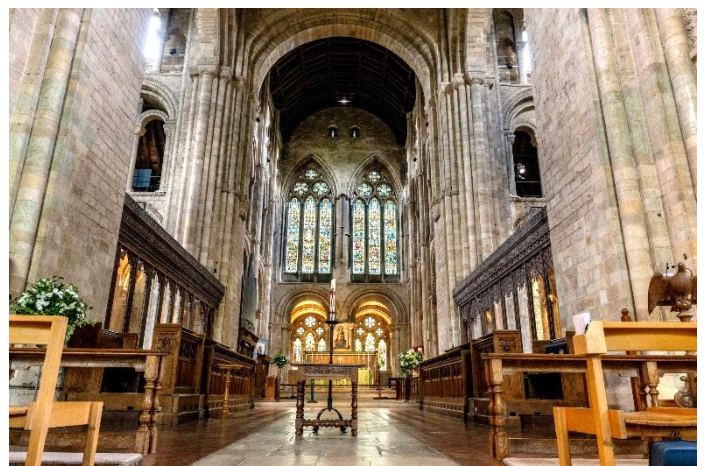
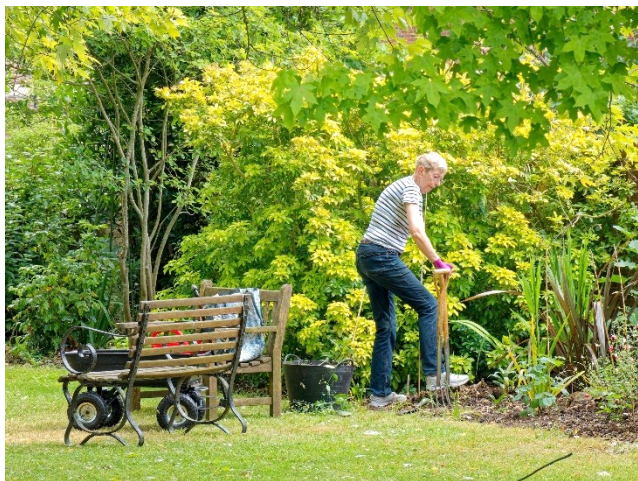




September 2024 newsletter

Camera Workshop Outing at Romsey, last month.



Thanks to Willian Saywell and the Camera workshop group for these photos!

CYCLING FOR FUN GO HILLCLIMBING!

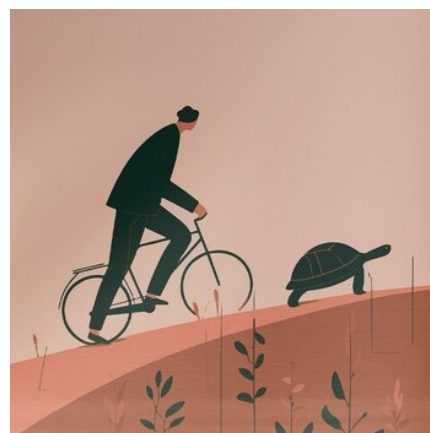
Cycling for fun travelled to Petersfield for their August ride. It was based on part of two circuits published by the South Downs Cycle Rides [National Park Authority] and started and finished at Petersfield train station. John Auric writes: We left the station under grey skies and a cool breeze, going round the back of



the town and south-west along the

Causeway, meeting NCR [National Cycle Route

222] towards and under the noisy A3M. Calmer waters here up westward and along Ramsdean Lane and then Oxenbourne Lane, a gradual up-hill through a gentle mixed landscape of arable and pasture. Passing through the hamlet of Frogmore, we arrived at the Izaak Walton pub for our coffee stop in East Meon high street. There was still some water flowing in the Meon [it being a seasonal chalk stream] and Izaak Walton was, of course, the



author of the renowned tome on coarse fishing – “The Compleat Angler”. Our sociable mood was tempered by the sudden sad news of the death of Richard Hitchcock, a fairly new but keen member of the U3A cycling group and associate of mine as part of the “Estuary Men” folk singers. Richard had been ill for some months following an operation for cancer but was thought recently to have a fair chance of remission. Our thoughts are with his wife Elred and daughter Ciara.

