



Dbee Robinson, the newsletter's new 'Features editor' caught up with our Vice-Chairman and Speaker Secretary, Andrea Brokenshire to find out what brought her to Ems Valley u3a, what inspires her, and what she hopes for the future.

What was the very first u3a group you joined, and what made you walk through that door?

It was actually Ems Valley u3a. We had recently moved to the area, so I was looking for opportunities to get to know people whilst having some fun. I looked at the website and saw such a variety of groups and interests on offer, so I decided to come along.

What first inspired you to take on this Vice Chairman role?

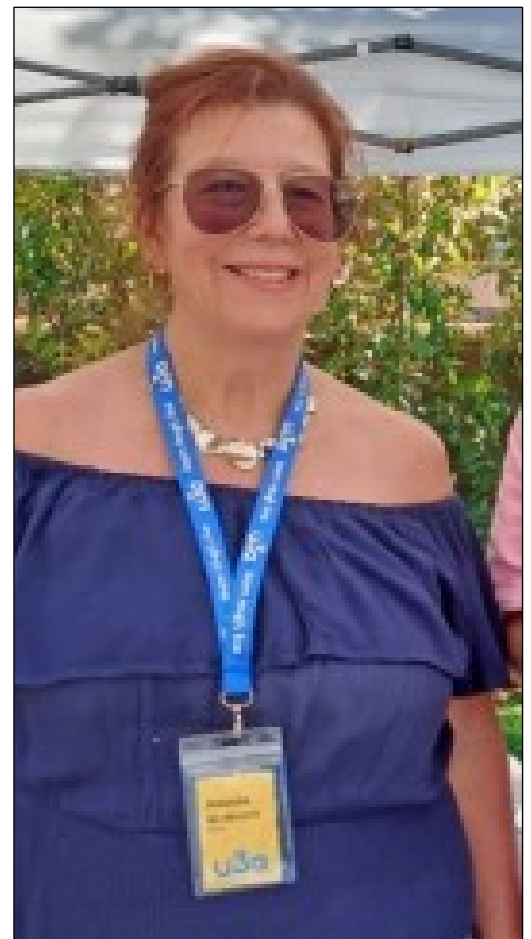
I wanted to give something back, having enjoyed the efforts and work of other group leaders.

What skills or experience will help you in your role?

For most of my life, I've enjoyed organising groups and social events. As a teenager I was involved with the Girls' Brigade, helping to teach and look after younger members. Later, while working for NatWest, I organised a summer riverboat party and a day trip to Boulogne by hovercraft for the entire branch. I also ran a mother-and-toddler group for about 30 children and looked after the PTA finances during my children's primary school years, as well as organising socials for class parents. I then moved into financial planning, which became my career for the remainder of my working life. I particularly enjoyed organising our son's Year 6 leaving party. It had a James Bond theme, with parents given the opportunity to show off their expensive cars, which lined the school road. The headmistress even served mocktail martinis — shaken, not stirred, of course! I've also volunteered to arrange church events, from children's parties to adult events such as barn dances. Since moving to Emsworth four years ago, I've been part of Emsworth Baptist Church. The EBC Ladies Together group brings together ladies from the wider Emsworth community, not just church attendees. We organise around four events a year for approximately 80 ladies, with our Christmas lunch and wreath-making always popular. Oh, and I do like a good list to keep us all organised!

Is there someone who inspires you?

My father was very involved with the Kingston u3a, while my mother organised events for her tennis club and continues to do so for her golf club friends, even though she no longer



plays. However mum played tennis from her school days into her 50's and I am pleased to say so did I. Mum also loves family and friend get-togethers. I observed the pleasure both my parents gained from organising things and from the social side of it.

Describe the spirit of our u3a in three words.

Friendly, fun and organised — with the opportunity to broaden your horizons if you choose! (Sorry, I know that's more than three words!)

Is there a book you'd recommend?

If you haven't read it, I'd recommend Victoria Hislop's *The Island*. It is a story based around Spinalonga in Crete, which was previously used to house leprosy patients when the disease was believed to be contagious.

If you could master any musical instrument?

