

Newsletter Mid 2021



Our Chair, Mike Polgreen, and his good wife Gill, docking in pursuit of an ice cream. Not as easy as it looks as they were surrounded by about 40 swans!

Letter from the Chairman

When I wrote in March I spoke of there being light at the end of the tunnel and indeed many of us are able to do more now than we could then. Nearly all of our age group in Emsworth have been fully vaccinated and although Covid is still around, few are being hospitalised or worse. You might be interested to know that cases in Havant Borough for the under 60s are about 1 in 300, and for the over 60s they are about 1 in 1400 according to the Government at the time of writing. So avoiding night clubs full of the young might be wise.

The last year and a half have been a strange time to be chairman with most u3a activities curtailed unless they could be held online. Who had heard of Zoom before Covid? Even though Zoom meetings are not everyone's preference they have enabled us and some groups to continue running during lock down. Group leaders are a pillar of our u3a and they have kept groups running in creative ways wherever possible during Covid and we should all be very grateful to them.

The AGM we held at St James' Church Hall in July didn't form a chorus but those who attended had a nice chat so it wasn't a wasted morning. So we held another in August which did not need to form a chorus (That is how our constitution was written). We normally hold our AGM in February and would like to return to that. However a six month interval is too short so for next year we intend to hold the AGM on the 22nd of April and revert to a February AGM 2023.

We formed a new committee with changes that are recorded elsewhere in this newsletter but I would like to thank the committee for helping to keep our u3a running during very difficult times. I'm delighted to welcome five new committee members: Adrian Wakeford, Gill Davies, Hazel Irwin, Maureen Nicholas, and Sandy Bell and I look forward to working with them. Only the post of Website administrator remains vacant.

Our former Speakers Secretary, Trevor Rayner, has been unable to continue due to ill health and I'd like to thank him for finding Zoom speakers during lock down and wish him a speedy recovery. Gill Davies, our new Speakers Secretary, has been working hard and is developing an exciting programme of speakers. You can see it elsewhere in this newsletter and on our website www.emsworthu3a.org.uk which will be updated regularly.

We are now intending to hold monthly meetings in St James' Hall. Our two AGM meetings, though not crowded, seemed to please those that attended. We have been moderately cautious by keeping all the doors and windows open to ventilate the hall which has been OK in the Summer but might be more of a challenge in Winter. Jumpers and coats might become de rigueur but we will adapt as things change. It is understood that some might still feel unable to attend and we will do our best to "keep them in the loop". I hardly need mention that if one is feeling a bit off colour, the concept of "soldiering on" is past and that staying at home until one feels better is the social thing to do.

And finally, thanks to all of you for supporting our u3a during such difficult times.

With very best wishes to you all.

Mike Polgreen

Chairman

CHESS CAN BE ENJOYABLE (& GOOD FOR YOU)

After two successful u3a Zoom meetings support has been gathered from u3a members representing all parts of the UK for the start of the **u3a CHESS NETWORK**

The Network aims to promote the study and playing of Chess in the u3a – both in local u3a's and nationally on web-sites and Zoom, etc.

Chess, unlike Bridge, has never flourished in u3a – probably because it has the reputation of being a difficult, aggressive, complex game, played in silence.

On the contrary the rules are straightforward and easy to grasp and after a short while interesting, thought-provoking games can be played.

Also, we have shown in the last few years that a Chess Club can be sociable, interactive and co-operative - where the intention is to explore the theory and play well but also to enjoy playing the game and meeting other people.

There is little doubt that playing a game like Chess improves concentration, memory, decision-making and spatial comprehension – so a real advantage for all of us in u3a!!

In September we are starting a nation-wide **u3a Chess League** which will be available to all members of all abilities from learners to experts.

The objectives of the new u3a Chess Network are:

to help and encourage new Chess Clubs; (*one of the most common questions we have received has been 'how do I start a Chess Club?'*)

to collect, and make readily available, information relevant to u3a chess players and clubs.