Leaving East Meon, we headed south-west, crossing the South Downs Way at Coombe Cross to arrive at the hamlet of Coombe, at the north side of Chidden Down. This now meant a longish climb up to a crest of 183 metres and all credit to our steam powered cyclists Bruce and Ray for their assault on the peak, during which Ray’s chain came off! It was a route eastward now on the top of the downs and we next made for a quick stop-off at the Sustainability Centre, [a charitable learning centre to inspire more sustainable living] before



finding the South Downs Way, which was extremely rough going to start, with views across the downs limited by the low cloud. After about 3km we arrived at the top of Hogs Lodge Lane and it’s steep descent down to our lunch destination, the Hampshire Hog Hotel and Inn, a former coaching inn on the A3 London road. Refreshed, we went off on the last stage of the ride, down and under the A3M to the Q.E. Country Park and then sharply north, past Butser Quarry and back on to the Causeway and Petersfield station just in time to catch the 3.13 for Havant. **John Auric**

The Estuary Men

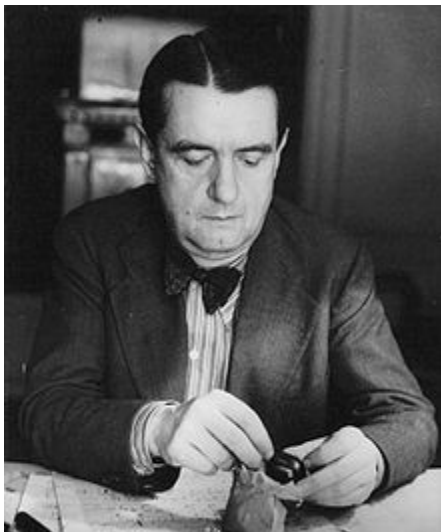
The Estuarymen were formed in 2022. Where did they come from? There was a shanty group called Fishermen's Friends who came to prominence during the Covid period. Four of this group were members of the Emsworth Village Voices Choir and were performing as Accefellahs. They decided to form a new group,



the Estuarymen, specialising in songs of the sea, the rivers that run into them and of the people who worked on them and loved them. Some of their songs are original compositions by their founder and musical director, John Auric. Musical accompaniment is provided in the form of 5-string Banjo and Guitar and also a friend seconded to the group playing flute, harmonicas and pipes. Their first public performance was a concert in aid of supporting Ukrainians in homes in our area and £1000 was raised!

The Estuarymen have performed twice at the Southdowns Folk Festival in Bognor and also the Chichester Festival Fringe. Three members of the group belong to our Ems Valley U3A., and we were fortunate to have them perform for us at the July monthly meeting. Our very own John Gains, seen second from the left in the photo, provided this article and member John Auric (second right) is their musical director.

Editor's note: When John Auric joined us on the Ems Valley Wine trip to the Languedoc, S.W. France, in 2010, we were able to find evidence of his great uncle's birthplace in



Lodève, a small French town where we had based ourselves for four nights at the Hotel de la Paix. Georges Auric, seen on the left, and who died in 1983, was a well known French composer, born in Lodève, He was one of "Les Six", a group of musical artists informally associated with Jean Cocteau and Erik Satie in the 1920/30s. Before Georges had turned 20, he had orchestrated and written incidental music for several ballets and stage productions. He continued to have a long and distinguished career as a film composer. eg Moulin Rouge [1958] and Hunchback of Notre Dame [1956]. Who were "Les Six"?

Erik Satie had become the focus of successive groups of young composers. First were those associated with Ravel – and then a group known as the "nouveaux jeunes", later called "Les Six", which included Georges Auric, Francis Poulenc, Louis Durey, Arthur Honegger, Darius Milhaud and Germaine Tailleferre.

We now understand where John acquired his musical genes!

Message from your Vice Chairman

After the August break, a reminder that our monthly meetings resume on Thursday 26th September. Our main speaker will be Dr Gale Pettifer who will be telling us about the History of the New Forest Pony. After tea there will be a Pilates demonstration, with participation, led by Les Pallett and his group. We hope to see as many of you as possible there. Can I also continue to appeal for volunteers to take the after tea slot on the many available dates next year. Group or individual presentations are equally welcome. Please see me at the meeting or email me at vice-chairman@emsvalleyu3a.org.

