

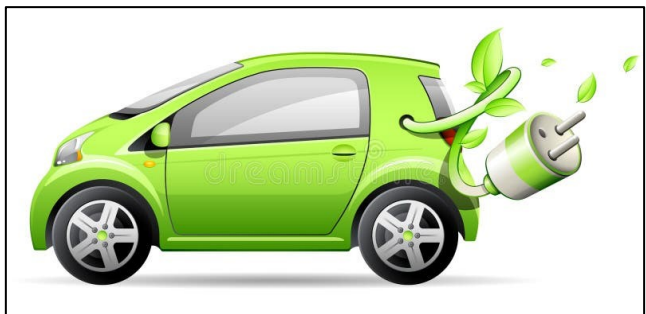


DECEMBER NEWSLETTER

STEM workshop on ELECTRIC CARS

Geoff Whalley writes: As you may be aware, we had to cancel the November meeting and workshop discussion on Electric Cars, due to the weather conditions. Since all the preparation has been done for the workshop, we have decided to run it at the next meeting on Thursday 7th December. The talk originally planned for December on "The Principles of Medical Research" has been postponed until the March meeting in 2024.

A reminder about this Workshop:- The format is a bit different. Rather than arrange the chairs "cinema style", we sit in a circle / horseshoe and discuss, with all members free to participate and make inputs. Several Electric Car owners will tell us about their experiences and others have already done a bit of background research on issues such as future alternatives to Lithium Batteries, environmental impact etc. So, this should be an interesting session for anyone thinking



about moving to an electric car or concerned about global warming and reducing our greenhouse gas emissions!

Please come along prepared to join in the discussion – all ideas and inputs are very welcome and there is no such thing as a silly question. We are here to enjoy ourselves!

Speaking of which, after the workshop, we will hold our traditional “Christmas Networking Session” over a glass of festive cheer and some nibbles. This part of the proceedings has no fixed aim whatsoever, apart from being purely social and an opportunity for us to get to know each other a little better! We plan to finish by about 17.00.

Please bring glasses some, suitable drink (sherry / wine / non-alcoholic drinks etc) and some Christmas snacks (please don't all bring mince pies?). I suggest we put these on a table to share.

Looking forward to seeing you at the December meeting!

If you are not already a member of the STEM interest group and wish to attend this workshop please contact Geoff via our Ems Valley u3a website and request a place via the carrier pigeon on the top right hand corner.

CYCLING FOR FUN

Pam Wilkinson writes : On Monday 20th November it was my



turn to arrange the monthly cycle ride. This was my first time “in charge” and I devised a route around Farlington Marshes and along the Hilsea lines cycle paths - a very pretty area, just south of the A27. I first walked some of the route, then cycled some of it. I wanted to be fairly sure it was practicable but because I walked through the only kissing

gate we did have one challenge! The secret of the success of our not-too-strenuous rides is the lunch stop but although I wasn't confident of finding somewhere in this rural little backwater, I came across – deep in the Hilsea jungle - CASEMATES CAFÉ AND RECORDING STUDIO! It was just what we



needed for our midday break and the single bloke working at the bar managed our 14 orders quite efficiently.



The only part of the journey not very bike-friendly was the massive Hilsea roundabout. It looks intimidating but we got across safely to the far side of Eastern Road by dismounting and wheeling the bikes across four pedestrian crossings. The weather looked threatening at the start, but it cleared. No water fell from the sky. There was plenty on the ground but we

all love jumping in muddy puddles, don't we?

Picture shows one group of seven riders with Pam in the middle.

The Cycling for fun group provided the Second Half entertainment at the Monthly meeting on Thursday 23rd November. Gary Willard, the founder and Neil Cowell gave us a light hearted talk cleverly interspersed with members adding their comments relative to their responsibility within the group. I particularly liked the Tail End Charlie who had the job of fielding the following car driver's comments or judging their expressions and taking the necessary action to



cool the situation! And Ray gave us a very good tip about a free web site to plan a walk or ride anywhere in Great Britain. We were entertained and we also learnt something useful. Well done Cycling for Fun!

(Editor - It is a strange phenomenon that allows us human mortals to adopt a totally different attitude depending whether we are in four wheels, on two wheels or just in two boots/shoes. Can anyone explain this? Or am I the only one with this problem?)

Editor

Garden Group October visit to Coles, near Alton

We were so lucky to be able to enjoy this wonderful house and garden in autumn sunshine after early morning mist on the hangar where Coles is situated. Mike, the owner, provided us with coffee and delicious home-made cake on the beautifully mown lawn on the east side of his amazing contemporary house. Whilst enjoying the refreshments, he gave us a brief history of the early development of the garden. In 1944-45, Brigadier Otho W Nicholson put some of the farms of the Basing Park estate up for auction but retained Cole Farm. The old farmhouse with its outbuildings was altered and the name changed to Coles. During 1946 and 1947 the Brigadier designed the garden with lots of rhododendrons and azales in conjunction with the head



gardener at Exbury Gardens.

