



OCTOBER NEWSLETTER

Swiss Cow Bell is Cycling group's polite weapon to deal with shoppers....



September 16, 2024 : What else to do on such a glorious late Summer/early Autumn day than to spend nine hours out cycling with twelve friends? The pictures tell the story. The rail routing to Poole was a bit tight with the bikes, but the destination was quite stunning after a ride through Poole Shopping Centre with a Swiss Cow Bell helping to keep pedestrians at bay and out of our way!

Then on to Poole Park and its quiet roads overlook boating enthusiasts and walkers who are enjoying their day. The residential area here is really attractive especially around Lilliput, however, Sandbanks was to be our destination for coffee. Was the photo below the 'best' we have ever had taken ?

Who needs the Med ?

We were then on our onward nine mile excursion along the promenade - open all year to us cyclists except for July and August.

Lunch was taken at the same stop as last year. We took tables on the veranda looking out, to the right Old Harry Rocks, and to the left the Needles which were in sharp focus because of the clearest of days, and all before us, just miles



of golden sand.

The sea and a swim was tempting and two of our number could not resist - the rest cheered them on



as we continued our longish lunch break. Time to set off towards Hengistbury Head, crossing the River Stour to Christchurch Priory (see below). There has been a church on the site of the Priory for over 1300 years, from the first Saxon building to the glorious Priory Church you see today. We also

could not help notice the ice cream parlour which was doing a roaring trade. The building opposite was constructed in 1086 and mentioned in the Domesday Book!



Now it was time to make our way to Christchurch Station, although a couple of roll calls were needed before we all assembled for our journey East - but no, West!

Two more changes needed and then home in Emsworth at 18.40 - a little tired but all feeling that it was so well worthwhile – it was enjoyed by us all. What a day! **Richard Swaine**

Wartime memories.....

I have just spent a most interesting and fascinating half hour reading the War time memories of members in the “NEWSLETTER LATE 2023” produced by our neighbours, Emsworth and District u3a. I suppose that it was particularly interesting for me because I knew several of the contributors.

Or maybe an enjoyable reminiscence for me, because I have a few memories of my own. I wonder how many other members of our “young” u3a have such memories. I thought it would form an interesting little section in the November Newsletter. Will you support this idea? If you were born in 1940/41/42 or before, please put pen to paper and let me have some stories. In return I will list mine. It does not matter where in the world you were living when World War Two broke out, just tell us what you remember. If it is half as interesting as Emsworth and District’s offerings then I look forward to its publication. Jot these memories down and email them to me ASAP. If you don’t “do” email then contact me at a monthly meeting and we will conduct a little personalised “interview”!

Let us see if we can emulate the 14 or 15 recollections that appeared in the Emsworth and District newsletter. Sorry, Ann Fox-Robinson for the copycat response but “thank you” for giving me the opportunity to read those brilliant stories!

Editor, alanborrow1@gmail.com

United Reform Church Hall and Wine Appreciation Five

Since Wine Appreciation Group 5 was formed over two years ago, our home has been the United Reform Church hall at the top of Bath Road on the Mill Pond.



It has been a good home for us despite its own oddities, windows that can't be opened even in summer, heating that hardly works in the winter and that slight churchly scent such buildings have but it does have its own homely feel and natural daylight.

Sad to say it is our home no more.

There is no longer a congregation big enough to keep the church going and they will be merging with Havant, and so the building will close its doors for good at the end of December.