Full details of all future monthly meetings, and much more, are available on our website.

STEM Meeting to Learn about Immunology

Our net meeting is on Thursday September 5th at 2pm and all are welcome to attend. Have you ever wondered how vaccines work and how they were discovered? Why is it that serious allergic reactions are becoming much more commonplace? What are Auto-immune diseases? – for example Rheumatoid Arthritis and Type 1 Diabetes. Our topic this month will be Immunology. This, I'm sure, will be of great interest, since cellular immune reaction is one of the core mechanisms, affecting the health of us all. We will learn more about this, through a Workshop



discussion, in which all are encouraged to join in! We've held workshops in the past and these have been very enjoyable, with enthusiastic involvement in the discussion by all present, and good feedback afterwards. The advantage is that we choose a subject, about which most of us know very little, but learn about it through some background reading and discussion at the workshop. Generally, a small number of members lead on a particular aspect and share their research with us. Informality and an acceptance that there is no such thing as a silly question ensure that we are here to enjoy ourselves! - The true

spirit of University of the Third Age? September's Workshop will be coordinated by Vicki King, who has formed a small team, including William Saywell and Pam Palmer. Vicki has had a distinguished academic and professional career in this field and is well placed to lead the workshop and answer your questions.

We will look at the following aspects:

☑ Fundamentals – including the cellular immune reaction

☑ Vaccines and Immunisation

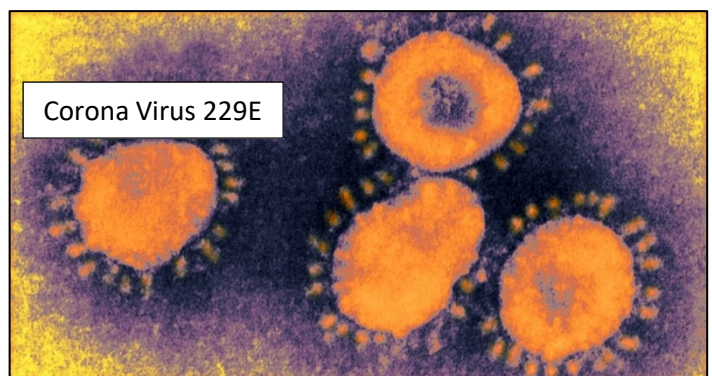
☑ Allergies – Type, Coping Strategies and recent findings.

Influenza Virus

Corona Virus

☑ Auto-Immune Diseases – eg. Rheumatoid Arthritis, type 1 diabetes

and Coeliac



This promises to be a fascinating meeting. 5 th September at 2.00pm, at our usual venue – St James Parish Hall. If you are not a member of STEM group, and wish to attend, , please just let us know via our website: -

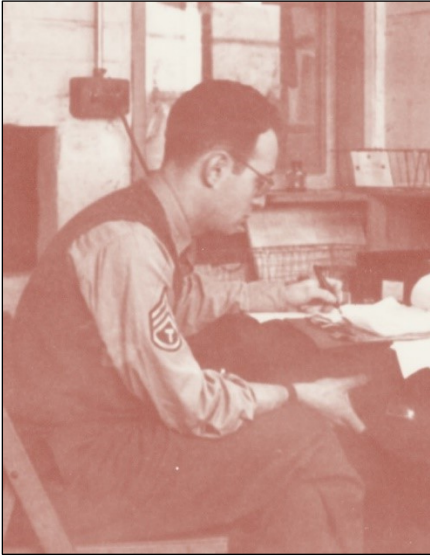
https://emsvalley.u3asite.uk/u3a_groups/science-technology/

If you can do a bit of background reading / research before the meeting, so that you can join in the discussion or ask questions, that would be great. Finally, a big thank you to Vicki and the team, who have put a lot of work into preparing for this workshop!

Geoff Whalley, Leader Science and Technology Group

Daytrippers are looking to visit Bletchley Park next March/April?

Once the top-secret home of the World War Two Codebreakers, Bletchley Park is now a vibrant heritage attraction. Immersive films, interactive displays, museum collections and faithfully recreated WW2 rooms will guide you on a journey to discover the past at Bletchley Park. Exhibitions, set within beautifully restored historic buildings, tell the story of this once top-secret operation. You will witness the brilliant minds and complex machines that made this vital work possible, and discover the global impact Bletchley Park had on the outcome of WW2.



