



JULY 2025

St George's Day - Singing and fun for all

Our monthly Singing for Fun group, was treated to a rousing St Georges day celebration on Wed 23rd April 2025. Coincidentally it was Keith's' (one of our enthusiastic members) birthday too! With familiar and easy songs to sing a glorious time was had by all, celebrating England. The multi-talented Keith, dressed smartly from head to toe in red and white, started our session off, with his rendition of 'The Yeoman of England'



baked the most delicious fresh cream and strawberry Victoria sandwich. And with the help of Sharon, decorated St Alban's Church (our temporary home for the moment) with bunting and flags.

Our lovely group members were encouraged to dress in red and white too and as you'll see from the photos, we all very much got into the spirit embracing the theme. It was a truly joyful afternoon. And no need to worry, rest assured no one felt left out, with all our members (national and international) involved in and enjoying the fun.

Our group Singing for Fun is not a choir, we don't rehearse for performance and we sing in unison. So if singing brings you joy (even if you don't feel you have much of a voice) then we'd love you to join our very friendly cheerful group. No audition, no pressure, no performance nerves. Just a fun time with friends, singing easy familiar songs, plenty of laughter and a good natter over refreshments. We welcome everyone. We have 3 very loyal men, who regularly come to our group who would like more company. So whether you'd like to pop along on your own or with others and give it a try, we'd love to welcome you. Maybe see you next month?

Linda Long (Singing lead) Jill Ashburn (Admin and enquiries)



Continuation of Dbee's article in June Newsletter:

What's in it for me? Benefits from being on a committee.

Quotes from existing and past committee members:



From Our New Groups Coordinator: Les - Challenge, Insight, Managing

"As Groups Administrator I welcome the challenge of following the good work done by Ann. Having set up a group of my own (Real Ale Appreciation) this gives me an insight as to the issues associated with setting up and maintaining a group."



From a New Committee member: Andrea - Opportunity, Friends, Contributing

"When Les and I first moved down here two and half years ago u3a provided us with the opportunity to make new friends and experience new opportunities. We feel as part of the Committee it allows us to give something back."



From our Previous Groups Coordinator: Ann - Involvement, Enjoyment, Friendship

"Seeing a casual idea from a member develop into a thriving group has brought me great satisfaction."



From a Past Committee member: Margaret - Teamwork, Gratitude, Engagement

"Learning the 'behind the scenes' of what is involved in running the U3A, feeling part of an incredible team, and giving back a little for the enjoyment I have taking part in so many activities."

Known benefits of Joining a Committee

Being part of the committee offers numerous personal benefits, including:

- **Mental Stimulation:** Participating in discussions and decisions helps keep your mind engaged and sharp.
- **Social Connection:** Building relationships with other members fosters a sense of community and reduces feelings of isolation.
- **Purpose and Fulfilment:** Contributing to u3a activities brings a sense of satisfaction and achievement.
- **Stress Reduction:** Addressing issues and helping the organisation thrive can reduce stress and provide a positive outlet.
- **Skill Development:** Committee work provides opportunities to develop leadership, communication, and problem-solving skills.

Joining as a committee member or in a specific committee role is a valuable way to contribute to our u3a while gaining personal rewards. If you'd like to know more about how you can get involved, we would be delighted to hear from you.

We currently have two places on the committee that are becoming vacant at the AGM in May.

By allowing us to co-opt you onto the committee right now - with no particular role - you'll be able to see the value of our ethos of **run by members for members**.

STEM June meeting - Clinical Trials, “Experiments on Live People!”

For our June meeting we were given an interesting talk by one of our members, Peter Morse, a former statistician specialising in medical trials.

So, what are clinical trials? They are done to assess drug safety, alongside patient efficacy and acceptance. We heard tales of very old remedies, sometimes used with dire results – until countries began bringing in laws and statutes to initiate controls for safety, beginning in the 1930s in the USA. 1964 brought the Declaration of Helsinki, following the Nuremberg trials, where the courts heard the horrors of testing in the camps. The latest regulation was passed in April this year (how up to date Peter is!) bringing UK clinical trials back under UK control, instead of the EU's, to enable us to change things as and when we need to, much more quickly.