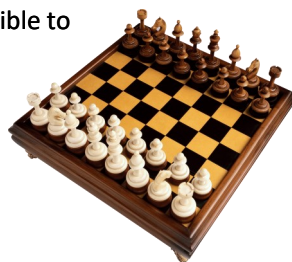
to encourage Zoom or on-line u3a Chess groups or leagues; (*another typical complaint to the Subject Advisors is that there are no u3a chess groups in my area!*).

It is now possible to join the u3a CHESS NETWORK by going to:

<https://u3aChessNetWork.org.uk> - where it is also possible to register for the u3a Chess League starting in September.

We need as much publicity and support as we can obtain to help give this initiative a strong start.

David Castle, Chess Subject Adviser



Some thoughts about Climate Crisis

Hello everyone,

The national group u3a communities have started a Climate Crisis discussion group and are looking for more members. Please let your member u3as have this information, and ask them to let their members know (maybe via a newsletter). This is the link to the website <https://u3acommunities.org/climate/index.htm>

Sally Ingledew

South Central Network Manager

07772368919 or 01329667509

Environment & Technology Group

There is a thought that you might be interested in the new national Climate Crisis U3A Group which meets next on 28th July - details below.

The National U3A has started a Climate Crisis Group and its first meeting via Zoom will be on 28th July. The subject is Passive Houses.

Could you please circulate the link to The Env&Tech group members? <https://u3acommunities.org/climate/index.htm>

A New Group – a Sea Shanties group!

We live by the sea, and sea shanties teach us something about maritime heritage. Also, listening to You Tube videos, it seems the main point is to get together and have fun (which is what happens in a lot of the groups anyway) and not worry over much about being off key (whatever that is and which no doubt I am, being musically very untalented). This group is now in existence and doing well so far. If you would like to join in, the contact is

adrian.wakeford@gmail.com

.Bear in mind that we are be able to meet in gardens and/or indoors now, and no longer have to communicate by Zoom.

Emsworth U3A Committee

Mike Polgreen mcpolgreen@gmail.com 01243 389983	Chairman	James Powell jamespowell22@btinternet.com 02392 452424	Vice Chairman
Maureen Nicholas Events and Outings organiser. maureennicholas7@gmail.com 07745 172890		Sandy Bell Meeting Technical Support sandy.bell43@outlook.com 01243 378842	
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Kenneth Laing klaing@ntlworld.com 01243 434341	Treasurer	Gill Davies gilld Davies21@hotmail.com 01243 372171	Speaker Organizer
David Bittles davidbits@sky.com 01243 945494	Secretary	Webmaster & Technical Co-ordinator	

Le Tour

(An allegory on the cycle of life)

Le Tour be All.

Rouleurs be All.

Maillots be All as *Rouleurs* be.

Maillots be All as *Maillots* must.

Maillots must be as *Rouleurs* be,

As *Rouleurs* must as *Rouleurs* be.

Dust be All, as Dust must be as *Rouleurs* be.

Dust be All and All be Dust.

Le Tour be All!

© Tony Browne 202

Football mad.



I don't really get football at all,
But our England team is loved by all.
Fans who've watched all their games,
And those like me, just learning their names.
There's Walker who runs like wildfire,
Two Harrys – Kane and Maguire
Here's Rashford who's improved our schoolkids lives,
And Pickford who moves us with his bold dives.
There's soccer playing Saka, only 19 years old,
And Sterleng who's worth his weight in gold.
Here's Shaw scoring so early on in the game,
Lifting the crowd's spirits, singing his name.



I don't really get football at all.
Backs and forwards seem to chase a ball,
Forwards and back from end to end,
Sometimes in attack and sometimes to defend.
Attackers trying to score a goal,
Defenders also playing their role,
Stopping the opposition scoring at all,
By fighting for possession of the ball

I don't really get football at all.
Whoever it is who has the ball,
Makes one set of fans shout and cheer
While the other set boo and jeer.
In-ger-land, in-ger-land is an oft heard cry,
Then Sweet Caroline, I don't really know why.