The best we can probably hope for the building is that the planners force any new owner to

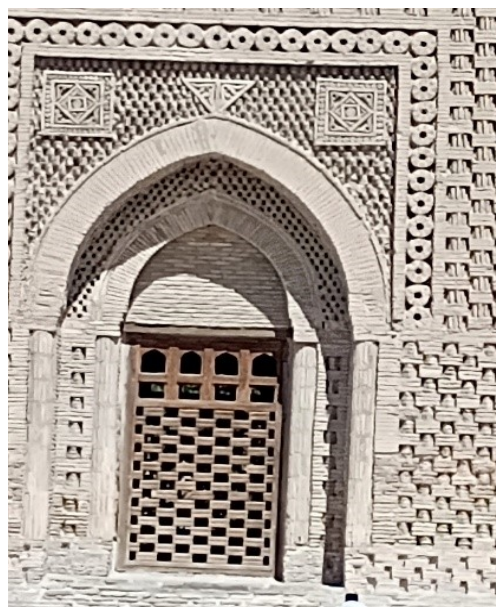
keep the shell of the building in any conversion, who knows we may one day see George Clark filming again in Emsworth.

As for Wine 5, we shall move to our new home at the Community Centre in October, and the good news **is that we have two spaces to fill**. So if you would like to widen your own wine knowledge contact me via the Ems Valley home page.

Mark Parker

Mosques, Mausoleums and Madrasas – the three 'M's

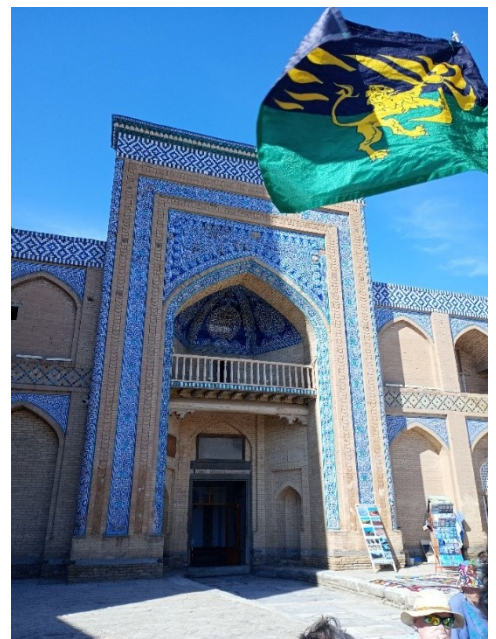
Ems Valley member Annette Southwell sent me pics of ornate brickwork from a mausoleum in Uzbekistan. It had 18 different shapes of bricks! (you can guess that she is a member of my "Bricks Business" group).



She also added that this mausoleum has a mix of religions with a Muslim dome, two Jewish domes and a Zoroastrian triangle.

I asked Annette for a few memories of this very recent visit. She said that the country seemed very safe and quite prosperous as they have plenty of gas, oil and uranium. During the Soviet period most of the land was used for growing cotton. Therefore they make the most lovely fabrics and tapestries.

"Whilst there we saw a lot of the three m's Mosques, Mausoleums and Madrasas (schools for teaching Islam). The loveliest city was Khiva and I attach some photos. (see below) One of the problems they have is the shortage of water and they tried to negotiate with Russia to draw water from either the Caspian or Black Sea. But in return Russia wanted them to enlist in their armed forces which they are not prepared to do. The Aral sea in Uzbekistan has nearly all dried up. Once the fourth-largest lake in the world, it has dramatically shrunk due to water diversion for irrigation." Annette – you did not mention their vineyards – maybe our wine groups should taste their wines..... **Ed.**



Watercolour Group



Earlier this year I applied to join Dbee Robinson's new Paint along group. In her reply telling me I had not made the cut this time she added the comment that I could always start a second group. I thought it's watercolour I am interested in so why not propose a true watercolour group.

Having sent a proposal off to Ann Sims our group's co-ordinator, I wondered if we would get the ten or so members that would be required to form it. Ann sent a general email out to all members and within days a total of 32 of you expressed an interest to join. Having looked at what rooms were available to hold the group in, I had planned for a max 16 to the group, and so was thinking of the fairest way to pick who to offer places to.