Most interesting and valuable are the Randomised Control Studies, using carefully chosen groups, to avoid bias - new drugs given to half of them and placebos to the other. Results are then analysed in detail, including info on those who'd fallen by the wayside and were using the drugs for assorted reasons. Then interesting calculations are done, of what effect these new drugs had. Are they worth the cost? Are the results better than what we already have?



Every test must have sensitivity (to reliably identify the disease amongst those screened, in most cases) and specificity (to not cause alarm from false positives). It's a delicate balance requiring judgement - or many of us won't turn up when called to be screened.

Left – Peter Morse

Levels of trials: it starts with healthy volunteers, often students, being paid to test the drugs. Second, volunteers with the relevant disease. Third, any volunteers, healthy or otherwise. Fourth - it's passed – all patients can be treated. BUT from the drug first being found/ created to that last stage of giving it to anyone who needs it, will usually take 11-13 years. And trialling costs billions of pounds, hence them getting patents in place at a very early stage to protect future income. Because of such prohibitive costs and the length of time involved, drugs are now being tested for multiple diseases at the same time. Britain is leading the way in Centres for Clinical trials, be proud! Also interesting to hear was how important it is for them to get the colour of tablets right – certain colours for certain conditions or we won't take them, how fickle we are. It was an excellent talk, giving us great insight of the long trials all

drugs have to go through before being approved for use. So, should YOU take part in a trial if asked? YES. It's interesting.

You'll get a huge amount of information on your condition from specialists.

You'll get extremely diligent care, very regular testing.

You'll get a good feeling, you're helping others.

It's very low risk and you're well insured.

STEM July Meeting: Our next meeting is July 3rd at 2.00pm, usual venue, on LIGHT which promises to be illuminating (hah!). Do come and join us in July to hear part one of the talk on this topic:

What is light? (Electromagnetic radiation). Wavelength (or frequency) = assorted colours. Visible light vs the rest of the electromagnetic spectrum. Light's wave/particle duality.

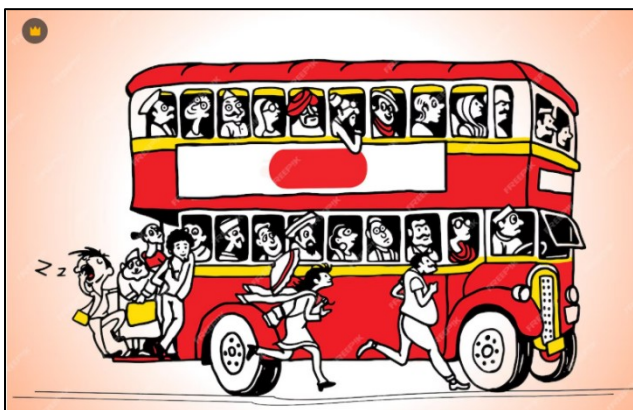
Part two of the talk will be in September – distant galaxies, Hubble and Webb space telescopes, General Relativity..... If you don't have a science background this may sound daunting. Trust me, I have NO science background, and I learn a huge amount at every meeting.

All members of Ems Valley U3A are warmly invited to join us. If interested, just let Geoff know, via

stem@emsvalleyu3a.org.

Pam Palmer

BUS EXPLORERS – Here we come!”



We have a new group - Bus Explorers! This as the name suggests is travelling by bus to visit interesting places. Our outings are arranged alternate months and usually with added pre requisite coffee followed by lunch!!

As yet, we are a very small group



consisting of seven ladies and one man, we would welcome additional members especially gentlemen to keep my husband company! We are fortunate in having an excellent bus service locally and need to take advantage. Our first group visit recently was to Petersfield. Future visits are on 14th July, when we go to West Dean Gardens see pic right:

And on 2nd September when we travel to Bognor Regis. In November (on a date to be decided) we will visit Gun Wharf and Old Portsmouth.

New members very welcome. Please contact **me Pearl Muers on 07587 170822** for further information.

Invitation to Join Our Mahjong Group

Discover the Excitement of Mahjong. We are thrilled to invite you to join our Mahjong group! Whether you're an experienced player or new to the game, this is a wonderful opportunity to connect with others, sharpen your skills, and enjoy the rich traditions of this fascinating game.

