

## **Emsworth and District U3A**

Registered charity, No 1114777

# **Newsletter Early 2021**



Spring is on the way!! A big shrub (possibly Amelanchier Canadensis) in bloom in Brook Meadow which is designated as a Site of Importance for Nature Conservation and is also a Local Nature Reserve. It has been managed by the Brook Meadow Conservation Group since Year 2000 on behalf of the owners, Havant Borough Council. Documents show that Brook Meadow has been a water meadow since the middle of the 19th century.

https://www.brookmeadow.org.uk/

Best viewed as a two page spread.

In Acrobat Reader, select View, Page Display, Two Page View, and View, Page Display, Show Cover Page in Two Page View.

#### Letter from the Chairman

It looks as if things might open up a bit. If it goes well we will be back to the rule of six on March 29<sup>th</sup> so some outside activities might be able to restart in some form

I think it will be some time before we can meet in the Hall and even then some of our members might not be ready for in-person meetings. I'd really like to hear your opinion about that as we will have to decide when to move from Zoom to inperson meetings. I think it might be possible to hold combined meetings in which some people attend in person and some on Zoom so is that something we should be considering? Does anyone have experience of setting them up?

I'd like to thank Les Pallett and Gail Wynne-Jones for organising the treasure hunt last Monday. It was a very creative way of organising an activity for the Amble & Pub Lunch group without involving an amble or a pub lunch and staying within the lockdown rules, and we all had an enjoyable chat on Zoom afterwards. Sadly, your Chairman and Membership Secretary (Myself & Gill) didn't get anywhere near winning (we might have been among the last).

It was interesting to see the u3a mentioned on ITVs Tonight programme on the 11<sup>th</sup> March. In the programme about 'How To Age Well', Martin Kemp spoke to u3a members and CEO Sam Mauger about positive ageing in a virtual coffee shop discussion. The u3a only got a short slot but I though we were well presented and there was a clear message about the benefits of involving one's self with communal activities. So well done to the Third Age Trust for that one.

Our former webmaster, John Righton, has resigned because he has moved house and will no longer be in the area. We wish him well in Southsea. So we are looking for a member to join the committee in this role to look after the website and help set up meetings. It's important that the webmaster is on the committee to know what is going on. Also I think that having a wider range of opinions helps the committee to make better decisions. At meetings the webmaster's role is to set up the projector and microphones and possibly produce the slide show that is displayed while we have our teas and coffees. Taking the roving microphone around the room during questions and answers which I had been doing is very helpful for those of us who don't have the most acute hearing. We have decided that we will ask people to write their own name badge labels rather than ask the webmaster to print them with a computer to reduce the work. We could separate these things if someone wanted to just do the meeting support.

I'm looking after the website at the moment while everything is online, but I won't be able to do webmaster things when normal meetings re-start so I really hope a member will come forward to help out otherwise some of these things will cease.

So that's about all I have to write and a special thankyou to Toni Reynaud for producing this newsletter which is always very welcome.

With very best wishes.

Mike Polgreen

## **Angel Radio**



It occurs to me that perhaps 'Angel Radio' (a Charity based in Havant) might be interesting to some of our members, in case they haven't heard of it. I find it very pleasant to listen to. It's not just music, it covers news, suggestions on little exercises to do at home, quizzes, general useful information etc. On the music side it covers the years from 1920's to the 60's, and the DJ's ages range from 60 to 90 something. It is in the main aimed at the more isolated, lonely or ill elderly, but great to listen to at any age I think. The frequency is 89.3FM (right next to BBC Radio 2) – they can also be accessed on-line or DAB if you prefer. There is a free phone number to ring for any requests (0800 014 1955), and they will also ring you back if that is more convenient. The website is http://angelradio.co.uk/, and they also have a FaceBook page

I myself kept busy (like everybody else, I suppose) with keeping up-to-date with news and regulations regarding Corona, tried my hand at making marmalade, endless cupcakes for my grandchildren, a bit of Art (drawing), following some of the 'Zoom' meetings from the U3A, the EHS and St. James' Church, keeping fit by walking with a 'Bubble-Friend' and had my first vaccination a couple of Saturdays ago with little side-effects. Looking forward to getting out into the Garden once the weather improves and seeing my family a bit more.

Chris Baumann

I don't mean to interrupt people. I just randomly remember things and get really excited.