It was at this point that your Chairman, Tim Mathews asked me “to leave no one behind” and either book a bigger room or run two groups. For practical reasons one large group was not an option so two groups it had to be. I held an introductory meeting on 16th July to check how many were definitely still intending to join and 22 attended with



others sending apologies but still wanting to join, only three dropped out at this point with one extra applying. It was also a chance to go over how I was planning the groups to run and have a display of the basic kit beginners would need to bring. We held our first painting meeting for both groups in August, and have now met a second time in September, so membership is settling down and with the usual fall out we have 13 in each group. So we have

room for a couple more should any of you have an interest in joining us on a Tuesday morning.

Just a little bit about how the groups are run: We all have a go at the same subject each month for this month it was a landscape, with advice given on how to approach the subject for those that want it, or just get stuck in if you are more confident. It's interesting to see how different people paint the same subject. I am hoping that in a years' time members of the group might be persuaded to display some of their work at one of the monthly talks.

Well that's it really, I hope this piece will persuade one or two of you who have an idea for a new group to stop thinking about it and send an email off to Ann Sims.

If you do, good luck!

Mark Parker

Message from the editor:

I am starting a new series in this newsletter: “QUOTATIONS”

Mine are drawn mainly from a lovely book entitled “I wish I'd said that!” by Ned Sherrin. (Yours would always be welcome....)

This Month – “On Acting”

Acting is merely the art of keeping a large group of people from coughing. *Ralph Richardson*

They say that an actor is only as good as his parts. Well, my parts have done me pretty well, darling.

Barbara Windsor

Claudette Colbert: I knew these lines backwards last night.

Noel Coward: And that's just the way you're saying them this morning.

Back to the Hydrangeas....

My daily walk takes me past this garden in Beach Road.

See how the colour changes:

Below Left: today



Below Right: In August.



Local History visit The Guildhall and The Almshouses in Chichester

On a very warm and sunny day, 17 of the group took a trip to Chichester where we had arranged to visit two jewels from Chichester's past. The Guildhall which can be found in Priory Park and was part of the grounds given to the Earl of Shrewsbury after 1066 to establish what later became Chichester Castle. The history then gets mixed up with lands being taken from one Earl and given to another over the ensuing years, then later being absorbed into Henry VIII's ever burgeoning estates.

The Guildhall itself was constructed in 1269 as a building to house the Greyfriars of the Franciscan order. These Friars were not an enclosed Order but went out into the Community to look after the sick. Thus we know the buildings now as St Mary's Hospital - the word 'Hospital' was mainly offering hospitality - but also to serve the community.

In 1538, after the Dissolution of the Monasteries, most of the building was torn down and the land given to the Mayor when the Guildhall began to be used as the local Court. After the Spanish Armada in 1588 many people were executed after trials in The Guildhall for following their faith. There then becomes period of quiet for the building. In these later years smuggling became a major source of income for a lot of families along the coasts of Britain, and Sussex was no exception - notable among these was The Hawkshurst Gang who were tried in the



Guildhall and later executed in 1749. A slightly more bizarre trial in 1804 was of William Blake - the famous poet and painter- who was tried and then acquitted for Sedition. He had been living in Felpham and knew Chichester well. Then it was a home for the Sussex Rifle Volunteers from 1850 until 1912.



In the late 1940's and 50's it became the home of the Chichester Museum and was taken over by what we now know as The Novium Museum. The staff there have been very supportive of our visit and their website will give details of when the Guildhall is open to the public. It is nowadays mainly a venue for Civil Marriages.

EDWARD WHALLEY

Our Crafts Group enter the Emsworth Show!



Angela Blunden writes: We did fabric printing/painting and fabric marbling at our September meeting. It was great fun albeit all a bit messy! I also enclose a photo of the Wall Hanging we did for the Emsworth Show, depicting various scenes of Emsworth, it was a lot of work as each square was made up by a different craft member. We didn't win any prizes, but we so enjoyed doing it and were very pleased with the end result. We will take it along to the next U3a meeting so everyone can see it.