The saxophone, so I could play jazz! In my younger days I played guitar, violin, piano and recorder, but the saxophone would be the one I'd love to master.

What might people be surprised to learn about you?

Some might think I'm quite boring really! My hobbies and passions are Citizens Advice, church and financial planning. But I've always had a love for cats and have lived with them throughout my life. Tinker Cat was quite a character. He recognised my mum's car as it turned into our road and would then ride home proudly on the car bonnet. It was quite a sight!

Where would you go if you could travel anywhere tomorrow?

Kassiopi in Corfu. This is our “happy place”. Knowing many of the villagers, and one family in particular, makes it feel like a second home.

Finally, where do you see our u3a heading?

We have a great committee and perhaps we'll look at social media to add to our online presence alongside our website. I'd also like us to encourage and welcome new people into our u3a and inspire more members to become group leaders. And I'm sure there are members who have ideas for another group, have heard about a group elsewhere, or would simply like to try something new. The committee is here to support anyone wanting to do that. Because that's the whole point of our u3a: **A fun community, run by members, for members.**

The Universe Shows Off

On 12 August, the universe clearly decided that one spectacular event just wasn't enough. Instead, it put on a celestial hat-trick—and, rather inconsiderately, expected us to be awake to see it! I hope some of you managed to catch at least one of the three events, assuming you could either stay up late or get out of bed at the crack of dawn.

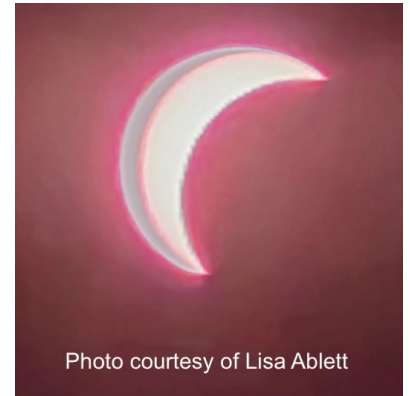
First up: the Planet Parade

Before sunrise, six of our cosmic neighbours—Mercury, Venus, Mars, Jupiter, Saturn and Uranus—appeared to line up across the sky as though they were patiently waiting for the number 700 bus! It looked like a wonderfully neat straight line from here on Earth, but this was actually a bit of a cosmic optical illusion. The planets weren't really lined up in a perfect row in space. They all orbit roughly along the same flat plane, which makes them appear to form a line from our particular viewpoint. Still, it was impressive—and considerably more exciting than most bus queues!



Then came the big one: **a solar eclipse**

Later that afternoon brought a spectacular total solar eclipse, visible along a narrow path through Greenland, Iceland and northern Spain. Across the UK, Ireland and continental Europe, millions of people experienced a deep partial eclipse, with 93% of the Sun obscured in Emsworth. It was the most significant eclipse seen in northern Europe since 1999. And because it occurred low on the western horizon during the golden hour, it provided some remarkable photographic opportunities—including spectacular images of the eclipsed Sun setting behind landmarks such as Stonehenge. Quite a performance for something that happens 93 million miles away!



And finally...**the Perseids**



As if the day hadn't been busy enough, evening brought the famous Perseid meteor shower. You could think of this as the universe's version of a cosmic litter trail. The Perseids occur when Earth ploughs through a cloud of dust and debris left behind by the enormous Swift-Tuttle comet. Those tiny bits of space debris hit our atmosphere at a staggering 133,000 miles per hour. They heat up and burn as they hurtle through the atmosphere, producing the bright streaks of light we know as shooting stars. At its peak 25 shooting stars could be seen in an hour. And the best part? We can enjoy this particular fireworks display without having to buy a ticket—or leave the comfort of our garden chairs! So, three celestial events in one day: a planetary parade, an eclipse and a meteor shower. It was a proper cosmic hat-trick

—the universe really was showing off! **Dbee Robinson**

Garden Group visit to Susie Barker's garden.