Mike and his wife re-designed some areas with contemporary grasses and perennials to suit their five year old modern architect designed home but much of the original 25-acre garden remains including the ancient woodland with majestic oaks, ash (apparently the very old ash trees are not affected by die back) and 50 mature Japanese Acers. Mike is a real 'tree man' and was very happy to share his knowledge during the hour plus tour he gave us. The area immediately around the house has been carefully designed with grasses, asters, lavatera, aconites

with a swimming pool which actually runs under the house on the west side of the property!

A nice one to end our visits for this year and we look forward to more interesting garden visits in 2024!

Diana Faithfull and Ronnie Tyler

Gardens Group annual roundup.

Ems Valley Garden Group visited eight interesting, varied and inspiring gardens in 2023. These monthly garden visits (usually in the morning) generally commence with coffee and homemade cake followed with a talk by the owner, before a leisurely wander around the garden, often making notes of plants and ideas that catch our eye. In April we added an extra visit, hiring



a minibus to BBC Gardeners World spring fair in Beaulieu. August we held an Afternoon Tea party at Hamblin Hall and in September we had a day trip by coach to two very different gardens in West Sussex – Sussex Prairie Garden, with not only interesting Prairie

planting but beautiful glass sculptures throughout the garden, followed by Borde Hill, an old-fashioned English Garden. The year will end with our annual Christmas Lunch.

Our new 2024 program starts in February with a new exciting team of organisers.

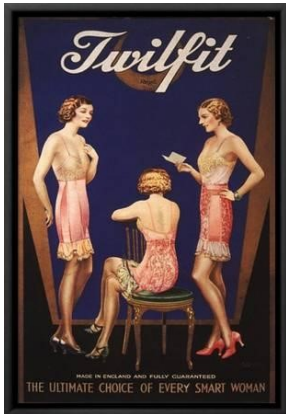
Ronnie Tyler

Letters to the editor:

I don't receive many letters on the subject of Corsetry, but one did come from a member who regularly spends time in the Canaries, and shall remain nameless in case of retribution from non corsetiers. I had just sent out a plea to all members with regard to my new email address, and bemoaning the fact

that the December edition of this newsletter was looking scanty because of my change to a gmail address.

This member however, pointed out that he was reading an advert for “Corsets made to order” with an address to apply at Madam Lee, The popular Corsetière, Elm Gove, Southsea. I hasten to add that the advert was somewhat antique....and I am still not certain the link between the ad and my email address but a letter is a letter and needed my attention. And before I receive any feminist views, let me quickly add that Madam Lee also caters for Gentlemen!



Yes, of course, Portsmouth was the capital of the Corset world in the late 19th /early 20th century. Just read up about the Twilfits factory. I found this appraisal on the web:

“Corsets. A frivolous topic isn’t it? Yet corsetry from the point of view of the city of Portsmouth isn’t the same topic as say, looking at film corsetry, 18th Century Marie-Antoinette corsetry, or corsetry in the haute couture studios in Paris. The reason being that the word ‘corset’ – like all words – doesn’t mean anything. Or rather it means lots of different things, depending on where you’re

standing in time and space.

To Andy Warhol, wearing a surgical corset was a medical obligation following getting shot. For Dita von Teese, a corset is about reflective lighting and curves that you can see from further away on stage or in a large martini glass. But for Portsmouth, fame as the corsetry capital comes far later than the Victorian era, with records of corsetry factories mushrooming in the 1900s. Indeed, when I ask the Portsmouth history library and Ian Voller, co-owner of Vollers (established in 1899) about the history of corsetry, both define the corset not as a garment that defines or disguises your social status, but simply as an everyday undergarment. “99% of women wore corsets in those days,” Ian Voller said.”

But hey we are not talking Corsets – we are talking about my email address. Have you all logged it in your systems: alanborrow1@gmail.com or you can just use newslettereditor@emsvalleyu3a.org

Ems Valley u3a Christmas lunch at Chichester college



On Wednesday 29th November, seventy one members sat down to enjoy a Christmas lunch at the catering college in Chichester. The menu was extensive giving members plenty of alternatives, if they so desired, to the traditional Christmas fare. The standard was high, presentation superb and atmosphere very seasonal! The organiser, Dbee Robinson, our Business Secretary worked extremely hard to ensure the smooth running of this major function, and Chairman Tim Mathews paid tribute to this when he delivered a very sincere thankyou on behalf of us all, in thanking her at the conclusion. A major success Dbee!