About Mahjong: Mahjong is a centuries-old tile-based game originating from China, celebrated for its blend of strategy, skill, and luck. Typically played with 4 players, the game revolves around drawing and discarding tiles to form winning patterns known as "melds" or a "mahjong." With its intricate rules and dynamic gameplay, mahjong offers endless moments of fun and challenge. Players aim to complete hands consisting of sets and runs while navigating the ever-changing progress of the table.

Why Join Us?

☑ Friendly Atmosphere: We foster a welcoming environment where players can enjoy themselves, share tips, and laugh together.

☑ Skill Development: Whether you're a beginner or an expert, there's always room to grow. Teaching can be provided and all our players are happy to guide newcomers.

☑ Social Connection: Mahjong is as much about the camaraderie as it is the gameplay. You'll make new friends and have engaging conversations.

Details:

Our group meets every Thursday afternoon (except the 4th) at 2:00pm at Westbourne Village Hall. You don't need to bring anything – games equipment and manual will be provided.

How to Join:



Please contact Gail Wynne-Jones. Follow this link to our website page:https://emsvalley.u3asite.uk/u3a_groups/mahjong/ on that page there is a link to enable you to email the group leader.

Bring Your Enthusiasm!

We can't wait to share the joy of Mahjong with you. Whether you're seeking a new hobby or a way to connect with others, our group is the perfect place to start. Let's create unforgettable moments together, one tile at a time!



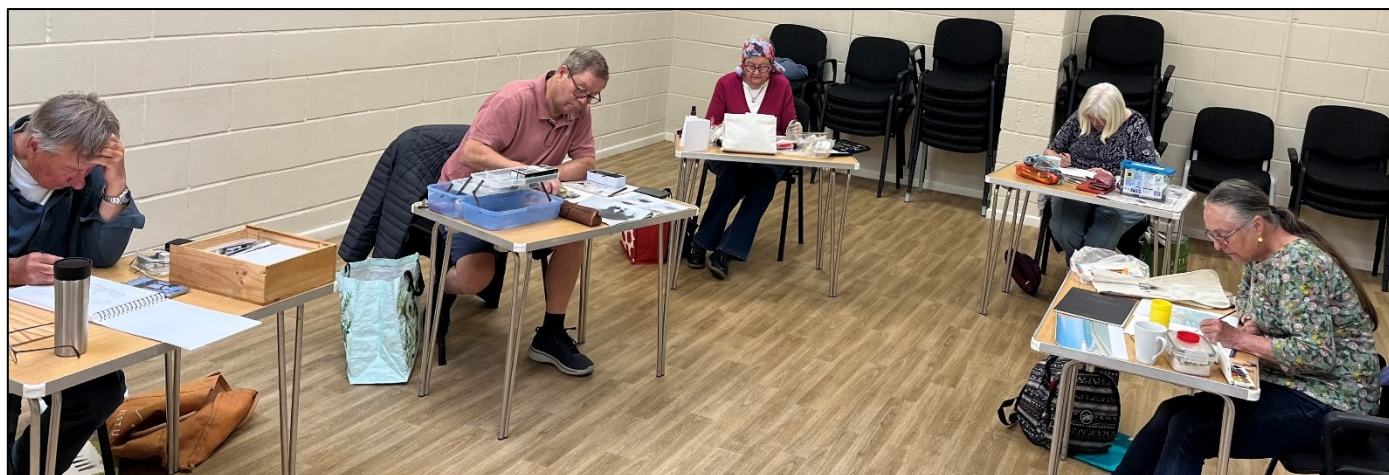
The Creative Art Group: Where the Paint Flies and the Tea Flows!


Do you enjoy splashing paint, swapping tips, and laughing a little too loudly over biscuits? Then the Creative Art Group might be *just* your canvas.

We meet on the **first Tuesday of each month**, and right now we have **14 wonderfully creative humans**—but guess what? There's room for a few more! (We've even cleared a space on the snack table. That's commitment.)

Our members bring their own equipment and *boundless enthusiasm*—whether it's **pastel watercolours, acrylics, ink, or even digital art** (yes, we embrace the pixel too). No two projects—or people—are the same, and that's just how we like it.