Our visit in August was to the lovely open garden that we enjoyed when we visited Susie Barker's garden last month. Despite the difficult conditions for plants this summer, Susie had managed to have a beautiful display of blooms and vegetables for us to enjoy. She works very hard in her large garden and, on the day, she provided us with plenty of shady places to sit to enjoy the views and taste the delicious cakes generously provided by members of the group. It was a fun sociable morning from which Susie was thrilled to have made over £200 for Parkinsons UK charity; one which is close to her heart. Thank you Susie for welcoming us all to your garden. **Diana Faithfull**





Summer singing, FUN and a strawberry cream tea!

Our lovely Singing for Fun group enjoyed the sunshine, singing songs with a summer theme and a lovely strawberry cream tea on Wednesday 22nd June. We are now back singing in our original venue, the newly refurbished lower Assembly room at the Community centre. The following article celebrates three of our four lovely gentlemen singers and new comers. The addition of male voices in our group, adds a definite quality to the sound we make and most importantly to the fun that we have. With the addition of our latest gentleman recruit, we now have FOUR! In celebration of their unique personalities and experiences within the group; I asked them to send me a few thoughts on them being part our singing group, based on FUN rather than vocal ability. **Here's what they had to say:**

Keith Davies: "I thought it would be interesting to share a brief history of our group and hope you enjoy reading the following. The group was set up in 2006, it was one of the original groups from when our U3A was formed. The group leader was a lady called Shirley Court (maybe some of you can remember her?) and the group were looking for people who liked to sing, but didn't consider themselves good enough for a choir. A large number of the membership at that time were couples and I joined with my wife Sue. During the singing, ladies sat at the front and the men at the back, we had a regular pianist and we met in the old school room in the ECA, where we still meet now. Our numbers are much reduced now and we need new members, particularly men. It's a well-run group and you will be made very welcome. We are not a choir - the group title says it all "Singing for FUN". I always leave feeling happier than I did on arrival, my only regret is that it is not a long enough session and it is only once a month" !



Keith Watson: "About 5 years ago I heard Anne Powel speaking on Angel Radio about U3A in general and "Singing for Fun" in particular. I like singing and, being on my own, decided to give it a go. On arrival at my first session I was the only man among 25 women. Anne commented that "It is nice to have someone who is not a soprano". I admit that I felt like a bit of an oddity at first! I was made very welcome, enjoyed the relaxed format, that didn't require singing in choral parts or music reading ability. We just sang in the key that suited us, with as much gusto as we wished. I was hooked and returned each month to enjoy my new friendships. I'm delighted the group is attracting more men, to balance with the higher voices and the improvised harmonies we're creating. The songs are a good mixture of popular and well-known songs from musicals and traditional folk. All are easy to vocalise, even if your voice struggles to maintain the melody. One lady freely admitted to me on my first visit, that her voice "would make a foghorn sound tuneful!" Actually, she's not that bad. So why do I keep returning and why should any lady or man,

regardless of an ability to sing tunefully, join us? My reason was to avoid the loneliness accompanying the loss of a loved one, to expand my social life by meeting others with a shared interest and to enjoy the warmth and laughter of new friends. It worked for me; it could work for you!"

Colin Morey: "I've very recently joined Singing for fun. I'm not someone who is very outgoing and also don't think I have a very good singing voice. I heard about Singing for fun and was reassured it didn't matter whether I had a good voice or not, as long as I left having had fun. So I went along and found the group to be very friendly. Linda, who leads our singing, is good fun and the whole afternoon was very enjoyable. Having enjoyed my first time, I decided to come back and carry on. If you like to sing (the women are all very friendly and welcoming) we could do with more men! So why not come along and have some fun while singing, tea, biscuits and lots of fun provided!

Sadly our regular pianist Helen is unwell, we're very much missing her, as she hasn't been able to join us since April. We're all continuing to hold her in our thoughts and trusting Helen regains her health and will be able to join us once again. We're also still mourning the loss of Wendy our other regular pianist. But we're very pleased to welcome our most recent newcomer Ros, who is enjoying the singing and the fun of the group, along with putting her pianist skills to good use accompanying us.



Singing for FUN - Lower Assembly room Emsworth Community Centre

**2.00 - 3.30pm – 4th Wednesday
each month (except Aug & Dec).
Pop along to any session, on your
own or with others and give it a
try, we'd love to welcome you.
Maybe see you next month?**

Article written by our gentlemen group members and put together by Linda Long (Singing lead) and Jill Ashburn (Admin and enquiries).

