



July 2022 NEWSLETTER

THANKS.....

Those of you who read TAM (Third Age Trust magazine) regularly, have you noticed that Eric Midwinter (u3a co-founder) has been reminding us about the ethos of our u3a – succinctly, it is RUN BY US FOR US – and he has written about it in two editions, Spring and in the no. 51 edition.

He is making the point that the work of groups and the committee shouldn't be left to 'The Few'! That we might give thought as to how we could support our group leader – maybe taking turns in leading/teaching the group, doing teas, admin and so on. And maybe thinking what we might contribute to the work of our committee. And of course how about starting a group ourselves (easy with the support of our Groups Co-ordinator).

I was pondering on his articles' content, and began thinking of all the work done in the past for Ems Valley u3a by so many of our members who have put a few years behind them now! All our ex chairmen, our group leaders, our committee members, our tech supporters at monthly meetings in St James Hall, the regular tea providers for those meetings.....

We always need more of our members for those roles, but I would like to say – LOUDLY AND GRATEFULLY – thank you to you all from the rest of us! Many of you have mentored the newbies over the years and that is also appreciated!

Anne Powell

Our Science & Technology group go under water....

Geoff Whalley reports:

Our next meeting will take place in St James Parish Hall at 2.00 pm on Thursday 7th July.

The talk is about Submarines and is to be given by Jamie Barr, who served for over 30 years in the Royal Navy, as a senior officer on submarines and ships. As a specialist in anti-submarine warfare he also taught at HMS Dryad School of Maritime Warfare, and in America at the Atlantic Fleet Anti-Submarine Warfare Centre in Norfolk, Virginia.

Jamie's talk is an introduction to submarines covering their evolution and development, focussing on solving the technological issues and the science behind them.

Yet another fascinating talk from the wealth of knowledge and career experience of our members! I am looking forward to this and seeing you at our July meeting.

As a STEM Group member, please let me know if you are unable to attend, so we can "reach out" to other interested Ems Valley members to join us, provided we have space.



We had an excellent talk last month on about Hearing and Balance by a visiting speaker Nabil Louis FRCS. I received quite a few emails afterwards saying how well the talk had been received and how relevant it was to several members. You will be pleased to hear Nabil has offered another talk on medical research for our future programme.

Future Guest Speakers at the MONTHLY MEETINGS

Thu Jul 28th	David Hughes - Wine tasting and Vineyards around the world
Thu Aug 25th	<i>No meeting in August</i>
Thu Sep 22nd	John Field - The Amazing World of Magic
Thu Oct 27th	Gale Pettifer - Animals of the Spanish Armada
Thu Nov 24th	Peter Forster - Pollution in Chichester and Langstone Harbours
Thu Dec 22nd	<i>No meeting in December</i>
Thu Jan 26th 2023	Jeremy Prescott - 90 Minutes at Entebbe - The Story Behind Operation Thunderbolt
Thu Feb 23rd 2023	Mark Lewis - A Mark of Quality - The History and Practice of Hallmarking
Thu Mar 23rd 2023	Cathy Shelbourne - Sir Cloudesley Shovell's shipwreck and his impact on longitude

Tea Rota at The Monthly meetings:

July 28	Wine Appreciation 1	Alan Borrow
September 22	Wine Appreciation 2	Liz Collins
October 27	Play Reading 2	Colin Ottewell
November 24	Pubs and Churches	Margaret Goldfarb



OUR CYCLING GROUP GO ABROAD – TO SUSSEX!

Our June ride went according to plan, the trains ran to time and everyone got onboard with their bikes. This was a 7 hour day out!



So it was straight to the beach and a ride to Worthing but wait.....the stretch from Goring to West Worthing, just a mile, is pedestrians only as indicated by a low level sign - not previously seen. After being 'told off' by a local we got onto the cycle route (National Cycle Route 2) and we were away onto the Promenade to stop after 3 miles at Worthing Pier where a cafe in an arcade opposite was freely available to customers and so we quickly populated the orange tables for half an hour for chat, drinks and snacks. Then onto Shoreham town, 8 miles over the bridge but where were Les and Viv who

went AWOL for 10 minutes - before being located ! The weather was fabulous as you can see from the photo.

