



THE UNIVERSITY OF THE THIRD AGE

Emsworth and District U3A

Registered charity, No 1114777

Newsletter Early 2019



Are the swans returning?

When I first came to live in Emsworth (was it really 25 years ago!?) it was not unusual to regularly see twenty to thirty swans on the millpond, with a peak number approaching forty on one particular occasion. As time passed and the pond kept being emptied for one reason or another, the numbers of these majestic birds dwindled to the present point, where it is getting unusual to see a swan at all. However, just recently there have been more and more appearing at the town end of the harbour. Are we getting our swans back? Lets hope so—they really add something to the ambience of the area, especially for visitors walking the millpond wall.

From The Chairman

Another AGM over. AGMs are a strange event, never being sure whether sufficient numbers will turn up to comprise a quorum of 20% of the membership and allow us to vote through any new ideas. Of course, it could be that too many turn up which could mean they have come to protest at past events. Very pleased to report that this one was well supported with no rowdy behaviour. The drinkies afterwards always provide time for a natter and catch up.

Our new Constitution brought with it the need for 50% of the committee to stand down, having completed their maximum of three years in any role. After enjoying working with those standing down the changeover brings mixed feelings. It is always a disappointment to break up a good team against the anticipation of what the new team will bring and accomplish.

Two of the old team elected to stay with their role, albeit outside of the committee and allowing us to still benefit from their experience and enthusiasm.

Toni Reynaud wished to carry on producing our excellent newsletter and Madeleine Cox will join a sub-committee organising our trips and social events.

Very glad to see them both still involved. Jenny Morris will continue on the committee ably supported by Doug and Madeleine for these activities.

As a change for this coming year, we will not hold our Open Day in the Methodist Church. Instead we intend to have a stand at the Emsworth Show on August Bank Holiday Monday. Regrettably free teas and coffees will not be available but we will be open for any and all of you to stop by for a chat. Our U3A is such an integral part of Emsworth life that it would be a pity if we were not represented at the showcase of Emsworth.

In the past our groups have tended to focus on exercising the brain and we now recognise that our bodies deserve the same attention. More and more of our members are asking for activities that keep us moving. Our Pub and Amble, Pilatus, Tai Chi and Cycling are well supported and we would be happy to help further ideas to come forward. Examples include the Pub and Amble which many of you previously enjoyed but now find the distance a little too much – perhaps a shorter walk would now be more suitable (of course ending at the pub!). Dancing is always recommended for co-ordination and Line Dancing is fun. While we understand the ethos of the U3A is to avoid Paid Tutors, we also recognise the importance of preventing harm when participating in physical activities. With both of these viewpoints in mind, we intend to accept requests for groups that demand an experienced leader including paid tutors. This will only be where there is no alternative and only applicable to groups involving physical activity.

Hope you all have a good Spring with no repetition of the “Beast from the East”.

Les

Membership renewal

We are now collecting the 2019 membership subscriptions which were due on 1 January 2019. The Committee has agreed that the 2019 subscription will remain at £12.50 single and £23 for joint members.

If we have your email address you should have received an email allowing you to check the details we hold for you and a form for you to complete letting us know whether you wish to receive the U3a national magazines, Third Age Matters.

I will have a table at the monthly meetings where we will be taking subscriptions. However there is likely to be a queue, so if it may be easier for you to post me your cheque, made out to Emsworth & District U3a. My address is 3 Esmond Close, Emsworth, PO10 7HX. Don't forget to let me know whether you would like to receive the national magazines.

Alternatively you can give it to any other Committee Member who will pass it on to me.

Gill Polgreen, Membership Secretary,

gill.polgreen@gmail.com

01243 389983

Ken and Margaret Harry recently hosted a coffee morning for some of the 'Elders' who served on the Committee more than a decade ago.

Shown l-to-r are Ken Harry, Bob Hailey and Mike Wood; seated are Marie Gilham and Barbara Ripley. One of the main topics of conversation was the many ways in which our U3A had grown and changed – for the better – over the last 20 years.

Mike Wood



Mary Rose Visit



Last November 17 members converged on a Café in the Portsmouth Historic Dockyard ready for a guided tour of the Mary Rose Museum. Wearing headsets we were led to a wide-screen projection (part of which is in our picture) of the battle scene showing Henry VIII, arrowed, watching from Southsea Common as the English fleet came under attack in Southampton Water. Suddenly, the top-heavy Mary Rose, caught by a sudden squall, heeled over, water sluiced in via the gun-ports and she sank within minutes. It was July 19th 1545 and of the 500 men on board only 35 survived.