I don't really get football at all.
Did that player just dive or did he fall?
Is he crying wolf when he calls for a penalty?
The ref makes the decision and we hope he could see.
The crowd can call him blind and yell for VAR,
But that has tricky rules; I don't know what they are.

I don't really get football at all.
Here's another player down and lost the ball
Was he made to trip and fell down hard?
If that's so, where is the yellow card?
If one player trips another
He might get into some bother.
Showing a yellow card is the referee's tool,
But where's the fair play we learnt at school?
Watch out though, two yellows make a red
Which means get off now and watch instead.
You've let your side down, they have to play with just ten
Not easy when the other side has eleven men.

I don't really get football at all.
It's not as easy as just kicking a ball.
There seems to be many a hitch
While chasing a ball up the pitch.
There's rules for handball, fouls and off-side
Goals can't be scored unless you abide.



I don't really get football at all.
Something I do know, but it is only small.
I know how the goalie has to behave.
His main role is to make a good save.
After extra time, if the score for each side is the same,
He is under pressure at this dreaded end of the game.
When the final penalties battle is on,
The shooter and the goalie are playing one on one.
He has to judge well where the ball will go
Which way he dives can win or lose the show.

Gill Polgreen



Your Treasurer is marking lockdown end by running 100k

Humans have walked the length of the Ridgeway, Britain's oldest path, for over 5000 years. On the weekend of 10/11 July over 3000 hardy souls took part in the Race to the Stones by walking, jogging or running 100k along the Ridgeway from the Chilterns to the historic Avebury Stone Circle.

Among them were relatives and friends of Anita, Alex and Annabel, the family of my son-in-law Lee's best man who were killed in the 2019 Sri

Lanka hotel bombings. They participate in such events (last year it was a marathon to Athens) to commemorate their lives and to raise funds for a charity which Anita helped establish. Founded and led by England Rugby World Cup champion Jason Leonard, the Atlas Foundation, through feeding and education programmes and a large number of rugby initiatives, helps deprived children across five continents work towards a better future. England's Maro Itoje has joined the board of trustees and the Atlas Foundation is an official partner of the British & Irish Lions Charitable Trust.



East of the Thames, the Ridgeway travels through the woods, hills and valleys of the Chilterns where there are nature reserves rich in wildlife. Here it passes close to or through several villages and small towns. West of the Thames, the Ridgeway is largely a broad track passing through the North Wessex Downs, mostly well

away from villages and towns. You experience wide, open views of rolling chalk downland and find many archaeological monuments close to the trail, including Stone and Bronze Age Barrows, Iron Age forts and the Uffington white horse cut into the chalk.



Much training was done beforehand by my daughter Karen, husband Lee and friends - 25k walks around London, treks in woodlands in Esher and Wimbledon Commons. It stood them in good stead and they completed the course in the 2 days, bivouacking overnight in a field of tents provided by the organisers at the half-way stage. On the second day they set out at the crack of dawn to ensure they made the finish in time for the England - Italy final. However they were not quite prepared for the ups and

downs and variations in terrain and weather - including torrential downpours in the last 2 hours - and so it was a weary, aching, bedraggled, blistered - but happy - band of warriors that finished - just in time for Wembley. Your treasurer is too long in the tooth to attempt 100k in 2 days and is doing the equivalent Race to the Stones for Wrinklies over 10 days. At the time of writing 5 days are down, and 57k completed. Thankfully, no blisters yet!



