cancer treatment as he understands that might be upsetting for some members. **Les**

TEA TEAM

We are looking to support the current members by recruiting 1 or 2 more members for this team who provide the tea and biscuits at our monthly meetings. Joining the Team will mean you will spend an hour or so helping to provide these refreshments at about 2 monthly meetings in a year. If you are interested or want more information, please speak to me or members of the Team at this month's meeting or send me an email. **Les**

INTEREST GROUP NEWS

PETANQUE



For all those interested in reviving the Petanque group there will be a get together after the March 27th open meeting at 3.45pm in the Grove Room at St Johns Church.

Graham Chair@locksheathu3a.org.uk

UKULELE GROUP



There is the possibility that we might be able to set up a beginners Ukulele group. If you are interested, then please could you let me know and an initial group chat will be arranged.

Graham Chair@locksheathu3a.org.uk

GEOLOGY



Our new geology group is now up and running. Currently five members. We meet once a month, our next meeting is on Tuesday 24th March at 2:00pm. At this meeting we intend to discuss Plate Tectonics to improve our knowledge and understanding of all aspects of geology.

This will be our third meeting.

The January meeting addressed Rock Cycles and the February meeting simply Rocks when members brought a wide range of rocks for examination and discussion on an informal basis. One member tabled a piece of petrified wood from the Libyan Desert that was over three million years old. Wow!!!

We would welcome three new members initially.

If you wish to attend, please contact the co-ordinator **Michael**

BOOK FRIENDS



We enjoyed a good discussion on our book this month called the "12:30 train from Croydon" and are now reading 'Middlemarch' by George Elliot which we will discuss at our meeting in March. 2 very different books!! **Maureen and Diana**

TABLE TENNIS



The new table tennis group's first get together at the Fareham Shopping Centre had its first 'ping pong' in February and the next session is on Thursday March 26th 10:30-12:00. Bats are available but if you have your own then bring it along. Please see the website for more details. No cost.

Graham Chair@locksheathu3a.org.uk

SKITTLES



Good news and bad news this month. We had a good turnout so chatting volume levels were higher! Phil won the John Trophy after a gap of 6 months and Dennis won his 3rd trophy in 4 months by winning the Mary Drew Cup for the second time.

The bad news is that Kings Head are saying there will be an increase the hire charge from April. This may mean an increase in the subs is required. Once my trusty 55-year-old Solar Cell calculator has worked its' magic I will tell the Skittles members the decision.

Warning! Our next get together is on Monday **13th** April a week later than usual because of Easter Monday. Venue is still the Kings Head, Wickham, 1pm for 1.30pm start! **Les**

HERITAGE AND CULTURES



As it was St Patrick's Day when we met this month, our members were asked to bring items relating to Ireland. The response was fantastic, with slides of Devenish Island in Lower Lough Erne in County Fermanagh and its archaeologically significant site, music from the Dubliners and the Pogues, anecdotes about Ireland, poems by Seamus Heaney and James Joyce, extracts from the short story 'The Dead', food and drink such as Irish

Soda Bread and a can of Guinness (which was raffled), and spoken lyrics from the songs "Paddy McGinty's Goat", 'And the band played Waltzing Matilda' (by the Pogues) and ending with 'Danny Boy'. What an eclectic mix! These contributions were enjoyed by all.

Next month Ann is talking about the history, design and cultural significance of gardens. We plan to have a visit to a garden of significance during the Summer. **David**

CINEMA GROUP - Contact: Kathy Solent u3a.



Set in Australia's "Red Centre", this month's warm-hearted film was well attended and brought some welcome heat on a cold and blustery day. By contrast, our next offering, the remake of "Wuthering Heights", will transport us to the bleak and windswept Yorkshire moors. It will be on **16th April, a week later than normal**, due to the Easter holidays.

As usual, Kathy will email members for booking and anyone not on email should book with me, either at the monthly meeting or by phone or text. **Celia**

LUNCHEON GROUP



Our next lunch will be at the Turkish restaurant Yaprak in Locks Heath Centre on Wednesday, 15th April at 12 for 12:30pm for lunch consisting of starter and main for £14.95p. A pre-ordered menu is required, so if you would like to join us please see me at the Open meeting on Friday, 27th March or if you are unable to attend this meeting and you would like to come please let me know by 6th April. Thankyou. **Rachel**

KNITTING YARNS



We meet next time on - of all days - April Fool's Day, the 1st April.
Look forward to seeing you from 2pm - 4pm at my house.

Rosemary

WALKING GROUP



Thank you to all who joined us for the walks in February and March including Royal Victoria Country Park and the Coldeast Estate.