Luncheon choices were so good and so we split up each deciding what would be their choice. By prior arrangements we reconvened at 14.15 at the bottom of the bridge over the Adur river and onto Worthing once more where an ice cream vendor awaited.

Now only the memories remain of a beautiful day, the freedom of the beach front for 8 miles with non strenuous cycling where pedestrians and cyclists accommodate each other with little trouble!

Pic above: All 10 of us – pic taken by a lady whose child immediately fell over in the excitement



Richard Swaine

GARDENS GROUP ARE VISITING AGAIN!

Following a quick volte-face, instead of Highdown Gardens, the Garden Group visited CROOKLEY POOL, BLENDWORTH LANE, HORNDEAN – just a 15 minute drive. There was a good turnout of 21 members and the weather was very much in our favour.

(Right – a beautiful Deutzia)

1. The owner gave a brief history of the house and gardens, which have passed down the generations. Crookley Pool has a series of gardens, the Pool Garden was the first port of call for our usual start to our garden visits of coffee/tea and homemade cakes. The borders are planted in repeat waves of whites, pinks, blues and purples. It was full of unusual plants that even the most garden knowledgeable struggled to identify. We were told as a gap appears in a border it is filled with a cutting or part of a plant pulled up from elsewhere, hence many of the same plant can be seen dotted around in other parts of the garden.



Erigeron covers the steps leading to another area and the Wisteria is thought to be 100 years old. The next garden has beds framed by low box hedging with paved paths hidden by a myriad of herbaceous plants, in what can only be described as a magnificent jumble. Again, shades of pink, purple, white and blue dominate. Just beyond is a small vegetable and fruit garden.



Finally, easy to miss, was the orchard which has been purposely left to grow wild. There were some spectacular large shrubs and trees, including a Cornus Kousa, with large white bracts. The orchard floor was strewn with Wild Orchids.

(Left: Everlasting perennial sweet-pea.)

The greenhouse at the entrance has lots of interesting plants mixed with tomatoes and cucumbers. As with all good NGS gardens, there was a table of plants for sale – including varieties of Salvias which are growing along the edge of the tarmac area in the front.

Ronnie Tyler

IMPORTANT INFO about the COMMUNITY CENTRE!

A letter from the Community Centre states:

Please be aware that week commencing Monday 4th July, possible for the week, parking will be limited as we are repainting the white lines. Please allow extra time for attending the centre and have coins with you for the public car park, should you need to use it.

Following the completion of the work, we will no longer be reserving parking spaces.

However, there will be a loading bay by the main entrance door should you need to unload equipment for classes. Please vacate this space as soon you have unloaded to allow access for others.

Thank you in advance for your understanding and support.

Apologies for any inconvenience caused.

If we can be of help, please do not hesitate to contact the office.

It also gives me pleasure to invite you to Emsworth Community Association's Annual General Meeting on Wednesday 13th July at 7pm.

After the AGM we would like you to join us for refreshments.

To help us with numbers for catering purposes, we would be very grateful if you could confirm your attendance at the AGM.

Kind Regards

Ann O'Dea

MORE JUBILEE CELEBRATION PICTURES

From Roger Bleasby :

Re your June u3a Newsletter, in passing we enjoyed Platinum Jubilee celebrations at the little village of Cartmel Fell in the Lake District.



There was a slight mishap though, when two cyclists rounded a bend at the bottom of a steep hill and noticed our special guest..... Or maybe the corgis barked ...



From Adrian and Janet Locke:

We enjoyed a lunchtime celebration in Harbour Court off South Street! Great fun and it stayed dry!
See under:



Did no other readers take historical pictures of their street party?

A BLAST FROM THE PAST!



I came across this historical picture that appeared in our 'local' on 20th July 2006! Ems Valley u3a had been going just a few months when Beryl Mellish came down from the Third Age Trust to present us with this important certificate! In the picture are Val Swarbrick our founder Chairman and Anne Beard our Secretary, who did such sterling work on our behalf in successfully arranging a lottery bid which resulted in us obtaining all our 'Hardware' to commence. Let us never forget the massive contribution that these two ladies made to the start of our u3a!

John Gains and Alan Borrow are pictured trying to balance the female presence! Missing – and I don't know why – is Pauline Tyrer who also was there at the very start! She set up the very first Wine Appreciation group and led the Rambling group with Anne Adamson. This latter group seemed to be mainly for the benefit of the canine fraternity as I will show in a series of old pics in the next edition!