The Nicholson Memorial Fund of the Atlas Foundation is an incredible charity and I am very grateful to be involved in its fundraising activities - even if my bones and feet won't be! If you wish to make a donation here is the link

<https://www.atlasfrc.org/Appeal/race-to-the-stones>

Science, Engineering and Technology Group

This group has been going for quite a number of years, originally hosted by David Gardner in his home. But in 2019 our numbers were growing so we started meeting in the community centre. New members have been very welcome, they bring lots of new ideas.

Before lockdown we would meet early to have coffee and a chat while setting up the equipment.

The idea has always been that the talks should be presented by members of the group, with the assistance of online material where helpful. Sometimes we have discussion groups where several people contribute to the theme of the meeting.

The talks have covered a wide variety of subjects, including:

- Gasholders
- Driverless cars
- Nasa movies
- Machine vision
- Evolution
- Imaging radars
- Zero carbon Britain
- The engineering of honey bees
- Boeing 737MAX – accident waiting to happen
- Staunton Park reservoir

When lockdown came in March 2020 we immediately switched to video meeting and have successfully continued with that ever since. More people have joined us from the Emsworth u3a, and often also members of Havant u3a Environment & Science group. Being online, we have been able to draw in friends and relatives of our members from other parts of the country to give us interesting presentations. We hope to return to meeting in the ECA in September, should government guidelines permit. Anyone from Emsworth u3a is welcome to join us – the up-to-date programme is published on the website: emsworthu3a.org.uk. Click on the link on the SET group page to send me an email.

Gail Wynne-Jones

The Menagerie at “Little Rushmere”, or Granny Minds the Animals



Fudge ate the pie, I don't know why,
He'd only just been fed.
Caught in the act, it was a fact,
Fudge turned his back and fled.
He later ate the butter slab
And then the vindaloo.

I stared at him in horror
As I wondered what to do!
Hermione then strutted out
With Bluebell close behind,
To devastate the planters
Was the task they had in mind.
Geraniums went this way,
Great clods of earth went that
And where the plants and earth had been
Two chickens soon were sat!



Then Artemis, the little cat,
Both friendly and aloof,
Decided to attention seek
And climbed up on the roof.
She sat there very prettily
But then ran out of luck
For when she came to climb back down,
It seemed that she was stuck!



Yet more catastrophe occurred
As daytime petered out
And if I thought that things were
bad,
I now had not a doubt,
For when I checked the Guinea pig
Before I went to bed,
I found poor Smoovy lying there
Most definitely dead!
He's buried in the garden now
Beneath a wooden cross
Where everyone who knew of him
Can stand and mourn his loss.
The moral of this story is
'Be wary and take care.
If asked to mind the animals,
Just do so if you dare'!



Valerie Godwin - June 2021

What a busy year it has been.

Yes, it *has* been busy. I have made single bed sized crocheted blankets for 5 of our 8 grandchildren. One was actually posted to NZ on March 9th 2020, just before Lockdown, and three handed to their UK recipients for their birthdays. The final one needs to be posted to NZ by March to be sure it will arrive for a 5th birthday gift next June.

This one I made to keep and it is my interpretation of our garden and the view we watched so much last year; It follows the colours from our decking up through the garden... the grass, the flower beds and veggies through to the colours of a golden sunset with the last clear blue skies of last summer. I wanted to make something useful yet symbolic of the life we've been leading.



I also made my first ever proper quilt; I had made small household quilted items before but wanted to learn to make a quilt. This is called an 'Ugly Quilt' because you can use all sorts of odd fabrics you have no other use for. Following the instructions to stack and cut and stitch you achieve a random pattern. I found the pattern I needed on the internet...



The front and reverse turned to show the difference and the binding made from little off-cuts of the fabrics.



The reverse, which I actually prefer.

I now have further plans for other quilts and am ready to start... I have no shortage of plans.

I know many talented quilters locally and really admire their work and am just glad I have had the time to make a start on mine

Zoom has also been the catch-word of the season.... To think I'd never heard of it before except in the context of being in a hurry!