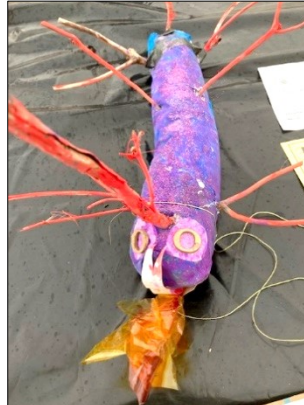
The bottom picture shows our fabric printing/painting efforts

Well done our CRAFTS group!

Cannot believe they did not get a prize at the SHOW! Still it would have been difficult to divide up all that cash! Ed.



Fun at the ALRESFORD SHOW!



The Alresford show is a true Agricultural show , the only one in this area save the New Forest show, and it is always held on the first Saturday in September. I decided to go along because I had often visited and enjoyed it in my youth! It was a cloudy day but the

rain held off. Two mighty fields were chock- a- block with cars and my lack of the requisite RangeRover went unnoticed - thank goodness. I missed the heavy horses, much to my annoyance (they paraded in the morning) but I really appreciated the magnificent Hereford and Charolais Cattle. They seem to be ten or twelve feet from nose to tail. (all those lovely steaks....) As you can see from the photos above, every conceivable taste is catered for!

Left to Right above: The Ukulele Band going hammer and tongs, (Were they u3a?), two unassuming entrants in the waggiest tail competition await their rosette, Lace in the W.I. tent, Sulky racing, Unnatural veg, the black sheep...., how did this grow, unusual Dahlias, the lacemakers hard at it, ridiculous, how can fuchsias be so delicate, and finally, don't look now!

Traveller's Tales – A new season is starting....



There are 74 members in our Travellers Tales group, but John Kieran, the leader, warns that unless he receives more offers of Travellers presentations quickly, this longstanding group will finish, after Christmas!

Traveller's Tales was one of the very first interest groups of our u3a. The lady that started it (sorry I cannot remember her name) left the area some 12 years ago. I restarted it because we had so many members expressing an interest in it. Peter Goldfarb then took it over for a number of years. Now John Kieran needs our support to keep it active. What goes on in "Traveller's Tales"? Members tell us about a

particular trip that they enjoyed, including photos, good vibes and any bad ones! Each "presentation" is about 45 minutes. After a break, we have a second presentation. We only meet during the winter months. It is an evening meeting and therefore provides "a ray of sunshine" in our dark dismal winter evenings! It is true to say that we have enjoyed some amazing stories, and even an apparent low key trip can be of immense interest to members when they themselves might have always considered a similar trip to that destination! (such as a weekend away to a U.K. destination). So, come on members, dig in your archives, let us flood John with offers. And there maybe other non members reading this report that would wish to offer a presentation. Please feel free to join us. If anyone is being held back by a supposed lack of technical ability, do not be put off. It is you that we wish to hear from, and your pictures can be in individual form or by a power point presentation. The latter is so easy to prepare. If you need help here contact me, the Editor. I am not tech savvy, but I can do it!

Editor



Wine Corner....



Wine Appreciation One tried something a little different at their September meeting. **A VERTICAL TASTING of the same wine.**

Three wines – three consecutive vintages – 2019 – 2020 – 2021 Result: Members didn't really like any of them! No, it wasn't that bad, Garnacha, the subject, did not appear to be their taste. It did not have enough body for them. A shame because the Wine Society are promoting Vina Zorzal in Navarra in this their 140th year. (Wine Society, not Vina Zorzal!) But members loved the three white wines that we tasted! **Said they were the best ever!**
Alan Borrow

PILATES COMES TO THE MONTHLY MEETING!



What are all doing after tea break at the September monthly meeting? Pilates of course.

Les Pallett took the meeting by storm (I think that he was a little surprised himself....) Firstly his four fellow practicants each in turn explained the reason why they decided to join the new Ems Valley u3a Pilates class. Funnily enough, all four reasons were quite different. Les then explained that our Pilates was so popular that already two classes were necessary.