This is less a silent-staring-at-a-canvas club and more a social gathering of artistic friends, gently encouraging each other while we “critique” (read: admire) each other's work and sip our tea, courtesy of the lovely **Emsworth Community Centre volunteers**.



 **Note:** If your idea of art is whispering to your watercolours in total silence... this group might not be your vibe. We're more “creative fun with commentary.”

Earlier this year, we even ventured out to the **National Portrait Gallery**—yes, we leave the building sometimes! You can read all about our grand day out in the [February Newsletter](#). Spoiler: No one got lost.

Interested? Inspired? Intrigued?

Then grab your brushes (or tablet, or pencil), and email: **Dbee Robinson** at CreativeArt@emsvalleyu3a.org

We can't wait to see what you'll create—with us!

Ann retires after twelve years at the GROUPS COORDINATION Hub!

A remarkable service has just finished after twelve years of amazing dedication to the difficult and sometimes demanding job of being our u3a Groups Coordinator! Yes, Ann Sims has stepped down from this position which has seen many new groups come to fruition over twelve years. (We are, however, most fortunate in finding a replacement, Les Brokenshire who commenced these responsibilities last month.)

I spoke with Ann about her mammoth service: To start with, we nearly did not have access to her efforts at all! Some thirteen years ago she almost joined Havant u3a. Well she actually did and is still a member of our

neighbouring u3a but her committee work has always been with us! I asked her how the job had changed under her tenure. She reminded me that it was very “hands on” in the early days, and group sheets were printed and displayed at monthly meetings so that members could “sign up”! These were passed to the relevant group leader at the end of the meeting and it was up to that leader to contact the member.



Now with the advent of our wonderful “BEACON” software programme it is all semi automatic – and so easy! Gosh, hasn’t Beacon has made the Group Leaders job so quick and simple! But Ann is concerned that younger people are not joining our u3a. She put this down to the fact that the retirement age has increased and early retirement “golden handshakes” are not now the norm. Also she pointed out that there may be more Grandmas and Grandpas “doing service” in family crèche work. Perhaps, I thought, we are not doing too badly in maintaining our membership levels in Ems Valley!

“What was your most successful launch Ann?” I asked. “Without a doubt Bridge for Beginners – it was amazing the response, and two groups were immediately formed. Not only that, we had the leaders, and many members also volunteered to help teach but not actually lead the group.”

Was there a disappointment that you remember? Ann quickly mentioned the CAMEO idea. She said that when this idea was first launched the response was amazing and five groups were quickly formed. (The concept was a “Come And Meet Each Other” and enjoy each others company!) Alas, for varying reasons, all five groups failed to continue. But, much better news – you will read elsewhere in this edition - that Eileen Snow has successfully launched CAMEO 25, and I am sure that this group will be with us for a good time!

I asked Ann how she was going to fill the hole in her life on giving up this position. She assured me that this was not a problem as she is Secretary to the Havant Talking News (in support of the visually impaired) and she is also Secretary and Membership Secretary for the Portsdown Arts Society – previously titled NADFAST.

Her favourite interest group in Ems Valley? Art Appreciation by a long way, she said truthfully and then added that she did enjoy Bricks Business to save my feelings.... I know that everyone in our u3a will join me in thanking Ann for this remarkable twelve years of service which has been very instrumental in us being the lively LIVE LAUGH and LEARN group of people we have grown to be!

LOCAL HISTORY GO TO ARUNDEL

What an informative and interesting tour of Arundel we had on Friday, 6th June! Martin, our Arundel guide (*see below right*) kept us entertained for two hours as we made our way through the town from the Museum up to the Cathedral. We learned that the river had originally been called the Tarrant, and that the town itself was named after the French word for swallow, Hironnelle. This name was corrupted over the years into Arundel. Uniquely, the river Arun



Right: The Church of St. Nicholas. was named after the town, not the other way round!

Also, the river had to be straightened, to bring it nearer to the town, to make the transfer of goods from boats easier in olden times. We heard about the history of the houses along the high street. The shop that had been the town Taxidermist (every town had one!) had had a new front added, obscuring its wonderful flint and lath wall behind, though that was still evident in a couple of places.