And there she lay for 437 years, one side embedded in the low-

oxygen silt which preserved the buried timbers now on display in this world class museum.

The 17,000 artefacts which have been recovered provide a unique insight into life on board a Tudor ship'o'war. Viewing is from three walkways corresponding to the ship's three decks such that one can see major items to one side opposite their on-board location.

To do justice to the Mary Rose display would take far more space than this entire Newsletter so I will comment on a few details and items which caught my eye. First up: if you've been before, perhaps when the timbers were being



sprayed with salt-free water prior to drying out and then soaked with polyethylene glycol preservative – **then do go again**. If you have young grandchildren – **take them**.



We crossed tours with two school parties, children agog at what they saw and thrilled with the 'hands-on' exhibits.

This ship had the very best equipment, like the store of several hundred longbows that was found. Bows are always made from yew but these were made from superior, imported Portuguese and Spanish yew. The muzzle-loading bronze cannons weighing three tons were made in Italy. Why? Because Italian foundries produced superior castings. Such a gun could fire its iron shot 800 yards. The ship was built to carry 78 guns but was carrying 91 when she sank. Many, like the one on the right in the picture, were shorter range land-type, cast iron carriage guns firing stone shot.



Feeding and the storage of provisions for 500 fighting men was no mean feat. Located at the bottom of the hull, resting on the keel, was the illustrated stone-built, wood-fired cooking pot. Chimney? Smoke would have filled the vessel's interior, left to find a way out via gunports and deck openings. And, found by the ship's carpenter's cabin, the skeleton of a dog. Probably this officer's pet hound serving as ship's mascot, ratter and mouser. There is so much to see: go and see for yourself.



With many thanks to Jenny Morris who organised the outing.

Mike Wood

Liverpool Santa Dash

It doesn't all happen in Emsworth – things happen in other places too. We got an invitation from our son and husband who live in Manchester to take part in the BTR Liverpool Santa Dash. What's that, we asked? A five kilometre fun run through the streets of that city dressed as Father Christmas! The event this year supported Animals at Christmas as well as Claire House Children's Hospice for seriously and terminally ill children. Although we are fairly active, we didn't fancy a run, but were told that most people just walk, so OK, let's have a go. We travelled to Manchester a day early to get a practice Christmas Dinner in on Saturday, then on the Sunday morning we all piled into their car for the hour's trip to Liverpool through the wind and rain. The forecast was for the rain to stop at 9 o'clock, so we were full of hope, and sure enough, as we were walking from the back street where we parked to the Dash Assembly area, the drizzle gave way to clear skies. We handed in our entry forms in exchange for the one size fits all Santa Suits and got them on, taking the obligatory photos of how silly we looked and merging into the sea of mostly red that was filling the start area. Mostly red? Yes, there are Santa Suits in blue for the Everton supporters – they deem it unsuitable for them to wear red for some reason!

The start area was well filled, with more Santas spilling over into the nearby streets and dock front area – there were a total over 7000 of us all ready to go. There was verbal support over the loudspeakers from Dave and Leanne of the City Radio Breakfast Show, telling us to stretch before running, and if you are walking, stay back from the front of the start area to let the keen ones have room to run. At 9.30, give or take a few minutes, the gun went bang and the crowd moved off.

We stayed together as a group of five (another friend had turned up) being overtaken by Santas trotting and overtaking other Santas who were just strolling along. It was an amazing thing to see. There were the fit ones dashing along at the front, but the crowd was made up of all shapes and sizes and all ages from those in pushchairs to





older people on crutches, some in wheelchairs and one girl who was obviously not able to walk all the way round being pushed on a decorated sack truck by her willing Dad! There were at least three pubs on the route with Santas outside having stopped for a refreshing draught on the route. Belts, hats, red trouser and beards were seen laying on the roadway as bits of the costumes

dropped off, and there were several muscular young men in red and blue speedo swimming trunks in the middle of it all. I'm convinced they only do it for all the cuddles they get from the ladies admiring their physique! Towards the end there was a Samba Drum band making plenty of rhythmic noise to urge us along the last hundred yards or so, to be welcomed by the real Father Christmas as we crossed the line. We were then funnelled round a couple of corners into a series of gated alleys to receive our commemorative medal, a



fairly spectacular piece of metalwork, and then wandered off to find somewhere for brunch (I had a celebratory beer with mine as I wasn't driving). Discussion led to the Knife Angel we had seen on the news a few days previously being positioned outside Liverpool Cathedral, and we decided it would be rude to be so close and not go to see it in real life, so having been refreshed we walked the mile or so up to the cathedral to join other people admiring the Angel – it's big and impressive! After that it was back to the car and Manchester, ready for the Boxing Day treat of Bubble and Squeak with cold turkey and pickles for dinner. All in all it was a thoroughly good weekend with family all for a good cause.