# The Wine Group continues, but is having to adapt further because of the 3rd lockdown and new variants.

In January the Wine group ceased distribution of our 50ml bottles of decanted wine - six for each member. It hardly seemed appropriate to ask members to make car trips to collect their bottles in this latest lockdown. Therefore in January each group member chose one of their favourite wines and discussed it with the rest of the group. Six members volunteered to speak about their wines in greater depth.

February saw a further development - throughout the month group members experimented with cheese and wine pairings. This time four members gave an in-depth description of their pairing. This left enough time for everyone to explain their cheese and wine choices.

March is getting even more interesting where members are choosing any

course of a meal from aperitif to desert and through experimentation finding the best wine match for the food. So this time we are sharing views about not only wine but recipes.

Zoom meetings have allowed most members to contribute every time and we have all got to know each other better including our preferences for wine, cheese and now food. Needless to say some of us have suffered from a Covid side effect - shrinking clothes or otherwise known as weight gain!

We are keeping our fingers crossed that in April we can distribute wine again and hopefully meet in person in the not too distant future.



A clue for you - it's Moroccan.

David and Gillian Percy

To me, "drink responsibly" means don't spill it.

You may recall from the Chairman's last newsletter that we need to find some new committee members. The absence of physical monthly meetings has made it impossible to seek help in the normal way. Delaying the AGM until May and the agreement of those committee members at the end of their term to stay on for a short while has put off the urgent need for new committee members, but in May we must fill the vacant posts. The vacant posts are:

# Membership Secretary Groups Co-ordinator Outings Co-ordinator Webmaster and Physical Meetings Tech Support

I am very grateful to our group leaders who are already supporting the u3a and of course those committee members who are staying on and those who have been on the committee recently, but are there others amongst our membership who would come forward and help to run the organisation?

If we are unable to find enough members willing to stand for the committee in the numbers required for our constitution, we might end up obliged to close Emsworth & District u3a which is something that I certainly don't want to happen. So come on, it's a sociable activity and we're a friendly bunch so if you could help then let me know. If you think you might be able to help but are not sure what's involved, you can call the Chairman or contact the outgoing members to find out more. *Mike Polypeen* 

# **Emsworth U3A Committee**

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#### Maths revision

Toni asked us whether we had acquired a new skill or revisited an existing one in lockdown.

Thinking what I could do to pass the time in lockdown 2 when the weather was threatening to be pretty miserable, I decided to go back to some patchwork quilting. One of my projects involved replacing a central section of a quilt I had made some 25 years ago using dress fabric from our daughter's dresses she wore when she was pre-school. Those of you who know me could kindly describe me as green as I'm keen on recycling or upcycling, and the less kind could call me tight-fisted, so the dresses had anyway come from charity shops and by the time they came to be part of the quilt they were on their third use. Because of this, some of the fabric had worn to a fray. It was relatively easy to cut out the new replacement patches, using the old as a template.



The harder part came when I decided to make two cushion covers in a similar design out of the remaining fabric to complement the quilt. This involved remembering a surprising amount of school-day maths. I used to be good at maths; it was my favourite subject. You either got it right or you didn't - none of this vague marking you got from the teacher in essay subjects like English or history where I might get an A- one week and then a C+ the next with no clue as to why the second was not worthy of a better mark.

Back to the cushion covers. The design you can see from the picture is made largely of whole and half regular hexagons. I knew how many I wanted to go

I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

the width of the cushions and so could determine the length a in this diagram. But in order to draw them I needed to know length b, as my method of making the hexagon template was to use a pair of compasses with radius b

and draw a circle, then mark the circumference into 6 equal lengths. Well I did work it out but it involved using properties of equilateral and right angled triangles.

And remembering "Should Old Harry catch a herring trawling off America" or "Soldiers often have curly auburn hair to offer attraction" and then, which was

Google came to the rescue.

harder, working out how to apply it. For those that don't remember, these are two mnemonics for remembering how to use tangents, cosines and sines of angles to work out unknown lengths or unknown angles once you know other lengths and angles in the triangle. Back in the day, 45 years ago, I knew what cos 30 degrees or sin 60 degrees was as a number but not any more so a

scientific calculator (which I struggled to work out how to use) and good old



The upshot was what would have taken me 3 minutes sitting in my maths exam without a calculator or formula sheet took me about 90 minutes. I wonder if any maths teacher when asked "Miss, this is boring. Why do we need to know it?" has come up with getting the Design Technology or textile teachers to get the children to use regular polygons they've got to draw as part of their design. Gill Polgreen

I had my patience tested. I'm negative.