And, in times when few people could read, the type of shop needed to be identified easily: square brickwork



identified the gunsmith's shop, and an anvil decorated the top of the hardware shop. We heard how the present Castle was built around previous ruins in 1880 – 1910 (no expense spared) and about the Duke of Norfolk's family. The Church of St Nicholas is unusual, as it is probably the only church that is both Church of England and Roman Catholic. The Church of England part is accessible from Arundel itself, whilst the Roman Catholic part is only accessible from inside the Castle grounds.

A fascinating tour, and very much enjoyed by the group.

Jill Gask



A RARE OPPORTUNITY For you to play Croquet!

Croquet Group 2 has a few spaces due to retirement and other commitments .

We play at the Chichester and Fishbourne Croquet Club , Blackboy Lane, Fishbourne

on the 4th Wednesday of the month 9.45 – 12noon.

The cost is £7/morning which includes all equipment and professional Coaches from the Club.

Beginners welcome.

It is great fun so come and have a go.

If you are interested please contact me

annie@newnham.eu or 01243389591 Ann Newnham



CAMEO - following an idea by enterprising member Eileen Snow!



I had the pleasure of meeting Eileen on the first Tuesday in June at Mountford Two rooms, and joined in with eight others who attended this first CAMEO meeting. This group is nothing to do with a small character part in a play or film, played by a distinguished you, nor is it a piece of jewellery, typically oval in shape, consisting of a portrait in profile carved in relief on a background of a different colour! No, I said that Eileen is “enterprising” and this CAMEO is “Come And Meet Each Other” Eileen has only been a member of our u3a for two years and she already has come

up with this great idea! Twenty have signed up but she can take more! We had tea and coffee with biscuits and she made certain that we were well entertained in a most innovative way. You will have to attend the next meeting to learn more, but you will enjoy! **Ed.**



Good News! The Emsworth Library opened its doors again on 24 May.

Wednesday Closed

Thursday 9:30 am–5 pm

Friday 9:30 am–5 pm

Saturday 9:30 am–1:30 pm

Sunday Closed

Monday Closed

Tuesday 9:30 am–5 pm

Dbee Robinson

NEXT YEAR – AGM. What would you like to see in the second half?

The Committee are already looking forward to the 2026 AGM, and seek your opinions with regard to the second half. It is most important that any organisation has good representation at this annual event. So what do you wish to see in the second half? They are seeking our opinions. It is important that we do our bit and tell them, rather than apathetically ignoring this request. Everyone, please email your business secretary and give an opinion. Here are some suggestions that you could consider.

Have a longer tea break and a short presentation?

Receive a visit from a charity with a talk

A Quiz?

One of our own interest groups to present. (But not Bricks....)

Other Ideas?

Although a long way off, The Committee like to plan ahead and that is the reason for this early request. Please send your ideas/wishes/thoughts now! Email Dbee Robinson on -- secretary@emsvalleyu3a.org

Wine Buying – results of a survey by Wine Appreciation One

Wine One decided to do something a little different at their June Meeting. A BLIND TASTING to see if more expensive wines were worth the extra money! We tasted two wines (blind) from MARLBOROUGH NEW ZEALAND. They were both Sauvignon Blanc and the same vintage 2024. When the wraps were taken off, members discovered that they had tasted 'Villa Maria Private Bin Sauvignon Blanc' at £11.00 less 25% = £8.25 and 'Blueprint Sauvignon Blanc' at £7.90 less 25% = £5.92. (Both wines were from Waitrose at Havant.)



Eighteen members said that the cheaper wine was the most expensive. (seven voted the other way)

Nineteen members actually preferred the cheaper Sauvignon Blanc! I decided not to convey this information to Waitrose in case it resulted in a price alteration which may be to customer's disadvantage. **Alan Borrow**

60s 70s Music Evenings – new group

Ems Valley's answer to the Cavern Club enticed a few 'seeny' boppers on to the dance floor, keen to display they still had their moves. Despite the relatively short notice of the first session on 11th June, twenty four brave souls attended the inaugural meeting at Emsworth Community Centre.

The music got half of them on to the dance floor and other were content to tap their feet or converse with



fellow music enthusiasts. Disappointingly no handbags in sight on the dance floor though! The playlist consisted of music from the 60s and 70s and we aim to play more of these popular tracks in the next few months. We will be meeting once a month in the warmer months (May to October) and anyone interested in joining the group please contact me via the Ems Valley website.