Editor

This picture featured in the newsletter two years ago, I happened to walk that way again last week and it was just the same.....



Why not plant more trees.....

Published on behalf of the Dog Relief Association.

I've sure got old!

I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. I have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends.

But, thank goodness, I still have my driver's licence.



I was visiting this Abbey in Normandy earlier this month. Keen pious observers will note the halo that has appeared around my head and in the opposite corner, a cannon ball that came through the window in the 14th century, now used as a door stop. (both interesting phenomena) P.S. Ok come clean - the halo, I thought, can be explained by the fact my sunhat had slipped backwards. Fancy keeping a hat on inside an abbey! But no, I see my sunhat under my left arm. Should this photo therefore be submitted for saintly consideration???????????

I am glad that many of you enjoyed my little "Bricks" talk at the monthly meeting featuring Eleanor Coade the artificial stone lady. It was a similar subject (Ladies from history, unrecognised) that caused me to be in Normandy. My daughter was researching Marie de France, a twelfth century poet, also totally unrecognised. We visited 14 Abbeys in 4 days looking for her. We found her well documented on the walls of Falaise Castle. Not sure that I can work her into "Bricks" however.....

Editor

CYNICAL PHILOSOPHER

I just read that 4,153,237 people got married last year, not wishing to cause any trouble but shouldn't that be an even number?

A recent study has found that women who carry a little extra weight, live longer than the men who mention it.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

My therapist says I have a preoccupation with vengeance. We'll see about that.

I think my neighbour is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.

Money talks ..but all mine ever says is good-bye.

My therapist said that my narcissism causes me to misread social situations. I'm pretty sure she is attracted to me.

My seventy year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.

The pharmacist asked me my birth date again today. I'm pretty sure she's going to get me something.

I think it's amazing how the Chinese people made a language entirely out of tattoos.

Money can't buy happiness, but it keeps the kids in touch!

A farmer stopped by the local mechanics shop to have his truck fixed. They couldn't do it while he waited, so he said – not to worry - he didn't live far away and would just walk home. On the way home he stopped at the hardware store and bought a new bucket and a gallon of paint. He then stopped at the feed store and picked up a couple of chickens and a goose. However, he was struggling outside the store - he now had a problem - how to carry all of his purchases home.

While he was scratching his head he was approached by a little old lady who told him she was lost. She asked, 'Can you tell me how to get to 34 Windmill Lane?' The farmer said, 'Well, as a matter of fact, my farm is very close to that house, I would walk you there but I can't work out how to carry this lot.'

The old lady then suggested, 'Why don't you put the can of paint in the bucket. Carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?' 'Why thank you very much,' he said and proceeded to walk the old lady home.

On the way he says 'Let's take my short cut and go down this alley. We'll be there in no time. The little old lady looked him a little over cautiously and said, 'I am a lonely widow without a husband to defend me. How do I know that when we get in the alley you won't hold me up against the wall, and have your wicked way with me?'

The farmer said, 'Holy smoke madam! I'm carrying a bucket, a gallon of paint, two chickens, and a goose. How in the world could I possibly hold you up against the wall and do that?'

The old lady replied, 'Set the goose down, cover him with the bucket, put the paint on top of the bucket, and I'll hold the chickens.'



I HATE IT WHEN YOU CAN'T FIGURE OUT HOW TO OPERATE THE IPAD AND THE RESIDENT TECH EXPERT IS ASLEEP. BECAUSE HE'S 5. AND IT'S PAST HIS BEDTIME.



Me: (sobbing my heart out, eyes swollen, nose red)...I can't see you anymore...I am not going to let you hurt me like this again!
Trainer: It was a sit up. You did one sit up.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you skip classes, no one calls your parents.

I feel like my body has become totally out of shape, so I went to my doctor and he suggested that I go to a fitness club and start exercising.

I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over.

Why I Like Retirement and u3a!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest complaint of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term often comes with a 10% discount voucher.

Question: Why are retirees so slow to clean out the attic or garage?

Answer: They know that as soon as they do, one of their sons or daughters will want to store stuff there.

Question: What is the best way to describe retirement?

Answer: The never-ending Coffee Break.

REMEMBER THESE?



The Queen said she would send a taxi.....

All contributions for the next newsletter please to:
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