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# **Cyanide, Freefall and Cryogenics**

## Inspiration from social media for lockdown.

We have all had a bit more time this year to indulge ourselves in front of the computer by watching social media. As time has passed, sports have tended to become ever more extreme and stunts more dangerous to attract the younger viewers. My favourites this summer were watching someone jumping out of an aeroplane without a parachute, dressed only in a skimpy pair of swimming trunks and clutching a can of beer. What happened next doesn't bear thinking about.

As an amateur chemist, my attention was also drawn to the exciting challenge of drinking cyanide on camera. Surprisingly, we often ingest small quantities of cyanide from seeds and berries. These small doses are probably quickly deactivated in the liver without causing symptoms. A lethal dose is about 300 mg but still, watching someone measuring out 15 mg of sodium cyanide, testing it in front of the camera and then drinking it followed by a description of the side effects is still pretty impressive.



Taking delivery of liquid nitrogen

Cryogenic science seemed a more promising and a less lethal area of scientific exploration. As with most areas of amateur science, for every step forward two expensive steps back resulted. I don't have a good track record with ebay purchases so perhaps I should have been more cautious when several weeks later I bought a large industrial liquid nitrogen container, but it was too large to fit in the back of my car. Later a smaller container

was purchased and BOC kindly delivered 100 litres of liquid nitrogen for my lockdown experiments through the summer. Initially a vacuum was applied to flasks of liquid nitrogen suspended in a vacuum chamber to boil off the nitrogen and after several attempts the temperature was lowered to minus 210°C when the nitrogen froze.

The next series of experiments involved passing gaseous oxygen into liquid nitrogen at minus 190°C to condense the blue coloured liquid oxygen, which



Frozen liquid nitrogen at minus 210' in a vacuum chamber

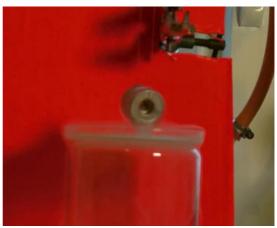
Liquid oxygen being condensed in a copper coil immersed in liquid nitrogen

has a boiling point (Bp) of minus 183°C. It is a most remarkable pale blue

colour, due to unpaired electrons in its structure.

Various experiments were devised to try and demonstrate paramagnetism, which is where some materials are weakly attracted by an externally applied magnetic field, and form internal, induced magnetic fields in the direction of the applied magnetic field.

Some videos and photos were taken of the project which formed the basis for the



Liquid oxygen drawn up to a suspended magnet (paramagnetism)

Emsworth Zoom Science Engineering and Technology (SET) meeting on cryogenics in Jan 2021. For this summer any ideas for future projects would be most welcome.

Nick Doll

#### TAKE PITY ON YOUR BOBS AND DAVIDS.

Two of my aunts moved to Canada after the war. One of them, Milly, not only ran a very successful chip shop in Victoria, but gave birth to my cousin Bob. Bob and I have met several times, and at Christmas he usually emails us pictures of what his family have been up to; but last year, he started sorting through his late mother's box of old family pictures and sent some of those, asking if I knew who the people were.

My father was one of six children, and my mother one of sixteen, so identifying the people in the photos wasn't entirely straightforward! On the other hand, I'd met quite a few, and had traced the family history in the 1990's: my records of dates of birth etc. proved a big help. Bob and I became a couple of Sherlock Holmes's, identifying churches in the background by comparing them with pictures on the internet, and deducing names of parents from the ages of their children and dates on the photos. We even proved that one picture was taken in Canada not England (letting me off the hook!) by identifying the brand of the beer bottle on the table.





It's turned into quite a project, and has rekindled my interest in family history, But it also got me thinking about lockdown. Are you bored with it? Looking for a project? Then read on...

I remember being able to get up without making sound effects.

Every article or book on tracing your family history says that, even if you do nothing else, you should talk to your existing relatives right away. The trouble is, very few of us get around to it, particularly when we're younger. The world is full of people (myself included), who get interested in their later years, and wish they'd paid more attention to the stories their elders were telling them. For example, in the 1990's I traced a pub in Torquay that my great-great grandfather owned, and while having a drink told two young guys there about what I was doing. One was very interested, and spoke of researching his own family, so I gave him my phone number in case he needed any tips. Sure enough, he phoned: about fifteen years later! I wonder what opportunities he'd missed in those fifteen years?