Simon Winslow writes: We are exploring, in conjunction with the Emsworth and District U3A, the possibility of arranging a trip to Bletchley Park in the Spring of next year probably in March/April. The cost of the trip would be approx. £50.00 per person which would cover the cost of transport(by way of coach), entrance fee and a guided tour. It's not possible to give an exact cost at this stage because the entrance fee and guide costs for 2025 have not yet been finalised. It also depends on the take up to fill the coach but I would hope that this figure is reasonably accurate. This trip would involve an early start (probably 08.30/09.00) and a late(ish) return at around 18.00 due to the distances involved and the need to spend as much time as possible at the venue. The estimated travel time is approx.2 1/2 hours each way.

This trip will require an early commitment and up-front payment in order to book the coach and so we are seeking Members' views if they would be interested in going on this outing. Therefore could you please let me have your comments as soon as possible. If there is sufficient support then we will

try and firm up a date etc. and let you have further details in due course.

In order to review this trip and to plan further outings, we are holding a planning meeting on **Thursday, 12th September at 14.00 in the Reform Church Hall in Bath Road**. I hope as many Members as possible will be able to attend with your thoughts and ideas for future trips. Again could you please let me know if you are able to attend.

Simon Winslow swinslow@btinternet.com

I took the Stagecoach from Brighton to Emsworth!

I knew that the stagecoach "Coastliner" service went all the way to Brighton and had often thought of "having a day out on the bus pass". So, it came to pass that I found myself in Brighton, photographing the massive brick viaduct for a future Bricks session, one Saturday in August. No car with me, it was the train or the bus back home. I had this little inkling that the bus could be cheaper.....and yes, I had done a little research. The 700 service left Churchill Square every 20 minutes and would deposit me in Littlehampton about 1.5 hours later. I knew a great lunch venue on the seafront here, and the break would allow for the daily constitutional. Then I needed to catch the 500 service to Chichester – a mere hour or so. That bus would deposit me opposite the old Army and Navy store and I would catch the familiar 700 service back to Emsworth, a big day out with little effort on my part, and all for the cost of my seafront lunch with my bus pass! So much for the research – the big day arrived and I found Churchill square very easily, the bus came in 5 minutes and we were off, down the Sussex Riviera. It is amazing how much you can enjoy from the top deck of a double decker. The Stagecoach hugs the coast, and the coast goes on for - seemingly ever. Hove, Portslade by sea, The Docks, we crossed the River Adur, Shoreham by sea, Lancing, and into Worthing, see pic of the fine Pier. Worthing looked particularly resplendent on this lovely Saturday morning. Then through the villages, Ferring, East Preston and Rustington, but you needed to check the shop facades in order to tell which village you were at because all of this built up coast amounts really to a continuous but most interesting strip. I was left thinking why is it not promoted more, is it only a haven for the retired? The legendary 1.5-mile stretch of Sunset Boulevard in

West Hollywood is known as the Sunset Strip, how about a Sussex Strip, it would be twelve times the length of the celebrity-studded music venued brashland.

Time to stretch the legs – warning - the bus station at Littlehampton is almost a mile from the seafront, but you need the exercise by this time. See pic on right of lunchspot, the futuristic East Beach Café!

Suitably victualled, we arrive back at the bus station for the 500 service to Chichester. Would you believe it was waiting there with the young driver leaning against a fence joking that he didn't know if a driver was coming! This was a more country route, well we needed a contrast, and we enjoyed Climping to Yapton to Barnham, Eastergate, Fontwell, Tangmere and then into Chichester via Shopwyke. As we got coser to Chichester so the housing estates grew and grew.



It was perhaps a sign of the important standing of an Ems Valley u3a member that on every change, a bus was duly waiting for us.... Chichester Cathedral to Emsworth was a doddle and we alighted dead on 5.00pm, just six hours since our departure. Any cons? Yes, my jungle issue sunhat is somewhere down the side of one of those bus seats.



Left above: every effort is made to attract the customers



Right above: Worthing Pier

CROQUET Match – Ems Valley u3a v Chichester u3a

On July 31st the sun was shining for our annual Croquet match against Chichester U3A.