He then asked the assembled meeting to stand - ready for action. Would you believe – everybody obeyed!

In fact I think that they all really enjoyed being put through the various exercises. Everyone stayed until 4.00pm and went home suitably “loose” I am sure.

I looked up the difference between Pilates and Yoga and found that Yoga is a holistic practice that emphasises the integration of the mind, body, and spirit. Pilates is an exercise that focuses on good alignment, core strength, and muscular balance, just what we need in retirement.



It was explained that the qualified teacher conducts her class month by month and that you pay up front to ensure the viability. (whether you attend or not). I believe the cost works out at £6.00 a weekly session. If you are interested contact Les via the web site and he will supply full details. One group is full, the other has vacancies.

If the second group becomes full because of this “push” then a third group will be investigated. ED.

Nostalgia



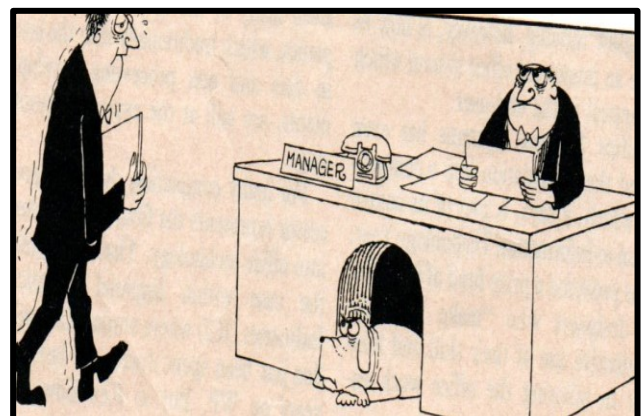
Hands up – all those who knew that LANGSTONE even had a station??



You had to pay the Toll man to take a car over the bridge to Hayling. (the bridge was owned by British Railways)

Can you remember how much?

It was under a shilling – I think.....





It's to stop me looking at my phone every 2 seconds.

I'm your downstairs neighbour.....

STOP PRESS NOTICE FROM “DAYTRIPPERS”



Sadly, we have had to cancel the Outing to Albourne Wine Estate on 15 October as there was insufficient interest.

But good fortune has allowed us to change to the local venue vineyard, Ashling Park Estate for a tour, tasting and meal on Friday 11 October starting at 10:30.

This is a very flexible venue and we do not need a minimum number of people to go forward. Also, there is the option for the Tour and Tasting Only, Lunch only, or both. The cost of the Tour and Tasting is £25.00.

Please let us know if you will be able to join us by the end of the day on 3rd October.

Lastly, if you haven't already done so, let us know by 15th October if you wish to go to Bletchley Park on Tuesday,

15th April 2025. There is a deadline to secure the coach. If you need further details, please let us know. Hope to see you soon,

Simon and Steve

SECOND STOP PRESS:

Geoff Whalley advises that the next STEM Group meeting is on Thursday 3rd October, at our usual venue in St James' Parish Hall at 2.00 pm.

The topic will be Part 2 of the very successful Immunology Workshop Discussion held at the September meeting, coordinated by Vicki King. He writes: "I can thoroughly recommend this, if "Part 1" is anything to go by! For those who missed part 1, don't worry – by popular request, Vicki will give us a recap on the fundamentals as a starter. The prime sub-topics at this October meeting will be Vaccines and Auto-Immune disease, led by Vicki King and William Saywell respectively. If you'd like to do a bit of background reading / research before the October meeting, so that you can join in the discussion or ask questions, that would be great." Non members to contact Geoff before the day if you are interested in attending.

Message from the Editor:

As usual, I am looking forward to receive your news

What is happening in your interest group???

What have you done recently that would interest the members???

And if you are old enough, your World War Two memories please....

alanborrow1@gmail.com