Photos: top - Keith D., Keith W. and Colin M. Middle - The group enjoying the cream tea. Bottom – Jill, Jill and June who prepared the tea!



Local History Group visit the magnificent Parham House

On Friday 7 August, twenty-two members of the Ems Valley u3a Local History Group enjoyed a fascinating visit to Parham House in West Sussex. We arrived at 10.30am and were warmly welcomed with coffee before meeting our guide, who then escorted us on a comprehensive tour of this magnificent Elizabethan manor house. The guided tour lasted through the morning and provided a fascinating insight into the history, architecture and treasures of one of Sussex's finest historic homes. On more than one occasion, our guide



accused us of "dawdling" but I can honestly say this was because of individual fascination in art, furniture, needlework or just grand elegance! Following the tour, members were free to enjoy a picnic in the grounds or purchase lunch from the café. Refreshed and re-energised, we then spent the afternoon exploring further. Many returned to the house to revisit favourite rooms, while others took the opportunity to wander through the beautiful gardens. They included a large lake and views of the distant deer herd, also Veronica's Maze, a turf and brick maze built for the Year of the Maze in 1991. As we sat and ate our

picnic at lunchtime, we could see visitors walking in what appeared to be aimless circles and wondered why! A maze without hedges – you would think was easy – try it! The outstanding four-acre walled garden was a particular highlight. Its colourful borders, productive kitchen garden and carefully planned floral displays

demonstrated exactly where the stunning floral arrangements seen throughout the house, originated. The fresh flowers in every room added greatly to the atmosphere of the house and were admired by everyone in our group. At



one point in our tour we even interrupted one busy flower arranger! Six full time gardeners keep this facility so productive! Parham House itself has a remarkable story. The present house was begun in 1577 and remained in the hands of the Bishopp family and their descendants for more than three centuries. By 1922, however, the house had fallen into a poor state of repair. That year it was purchased by the Hon. Clive Pearson and his wife Alicia, who immediately recognised its potential. Over the following decades they

undertook an extensive and highly sympathetic restoration programme, carefully preserving the character of the house while furnishing it with fine collections of furniture, paintings and textiles. Their vision transformed Parham into the beautiful home we saw on that day, and we were told that it was their commitment to sharing this historic treasure that eventually led to it being opened to visitors, allowing generations to enjoy its beauty and history. Our thanks go to Reg Newnham, who leads this group and who accompanied us throughout the day. His organisation and enthusiasm helped make the visit both enjoyable and informative. It was a memorable outing and another excellent example of the varied programme of events that the Local History Group provides for its members. Thanks also to Trevor Redman for the photos!

Alan Borrow

The photos – top to bottom show: The long gallery, believed to be one of the longest in any country seat in this country, a section of the original beautiful oak carved panelling, some of the art work and amazing tapestry, and the happy u3aers gathered in the entrance hall about to embark on the tour of the house!

Stone built mansion but restored by a BRICK EMPIRE!



This photo taken from the web, shows Parham House in an early morning atmospheric setting. It clearly shows it's stone construction – local stone with additions imported from Caen in the sixteenth century. But, as Ann and Reg Newnham pointed out to me after we returned, it was restored in the early 20th century with the wealth created by the Pearson family from BRICKS! Yes, Brick Business members of Ems Valley, note that these Pearsons

(including Weetman Dickinson Pearson, the 1st Viscount Cowdray and his son, the Hon. Clive Pearson) owned Brickworks in the north and they founded Midhurst Brickworks in the south. These works supplied a massive civil engineering empire that created the wealth that allowed the restoration! This international construction business was responsible for infrastructure projects worldwide and included railways, harbours and even the Mexican Grand Canal!

Thankyou you for this information Ann Newnham!

FAMILY HISTORY – ALIVE AND KICKING!

Family History is one of the longest running groups in Ems Valley u3a. We have over thirty members with an average of about twenty attending our monthly meetings. When researching our own ancestors we work in many different ways but mainly using online family history websites, the BMD website and the General Register Office (GRO). However, long before the advent of computer technology, some of our members carried out painstaking research by travelling to London and across the country to look at the National Archives, parish registers and church records, etc. **James Day** has many interesting stories of his ancestors which he has discovered over the years by researching 'the old way'. Here is one of them:.

"Researching, recording and writing up one's family history can be an interesting and entertaining hobby. One of my surprising discoveries was that the first wife of my great-grandfather, Clarence Trelawny, had been the ex- mistress of Napoleon III - Elizabeth Howard. This is how it came about. Clarence was born on 20 December 1826. His father



was an impoverished landowner in Cheshire and as a child he had been sent to school in France where the conditions were very harsh.

Picture left shows Napoleon III , President of France from 1848 to 1852 and then Emperor of the French from 1852 until his deposition in 1870. He was the first elected president, second emperor, and last monarch of France.

Being a second son, Clarence had to find his own way in the world and as a young man he obtained a commission in the Austrian Hussars during the wars going on in Europe at that time. Miss Howard, who had been baptised at Brighton on 13 August 1823, was the daughter of a poor shoemaker, Joseph Harryett and his wife Elizabeth. (Her real name was Elizabeth Ann Harryett.) At an early age she had become a successful courtesan in London and had become the mistress of Francis Martyn, a wealthy officer in the Lifeguards. Through him she met Prince Louis Napoleon Bonaparte, nephew of Napoleon I, to whom she transferred her affections. Prince Louis at that time was living in exile in England. From the start she seems to have had great faith in him. She became his mistress, was installed in a house at 9 Berkeley Street and between 1846-1852 advanced him large sums of money to finance his

adventures. When the Prince was elected President of France, Miss Howard followed him to Paris. After the coup d'état of 2 December 1852, when Napoleon turned himself from President into Emperor, she at last received a reward for her loyalty. The Emperor granted her a sum of 2,000,000 francs and an annual allowance.

She fondly imagined she would become the uncrowned Empress, so when Napoleon announced he intended to marry the beautiful Eugenie de Montijo her fury knew no bounds. She became a continual nuisance to them. At the Opera she would take the box opposite and stare at her Majesty and in the Bois de Boulogne she would overtake the Empress's carriage and stare rudely. Napoleon appeased her with the residence and estate of Beauregard at La Celle St Cloud outside Paris and a few days before his wedding he made her the Comtesse de Beauregard. Clarence, as an eligible young officer and moving in the right circles, somehow met up with the notorious and beautiful cast-off mistress of the French Emperor and, on the 16th May 1854, they were married at St James, Picadilly. Clarence was looking for a wealthy wife and Miss Howard for a respectable marriage. In this she was disappointed. The marriage shocked his family who refused to recognise Miss Howard or invite her to their home. The marriage was childless and unhappy and in February 1865 they were divorced. She retired to her estate at Beauregard and became renowned for her good works to the poor.

Clarence married again on 15 November 1870 to Mary Campbell, daughter of Mr William Shaw Campbell, the US Consul at Dresden. By her he had five daughters, of whom the eldest, Rose, was my grandmother. Remarkably he managed for twenty years to keep his wife and children ignorant of his former marriage. Clarence Trelawny had always led an extravagant lifestyle and as time went by he lived up to and beyond his income, claiming "he was too old to retrench". Money worries must have preyed on his mind because on 27 November 1902, at the age of nearly 76, he committed suicide. At the time he was living at 9 Denzil Avenue, Southampton, a house previously lived in by my grandparents, Rose and George Day. On the day in question he had taken a train to Reading and then a cab to the Royal Berkshire Hospital. While the cabman was talking to the porter, he drew a pistol and shot himself in the head. He died the following morning. At the inquest the jury returned a verdict of suicide during temporary insanity."

James Day

The Family History group meets on the second Tuesday of each month except in July and August. If you are interested in learning how to find out about your own family history or have some of your own research to share, please do come and join us. You can contact the group leader, Karen Rodger, at familyhistory@emsvalleyu3a.org

Have you enjoyed a great holiday trip this year – or recently?

Have you enjoyed a memorable trip recently? Why not share it with us? The Travellers' Tales interest group is looking for new members to join our friendly little band of around 20/30 enthusiastic travellers. We meet during the winter months, at 7.30pm on the third Monday of each month. Each evening features two presentations, with members sharing their favourite and most memorable photographs from a particular holiday or trip.

Our presenters aim to give us a real flavour of their destination – highlighting the best places to visit, things to see and experiences to enjoy, as well as sharing any pitfalls, disappointments or useful lessons they discovered along the way. There is always plenty of interest, discussion and, of course, a good deal of friendly banter!

And this is where you come in... Have you enjoyed a trip – abroad or somewhere in the UK – this year, last year, or even a little while ago? Have you got a collection of photographs that brings back happy memories? Perhaps you discovered a wonderful destination that you think others would enjoy, or maybe you learnt a few things the hard way that could save someone else from making the same mistakes! We'd love you to share your Travellers' Tale with us. We want to hear your memories and your enthusiasm for travel. New members mean new destinations, new experiences and new stories for all of us to enjoy.

So, if you like travelling, looking at other people's holiday photographs and sharing a few tales along the way, come and join our jolly little bunch of travellers!

Interested? Please contact John Kieran, our group leader, (Travellers' Tales) via the Ems Valley u3a website. Where have you been? What did you discover? Come and tell us your tale – share your trip!



AND - Coming Soon to Travellers' Tales...

14 DAYS - 5 COACHES, 4 TRAINS, 3 BOATS, 2 PLANES and 1 CABLE CAR – Yes Dbee has had an exciting time in Japan!

Ever wondered what happens when you combine bullet trains, beautiful temples, mysterious toilets, black ice cream, geishas, samurai, sacred deer and *far too much luggage*?



Come and see us at the **Travellers Tales Group** as Dbee takes us on a whirlwind journey through Japan — from the neon buzz of Tokyo to peaceful gardens, ancient castles and Hiroshima's message of peace. There'll be food, festivals, forests, hot springs, 304 km/h trains... and the occasional traumatising toilet!

And yes, Mount Fuji did

make an appearance... sort of. **Come along and discover what Japan has to offer!**

Sunday Lunch for Solos: Celebrating Alison's 95th birthday!

Alison Vaughan, seen in the photo sitting second from the right, celebrated her big birthday on 7th August.

Two days later, it was our monthly Sunday Lunch for Solos so we celebrated her birthday at the Berkeley Arms in Bosham and the staff provided a candle to put in her dessert and we all sang 'Happy Birthday'!

Although we are a group of 12, only 8 could make it that day. However, we have 2 people on our waiting list so, if anyone else would like to join them, perhaps another group could be started. **Jane Yoward Group Leader**



Do you want to join DAYTRIPPERS visit to one of the most prestigious schools in the world?

Day Trippers are please to invite you for a great day out with a tour of Winchester College and The Cloister War on **Tuesday 20th October, 2026 beginning at 11:00 AM.**

Cost per person is £16.65 per person

We suggest the easiest way to get to Winchester would be taking the train from Havant which leaves at 9:23 and arrives in Winchester at 10:31. You can walk, approximately 15 minutes, to the college, or taxi there which is about a 5 minute journey. Of course, you can also travel by car and join us at the college.

College Tour - Winchester College is the oldest continuously running public boarding school in England, founded in 1382 by William of Wykeham, the Bishop of Winchester and Chancellor to the king..

Highlights of the tour usually include the College's medieval Chamber Court, the 14th century Gothic chapel, the College Hall, the medieval Cloisters, and the 17th-century redbrick schoolrooms. Winchester College is exceptionally prestigious, widely ranked among the finest, most elite, and oldest independent boarding schools in the world. 40 per cent of pupils regularly achieve Oxford or Cambridge places. The tour of the college lasts one hour. The War Cloister tour is separate and also lasts an hour. Winchester College's War Cloister is the largest private war memorial in Europe. We are told that this is a thought-provoking tour which brings to life the stories of the pupils and teachers from Winchester who died in both World Wars and subsequent conflicts, The tour also





explores the

architecture, symbolism, and impact of the Cloister today.

The War Cloister, which is an integral part of the school, is in use daily by the pupils. Return trains are at 3:27 or 3:49. Return fare with senior railcard is £20.20.

One reviewer commented: "The tour of the grounds and buildings included a colourful narrative of the school. Beautiful stories amongst the stained glass, woodwork and masonry. The stories brought a strong visual of what life was like in the past and also in current times. Since the school is active, we found it fascinating to hear about their modern day experience.

If you would like to book into this exciting day trip please reserve by contacting STEVE GORBAN via the web site and/or forward payment now, or definitely by 6th October: **Mr S Gorban, Sort code 40-45-22, Account number 11658476.** We hope to see you there,

Simon and Steve

Do you like the new newsletter Heading?

This has been designed by the creative Dbree Robinson, the new Features Editor for this Newsletter. The photo is attributed to her late husband, David. What a lovely perspective it offers of our Emsworth! Thank you David!

What defines English life right now?

Traditional town centres are reinventing themselves, moving away from big retail chains toward independent cafes, local pop-ups, and community spaces.

Food, music, and art reflect a vibrant, diverse population, where traditional Sunday roasts happily coexist with global street food markets!

Whether it is debating the unpredictable weather, gathering in the local pub, or following the weekend Football, Rugby or cricket drama, people rely on shared community rituals to unwind.

Agree or disagree?

Quotation Corner – This Month's subject – Diaries

Adrian Mole decides to keep a diary:

I have decided to keep a full journal in the hope that my life will perhaps seem more interesting when it is written down. **Sue Townsend**

I never travel without my diary. One should always have something sensational to read in the train. **Oscar Wilde**

"Keep a diary, and someday it'll keep you." — **Mae West**

"It's the good girls who keep diaries; the bad girls never have the time." — **Tallulah Bankhead**

"One advantage in keeping a diary is that you become aware..." — **Franz Kafka**

"Painting is just another way of keeping a diary." — **Pablo Picasso**

"Because paper has more patience than people." — **Anne Frank**

Writing in a diary is a really strange experience for someone like me. Not only because I've never written anything before, but also because it seems to me that later on neither I nor anyone else will be interested in the musings of a thirteen-year-old schoolgirl. Oh well, it doesn't matter. I feel like writing, and I have an even greater need to get all kinds of things off my chest. — **Anne Frank**

The diary taught me that it is in the moments of emotional crisis that human beings reveal themselves most accurately. — **Anaïs Nin,**

What is a diary as a rule? A document useful to the person who keeps it. Dull to the contemporary who reads it and invaluable to the student, centuries afterwards, who treasures it. **Walter Scott**



"What is it with your profession! You're the 39th doctor this year to tell me I'm a hypochondriac."

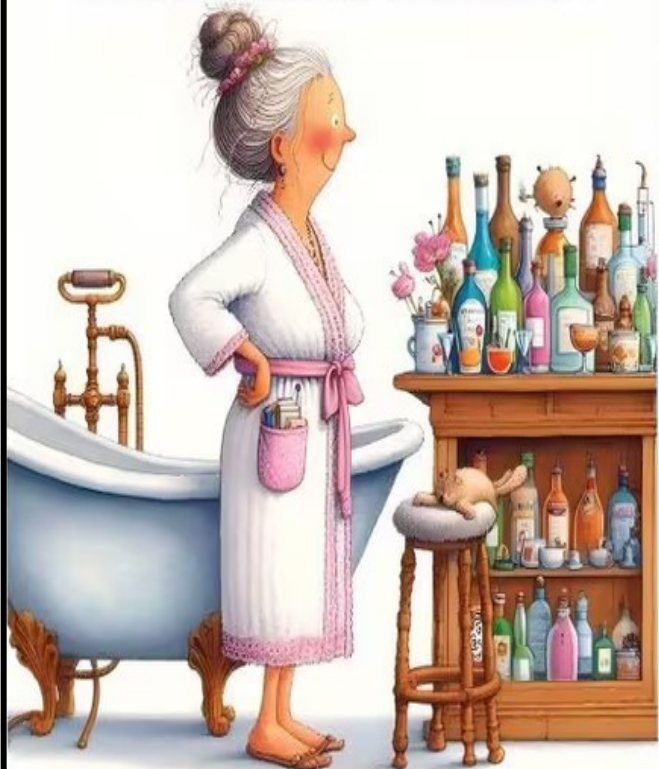


"I'M COUNTING ON A FAIRLY SIZEABLE BRIBE AT THE NEXT ELECTION"



