



October Newsletter 2022

AN INTERVIEW WITH DBEE ROBINSON, OUR BUSINESS SECRETARY ON COMMITTEE

Hello Dbee, How did you find about Ems Valley u3a?

I had been telling my Emsworth art group friend Liz Reynolds how difficult and uncomfortable I find socialising and she immediately suggested I join the U3A, encouraging me to join lots of groups and attend the monthly meetings. She told me what a lovely friendly crowd everyone is....and she was right, you all are!

Can you tell us a bit about your life before u3a? Your career, where you lived, family etc.

Born and raised on Hayling island and currently living in Havant with my husband, David.

I am a semi retired Quality and Environmental engineer and trainer, which put simply is checking companies do what they say they do, and looking for improvements as well as facilitating change via training and project management. I am always looking to improve how to do things, even at home which my family have always found annoying.

I notice that your email address mentions Dbee the Artist. Tell us more about this.

In 2009 I gave up a job I loved and travelled to Penang, Malaysia to support my husband in an overseas assignment for 5 years. My love of art was rekindled there and I was honestly saved, as I felt very displaced and alone there! I



paint using most mediums but I was lucky to find a Chinese art teacher and was soon immersed in the wonders and challenges of painting on Chinese rice paper. My first solo art exhibition was in Penang, it's scary putting yourself out there all alone, but exciting too.

I have also written, illustrated and self published 2 books in my 'Lilly finds' series via apple eBooks, book 3 is in progress.

I met your husband at the Wine barbecue, he is not in u3a? Is he still working?

My husband is still working in R&D, even though I have tried to tempt him into retirement with some of the great groups we have in Ems Valley. Especially photography and model railways, but he loves his work and assures me he will retire next year. (He's been saying that since 2014)

Tell us about your other interests, hobbies or pastimes outside of u3a.

I enjoy gardening and have had an allotment for 35 years, and I'm also a member of the Emsworth Art Group.

I love food and during my time in Penang I initiated and managed cooking classes for a 5 star hotel in Penang Malaysia. I try to recreate the delicious Asian food which although fun, has I fear, added a few inches to my waistline!

My 'O' Level needle work is finally coming in handy. I am learning to create patterns and make some new clothes (due to my expanding waistline) with all the batik material I brought back from Penang.

Currently volunteering at: The Watercress Heritage Railway as a waitress, I support 'Orca' as a Marine Mammal Surveyor, it is a charity that's entirely dedicated to studying and protecting whales, dolphins and porpoises in UK and European waters, and am hopefully about to join the Portsmouth dockyard helping catalogue and store artworks.

And you still have time to join our committee?

Our lovely chairman, Anne Powell, invited me to join the committee as Business Secretary. I'm not sure how she does it, but who can ever say no to the lovely Anne?

Can you tell us what your responsibilities are on Committee?

I have been chairman on 2 other committees, but was unsure of these actual duties. The job description is quite scary, but once it was broken down, it's similar to project management and organising, which is, in part, what I have done for many years at work.

However when one really thinks about it, it's what we all do day to day, managing our lives and coordinating, organising and communicating. So with help and guidance it's not been too daunting.



soon.

I must add, it's really enjoyable being part of the committee, everyone helps each other, so it's interesting and rather fun. I am not sure how to put it into words, but now I feel part of the Ems Valley and not just an on looker, which in turn makes it more personal and a joy to be in the u3a.

What other interest groups do you attend?

Pétanque was my first group to join, but I was coerced into returning to work for a year and sadly not yet returned to the group, which I must do soon as I really enjoyed it.

The theatre group is wonderful as my husband is not a theatre goer, so it is lovely to have like minded people to go with. This is another great thing about the u3a, you can join groups and do things you would otherwise have to do alone.

I have just joined the Day Trippers group and looking forward to my first trip with them

Having had a little time to evaluate the u3a movement, what are your thoughts on the concept?

I love that it is run by the members for the members. Everyone, in one way or another, playing their part. It's what each of us can do for the group, not what the group can do for us, which is as it should be. Making everyone really part of something special, like a family.

How did you "survive" in the recent lockdown period? Was this before your joined us in u3a?

I joined u3a just before lockdown and I must admit I was very frightened, hiding at home or at the allotment for over a year.

Thankfully I had my garden, allotment and art to keep me sane. I created YouTube videos and zoomed to keep the hospital scouts going. (I forgot to mention that I am a Hospital Scout on the Children's Ward at QA.) Also, the U3A has helped me get out and about again.