My own mother made lists of my aunts, uncles and their descendants: 104 were alive at the time! When she knew them she even included birthdays and year of birth, and the names of their children. That was all very helpful, but still more important to me was that she started to write her own life story. She was reluctant to, saying she was no good at writing, but then she didn't need to be: it was WHAT she wrote of that was important, not how well, and the few pages she finished are something I treasure. So there's a couple of ideas for a project, maybe?

If you really don't feel able to write anything, there might still be something you can do. Dig out all those family photos, grab a biro, and label them on the back! Name the people in them, including surnames and a date and place as best you can figure one out. If some are friends rather than relatives, then say so!

If you're a technical type and want to scan them in to your computer, give them useful names or "tags". But if not, don't worry: to the most recent generations photos are electronic rather than paper, and they'll probably be delighted to look through "real" photos in years to come: my wife's granddaughter (in her 20's), had barely ever seen a photo album and was blown away by Linda's!

So maybe you should get to work: your own future Bobs and Davids will thank you for it!

David Gane

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

#### An update from Tessa Smith

Thanks very much but no haven't done anything very special. I am half way through making a circular fabric rug using old tee shirts and fabric but as I can only use 1 hand and am in an electric wheelchair doing things on my own is more difficult. However I am having enough time to watch some wonderful programs on sky tv as I had to retire 3 1/2 years ago as I had a stroke and have a left sided hemiplegia which curtailed life as it was which means I am dependent on others which I hate but am grateful for. All independence has gone but we manage and I am in the process of making our back garden wheelchair friendly, time delayed by this pesky COVID-19 virus. I do hope you are all keeping safe and well. Thank goodness for technology in keeping people in touch. Hope in warmer weather and out of lockdown that you will come and see what I have done to my garden, you would be most welcome.

Take care

Tessa Smith 34 Hollybank Lane, Emsworth. 01243 375464

#### **BOOK GROUP 2 DURING COVID**

The group has been able to continue its activities because Una Rayment, our leader, has hosted meetings in her garden when possible and then when lockdown became more strict she has continued to obtain and circulate sets of books for us to read and comment on. The two most recent were 'Half a Yellow Sun' by Chimamanda Ngozi Adichie which was set in the Biafran conflict and famine, and a biography of John le Carre (who died recently).

We are very grateful to Una for all that she has done in providing something for us to do and think about over the past months and thank her for all her hard work. We are looking forward to being able to meet again in each others' gardens in a few weeks time.

Dorothy Lawson



It's called **reading**.

It's how people install new software into their brains.

# Some random pondering which has occurred during our enforced stay at home

I'm afraid I haven't spent time in lockdown very constructively improving myself, my garden or my home.

Old Mother Watton
Sat on her IPad
Zooming away her day
She looked very smart
Right down to her heart,
Below that I just couldn't say.



And I've been pondering. Sadly not even attempting to solve the world's problems.

#### Sample ponder No 1.

All these pictures we now see on a regular basis of bare arms having a needle stuck into them. It would be much more entertaining if the vaccinations were in the buttocks .

## Sample ponder No 2

The elderly couple who worried that the vaccinations would affect their fertility (?!!!) and their DNA - wouldn't it perhaps be an improved DNA ? And if my DNA were to be altered, what would I choose? I toyed with the idea of a third leg so I had a tripod to sit on , or a couple more eyes strategically placed, but eventually settled for the ability to wave my arms a bit and fly.



Sample ponder No.3.

When Boris asks me to restyle his hair - how shall I do it? I keep coming back to this one, as it always cheers me up.

Jenny

Age 60 might be the new 40, but 9 pm is the new midnight.

#### Being creative in Lockdown

Back in September 2019 I was walking through C&H in Chichester when I spotted a beautiful lace design butterfly card topper. It became something I wanted to recreate and led me a few weeks later to purchase a Cricut digital machine. How this wonderful invention has changed my life and given me hours of creative fun and enjoyment through Lockdown!

The Cricut Maker machine that I own can cut through card, material, balsa wood and paper. It can also draw and write in different fonts, as well as creating infusible ink designs for pottery and T-shirts. Instead of buying a weekly magazine, I subscribe to Cricut Design space through a Computer App and by linking this to my machine I have access to 1000's of images. Through programming I can select an image and tell my machine whether I want to reproduce it in card or foil, draw it, create a vinyl decal or just produce a sticker. The machine and I work as a team and produce designs that are personal to me. Somebody else with the same machine would produce different results.