Marguerita Taplin

Ship Inn at Langstone wins award!



The Ship Inn took home the award of Hampshire's best pub at the The National Pub & Bar Awards ceremony on June 24th this month. It was one of three pubs shortlisted for the award and it came out on top over two Ringwood pubs, The High Corner Inn and The White Buck Inn.

The Fuller's pub has been a popular spot for people across our area with picturesque views across Langstone

Harbour to Hayling Island. Through its nomination in the county category, it was also up for the award of the best pub in the South East. Don't for a moment think that I drink there, I was given this information on my walk around Nore Barn Woods this week, by a couple who do!

Editor

Quotation Corner.

Subject this month "BOOKS"

I haven't been so happy since the day Readers Digest lost my address.

Dick Vosburgh

'Classic' A book which people praise and don't read.

Mark Twain

This is not a novel to be tossed aside lightly. It should be thrown with great force.

Groucho Marx

I read part of it all the way through.

Sam Goldwyn

Peter Bogdanovich: I'm giving John Wayne a book as a birthday present.

John Ford: He's got a book.

"Show me a family of readers, and I will show you the people who move the world."

Napoléon Bonaparte

"Literature is where I go to explore the highest and lowest places in human society and in the human spirit, where I hope to find not absolute truth but the truth of the tale, of the imagination and of the heart."

Salman Rushdie:

A truck driver was sitting at the counter of a diner having his breakfast. A group of four 'outlaw' motorcyclists entered and all four sat at the counter, two on each side of him. One of the bikers reached over and picked up the driver's glass and drank the truck driver's juice. Another reached over and took his coffee cup and drank his coffee. Then another took a piece of toast off his plate. The fourth one took his bacon. The truck driver didn't say a word, stood up, paid his bill and left. The bikers were all laughing and one of them said to the waitress, "That guy's not much of a man. We ate his breakfast and he never said a thing!".

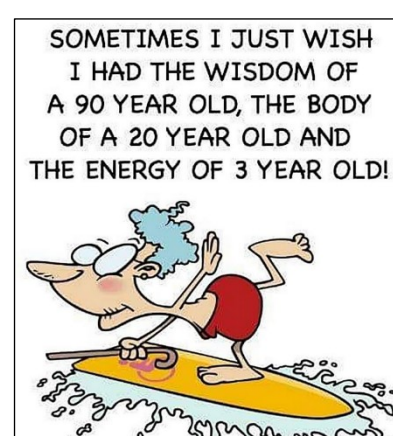
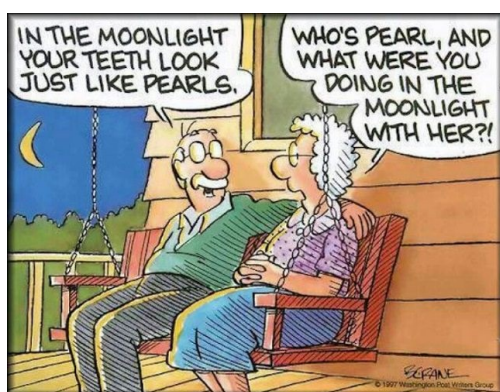
The waitress just smiled and said, "He's not much of a truck driver either. Look out there – he's just run over four Harleys trying to get his artic out of the parking lot."

"A man was flying from Seattle to San Francisco. The plane had a stopover in Sacramento. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft, the plane would re-board in one hour. Everybody got off the plane except this one gentleman, who was blind.

Another man had noticed him as he walked by and could tell that he was blind because his trained Labrador dog lay quietly underneath the seats in front of him throughout the entire flight. He could also tell he had flown this very flight before because the pilot approached him, and calling him by name, said, "Keith, we're in Sacramento for an hour, would you like to get off and stretch your legs? "

The blind man replied, "No thanks, but maybe my dog would like to stretch his legs." Picture the scene:

All the people in the gate area came to a complete standstill when they looked up and saw their pilot walk off the plane with a Guide dog! The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!



All contributions for the next newsletter please to:
alanborrow1@gmail.com

