

From our Chairman, John Ward



First, a reminder that because some of you will actually be watching tennis at Wimbledon while the rest of you will be glued to your TVs watching the same tennis matches, we shall have no monthly meeting in July.

But I do expect to see you back in attendance for our 5th of August talk - "A Beginning, A Muddle and An End", and for our 20th July TED talk - "Why we need to know our lives matter". More about both of these below.

Our membership number has now risen comfortably above the 500 mark - welcome to the 22 of you who have joined since March. If you are still not quite sure what activities you might join with Lymington u3a and would like to know more (or just want to be sociable) I'll be pleased to see you at one of our fortnightly coffee mornings held in the Solento Lounge in the High Street. There is always a bunch of very friendly and chatty members at these informal gatherings.

John Ward

Activities open to all our members:

Monthly Speaker Meetings

Please remember that our monthly speaker meetings are now being held on the first WEDNESDAY afternoon of the month in the St Thomas Church Hall (except in July). We start at 2.15 for 2.30 pm. Free teas afterwards and time to chat.

Wednesday 5th August monthly meeting

Speaker: Bobbie Darbyshire

A Beginning, A Muddle and an End: Where do Novelists get their Ideas from?

In an entertaining, informative talk, Bobbie Darbyshire will explain how the complex world of character, location, plot and subplot arrives in a writer's mind.

Bobbie Darbyshire was the winner of the 2008 fiction prize at the National Academy of Writing and the New Delta Review Creative Non-fiction Prize 2010. She is author of five novels, including "The Posthumous Adventures of Harry Whittaker" and "The Third Bus". Bobbie has worked as barmaid, mushroom picker, film extra, maths coach, cabinet minister's private secretary, care assistant and volunteer adult-literacy teacher, as well as in social research and government policy. Bobbie lives in London and hosts a writers' group.

Coffee mornings

Come and join us for a sociable chat from 10 am in the Solento Lounge (formerly Barclays Bank).

NB Our coffee mornings are now held on the **second and fourth Wednesday mornings** of the month. All members are welcome.

TED talks - for stimulating, sometimes challenging discussion – just what u3a is for!

These take place on the third Monday morning of the month at 10 am prompt in the McLellan Hall (during the renovation works at the Centre) at the Lymington Centre. Coffee / tea free of charge with chat until 10.15 am. We then watch an interesting short video together and then discuss it in sociable small groups. Here are the next topics:

Monday July 20th

Why we need to know our lives matter

It's not enough to do important work — we need to know it truly matters, says journalist Jennifer Wallace. Drawing on her research into firefighters, caregivers and more, she shows how simple acts of acknowledgment and connection can fuel our sense of purpose in a world that too often undervalues recognition.

Monday August 17th

What if advertising was honest?

After years of brand building, marketing veteran Sylvester Chauke realized that his industry had sold the world on overconsumption, with devastating consequences. He shares how marketers could instead promote sustainability with "honest ads" that do right by the planet and encourage people to think twice before buying.



News from the Groups:

Tim and Sue Norris, our Group Co-ordinators, report:

The following groups reported vacancies in June and there may still be spaces:

Armchair Travel

Art Appreciation 2

Easy Line Dancing Beginners

French (Advanced) Language and Culture

Military History 1 and 2

Music Appreciation

Philosophy

Science and Technology

Shakespeare 2

Spanish Intermediate

Cribbage is in formation at the moment.

Monthly 'open' groups, **Walking, Lunch Club and French Chat in the Café (all levels)** always have spaces. If you are interested in any of the above and would like to know more (where the groups meet etc), then **please email groups@lymingtonu3a.org**

If there is something else that interests you that's not listed, or the group you would like to join is full, do please talk to us, as the situation changes all the time in existing groups, or we can help you to set up a new group.

The Lunch Club meets once a month on different days of the week at various venues (usually a pub) for a meal and a chat.

All are welcome, either every month or on the odd occasion. The practical maximum number for a pub lunch is about 20, which usually works out, but if not booking is on a 'first come' basis.

To receive information about forthcoming lunches please contact organiser Cheng Wood:

Tel: 01590 673213 / 07940 851242

Walking Group

The Walking Group meets on the first Monday of each month for walks of about 5 miles, sometimes with optional lunch afterwards. For more information or to receive details of each walk please email Trevor Norton on trevornlymu3a@btinternet.com

Future events:

We sounded out the membership by email earlier this year about various possible destinations but there was not enough interest to run a coach to any of them on any one date.

No further trips are currently planned because no members have come forward to organise such events.

Please get in touch if you would like to plan a trip for us – we will help and support you.