It has been a steep learning curve for me to learn how to use the machine and its attachments, as I have no background in design and very little knowledge of computers. Lockdown gave me plenty of time to learn. Fortunately I had bought in a stock of coloured card and have been able to spend endless hours mixing and matching colours, textures and shapes. Not everything I have made is successful, (I am rather self-critical), but the possibilities are endless and it has been very rewarding to learn new skills and expand my creativity.

The first major project I attempted was a card Christmas wreath as shown here. I

have also made my grandsons card aeroplanes that glide through the air, cut out material templates to use for quilting projects and assembled pretty Easter cartons for miniature eggs. Needless to say I now have enough birthday cards to open a shop! For Christmas 2020 all our greetings cards were hand made. My husband Lincoln teaches Tai Chi. Recently I made him a face mask with a flying goose on the front.



This machine is a very clever piece of equipment and has definitely helped me to expand creatively.

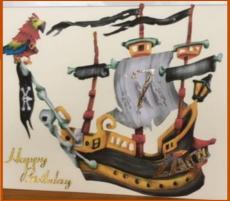
#### Valerie Allen

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"









When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

### The Amble and Pub Lunch group

Walking in company in a group is a lovely pastime – there's not just the scenery and the exercise but also conversations about so many different things with different members of the group as you wander happily along. Unfortunately, as we all know, that hasn't been able to happen so easily over the last year or so due to limits on the permitted size of groups and the need to "stay local". Within the Walking Group, many of us have revisited short local walks many times in couples or singly, but in March a slight twist was suggested for the Group – a Treasure Hunt around the town. A few people showed an interest in the event, so Les and Gail worked out a route and went out looking for possible points of interest to get people to look for. Ten pairs of people signed up for the walk, and on a bright and sunny (if chilly) Monday morning we went looking for treasure. Lockdown guidance was followed by each pair arriving at the start point in Horndean Road at five minute intervals to receive a piece of paper with 15 questions relating to things we should be able to see while following the route suggested by the order of the clues. We all set off and managed up



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to two hours wandering to the western edge of the town, back towards the centre and down Beach Road (not quite so many visitors parked there on a Monday), along the Promenade and around the millpond, up through the centre of the town and back to Horndean Road car park. The interval system worked well, and everyone enjoyed the walk out, seeing possibly the same parts of the town in a different order. There was obviously no pub lunch involved on this occasion, but a least one couple extended their walk by visiting The Deck caravan in the marina for a bacon roll afterwards. Later in the day we had a Zoom meeting to check out who found what and to discuss the logic of the clues and required answers, which was an interesting event in its own right. Gail also managed to get volunteers to set walks for later in the year when proper walking in company and dining out is permitted again, bringing a bit of optimism and cheerfulness to the group. Overall it was a good way to spend a bit of time out, and was thoroughly enjoyed by all. *Toui Reynaud* 

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't 1st any of your containers.

# **Model Railway Group**



As you can imagine, there has not been a great deal of activity regarding group meetings. Our meeting places are small with only enough room for four or five during normal times, being in sheds or attics. Between the two lockdowns we managed a couple of running sessions for two people with both wearing masks and socially distancing. During this time some work was also achieved on Ian Archer's loft with the aim to plan his layout ready for when work can start in earnest. Plans have been drawn up by Peter Weller and passed between us for comment. Mike Hulse also moved his layout to the garage to allow some refurbishment to be carried out to his sun room where the layout will eventually reside. Expansion of his layout is also being planned.

There has been an approach to join our group from outside of our U3A and emails have been exchanged. Hopefully, once lockdown is finally over he

will join us.



Photo 2.

Harvest time, must have been hard work in those days!

The grass machine was used here.

Photo 1. A panoramic view of Reichelsheim station



There are only six model railway groups in the whole of the U3A in UK, no comments please about oddities!! Liphook U3A has the only other group in the south and I have been discussing with their leader about the opportunity for our groups to meet up once times are more normal. This will be the subject of another report.