Our Team was picked at random from members wishing to play – Their team was picked on merit I think!!

The Ems Valley Team consisted of Tricia Davis partnering Warren Ornstein, Judy Leppard with Tim Wilyman, Barbara Davies with David Sawyer and Jane Yoward with Rob Nelson.

After a slow start (10 hoops to their 20 after the first Lawn) our Team played exceptionally well managing an “ Andy Murray “ drawing 32 hoops each. Well done to Jane and Rob who were our winning pair.

While the scores were being calculated we all enjoyed scones and cake in a very social atmosphere with Chichester !

A big Thank You to Chichester and Fishbourne Croquet Club for organising this for us – in particular Sally Short our long suffering Coach.

Word has it that Waterlooville U3A have started a Croquet Group so maybe a three way match next year !



Pics left to right clockwise: Members enjoying scones and cake in the sunshine. Jane Yoward about to deliver a telling shot while Rob Nelson looks on and our team with the Chichester team pose for the team photos!

Camera Workshop outings say goodbye to Diana Driver!



A sad but very memorable event took place recently at the Red Lion Inn at Southwick, when the Camera Workshop group said goodbye to Diana Driver. Diana formed this group many months (years?) ago and they have travelled all over in their quests for that special picture! A celebration lunch was held for Diana (seen third from the right in the photo) and William Saywell (extreme right) has since taken over with Nigel Tay as his co-leader.

Jill and Adrian Lovatt travelled all the way from Horsham to attend the luncheon. Diana told me that

William had made a card with photos of lots of memories and lovely messages of thanks including a message from June and Malcolm who could not attend. She added that "I will always remember this lovely event". So another group sees a milestone pass, but in true u3a tradition, a new member steps up to the fray! **EDITOR**

'Allo 'Allo

Those who know me well will understand why I have an affinity with the picture below. It was back in the mid 1980s that I wrote my own script, 'Allo 'Allo, for the Denmead Village Concert and we had great fun doing a 2 night run! It was then brought out again, and dusted down, about ten years ago when the Emsworth/St Aubin Twinning



Association produced it here in Emsworth in the St James Church Hall. More fun! So readers will realise why I could not resist going to the Station Theatre at Hayling when HIADS advertised 'Allo 'Allo on 3rd August. Well, I was a member of Ems Valley Theatre Group so I had some standing apart from my earlier script!

I had seen some excellent productions at the Station Theatre recently including one musical, Dolly Parton's "Nine to Five" which was so lively I nearly jumped out of the proverbial seat! So, if you can excuse the expression, I was up for an evening with René Artoise, Edith and the naughty waitresses. Alas, it was not to be. The actors did not have head mics on and all seemed far too soft spoken to me. (i.e. I missed the jokes!) Edith sang out of tune beautifully and the camp Lieut. Gruber excelled but there it ended. Herr Flick, Col Von Strohm, Michelle of the Resistance and Officer Crabtree did not come up to expectations. I was disappointed and slightly embarrassed I had

dragged my partner along!

How many of you used to chuckle at this hilarious sitcom? It is still being shown on nostalgia channels and I still find that its good natured, unpretentious exuberance is like a breath of fresh air! Did you know how it all started? One night, in his little cottage next to St James Palace in London, actor turned sitcom writer Jeremy Lloyd had an idea of a farce about the French Resistance. (Dangerous ground you may feel, in view of the many acts of selfless heroism shown during the war!) It was midnight when he rang producer and co-writer David Croft and put the suggestion to him. Croft replied: "Good idea! Let's start tomorrow." This pilot was written in just two and a half days. And my comment about being on dangerous ground – 'Allo 'Allo didn't really take the mickey out of the war or the Resistance but out of those intense wartime dramas where you are not allowed so much as a giggle because of the seriousness of the situation. It is so refreshingly cynical. Rene who was hailed as "the bravest man in France" is in fact a total coward. When Monsieur LeClerc asks him why he doesn't marry Resistance leader Michelle, he replies: "think of the life I would have to lead. Blowing up trains, dodging bullets, sleeping in hedges, living in ditches" And the Colonel, when General Von Klinkerhoffen asks him: "Do you want to be in this war or not!?" He replies: "Well, I'm not mad about it"!