Toni Busuttil-Reynaud

To see a short video of the event, type the following into the address bar of your internet browser.

<https://www.facebook.com/TheGuideLpool/>

COFFEE ROTA

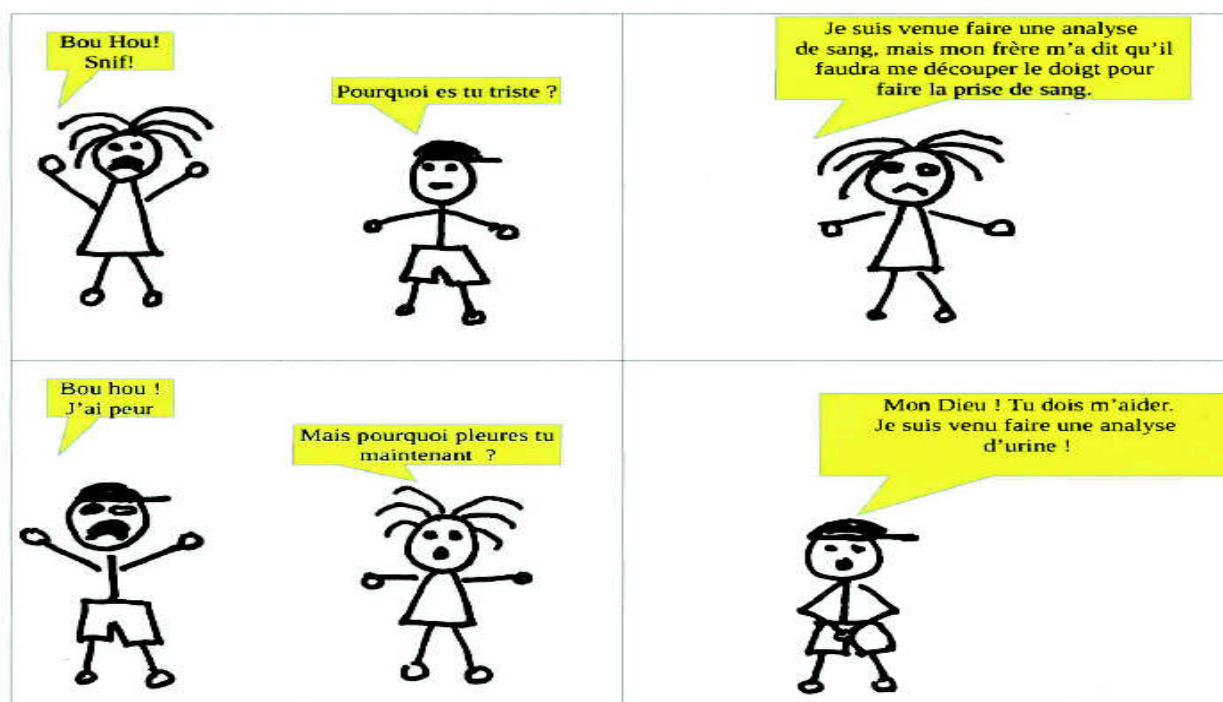
Shown below is the rota for serving the tea, coffee and biscuits at the monthly meetings.

Depending on the size of Group there may be two Groups for any one month - will Group Leaders please liaise and ensure that at least four people from their Groups 'volunteer' for this duty.

If insufficient people turn up to provide the service then no refreshments will be served at that meeting!

2019	March	Cycling / Music Appreciation
	April	Scrabble / Mahjong
	May	Birdwatching / Hebrew
	June	Playreading for Fun / Model Railways
	July	Theatre (Inner & Outer Circle)
	August	No meeting

Au pharmacie



Vocabulaire:
 une analyse de sang - blood test
 découper le doigt - to cut off a finger
 la prise de sang - blood sample

Learning French can sometimes require a sense of humour!