I have attended Zooms and Webinars with so many different groups, helped to co-host new Bee-Keeper Training on Zoom and hosted fortnightly catch ups with old school friends with whom we were meant to be having a reunion this April. My 8 year old granddaughter requested Sewing Zooms with Grandma for a weekly catch up; they were lovely and a surprise as she was learning on Teams at school I thought she'd have had enough of e-learning!

We have also used our National Trust and RHS Memberships well, gradually extending the range of our journeys when allowed so to do. Setting off for a lovely walk in stunning NT places with a picnic of home baked cheese scones and cake and a flask of coffee. It has all helped keep body and soul together.

Additionally I have continued to write a weekly 'Newsletter' for the lovely Stitching Group at Hewitt's. We used to meet weekly on a Friday morning and in order that we all still knew what day it was I started a little Newsletter to pop into everyone's e-mail in-box on a Friday morning. There have been various themes and I have been delighted when other 'Stitchwitcher' members sent me photos of their stitching projects... we branched into horticultural stories too! Anyway, the latest theme has been stitching words through the alphabet and the 30th July will bring me to 'Z' and edition 70. I have decided as people are out and about a bit more that I will stop the weekly communications on that day and just send out the occasional missive over the rest of the summer and see how 'things' are going. There are still a lot of people who are uncomfortable with mixing in groups and although Hewitt's has reopened their doors to our group there is still a need to remember those not happy to meet indoors yet. I think it is important we all acknowledge that and give everyone the time and space to make their own decisions while I personally will continue to prepare for the worst whilst hoping for the best outcome.

Keep Safe everyone,

Shelagh Phelps

Lockdown Skills

Several sessions of forced lockdown led me into wondering what new skills I could acquire. Although I have always been a keen knitter, I have never managed to conquer the art of crochet. So, I resolved to improve this state of affairs, and enrolled on an online course to get me started. With much swearing, sweat and tears I have created two little dogs, as witnessed by the picture

Gail Wynne-Jones



Nick Doll's article about his experiments with liquid nitrogen in the last newsletter reminds me that on one occasion when I was working I had some liquid Nitrogen left over from a project, so I filled an ordinary Thermos flask with it, took it home and used it to demonstrate the effect of extreme cold on a number of materials to our then young teenage daughter.

Cheers, *Mike Polgreen*

Programme of Events

Emsworth and District U3A - Monthly Meetings

Third Friday of the month in St James' Church Hall Emsworth

9.30am - 11.30am. Tea/coffee from 9.30am.

SPEAKERS

- Fri Sep 17th Mr Neil Sadler "An Odd Thing Happened Today at the Airport!"
- Fri Oct 15th Dr. C. Summerhayes "Melting Ice - Rising Seas: Saving Earth's Refrigerator".
- Fri Nov 19th Emily Stroud - "Secrets of the Solent".
- December—no meeting. Christmas lunch, 3rd December
- Fri Jan 21st Andy Beadsley - "The Wheelyboat Trust"

TRIPS & OUTINGS PROGRAMME

**CHRISTMAS LUNCH - FRIDAY 3RD DECEMBER
2021, CHICHESTER COLLEGE. 3 COURSE MEAL
£20.**

SEATING WILL BE RESTRICTED TO 60 PEOPLE.
PLEASE CONFIRM INTEREST, PAYMENT REQUIRED
TO SECURE PLACE.

OUTINGS HAVE BEEN SUSPENDED DURING THE
PANDEMIC AND ARE CURRENTLY BEING PLANNED
FOR 2022. ALL SUGGESTIONS WELCOME.
PLEASE REFER TO THE WEBSITE FOR EVENT
UPDATES OR CONTACT MAUREEN
NICHOLAS, EVENTS & OUTINGS ORGANISER,
EITHER BY EMAIL AT
MAUREENNICHOLAS7@GMAIL.COM ,
OR AT THE MONTHLY MEETINGS



**Contrary to popular belief, duct tape is not the
answer to everything!!**

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



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 On The Go 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.