For those members that do not know you, I can safely say that you bring to our u3a a younger element which is very healthy for us, and for the future of our organisation! How do you find us 'old fogies' just speaking strictly for myself of course!

In 5 words....Welcoming, knowledgeable, grounding, understanding and of course kind.

We always end the interview with you being cast away to a desert island with the bible, the complete works of Shakespeare and a great big picture of all your Ems Valley u3a friends! You are allowed to request one other thing, what is that going to be?

It would have to be my art equipment. It helps me express myself when I can't, it's very calming and keeps me sane in a world of chaos.

Talk on Stem Cells at Next Science and Technology Group on 6th October

As usual there will be a few extra places available for any members of Ems Valley U3a, who are interested to drop in for a specific topic. Just let us know via the messenger bird on the group website, so we can keep an eye on numbers and confirm by email that there is space for you.

Our next meeting will be held in St James' Hall at 2.00pm on Thursday 6 October.

First, I'd like to thank Les Pallett for his fascinating talk at our September meeting on the technology involved in modern model railway systems. This included a live demonstration of some real model locomotives on a section of track, with digital controls and signalling. There was an interested group gathered around Les and his models after the talk, full of questions and discussion - so much so that Les was sipping his cup of tea, while carrying on with the discussion. A big thank you Les!!!



At our meeting in October we change to medical science and welcome back Peter Goldfarb, to talk about:-

"Stem Cells and Regenerative Medicine".

In this talk Peter will explain how it was discovered that most tissues in the human body contain significant numbers of undeveloped cells (stem cells) whose function is to replace any damaged or dysfunctional cells in that particular organ. Since then, laboratories around the world have advanced the technology to grow stem cells under artificial conditions and extend their potential as a tool in the new science of 'Regenerative Medicine'.

In his career, Professor Peter Goldfarb was Head of the

Biochemistry Division and Director of Research at Surrey University's School of Biomedical & Life Sciences. So Peter is well-placed to talk to us, as a world class expert in this field!

Do let me know if you have an area of knowledge or interest that you'd be prepared to share with our group as a talk or group discussion. We are not looking for perfection - just an interesting discussion within the very wide field covered by the group.

Note that we offer tea or coffee and biscuits for our popular social networking session at the end of the meeting!

Geoff Whalley, STEM Group Leader

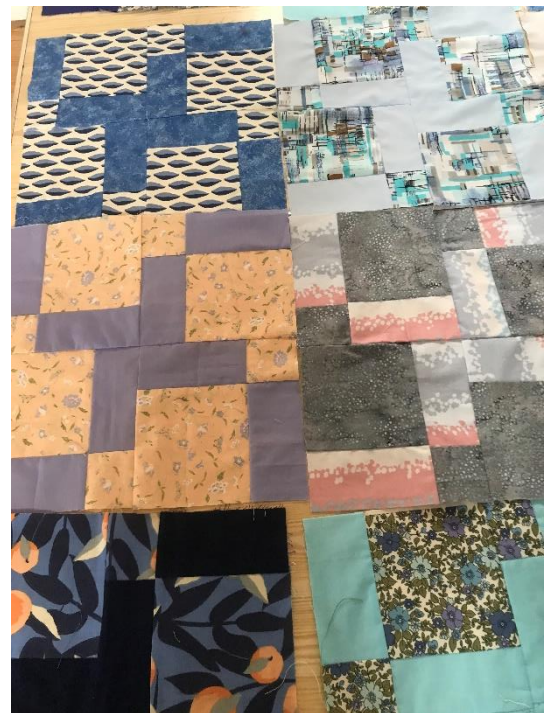
QUILTS GALORE!!

Angela Blunden reports on the Crafts group – September meeting:



We had a lovely time and were amazed by the wonderful Quilt Blocks our craft members had made at home and brought along to make up complete quilts, which I show in the photos enclosed. We will be making up the quilts both at home and next month at our October meeting. These are for (just a reminder) the Linus Project Charity, who accept quilts for babies, children and young adults in hospital and hospices. It has been such fun and so enjoyable, we have all enjoyed the process so much and learnt all about quilting from Diana, who had done the instructing as well as Gail and June, Thank you ladies.

For next month, as well as trying to complete the quilts (about 6 in all). We will be discussing things to make for Christmas...now that is a scary thought, where does the time go?