NOSTALGIA The Staunton Arms, Rowlands Castle – the road straight



ahead is to Emsworth, the road to the left takes you to Rowlands Castle and the road to the right would be the Havant road. Can you work out where today's Whitchers gate Garage is situated?



An unusual photo of the Portsdown Hill Prefabs – looking south. They were lovely places but full of asbestos. Some considered them “posh” at the time because they all had a fridge. Built to house the homeless of Portsmouth after bombing during the Second World War.

According to the “Pre-fab Museum”, around 8,000 are left in the UK today, with about 30 listed. How long do they last? The lifespan of a prefab home can last just as long as 50 years or more. Some prefab homes have even exceeded this lifespan! The above prefabs were first occupied in July 1945, I believe some did not wish to move, when Portsmouth Corporation chose to demolish them in the late 1960’s. The prefabs had an aluminium frame with an asbestos roof and were put up in four pieces, one of which already had the plumbing installed. The pieces were then bolted together on a concrete base, the whole building being completed within only a few hours. More than 700 prefabs were built in Portsmouth after the war.



The George on top of Portsdown Hill about 1907. The Horndean Light Rail Car is just descending down towards Cosham. Portsmouth people could travel out for a tea in the country at Cowplain and Horndean at weekends!

DO YOU EVER WONDER

Why the sun lightens our hair, but darkens our skin ? ?

Why don't you ever see the Headline 'Psychic Wins Lottery' ??

Why is 'abbreviated' such a long word ? ?

Why is it that Doctors call what they do a 'practice' ? ?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons ? ?

Why is the man who invests all your money called a broker ? ?

Why is the time of day with the slowest traffic called rush hour ?

Why didn't Noah swat those two mosquitoes ? ?

Why are they called apartments when they are all stuck together? ?

Eating in the 50s

1. Pasta was not eaten
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain; the only choice we had was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what we wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. None of us had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. "Kebab" was not even a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available, it was called cattle feed.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!
24. And the things that we never ever had on our table in the 50s and 60s: elbows or phones!

Thanks to John and Mo Harris for these pearls of wisdom.....

This article should not be in the "lighthearted" section. Because it came from a medical source in New Zealand and hopefully contains good medical advice: "Whenever, I teach clinical medicine to students in the fourth year of medicine, I ask the following question: "What are the causes of mental confusion in the elderly?"

Some answer: Tumours in the head". I answer: No!

Others suggest:

"Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed, when I list the most common cause: - dehydration - It may sound like a joke; but it isn't. People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. This habit of forgetting to drink fluids, begins at age 60, when we have just over 50% of the water we should have in our bodies.

People over 60 have a lower water reserve. This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion: People over 60 years old dehydrate easily, not only because they have a smaller water supply; but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body. So here are two alerts:

Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing to remember is that, every two hours, you must drink some liquid.

Civilization in 2023 - we are back in the light hearted section:

- ◆ Our Phones - Wireless
- ◆ Cooking - Fireless
- ◆ Cars - Keyless
- ◆ Food - Fatless
- ◆ Tyres - Tubeless
- ◆ Dress - Sleeveless

Only in This Stupid Worlddo we leave cars worth thousands of Pounds in the driveway and put our useless junk in the garage
Only in This Stupid World.....do banks leave vault doors open and then chain the pens to the counters

Crazy Stuff!

- I once dated a girl who broke up with me because I only have nine toes. Yes, she was lack toes intolerant!
- I've started telling everyone about the benefits of eating dried grapes. Its all about raisin awareness.
- I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire.
- I accidently rubbed ketchup in my eyes. Now I have Heinzsight.
- I was walking in the jungle when I saw this lizard on his hind legs telling jokes. Locals said he was a stand-up chameleon.
- My friend said she would never eat cows tongue because it came out of the cow's mouth. I gave her an egg.
- Once upon a time there was a king who was only 12 inches tall. He was a terrible king but made a great ruler.
- I ran out of toilet paper and used lettuce leaves. Today was just the tip of the iceberg – tomorrow romaines to be seen.
- Six steers were smoking joints and playing Poker. The steaks were pretty high.

- I went to the paint store to get thinner. It didn't work.
- I want to tell you about the girl who only eats plants. You have probably not heard of herbivore.

As you can see, I was a little short on Ems Valley u3a news, reports and members comments this month!

Whether you have been sending material to my old email address, I cannot tell. But may I ask all members who like to read a lively, up to date and informative monthly newsletter, **please record my new email** address on receipt of this newsletter:

alanborrow1@gmail.com

or

newslettereditor@emsvalleyu3a.org

And:

