



AUGUST NEWSLETTER

U3A THOUGHTS FROM AFAR (from Anne Powell, past chairman)

Your Newsletter Editor has asked me to chat about my experiences in my new u3a alongside Ems Valley, so here goes (guess he hasn't got anything else to write about this month).

Some of you may remember that I relocated from Emsworth to Warwick just over 2 years ago, to where I knew absolutely no-one except my family (the reason I moved of course).



A few weeks before I left Emsworth, I joined Warwick District u3a online, as I felt that, with a bit of luck, it might form the basis for something of a social life. I had a brilliant email back by return to welcome me, which was a heartwarming surprise, particularly as I was feeling very apprehensive about my plans. Having made the move, I went to my first monthly meeting in Warwick.

I had said nothing about having had various roles on committee in Emsworth, but our Chairman Clare invited me for a coffee locally the following week (thank goodness for satnav) and during the second cup casually asked me to join the committee. I casually said yes. I learned a year later that they had had a look at the website to check me out.

Above: Anne with John Reynolds and our MP Alan Mak at the opening of our u3a day.



Above and right: Anne with Singing for Fun group at Ems Valley!

We have over 1,000 members, so at my first committee meeting, where I was asked to be Publicity Officer, I was astonished that they felt they needed one – and said so. However,



apparently about half the members joined over 30 years ago, and are still members though not active. So

we had leaflets and notices printed, and I started by getting in touch with all the Social Prescribers in local surgeries (as we did in Emsworth), leaving them said leaflets. Add on a market stall in Warwick, and visits to libraries and so on...we have a steady trickle of new members reported each month.

I am also temporary Speakers Secretary, while we try and find a permanent replacement. Not knowing what has gone before, some of my suggestions are met with 'we had a talk about that 3 years ago'. Ho hum. Anyway, I have gone ahead and booked for another 12 months, like my choices or not!!!! Oh and we also now have regular Meeters and Greeters for our monthly meetings.



Our committee is a joy, and I love working with them all, almost as much as I did in Ems Valley. A bonus is that one of them has the same sense of humour as me, which is great for us, though I guess distracting for the rest. When I joined, they hadn't adopted Beacon, had started discussing using it – have to say I was horrified, and just couldn't imagine reverting to doing all the committee stuff the old way. So pleased that we now have it, and are in the throes of 'persuading and encouraging' our group leaders to use it. (Ems Valley committee members will remember this time well!)

Left: Anne at an Ems Valley Tuesday Wine One meeting.

We have over 90 groups, all very active. We work hard not to have full groups, and as in Emsworth when groups are full we endeavour to start another one. I started a Singing for Fun group for non-singers (hi guys I miss you still and use the vase every single day!) which now has 38 members. I also organise a TRUGS

group as before, which the committee absolutely love, always having done the grunt work themselves at events previously. (We meet about every six months at mine for coffee and cake and chat.) I tried twice to get a wine tasting group going, but nothing much doing – I am told that members are worried about driving afterwards. In vain I pointed out that in total they would only be drinking just over a wine glass portion, but was informed sniffily that 'Warwick isn't like Emsworth, you know, our police are vigilant'. Who knew?? I'm still sulking.



Left: Anne with some of the Warwick u3a committee. Chairman Clare is on Anne's right, red bag on shoulder.

I found it much more difficult to organise a new group in my new u3a, as each one has to be self-financing. So, for singing, I have to fund the church hall, and also fund a pianist, as I couldn't locate a u3a member like Helen, the fabulous accompanist at Ems Valley (hi wonderful Helen!). But setting a cost per person is a problem while recruiting, because the number joining is completely unknown. So, to the consternation of our long-suffering treasurer, I have amassed a sum of over £400 in the kitty, after paying all the bills

I have also joined three groups – a curry club, (Ems Valley has 5 wine groups, we have 5 curry groups, just saying), a country pub lunch group, and an exercise class (mind blowingly exhausting – I sometimes have a rest half way through, trying to ignore the two 91 year old members who are soldiering on).

We have an outing and activities group, very active and they arrange fantastic things – I have had 4 nights in North Wales (and yes it did mostly rain but was brilliant fun), four days in the IOW and in September we are having 4 days in Kent. All huge fun – just pay the money, step on to a coach, and everything to do and eat is organised – and you are left with a bunch of new friends!

I now know many people here, the majority of course through u3a activities, an absolute godsend for someone who is a complete stranger to the area. I am 25 minutes' walk from my son and family, and 10 minutes' drive from daughter and family, and that has been and is brilliant. Your Editor wants to know what I miss about Emsworth and its u3a. Mmmm. Well, what I don't have, obviously, is a shared history of my new u3a and its members. For example, the history of friends like the Ballard Neales who did so much for the Community Centre and Ems Valley (*my lovely memory pic of them on the right*); knowledge of past chairmen and committee members and their legendary contributions to, say, anniversary celebrations of u3a and more; those like Evelyn Lister who worked hard for the MS Society and for Ems Valley; a circle of close u3a



friends who will discuss how to get things done (and do it); the constant a fund of funny stories about things that happened in the past; Yvonne and Brendan and their work in the past with the Arboretum shared with Ems Valley; both Sailing Clubs, used regularly and lovingly by membersthe list could go on. And I couldn't end without mentioning the Sea. Yes, as many members here point out, as if I hadn't realised (!), that I couldn't be further from the sea if I tried. I regularly walk by the canal, but there is a distinct lack of waves and pebbles. I'm learning fast about my new u3a, though, and am so very thankful that for people like me this organisation exists.

And finally! Emsworth is only 128 miles from my home, and I am massively fortunate and appreciative that I am still invited by beloved friends to events that regularly take place. I send loving thoughts to all my friends and anyone else still reading this (who was she, never heard of her)! You and Ems Valley are never far from my thoughts. Truly.

Ed: I had to include one of Anne's legendary cakes.....

A FACE FROM THE PAST.....



There were two reasons why Anne Beard has this somewhat fearsome look, very unlike her.... I suppose one was because of something I said and the other – I forget.... **But It was really good to see Anne at the general meeting in July!** She let it slip that this is the first monthly meeting she had attended since before Covid, and that this was largely due to firstly the isolating and secondly because of her hearing issues. She proudly told me that she was now fitted with state of the art hearing aids and in conversation it was obvious that she could now hear better than your editor! For those of you newer members who do not recognise or know Anne, she was our very first Business Secretary in 2006. Futhermore, she and Val Swarbrick virtually started our Ems Valley u3a! (We owe them a lot!) Anne worked on a business plan and subsequent application for a lottery grant that was successful and resulted in us being given over £10,000, which funded all of our loudspeaker equipment, our state of the art

projector, and enough laptops to start our computer class! Indeed, we thank you Anne!

Editor

Book Group 2 had their summer Outing in July!

Book Group 2 visited Parham House and Park, near Storrington for their summer outing.. Usually we meet on the first Tuesday of the month but as Parham isn't open on Tuesdays, we switched our visit to Wednesday 2 July. This was probably just as well as 1 July was blisteringly hot and at least one member would have opted out due to the heat.

Wednesday started cool and cloudy but the rain held off while we toured the gardens. The house opened at 2pm and the four of us who hadn't visited Parham



before said that both the house and the

Gardens exceeded our expectations. In particular, the long gallery was a spectacular sight. The house dates from Elizabethan times but there were substantial additions over the centuries and then the house was acquired by the Pearson family in 1922. It is now run as a charitable trust. Over lunch in Parham's Mower Shed Cafe we discussed our book of the month, **The Penguin Lessons by Tom Mitchell**. All of us enjoyed it and there was chat about how the film differed from the book. Possibly changes in the plot were due to the narrator, who was 23 at the time of the key events in the book, being played by 59 year old Steve Coogan.

Our theme this year has been books told in the first person. August's book is "Walking Away" by Simon Armitage.

We currently have two vacancies if anyone wishes to join.

Sandra McGregor

Join a wine group.....

It is not often that vacancies occur in a wine group. This is for one very simple reason: One bottle of wine equals 16 tastings. Six bottles each tasting satisfy sixteen members and it takes a total of thirty two members to make it a proposition to buy and open two bottles of each wine. So here's the deal this month – Wine Appreciation Five, who I believe meet at 4.30pm on the first Wednesday of the month, can take two more members. Don't all rush!

Contact **Mark Parker the leader** via the Ems Valley web site and enjoy the camaraderie of the latest Wine Appreciation group to be formed.



Having a Hammering good time.....

The Craft group had a wonderful time this month, we decided to experiment with 'Hammering Flowers & Leaves' onto Watercolour paper & muslin cloth, (kindly donated by Kim). Gosh was it noisy!! all of us hammering away to see how the different flowers & leaves reacted. There was no end goal, it was just a bit of fun, experimenting & just enjoying the process. We were very impressed with some results and somewhat disappointed by others, but what fun it was, and the photo show off our efforts!

Editor: I had heard of Flower power but not Flower pounding, so I looked it up on google!

'Flower pounding is a creative and eco-friendly method that allows you to capture the essence of your favorite flowers on various surfaces, such as fabric, paper, or even wood.' Watch this space, I have a good hammer!



Angela Blunden

Are you ready for TOP HAT?

The Chichester Musical runs from July 14 - September 6, this year. It is of course a well known romantic musical comedy based on the classic 1935 film starring Fred Astaire and Ginger Rogers, following the story of Broadway star Jerry Travers and model Dale Tremont. The Director & Choreographer is Kathleen Marshall, an award-winning theatre, film and television director and choreographer. Her record is phenomenal - nine-time Tony Award nominee and has won the award three times for Best Choreography for the Broadway revivals of Wonderful Town, The Pajama Game and Anything Goes! Starring Phillip Attmore as Jerry Travers and Lucy St. Louis as Dale Tremont, the music features Irving Berlin's score including songs like "Cheek to Cheek," "Let's Face the Music and Dance," and "Puttin' on the Ritz".



To make sure that I am fully in the mood for the Chichester production, I attended the Havant Bench Theatre production of "STEPPING OUT" at "The Spring" in late July! I also know that several Ems Valley members have already seen the Chichester production – a review from someone – PERHAPS???

**THERE MAY BE TROUBLE AHEAD
BUT WHILE THERE'S MOONLIGHT AND MUSIC
AND LOVE AND ROMANCE
LET'S FACE THE MUSIC AND DANCE.....**

BUS EXPLORERS – Join up it's free – you just need a bus pass!



The Explorers travelled to Petersfield last month. Then they enjoyed a day at West Dean - Beautiful surroundings and well stocked flower borders!

You can get on the next trip – to Bognor Regis on 2nd September, and they have another planned to Gunwharf in November . Interested? Contact Pearl Muers via the Ems Valley u3a website – go to “Groups” then go to “Bus

Explorers”! Happy travelling.

AI – IN ANCIENT GREECE?!

Most of us rely fairly heavily on AI on our digital devices, even if we do not realise we are using it. I was recently introduced to ChatGPT. For those who haven't heard of it, it is a 'chatbot' – a computer programme that can generate human-like text for all sorts of contexts. It is alarmingly remarkable – and addictive!

While planning our July meeting I thought it might be fun to include an element of AI. We have been looking at vases, and, as a recap, I asked ChatGPT if it could write a rhyming poem on the history of ancient Greek pottery. In the blink of an eye – with absolutely no exaggeration – onto the screen popped a ten verse poem covering all the main developments, and finishing with the following three verses, which I found particularly evocative:

*From kraters deep to kylix wide,
The painter's pride would not subside.
Each piece, a whisper from the past,
Of banquet, war, or love held fast.
And when the wheel at last grew still,
And Rome climbed up the Grecian hill,
The pots remained—mute orators—
Of sculptors, myths, and vanished wars.
So let the vessels speak once more,
From tomb and temple, grove and shore.
For though the potter's voice has gone,
His clay-bound stories still live on.*

I read the whole piece to the group, who seemed to like it. They even ran spontaneously with the idea of AI later in the session, when we were looking at pictures of pieces of broken pots and trying to gauge what the whole decorative design might have been from the few clues that we could see. When we were stuck, group member Rod Lipscombe swiftly produced his mobile phone and went to the Google Lens app. He just pointed the camera at the image projected screen and, in almost every case - AI immediately identified the subject. We all enjoyed this and were impressed by it.

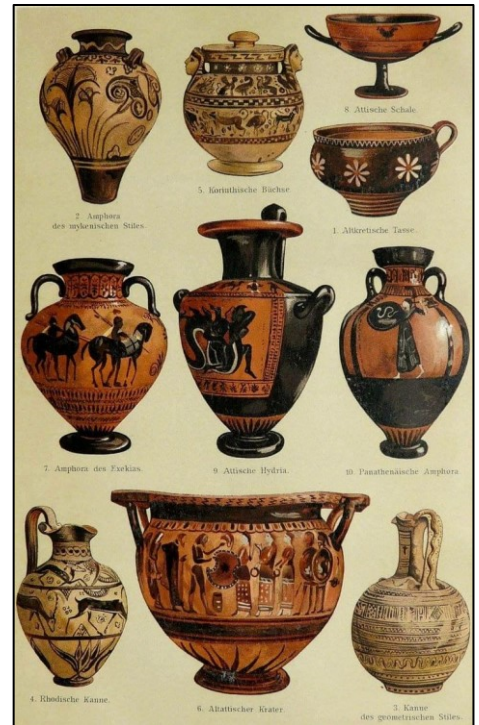
This got me thinking about what I should do when Alan sent me an email asking: 'Anything to report for your group in the August newsletter?' Apart from just telling you about our meeting, which might not be that exciting, I decided to ask ChatGPT, without giving it any hints or details, if it would do the following: 'In rhyming couplets write about what the Ems Valley Ancient Greece Group have been up to recently.' I rather held my breath about what it might suggest we'd been doing – particularly if it remembered I'd been asking on a previous occasion about vases, which sometimes have surprisingly censorable images on them, but I needn't have worried – except perhaps for verse 4. Here is its response, which is a bit fanciful, but shows we have an entertaining time together:

*The Ems Valley Greeks, with torches held high,
 Explore the old myths where gods never die.
 They gathered last week by the olive tree's shade,
 And staged Homer's verses with masks they had made.
 They've painted fresh urns with scenes bold and grand,
 Of heroes and temples and far-away land.
 Their sandals have danced on the village green floor,
 In Dionysian rites we'd not seen before.
 They feasted on olives, on honey and wine,
 Rekindling spirits of temples divine.
 So if you would wander through Athens in dream,
 Join Ems Valley Greeks—where the old stories gleam!*

Before I leave you, and return to my dusty tomes, I've just put one more request into ChatGPT, for 'a short poem to thank Alan Borrow for all he does for Ems Valley u3a. If possible mention wine, bricks and newsletters.' There was sincere motivation behind what might sound frivolous. This is what it immediately produced, and I'm sure we all concur with it:

*A Toast to Alan
 For all you do, dear Alan Borrow,
 Ems Valley's heart you help to grow.
 With bricks you build us strong and true,
 With wine you cheer our meetings too.
 Your newsletters keep us all in touch,
 Your steady care means so much.
 So here's a toast to you today —
 Thank you, Alan, in every way!*

Juliet Walker (the prose) with the assistance of ChatGPT (the poetry)



DAY TRIPPERS OUTING TO OSBORNE HOUSE IOW, 16 SEPTEMBER 2025

There is so much to see at Osborne House besides the magnificent House including the beach, garden and Swiss Cottage. Google:

<https://www.english-heritage.org.uk/visit/places/osborne/things-to-do/>

After comparing the cost of travel by passenger vs car ferry, we have determined that car ferry from Portsmouth is more convenient and less expensive by about £6.00 per person.

This will eliminate taking a train or bus to the ferry terminal and the bus on the Island to get to Osborne House. Based on 4 or 5 cars of 4 people, the cost per person is £42.00. If we have less than full cars, the price will be adjusted based on the total number of travellers.

Ideally, we can find 5 drivers so we can fill the total of 20 spaces reserved for our Day Trippers group. We will receive a £1.50 discount per person from the price of admission if we fill the 20 spaces.

The timing for the day is as follows:

Wight Link requests arrival at least 45 minutes before the ferry departs the dock.

Leave Emsworth at approximately 07:20 for arrival at the Ferry terminal (PO1 2LA) by 07: 50. The boat departs at 08:40 and arrives in Fishbourne at 09:35.

Our Osborne House visit is booked for 10:30. Post code for Osborne House is PO32 6JX.

We need to depart Osborne house by 15:15 for arrival at Fishbourne ferry terminal (PO33 4EU)

by 15:30 for the return ferry that departs at 16:20 and arrives in Portsmouth at 17:05.

Upon arrival at Osbourne house we should have time for a coffee or tea before entering the House.

There are several venues available for lunch.

Please let us know if you plan to join us and if you can drive and car share. A £25.00 deposit per person is required by Thursday 31 July so we can reserve spaces on the ferry.

Mr S Gorban

Sort Code 40:45:22

Account Number 11658476

Feel free to invite friends and family to join us for a great day at Osbourne House



Simon and Steve

IT'S BARBECUE TIME – and the weather's just right!



that we 'invented' it!). Geoff Wiggins assisted by David Milne cooked the fare to a tee and all were very happy. The ladies excelled with 'Le Cordon Bleu Desserts' as the photo shows which was taken, please note, AFTER the main vultures had swooped....

(I checked the definition of a vulture - a large bird of prey with the head and neck more or less bare of feathers, feeding chiefly on juicy desserts, with others, in anticipation of the intoxication of others around them! O.K. look it up for yourself....)

To enjoy a barbecue fully you need some help from the weather, and of course a lovely central setting like the Friends 'Old hospital Gardens' right slap bang in the middle of Emsworth (Aren't we lucky to have this wonderful facility – long live the Friends!)

Wednesday 16th of July was warm dry and very slightly cloudy so we didn't have to fight the sun! Ten different wines were served and the most acceptable was the PICPOUL once again. How many more years will this fresh white wine from the Mediterranean be a best seller in the U.K.? (of course, there are those in Ems Valley wine appreciation who still maintain



WINE APPRECIATION FOUR



The members of Wine Appreciation Group Four had a fantastic time at their Summer Party, held on Thursday 10th July. The event was a delightful celebration of fine wines, good company, and a perfect summer evening. Hosted at the beautiful garden of Bill and Louise Jones, the event was based on an American supper for the food with the committee supplying a range of interesting Red, White and Rosé wines. Wines were obtained from Tesco and selected with Tesco club card offers together with a further 25% off. Leader June Lineham regrets that there are currently no vacancies for membership of this group.

June Lineham

“A Note from the (still human) Editor”

In Ems Valley where tiny rivers bend,
Our newsletter's shaped by hand — not trend.
With jokes at the end and bike rides well-planned,
And wine groups (five!) to understand.

Each month, I gather tales with care:
A quiz, a tip - next garden trip where?
STEM news from Pam, a line from Sue —
More heart than AI ever knew.

Some say, “Let Chatbots do the chore!”
But bots don't laugh — or proofread lore
Nor when the Greek group get a vase
With Ares wrongly shown as Mars

Yes, AI writes with faultless flair,
But does it know which font looks fair?
Can it recall, through every draft,
The priceless gems that made me laugh.

So here I stand, with coffee cold,
Not yet replaced - if somewhat old,
The soul of our NEWSLETTER still takes pride
In quirks no algorithm can hide.

“SAVED BY THE BELL”

On Thursday 17th July, we were treated to an enlightening talk by Madeleine Salvetti at the monthly meeting. Madeleine delved into the curious and colourful origins of some of our most familiar everyday expressions. With her trademark wit and storytelling flair, Madeleine explored the fascinating stories behind phrases we use without a second thought — and revealed just how quirky their roots can be.

From the slightly sinister to the surprisingly literal, each expression came with its own slice of history. We learned that "round the bend", now used to describe someone behaving irrationally, once referred to the long, curved road leading to asylums — a chilling echo of attitudes towards mental health in the past.

"Saved by the bell" may sound like a boxing term today, but Madeleine explained its more macabre origin: in the 17th century, safety coffins were equipped with bells in case someone was buried alive — a real concern at the time! The expression "on the wagon", often used to describe abstaining from alcohol, has roots in the temperance movement, where those pledging sobriety would supposedly climb aboard the water cart. In contrast, "money for old rope", now used to describe easy earnings, stems from the days when old rope from ships was sold off for quick profit — including rope once used for hangings!

Madeleine rounded off the session with "keep your shirt on", a phrase meaning "stay calm", which dates back to the days when a rating about to fight would remove his shirt — so telling someone to keep it on was a plea for peace, not fisticuffs.

Madeleine reminded us how language not only reflects history, but keeps it alive in the most unexpected ways.

Would you like an EMSWORTH TOWN COUNCIL?

In the second half of the meeting described above, we were addressed by Andrew Caple of the Emsworth Forum. The interest shown by the members was well illustrated by the fact that EVERYONE returned from tea break for this second half talk! Andrew explained to us that a new Unitary Authority was going to replace the Havant Borough Council and that Emsworth might lose some of its 'voice'! If the residents demand it, a new TOWN COUNCIL could be formed to ensure that our voice (and views) are maintained. He explained the possible workings of a future Emsworth Town Council well, and highlighted areas in which we could add to our future say in local matters. Leaflets were distributed for us to make our own choice on this important future.

Please note that it is a pure coincidence that the "Quotation Corner" that follows, and has the title "Bureaucracy", has no relevance whatsoever to this little news article! Honestly!

QUOTATION CORNER - BUREAUCRACY

"Shara now sits on committees that decide who shall be nominated to be committee chairs for other committees; then, after these meetings, she sits on committee meetings to formulate agendas for future meetings; and after these, she attends committee meetings deciding who shall be appointed to appoint appointments to committees."

Robert Jackson Bennett,

"The only thing that saves us from the bureaucracy is its inefficiency." **Eugene McCarthy**

"A memorandum is written not to inform the reader but to protect the writer." **Dean Acheson**

"I think it will be a clash between the political will and the administrative won't." **Jonathan Lynn**

Bureaucracies are designed to perform public business. As soon as a bureaucracy is established, it develops an autonomous spiritual life and comes to regard the public as its enemy. **Brooks Atkinson**

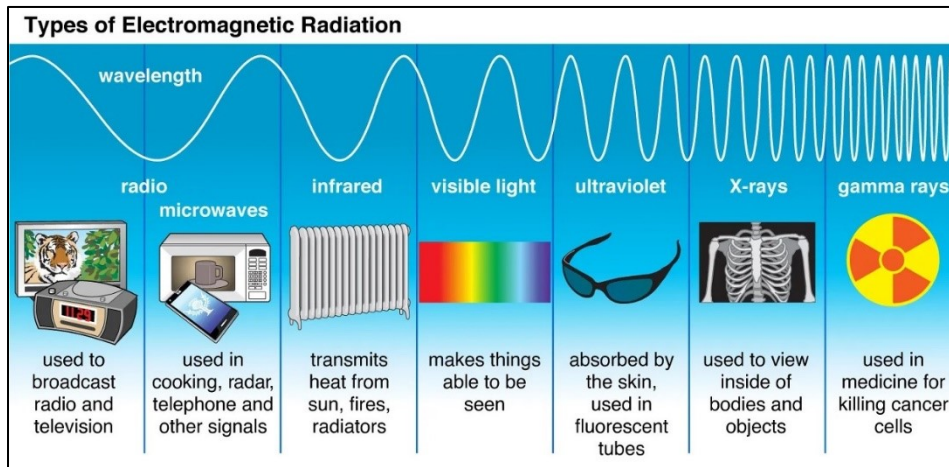
Instead, Parliament passed an Act which was, as usual, a legal redundancy, and superbly upholstered with "whereby," "notwithstanding," "heretofore" and other such words so beloved of anyone who ever used a heavy legal textbook to prop open a door on a windy day **Dudley Pope,**

Bureaucracy is the death of any achievement. **Albert Einstein**

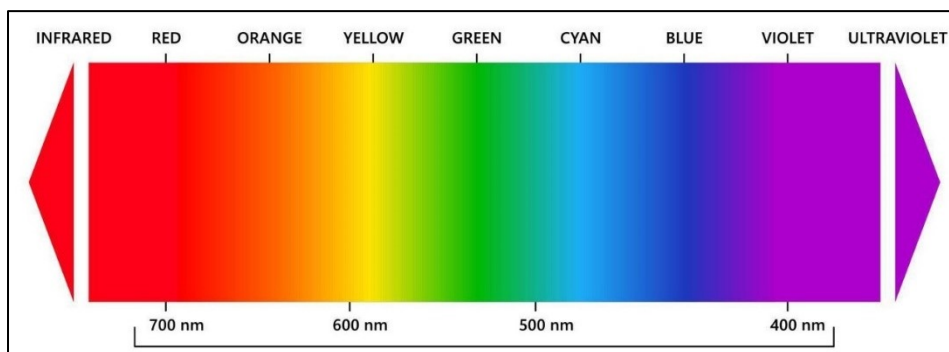
Bureaucracy is a giant mechanism operated by pygmies. **Honore de Balzac**

STEM Group Looks at Light and Colour!

Science and Technology Group met in July to hear a fascinating talk by Brian Lynch on the nature of, and how humans have evolved to be able to see, Light and Colour. Our light comes from the sun and is a mix of all the colours of the rainbow to form White Light. This sits in a wide electromagnetic spectrum, containing radio waves at the longer wavelength end (metres), through visible light (a few hundred nanometres) to much shorter wave radiation (X Rays and Gamma Rays used for medical purposes).



The colours in the visible spectrum are Red, Orange Yellow, Green, Blue, Indigo and Violet. As many of us recalled this mnemonic from school science lessons “Richard Of York Gave Battle In Vain”



This sits in a wide electromagnetic spectrum, containing radio waves at the longer wavelength end (metres), through visible light (a few hundred nanometres) to much shorter wave radiation (X Rays and Gamma Rays used for medical purposes).

mnemonic from school science lessons “Richard Of York Gave Battle In Vain”

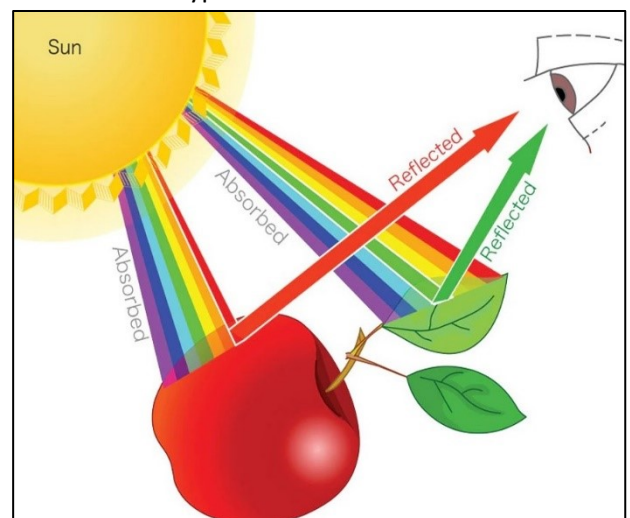
Left: The Range of light wavelengths our eyes can see

Evolution has developed the human eye to contain three types of cells, which are sensitive to the Red, Green and Blue wavelengths

and it is the brain that gives us the perception of colour. Another example is that bees have evolved to be able to see ultra-violet light (not sensed by humans) and this highlights sources of nectar!

This provoked a healthy discussion among the group about the reasons for and types of colour blindness in humans.

We went on to address the question – “If the sun emits white light, then why doesn’t everything look white?” The answer is that different types of surface absorb different wavelengths (different colours), leaving the non-absorbed colour to be reflected. A good example is an apple, with green leaves. Now, light travels at 186,000 miles per second (300 metres / microsecond), which is true for all electromagnetic radiation (eg. Radio and Radar). So, light from the moon takes 1.2 seconds to reach us and from the sun – 8 minutes. The next nearest star is 23 trillion miles away – its light taking 4 years to reach us! This was a truly fascinating talk, which generated a lot of interest and discussion in the group. The talk was delivered in a clear and down-to earth fashion, which meant that those with a completely non-technical background could easily understand. One member of the group sent a thank you note, which I now pass on to Brian, with our thanks for an excellent talk.



“I just wanted to reiterate how fantastic the talk was yesterday. The clearest and best delivery ever in my book. For someone who finds physics completely alien I pretty well got it all. Just need to have a ponder on some points, but it was like a curtain of fog had been lifted. I shall look forward to the continuation in September and am sure many will feel the same”. I have always emphasised that you don’t need to be a science or technical “Guru” to enjoy STEM Group and Brian’s talk was a really good example! We are looking forward very much to part 2 of Brian’s Talk in September about how light and other forms of EM radiation are used to explore the nature and history of the universe. Any member of Ems Valley U3A is welcome to join us on Thursday 4th September. Just let me know, so we have an idea of numbers.

Geoff Whalley



Shippam's EXHIBITION: A Chichester Brand and a Slice of Chichester History

Join DAYTRIPPERS on 19 August. We will meet at the Novium Museum in Chichester for an 11:30am talk, just for our group, lasting about 30 minutes followed by questions and answer and then time to explore on our own.

Thanks to a £44,593 'Unlocking Collections' Grant from Arts Council England, The Novium Museum has been working with volunteers and the community to research Shippam's extraordinary advertising archive. The result is a vibrant, nostalgic, and at times surprising exhibition that explores not just what Shippam's made, but who they were - and why the company meant so much to so many.

This exhibition brings the Shippam's story to life through rarely-seen photographs, quirky adverts, colourful packaging and real objects from life on the factory floor. You'll hear from the people who worked the lines, packed the jars and operated the switchboards - their voices captured through brand new oral histories. Visitors can even explore archaeological finds from the old East Walls factory site.

From Turtle Soup and calves feet in jelly to Chicken Supreme and pizza paste, this is a story of invention, identity - and the enduring power of a good sandwich. Whether you remember the jingles, worked at the factory, or are simply curious about one of Chichester's most recognisable names, **this Shippams exhibition** offers something for everyone. Come and uncover the story of the city's "Ace of Pastes" - and rediscover a slice of history that's anything but bland. Behind every jar of potted paste was a person, a story - and a city. Yes, one of Chichester's most iconic names steps back into the spotlight in a brand new exhibition exploring the history, impact, and legacy of Shippam's.

From humble beginnings in 1786, Shippam's grew from a family grocer into a nationally recognised food manufacturer - all while remaining proudly rooted in Chichester. Best known for their meat and fish pastes, the company was a household name for generations. But their story goes far beyond the contents of a jar.....

We hope you will attend. **As always, family and friends are welcome to join us.**

Admission is free, with donations welcome, so we propose a £5.00 per person donation..

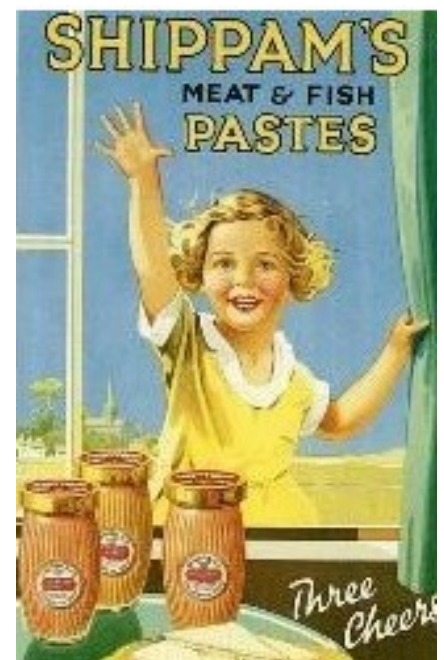
After the visit to the Museum, we will meet for lunch at Lemon Grass Thai Restaurant at 1:00PM. at 5-6 St Pancras, Chichester.

Please forward your lunch choice from the menu (see it on the web) when signing up to attend.

To join this excursion, please forward £5.00 per person (donation for the Shippam's Exhibition). To Mr. S Gorban sort code 40-45-22, Account Number 11658476

We will pay individually for lunch on the day.

The Lemon Grass restaurant offer a whole variety of tapas and set menu offers, well balanced flavours, whilst giving the opportunity to taste a variety of dishes.



Simon and Steve

Garden Group Visit to the Agapanthus Nursery on July 18th

On a beautiful, sunny, July morning, our Ems Valley Garden Group visited Fairweather's Agapanthus Nursery near Beaulieu. Twenty members of our group came on the trip and on arrival we were greeted by the wonderful sight of Fairweather's National Collection of agapanthus which is on display at the nursery. After a welcome and introduction by Patrick Fairweather, the owner of the nursery, we were free to admire the agapanthus collection and then help ourselves to coffee and delicious chocolate brownies or lemon cake in a cool and comfortable barn, which gave us some welcome relief from the sun. After our refreshments Patrick gave us an excellent talk about how the nursery is run - and how best to grow our plants at home. Growing agapanthus on an industrial scale is clearly a complex and highly specialised business. The nursery produces 500,000 plants in 60 varieties each year. The first stage of propagation takes place at the nursery, then the young plants are sent abroad, sometimes as far away as Vietnam (no mention of air miles) for the next stage of their growth. Finally, they are returned to Fairweather's to be potted up and grown on to become mature plants for sale in the garden centre or online to businesses such as



Thompson and Morgan and B&Q. Patrick gave us a full account and demonstration of how to grow our own plants at home, including what size pots to use and which compost is best. He said that agapanthus thrive in well-drained soil in a location that receives sun for most of the day. They have fleshy roots and leaves which can make them prone to frost damage, but the hardiest varieties are the deciduous

ones which die down in winter and will survive most UK conditions once they are established. Evergreen types, however, are more tender and their leaves can be damaged by frost, which makes them especially suited to being grown in pots which can be brought into a conservatory or greenhouse for the winter. Agapanthus are hungry feeders and the best feed for them is Tomorite, which contains potash. After flowering, flower stems can be cut down or left on the plant for winter structure in the garden. Alternatively, dried seed heads can be sprayed with silver and gold to create Christmas decorations. Plants that don't flower or are overcrowded can be divided in late summer after flowering or in early spring. The belief that flower production is maximised when the roots are bursting out of the pot is not correct. Ideal conditions are provided where root



development is restricted to some extent and

the plants are well watered and fed throughout the growing season.

After this very interesting and informative talk, Patrick took us on a tour of the nursery. In one shed we watched as a machine filled pots with compost and placed them on a conveyor belt for a member of staff to pot up with a young plant. Finally, to everyone's delight, we were able to select and buy our own agapanthus from a huge variety of mature, well priced, flowering plants. Almost everyone was soon clutching their purchases, with big smiles on their faces!



Our very enjoyable morning ended with lunch at Fairweather's Garden Centre in Beaulieu Village. It was the perfect end to our Ems valley U3A Garden Group trip.

Annette Wood

HAVING A LOVELY SUMMER.....



symptoms



Dizziness



Rapid heartbeat



Red skin



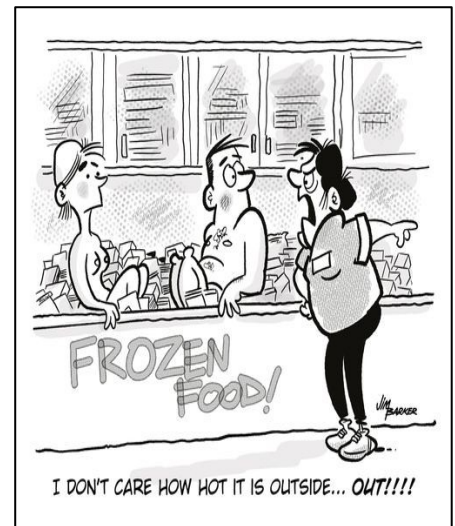
Headache



Vomiting



Weakness

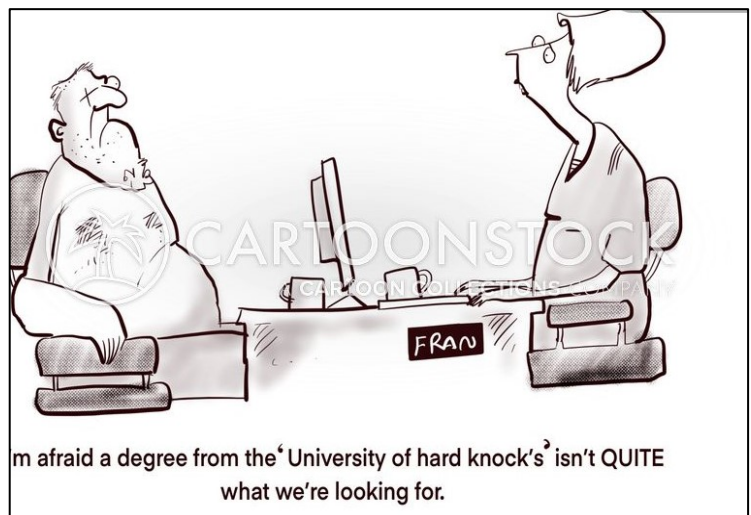


“Old age is always fifteen years older than I am.”

“Aging seems to be the only available way to live a long life.”



“I GOT MY EDUCATION AT THE SCHOOL OF HARD KNOCKS. TROUBLE IS, I KEEP REPEATING THE COURSE.”



I'm afraid a degree from the 'University of hard knock's' isn't QUITE what we're looking for.

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