Local History walk around Hambledon.

Reg Newnham arranged for Andrew Negus to take us around Hambledon on a circular historical walk. About 20 members enjoyed a lovely afternoon with just one small rain shower that did not dampen our spirits! Andrew told us that Hambledon has been inhabited for thousands of years. In 1997 stone axes were found in West Street. They were made about 2,500 BC. At that time people in England lived by farming but they made stone tools. Much later there was a Roman villa by Bury Lodge. However, 'modern' Hambledon began as a Jutish or



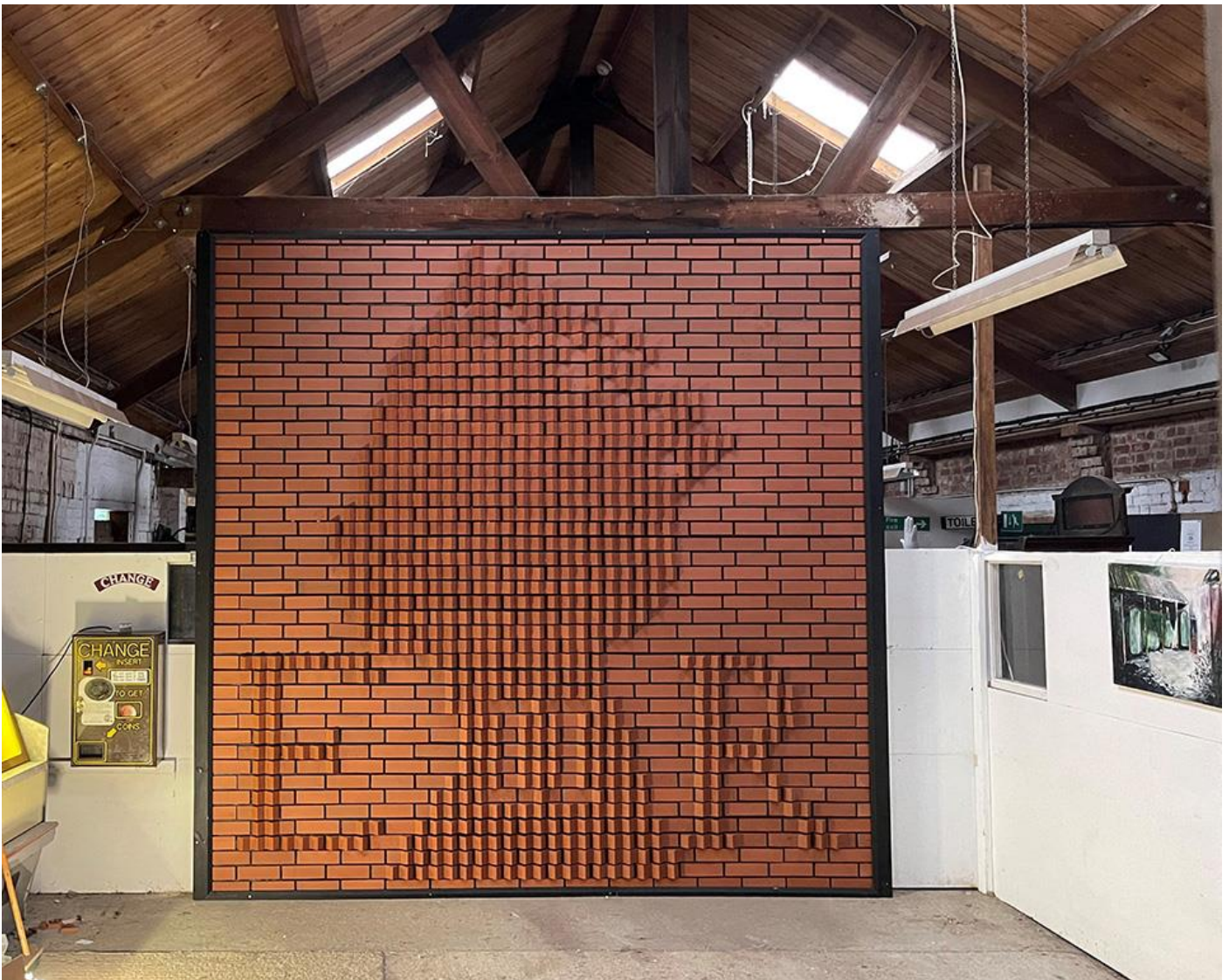
Saxon village. In 956, it was mentioned in a document. At the time of the Domesday Book in 1086, Hambledon probably had a population of around 100. To us, that would seem tiny but villages were very small in those days. Hambledon did have one watermill where grain was ground into flour for the villagers. Later, after it was granted "a fair" it grew into a larger village and had 7 or 8 shops. Just one remains today. We walked across the downs (called 'hangars' today) which had been purchased by public subscription in the late 1900s and given to the National Trust to ensure that they would be kept as open space. Then to a most interesting visit to the Church of St. Peter and St. Paul. It stands proudly at the top of the hill overlooking the village

spread along the valley below. The main structure of the large and complex building dates from the 13th century. However, within this shell there is an almost complete late Saxon church dating from 11th century, making it is the oldest structure in the village.

In the Middle Ages, we were told, Hambledon was a clearing in midst of the Forest of Bere, which stretched from the border with Sussex all the way to Winchester. I had a more personal interest than some in this visit because I had lived briefly in the village and my great grandfather had opened one of the grocery shops there, in the 1800s. It was not a success however, he kept dogs and one night they went a 'roaming and unfortunately attacked a farmer's sheep. Such was the carnage, the press report said afterwards, that 27 sheep had to be put down, and great grandfather was quickly run out of town and I discovered later that he was soon declared bankrupt! Needless to say I did not volunteer this story during my residential time there....

Alan Borrow

BRICK BUSINESS DISCOVER LOVELY TRIBUTE TO OUR LATE QUEEN ELIZABETH.



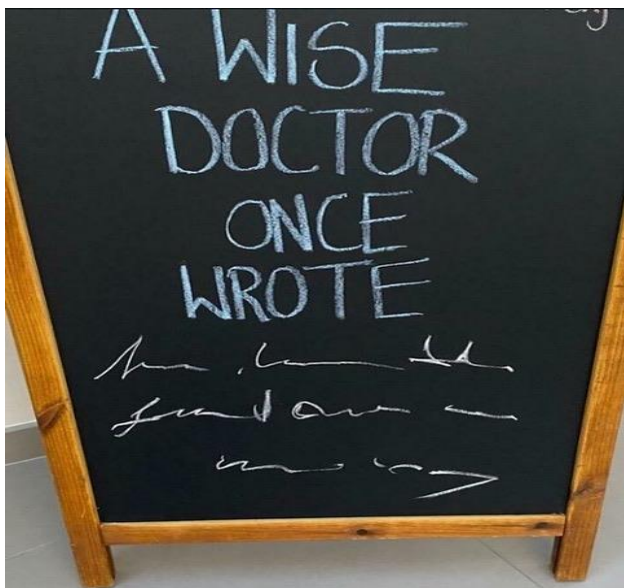
This textured brick design using projecting brickwork elements, plays with the effects of light and shadows as the sun moves overhead to create a subtly changing façade. Using Ketley Brick's newly developed 'Brixel' tools, the image of the late Queen was converted into pixels at the resolution of 3 pixels per brick. This pixel image was then the basis for the translation into one of the 6 different brick types that made up the design of 676 units that stands 3.5 meters high by 3.5 meters wide at the **Bursledon Brickworks Museum**.

Projecting brickwork has increased in popularity in recent years as architects have designed more elaborate and ambitious facades. Now Ketley Brick have opened up new possibilities for intricate, decorative brick designs and the Queen's memorial sculpture demonstrates just how much detail you can achieve when designing with brick.

Ketley say that this sculpture of the Queen's Head is now a lasting tribute to our late Monarch and is on display at The Brickworks Museum.

A PESSIMIST sees a dark tunnel
An OPTIMIST sees light at the end
of the tunnel
A REALIST sees a freight train
The TRAIN driver sees 3
idiots standing on the tracks.

So let me get this straight. I go to To the grocery store and buy a lb. of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, a gallon of milk in a plastic jug, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup, and they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment?!



I immediately had an 'I can't wait moment!'



"Yea, though I walk through the valley of the shadow of death, I will fear no evil" Psalm 23



**WHY DO EGGS COME
IN FLIMSY STYROFOAM
CARTONS AND
BATTERIES COME IN A
PACKAGE ONLY A
CHAINSAW CAN OPEN?**



All contributions for the next newsletter please to:

alanborrow@virginmedia.com