Les Pallett Chairman dilespallett@tiscali.co.uk 01243 681910	Jennifer Morris Trips, Outings and Social. jdwanmorris444@gmail.com 01243 930792
Gill Polgreen Membership Secretary 3 Esmond Close, Emsworth, PO10 7HX gill.polgreen@gmail.com 01243 389983	Bridget Watts Groups Co-ordinator bridget.watts@btinternet.com 07970 521815
Kenneth Laing Treasurer klaing@ntlworld.com	Michael Hulse Speaker Organizer michaeldavidhulse@hotmail.com
David Bittles Secretary davidbits@sky.com	Mike Polgreen Webmaster & Technical Co-ordinator mcpolgreen@gmail.com

Future Talks

March 15th	Adrian Fox	Tribes of Ethiopia
April 26th	April Owton	The Show goes on
May 17th	Ryan Watts	Rotten boroughs and Inns
June 21st.	Andrew Negus.	Travelling on the Trans Siberian Express
July 19th.	Ian Bevan.	Inns of Court

Please note. The April monthly meeting has been postponed for one week due to the Easter holiday

CONDOLENCE CARDS

The Committee would like to send a card to the family when a member of our U3A dies. Please, let the membership secretary or any Committee member know.

Remember to look at our website –lots of useful information on there.
www.emsworthu3a.org.uk

U3A EMSWORTH CYCLING GROUP PROGRAM for 2019

Rides will be on the 1st & 3rd Thursday of each month starting from Emsworth Park (car park), Horndean Road, **at 09.30 prompt** and the Hayling & Southsea rides ONLY can be joined at Warblington Railway Gates (South side) at 09.40 for anyone who lives to the West of Emsworth

Contact James Powell on 023 9245 2424



7th March	21st March	4th April	18th April
Hayling	Fishbourne	West Dean	Stoke
10 Miles E/W	12 out 9 return	12 Miles E/W	10 Miles E/W
Flat Ride	Flat Ride	Some Small Hills	Some Small Hills
2nd May	16th May	6th June	20th June
Hayling	Fishbourne	West Dean	Stoke / Funtington
10 Miles E/W	12 out 9 return	12 Miles E/W	10 Miles E/W
Flat Ride	Flat Ride	Some Small Hills	Some Small Hills
4th July	18th July	1st August	15th August
Hayling	Fishbourne	West Dean	Stoke / Funtington
10 Miles E/W	12 out 9 return	12 Miles E/W	10 Miles E/W
Flat Ride	Flat Ride	Some Small Hills	Some Small Hills

Emsworth and District U3A outings 2019

The full Outings programme is still being prepared but the visits for the first part of the year have been confirmed and are as follows:

Thursday 25th April – Leonardslee Gardens, Lower Beeding, Near Horsham

Leonardslee gardens have been described as “The finest spring gardens in England” In spring visitors can see the outstanding displays of rhododendrons, azaleas, camellias, magnolias and bluebells as well as explore the extensive grounds. They can also visit the unique dolls’ house exhibition and see the rare colony of wallabies, wildfowl and huge carp in the seven ponds.

Apart from the opportunity to visit the gardens the trip will also include a stop at a nearby pub for lunch/refreshments. **The cost of lunch is not included in the trip price.**

This will be a full day trip, by coach, with pick up points at Warblington Road (opposite the Kings Arms) and Beach Road.

The price for this trip will be: £23.00 per person, which includes coach travel and the entrance fee to the gardens.

Wednesday 29th May. Royal Albert Hall Friendship Matinee. "Abbaphonic"

The Friendship Matinee is a great opportunity to get a taste of excellent live music (around 2 hours) at the Albert Hall. This year's afternoon Friendship Matinee features the music of Abba, played by the Royal Philharmonic Orchestra, with some of Abba's greatest hits sung by West End stars Abbie Osmon and Emma Kershaw.

Those attending will need to make their own travel arrangements. The Royal Albert Hall is easily accessible by rail (Waterloo) and then Tube.

The price of a ticket is £5.00 per person

Thursday 27th June. Knole House near Sevenoaks

Knole is a National Trust property, set in a medieval deer park, that has recently been the subject of a major conservation project. It was originally built as an archbishop's palace, has been lived in by royalty and has been occupied by the Sackville family for many years. Apart from visiting the grand courtyards, the orangery and the parkland there is access to the showrooms, the subject of the conservation project. In these can be seen 17th century tapestries and furniture as well as art by Reynolds, Gainsborough and van Dyck.