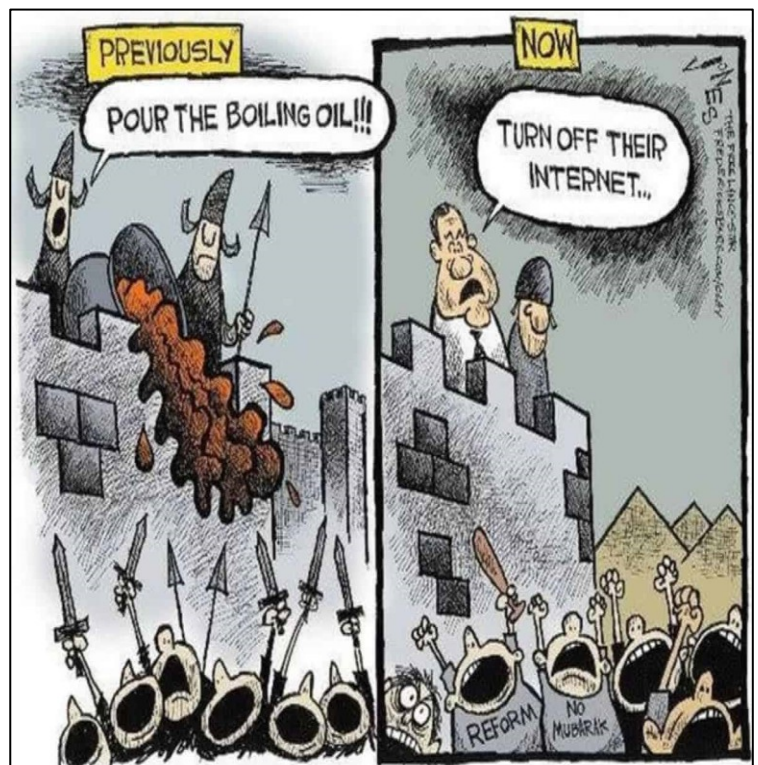
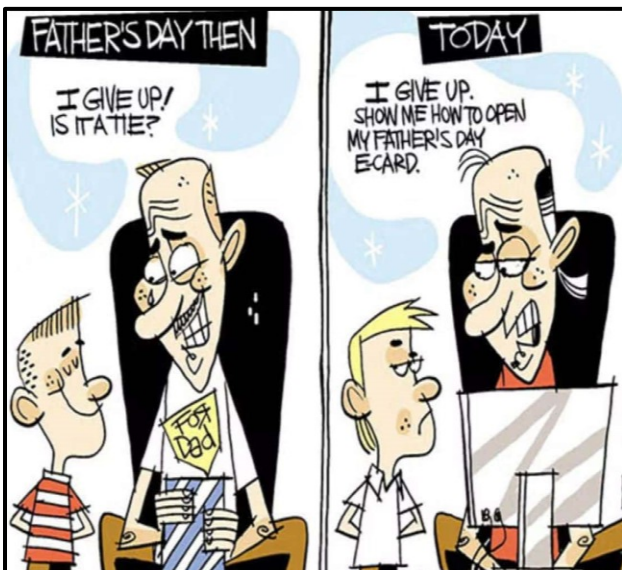
"You have reached tech-support. Press one if you're frustrated. Press two if you're aggravated. Press three if you're angry. Press four if your face is turning red. Press five if there's smoke coming out of your ears..."

My doctor suggested that at my age I should get a bar in the bathroom, which I think is a marvellous idea !



...and then it dawned on me how many hundreds of hours of my life I've spent, literally, just waiting for food to drop.





All contributions for the next newsletter please to:
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