Toni has been pressing me for an article about my layout. The description is mine and the excellent photos are his. For me, model railways provide opportunities to develop so many varying skills. You will see from the photos the scenic side is as important as the trains. There is also research to include operating practices, layouts of stations, how to make reasonably realistic trees and shrubs, positioning of people to make up dioramas plus learning how make use of electronics so that the layout becomes semi-automatic. Thus meeting the parameters of joint learning of the U3A. The layout is based on West German practices during the late 1960's and

early 1970's with a firm emphasis on steam, for me diesel and electric locos are just like buses and

#### Photo 3.

The cows have just been released after milking and the farmer is just checking on his pigs.



Photo 4. Another view of Reichelsheim. Flowers on the platform demonstrates how the station staff are obviously proud to keep it tidy. Judging by the size of her trunk the lady is going on a long cruise. Not sure whether it is a sleeper train with the lights of the platform being on.



have no character! I am often asked, why German? On a posting to Moenchengladbach as a liaison officer to a civilian laboratory the person I was replacing belonged to a model railway club in the city. Before leaving he took me along to one of their meetings, and being so impressed with their rolling stock I sold off my Hornby Dublo and purchased German instead. Never regretted it.

Operation of the trains is all digital, which means that every loco has a decoder located in the body which provides direction, speed, lights, rate of acceleration and sound. Every loco has a unique address stored in the controller and is moved by entering that address, setting direction and then moving off. Each function can be tailored individually for each loco. A recent addition is control by wi-fi using my tablet. The benefit of this is that any

Photo 5. Same station, same time of day. Man looking at his watch, can't believe a German train is late!
Porter hiding his embarrassment behind his newspaper.



visitor can download a free app onto their smart phone and control any loco utilising all of the inbuilt functions.

Separately, the layout is controlled electronically so that trains are stored automatically under the main board. Both stations have their own control panel with LEDs indicating positioning of points and showing occupation of the hidden sections. Not for nothing am I known as the fat controller! Each hidden section has a sensor that detects the train and brings it to a halt. In addition the sensor illuminates a light on the control panel and cuts off the power to that section and the section behind so that collisions do not take place out of sight. When a second train runs into the section behind another light is turned on and the train stops. Twenty seconds after releasing the front train the second train moves to take its place and making space for the next train.

For me, control of the panel is just as interesting as driving trains. The operator has to make sure that each train arrives at the correct destination, avoiding collisions. The more operators for the trains there are makes operating the panel so much more challenging. Just like the real thing, you can see the road set and the only thing missing is seeing lights moving to indicate the positioning of any train. Maybe one day! To make operation more interesting I am developing a timetable which includes which points need to be changed, where the train is coming from, it's next stopping point and the loco address.

Coupling and uncoupling between the train and the loco is all automatic.



The photos are meant to show the scenic side of the layout and to give it life. A couple of things to look out for - I enjoy making trees and there are probably around 100 of varying types. They are made from either buddleia or sea moss. The buddleia comes from our garden and has big, blowsy flowers that can be trimmed to shape to represent a variety of trees. Both sources then have flock of different colours glued to them and then fixed with hair spray. Use is also made of a static electricity grass machine which makes use of fibres of a variety of colours. Lee Pallet



Photo 6. Main station, Bad Stolz.
Gentleman looking for a paper or magazine for the journey.



**Photo 7.** 4 friends enjoying a litre or 6 after a hard day's work. The Gasthof Drei Linden (Three Lime Trees Inn) is their local. Just noticed that I have only planted one lime tree in the garden when there should be three. Perhaps the hard work was cutting down the other two. The cliff in the background shows what can be achieved.



**Photo 8.** Hope these ladies are not too concerned about smoke and smudges dirtying their washing. The hausfrau in the doorway is having a good natter with one of the workers.



**Photo 9.** Showing a general view of the engine shed at Bad Stolz. Coaling point being refilled. Tank engine having the water topped up. Yard foreman passing out orders prior to the tender loco going on duty. Permanent way workers clearing some of the shrubs that are intruding on the line.

Have you noticed how the older you get, the earlier it gets late?



# I recently bought a toilet brush.....

long story short, I'm going back to toilet paper

#### Editor's bit

My thanks to all those who sent in items — please keep them coming. My email address is <a href="mailto:tonibr@btinternet.com">tonibr@btinternet.com</a>, and there is a link to me on the U3A Emsworth website. My snail mail address is 12 Orchard Lane, Emsworth, PO10 8BH, so send letters here. I can accept offerings in just about any format. **7000**