By April the government had relaxed the rules a bit and outdoor activities were back on the menu, so the April Amble was on but without the pub lunch. Richard and Maggie Bunce planned a walk meeting in the Bosham Quay carpark at 9.45 and leaving by 10.00 because of the tide times – the tide was well out when we left so we could take the causeway across the end of the inlet. It was a coastal walk to Bosham Hoe and then returned via quiet roads and a footpath to the car park, and measured 4.3 miles. The part along the beach was wet underfoot and muddy in places, so walking boots were handy. The weather was cool and alternated between cloudy and bright, so was ideal for both walking and admiring the scenery. Some of the trees along the seafront are quite old, large and



contorted, and quite spectacular to see. The gorse and hawthorn were both out in profusion, which added to the general feeling of spring. Some of the walkers took a picnic which was left in the car, to be eaten on the green in front of the church after the amble. All in all, another good amble, and very pleasant to be able to see familiar faces

and have a good chat about all sorts of stuff! *Toni Reynaud*

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

Creating talks



When the first lockdown started, I'd just started giving talks. For a while it seemed like this would have to go on hold until the crisis passed, but then the penny dropped: I could adapt my first talk for Zoom, write some more, and perhaps even deliver them to people outside our area!

As I worked on the talk (Evolution) I decided I needed some videos to break it up a bit. I recorded some video on my phone, downloaded a free Video Editor (OpenShot) on to my computer, and floundered around, trying to understand how it worked and how best to put the

pictures together. It kept me occupied for many, many hours! The result was "Thinking in Millions" and "Human Generations". I did the talk for Emsworth U3A. Anybody remember the imaginary row of coins a million long? My ancestor's 300 year old tombstone in North Mundham?

Sound proved to be the main problem. If I recorded my speech "on location" (i.e. outdoors) wind and traffic noise spoiled it, and when I tried to "voice-over" the video in a quiet room I struggled to marry it up to my mouth movements on the video: that'll teach me not to talk so fast!

It took many hours, but I got there in the end. I shudder to think what a professional would think of them (and I know we have at least one in our U3A!), but they did the job, and I learned a lot along the way. I even found myself watching TV documentaries with a new eye, noticing how the "pro's" put them together.





As lockdown wore on, Linda and I spent a lot of time on Emsworth seafront, drinking takeaway coffees and enjoying the view. Linda had the idea of taking a picture from the same place every day, showing the changing tides and sky, and it became a bit of a project.

Once I'd taken a few dozen pictures we thought we should do something with our hoard, and came up with the idea of making a video of them, with background music. More hours sitting at the

computer. No outdoor sound recording issues, but a lot of effort to get the pictures to change in time with the music! The result, "Bench Heaven", was just three minutes long, and I loaded it onto Youtube and sent links to friends and family.

And that was it: until a fortnight ago. A swarm of bees appeared in our garden, and I put together another video, "Bee Movie", including pictures and video of them and telling the story of how they were persuaded to relocate (spoiler alert: the removal van was a cardboard box). I'm starting to get a feeling for all the skill, time and effort that must go into the programmes we watch on the telly!



Feel free to take a peek: go to <https://davidgane2.wixsite.com/talksandmore>

and click on the "Odds and Ends" tab. Hope you find something you like!

David Gane

Ten Important Facts to Remember as We Grow Older

- 1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.
- 2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Vallium to make it normal.
- 3 All of us could take a lesson from the weather. It pays no attention to criticism.
- 4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- 5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- 6 Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- 7 Good health is merely the slowest possible rate at which one can die.
- 8 Life is sexually transmitted.
- 9 Death is the number 1 killer in the world.
- 10 Growing old can be great fun. Actually being old might not be.

Editor's bit

My thanks to all those who sent in items — please keep them coming. My email address is tonibr@btinternet.com, 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. *Toni*