In March and April, we have planned the following walks starting at 10:30am:

25th March: We will meet at St Mary's Church, Church Road, Warsash and walk to the shore via the byway, Hook Park Road and Workmans Lane. We will walk along the shore for a short distance returning via Cowes Lane, the western part of Warsash Common and the byway. Our refreshment stop will be at the end of the walk at the Silver Fern. This is a long walk (up to 5 miles), though it may be nearer 3.5 miles. John is the walk leader.

8th April: We will meet at Shearwater / Cams Water Car park, Shearwater Avenue, Fareham. To access the car park from Locks Heath you have to go along the A27 from Fareham towards Porchester. Go right round the first roundabout return on the westbound carriageway to Shearwater Avenue, by Cams Hill School PO16 8AH. The car park is at the very end of the road past lots of houses. We will walk along the shore of Fareham Creek turning in towards and the Dovecote Eatery, before returning to the cars via the woods. This is a 3 mile walk and Maureen is the walk leader.

22nd April: We will meet in the car park at Holly Hill Woodland Park and walk through the woods to the River Hamble and along the river path to Mermaids in Universal Boatyard for refreshments. We will return the shorter route through the woodland park. This is a long walk of up to 5 miles and John is the walk leader.

29th April: We will meet at Porchester Crematorium Overflow car park to walk up the hill to Fort Nelson. At the top you can stay and look around the fort, have a long refreshment break or walk through the woods which overlook Southwick House. We will regroup after refreshments to return down the hill to the car park. This is a long walk and uphill. Maureen is the walk leader.

We look forward to catching up with you on one or more of these walks. Please be aware of weather conditions and bring appropriate clothing, boots. Also be aware that when we receive a walk and find adverse conditions, we may have to change the route. Don't forget to let John or Maureen know if you are joining any of the walks so that we know who to expect and avoid leaving anyone behind. Also, please let us know if you need to change your booking and try to share transport to the start of each walk to save parking spaces, parking charges and the environment.

John and I have put together a schedule for 2026. We would really appreciate some of the group members leading some of these walks or leading one you know. If you can offer it will mean that more of the group get experience in leading a walk. **Maureen and John**

ALL THAT JAZZ



Our meeting on 16th March was attended by eight members. An apology was received from one member, and another member indicated that they would not be attending future meetings.

Our theme was "Springtime", and we played eighteen various pieces which satisfied the criteria.

One of the tunes played was "Easter Parade", the quiz question was who wrote it? Several incorrect names were put forward. Answer Irving Berlin, first composed in 1917 titled "Smile and Show, for the show Holiday Inn. Another tune played was 'April in Paris' by a big band. Question which band was it. No correct answer was received. Answer:- The Sarisbury Green Big Band.

Next meeting will be on Monday 20th April, at 2pm at the usual venue, when the theme will be "Vibraphones". **David**

GARDEN GROUP



In March we had a busy meeting with many members sharing something, including a family-tree of Christmas Cactus dating back to 1945, recommended pruning shears, an apple tree grown from a seed, a poinsettia still flowering long after Christmas, a village where everyone grew herbs, a pretty winter hanging basket, seeds collected at the end of last year, garden chickens and successes and failures with seed experiments.

In April there will be a presentation about 'The Flower Patch'.

Do take a look at the website to see photos of our activities and contact me if you are interested in joining us. Our regular meetings are held on the 2nd Friday of each month in The Grove Room at St John's Church, 1:45pm for a 2pm start. **Stephanie**

CANASTA



We continue to have good turnouts at our meetings. Our recent two newbies are now trained and into the groups. Our latest two new members are currently being trained into our rules and wicked ways! New players are most welcome whether you have played or not. Come and join us - we meet on the 2nd and 4th Thursday of the month at the Victory

Hall between 2pm - 4pm. **Liz and Pauline.**

PLAY READING



We had a full house at the February meeting and had good fun reading the women's version of 'The Odd Couple' by Neil Simon. It's a fast-paced play with some very witty repartee between the cast members. Our next meeting is a week later than usual, on March 30th and we will gather together to read 'After You've Gone' by Brian Stocks. **Pat**

ART AND ARCHITECTURE



At our March meeting Graham gave a comprehensive presentation about the American artist Andy Warhol. In spite of a serious childhood illness and an assassination attempt in later life, Warhol's energy was irrepressible.

Widely regarded as the most important artist of the second half of the 20th Century, Warhol's work spanned various media, including painting, film making,

photography, publishing and performance art. A leading figure in the pop art movement we saw his famous images of Campbell's soup, Marylyn Monroe and Coca-Cola. Credited with the expression "15 minutes of fame" Warhol's work is now worth millions of dollars and his legacy is still very strong. We also looked at our proposed summer visits. We are now announcing a **LAST CALL FOR RESERVATIONS.**

12th May A visit to the Nadia Waterfield Fine Art Gallery near Andover. £18 all inclusive.