There is a café on site where refreshments and lunch can be purchased. **These are not included in the trip price.**

[This will be a full day trip, by coach, with pick up points at Warblington Road \(opposite the Kings Arms\) and Beach Road.](#)

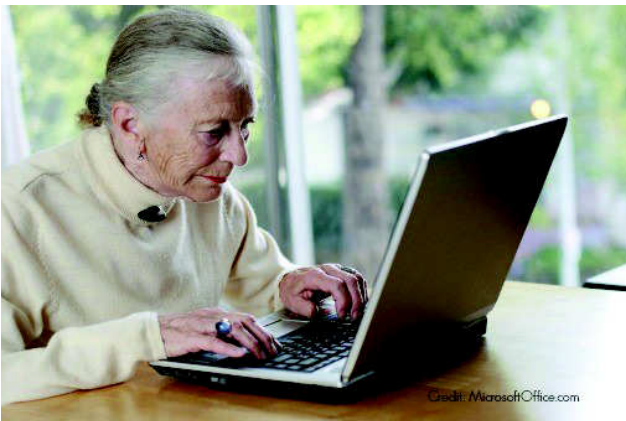
**The price for this trip will be:
£19.00 for National Trust members
£32.00 for Non-NT members**

Further information can be obtained from Jenny Morris jdwanmorris444@gmail.com or Doug Anderson thedougal7@gmail.com
Bookings can be made at the U3A general meetings from 18th January.
Full payment will be required at the time of booking.

Style

What style has the cat, what exquisite perfection
In character and form in equal proportion.
The velvety fur is a stroking hand's pleasure
And triggers the purr, a veritable treasure
Of unruffled sound that can change in an instant
To ear-shredding miaow with a cross, hissing descant.
Her body so supple can bend in an arc
To effortly reach the underneath parts
While dorsally reclining with one leg stretched tall
And toes at full span showing pink pads and claws
The roughest of tongues repeatedly licks
Until all of the fur is slicker than slick.
Only then will cat stand and walk off with light pace
Or leap in the air with athletic grace
'Look at me, look at me' she seemingly calls,
Springing easily up to the high garden wall,
'What style I do have, what exquisite perfection
In character and form in equal proportion.'

Diana Pallett June 2013



Compensations

I never think that I am old
I still feel so young inside.
Ageing is in the mind, I'm told,
I always thought my mirror lied.

Those wrinkles are not really there
The sagging cheeks - they can't be mine.
Who's this old woman with eyes that stare
Out at me, faded pale with time.

I never valued my figure of the past
Nor the ease with which I wore stilettos.

The young think everything will last
And don't know its worth until it goes.
I grasp at straws with make-up bright,
And coloured hair o'er salt and pepper,
Cut hair from moles, wax top lip tight,

Pretend that I am looking better.
But I have seen my children grow.
I've held my grandchildren close.
Those who die young can never know
The joys that an old person knows.

Diana Pallett October 2013

CHRISTMAS LUNCH 2018

On Thursday 6th December 2018, about 74 of our members converged on The Langstone Hotel on Hayling Island to enjoy the three course Christmas lunch, complete with a glass of wine or soft drink on arrival, coffee or tea and lots of chatter with good company. This was the third time that the event has been held at this location, and as promised we were greeted in the large dining room by smiling staff dispensing the wine and soft drinks. New acquaintances were made, seats were found according to the table place listing, and the conversation continued until the orders for choices were taken and the starters arrived and consumed. The service was not the fastest, but given that we were served one complete table at the time, all was well. The food was hot, well cooked and nicely presented, and there was plenty of it. Crackers were pulled and hats donned by those who like to wear them, jokes were shared and groaned over (cracker jokes are always dreadful!) and the little cracker gifts consigned to a heap in the middle of the table. The desserts were served and consumed, and the conversation and repartee continued throughout. While the tea and coffee was being served, our esteemed chair Les Pallet stood and gave a short speech, soon after which people began to drift away. An excellent lunch with friends old and new was a joyful way to begin the Christmas celebrations.