Editor

Summer Hydrangea

If you read my piece on Hydrangeas last month, you will appreciate why I was totally taken by this garden which I regularly pass in Beach Road!



My goodness, what a showy garden shrub with these pointed cone-shaped panicles of elegant white flowers! It certainly is a good year for Hydrangeas even if the weather does not satisfy everybody! (and yes, it is the garden where the lovely Ballard-Neales lived, loyal members of our u3a, and sadly no longer with us.) One week later, I note that these blooms are turning a very pale lemon with some pale pink tinges evident.....

Editor.

The Kingdom – How fungi made our world!

Not sure if anyone has seen an amazing Canadian T.V. production titled as above? I was lucky enough to stumble across it last week and I enjoyed an amazing story of nature's great survivor: fungi. Apparently not plant, not animal, but a distinct biological realm which has been essential to the evolution of all life on land. And, we are told, fungi may hold the key to mankind's future. If you haven't seen it, do try - I believe it is available on "You tube". (Just enter the title as written above). Amongst the programmes many revelations was mention of Otzi the iceman. Members of Ems Valley Wine Appreciation will remember a visit to see him in Bolzano in 2015. The Iceman mummy, nicknamed Ötzi, was discovered in 1991 amidst sheets of melting ice on the Tisenjoch pass of the Similaun glacier in the Tyrolean Alps. Because he was found on the border between Italy and Austria, at an altitude of 3,200 m above sea level, there was a huge battle between Italy and Austria because they could not decide ownership due to the



indefinite border. Italy won, and now thousands visit his mummified remains contained in a special cold cell at the South Tyrol Museum of Archaeology in Bolzano. The mystery over his violent death, (he was shot in the back with bow and arrow), who he was and how he ended up on a mountain pass has sparked fascination far beyond the field of archaeology. His superb state of preservation was due to him being buried in snow which then formed the ice pack.

Yes, this Canadian fungi programme discuss the different fungi that Otzi was carrying. For among the numerous items of equipment this 'Iceman' had on his body, were two different shaped fruitbody pieces of the polypore *Piptoporus betulinus*, each mounted separately on a leather thong, and, found in his girdle bag. The question about the possible use of his fungi has puzzled the makers after their full analysis. It may be that they were just a talisman but was Otzi aware of the importance of Fungi 5,300 years ago??

I did report on another new study of ancient DNA extracted from Ötzi's pelvis in a previous newsletter. That report suggested that there are still some secrets to give up. The analysis of his genetic makeup has revealed that this mummy had dark skin and dark eyes — and was likely bald. This stands in contrast to the reconstruction of Ötzi that we viewed depicting him as a pale-skinned man with a full head of hair and a beard!

It all goes to show the different places Wine Appreciation can lead you....

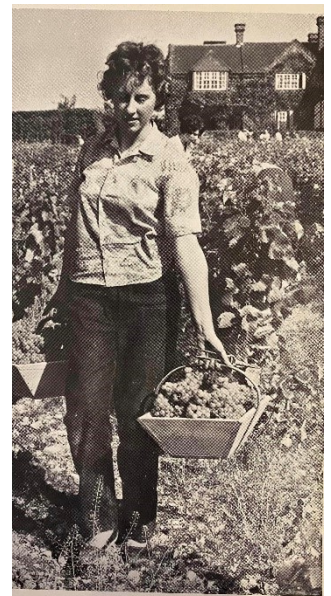
Alan Borrow

Wine Corner

A little nostalgia from Hambledon vineyard, one of the earliest vineyards in the U.K. It is harvest time and the grapes are being pressed (or chewed?) in a primitive machine shown below. The vineyard picture shows the army of



volunteers going about their business in late September or more probably early October. The vineyard was started in 1952 by Major-General Sir Guy Salisbury-Jones, at Hambledon and therefore prides



itself on a long and rich heritage.

So, Hambledon is famous for this early vineyard as well as being well known as the 'Cradle of Cricket'. The vines you see above have been dug up and new "Champagne" style varieties have been planted in this 21st century. The vineyard has been greatly extended by the current owners and they now offer guided tours, tastings and even an up market restaurant.