9th June. A visit to Lancing College Chapel and Goring Sistine Church. Already full.

7th July. A 1.5 hour guided tour of Salisbury £7. (Due to members' request this has now been reduced from the original 2 hours).

ALL BOOKINGS TO BE FINALISED BY THE END OF MARCH AND FINAL PAYMENTS COMPLETED DURING THE APRIL GROUP MEETING. (SUMUP MACHINE WILL BE AVAILABLE)

Car sharing and meeting arrangements to be notified by Group Leaders well before time. Our next meeting is on 14th April and should be interesting. Matt will present Brutalist Architecture and Colin will present Southampton Civic Centre.

Come and join us at 10:10am in the Grove Room St John's Church. Admission £2 to include tea/coffee and biscuits. All welcome. **Andrew and Ray**

APPROACHES TO BETTER HEALTH



We had a very interesting group meeting on the 6th March. Stephanie provided a lovely guided meditation and then we had a brilliant Medical Herbalist, Louise Courtney, to give us a talk on the benefits of herbal medicine. Louise has a herbal pharmacy in Titchfield, called Wildside Health.

The group decided not to postpone the next meeting on the 3rd April, Good Friday, although there may be some members that will be otherwise occupied. We are going to be looking at an interesting article in 'What Doctor's Don't Tell You', titled, '150 ways to live to 100' ! There will also be a guided meditation. **Grania**

CRAFT



This month we decorated champagne corks to make fairy houses and mushrooms and made pretty storage containers.

In April we will be making foil flowers.

There are photos of our creations on the website if you would like to see what we get up to. **Jenny and Stephanie**

LET'S GO TOGETHER

Unfortunately, I am no longer able to go to the Hampshire Scouts Easter Fayre on Saturday 28th March as I am going on a course to learn a new skill for our Craft Group, but if you would like to go it is at Warsash Victory Hall 10-2:30.

On Saturday April 11th at 11:00am I will be going to Titchfield Art and Craft Show at Titchfield Community Centre. If you would like to join me at this event just turn up and meet me at the entrance at the time stated. **Stephanie**

GENTLE EXERCISE



My last class was held on Monday, 23rd February at 2pm was a smaller class due to holidays which is expected.

However, the class was a great success due to our exercises to 60's music.

We had a very cheerful time and the atmosphere was fab. Laughter and music

with exercise goes very well together.

If any ladies out there wish to give it a try, but be warned you'll want to come back, my next class is on Monday, 30th March at 2pm. For more information please phone Glenice .

POLITICAL THOUGHT



The group has recently considered what happened as Greek influence waned and Italian influence, through Rome and the power of Christianity, increased. That has taken us to Thomas Aquinas and an explanation of how law works. We will be looking at that in our next group meeting in April. After that we stay in Italy and will be brought down to earth by looking at the ideas of Machiavelli.

The group has eight members and meets at a member's home in Hunts Pond Road on the fourth Tuesday of each month between 10:00 and 12:00. **Alan**

SHEPPERD SINGERS



As most people know Warsash u3a singers are affiliated to us. Many years ago we were short on singers so had an agreement drawn up between both u3a's. It works very well and I think at the moment Warsash members outnumber us!! We always sing as one group

usually numbering at least 33 singers each week.

If you know of anyone, ideally near us, who would like us to entertain them. Please let me know. One stipulation is the space we need, that is to seat 25-30 people. Unfortunately, this rules out quite a lot of venues.

This week we are entertaining Warsash u3a after their AGM.

A lot of hard work from all of us has gone into this repertoire. So now we are going to enjoy it and hope our audience do.

Carol

Leader of The Shepperd Singers

TITCHFIELD THEATRE GROUP



If you would like to be notified of forthcoming productions, with tickets available at a reduced rate, then please let me know and I will add your name and contact to the group list.

Graham Chair@locksheathu3a.org.uk

CREATIVE WRITING



Ian asked me to write a piece re the forgotten past as we have been doing lately.

'I picked up the shoes to take for repair and suddenly had a memory flashback.

Do any of you remember your father sitting before a shoe last with the different sized feet on it? He would have had tacks in his mouth, cutting the required size of leather to repair the shoes. As my dad was a chain smoker I almost expected a Woodbine to be nestled amongst the tacks. He usually added a small metal tip on the heel which made a pleasant click as you walked.

This task was usually performed on a Wednesday afternoon as Naval personnel traditionally had this time free to repair clothes etc when at sea and was maintained when ashore, known as 'Make and Mend'.

Money was short so when my shoes became too small he would cut across the toes and remove most of the back of the shoe creating my first peep-toe, sling-back footwear.

I was the envy of all my friends who begged their fathers to do the same. I smiled in memory as I made my way to the shoe repairer.'

Rosie