Toni B-Reynaud



The Early Ambles

This first Amble of 2019 took place on the 14th of January. We started at The Wheelwrights pub in Havant, which might not seem an obvious starting point, but it turned out rather well. The weather was clear and sunny and not too cold at all. Eighteen of us turned up, and having made a last toilet stop and laced up our boots we set off. The route followed the road south towards Wade Court then turned left along a paved footpath between the backs of big houses towards Emsworth. We crossed over the A27, traversed Pook Lane then went east past Warblington church, across the fields and finally arrived at the western end of Nore Barn Woods. From there we turned right and walked along the shore towards Langstone, eventually reaching the bridge and The Ship Inn, where we stopped for coffee. The weather was still warm enough to sit out and we had a very pleasant half hour in the sun. The final stretch was northwards alongside the main road then right onto the Hayling Billy trail and so back to the Wheelwrights Arms, a total distance of four and a half easy miles. The menu at the Wheelwrights was good enough to satisfy everyone, and the quality of the food was good, well worth a return visit some day. Service was good, ensuring that all the meals on each table were served at the same time, each table in turn. Overall, a very nice way to spend a nice winter's morning.



On February 11th, the date of the next Amble, the day dawned bright and clear, if a touch chilly, so it was on with the boots and jackets and out for another Amble. This time we headed for The Old House at Home in Chidham, where we all perused the menus and ordered lunch before we set off. The route took us southeasterly over a couple of muddy paths by Chidmere pond, then past the entrance to Cobnor Activities Centre to the coast. Here we turned south and followed the coast path through the Activities Centre, west round Cobnor Point



and back north to Chidham Point. We stopped a couple of times to take in the view across to Bosham and to look at some birds on the wetlands – great discussions were held as to the identity of several of the birds! North of Chidham Point we did a U-turn across a ditch for a short distance then turned east across the fields to the Chidham road where we turned right and back to the pub. The route was generally quite walkable, but there were one or two spots where the recent rain had turned the clay into a really slippery mess and left big puddles between hedges. Notable points about the morning were the sunshine, the relatively gentle northerly breeze, the views across the harbour in one direction and up to the downs in the other, and the yellow flowers on the gorse bushes. The staff in the pub were on top of their game, and after checking each person's order while getting drinks, the food arrived in good time. The food ranged from pie, chips and peas through salads and seafood to cheese sandwiches, and portions were generous and the quality was good – no complaints from anyone. A good way to end another five mile Amble in good company. Thanks to Pamela and Geoff Eardley for this route.

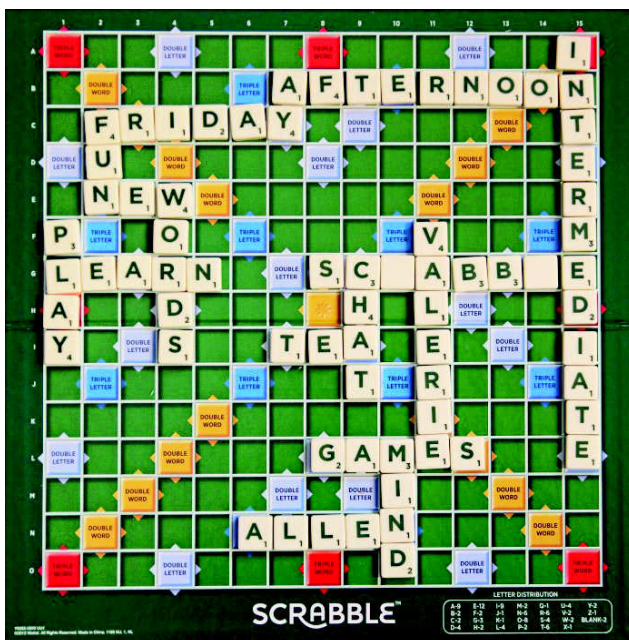
Toni B-Reynaud



A New Group - Hooks and needles

A new group is starting on 13th April. We will meet the second Monday morning of the month in members' homes. The group is open to anyone who likes knitting, crocheting, patchwork or any other skill involving hooks or needles. You don't have to be an expert and the group is open to anyone who wants to learn something new. You could bring along an unfinished project - we all have one! Maybe you are not sure how to complete it or simply need to find the time to finish it. We might even take on a group project.

Contact angela.sewell@gmail.com if you want more information about Hooks and Needles or talk to me at a monthly meeting.



A family's
LoveTM
is forever

After the Family Visit (2 Haikus 5, 7, 5 syllables)

Just looked in the fridge.
Was it really full yesterday
before they all went home?

Chocolates and nougat,
exotic flowers in vases;
Thank you, our children.

Catherine

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*