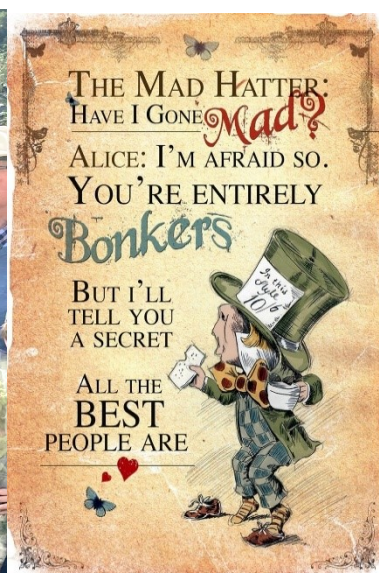
The EMSWORTH SHOW



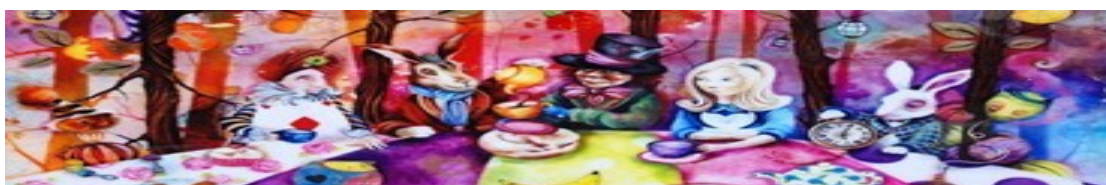
The 2024 show enjoyed good weather and our roving reporter Hazel Willard sent these picture to the Editor. Entitled 'Ems Valley u3a members enjoying themselves at the show', left to right clockwise, Felicity A., Nelson A, Susie Barker, Les Pallet, Gary Willard and Trish Davis. Hazel said that the Racing Pigs and the Alpacas were the best in the main rink!!



Lewis Carroll would have been proud....



A Mad Hatters Tea party over the August Bank Holiday attracted those who qualified and could afford ten and six for the Hat. Sandie and Richard Swaine were the hosts and Anne Powell, our past Chairman (third from right), travelled from Warwick!



KEY TO ABOVE PIC



My wife yelled from upstairs and asked, "Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they're stabbing it?"

I replied "No..."

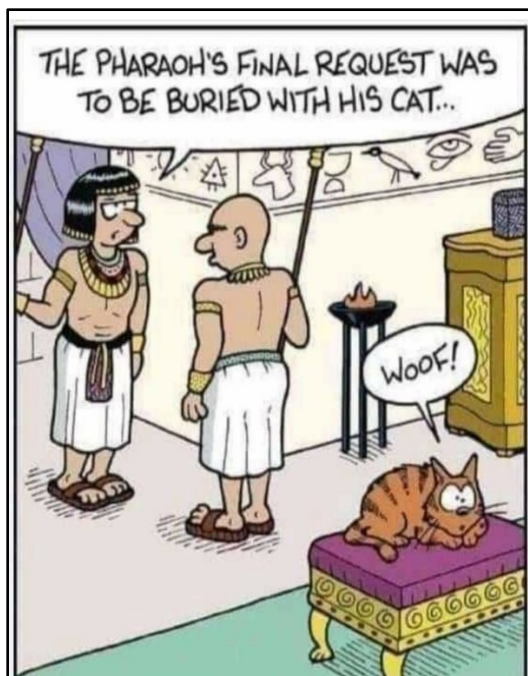
She responded: "How about now?"

Apparently there are 2 types of flu. The harmless one that women and children get, and the "near death" version that men get.



My Neighbour
Just yelled at her kids
so loudly
that
ENEN I BRUSHED
MY TEETH
And
WENT STRAIGHT TO
BED.





A recent study found that the average Golfer walks about 900 miles a year.

Another study found that Golfers drink on average 22 gallons of alcohol a year.

This means that they are getting – on average – about 41 miles to the gallon.

Makes you think what a Hybrid would do for these figures...

I must apologise for inclusion of several items in this September issue that amused me. Being August, there was not so many reports from the groups. But a reminder members, anyone can send me a little piece – if it entertains you, it will entertain others!

All contributions for the next newsletter please to:

alanborrow1@gmail.com

(please note new email address)

Please delete the Virgin media email address you may still have on your system – I do not receive these posts!