



Meet Carolyn Joy – Our New Business Secretary

As the **new Editorial Assistant** for the Ems Valley u3a newsletter, I have been given another interview assignment by my new boss, our Editor Alan Borrow. There is just one small complication: I used to be the **Business Secretary** myself, and I am now interviewing the person who has taken over from me!

So, with a mixture of curiosity and perhaps a little professional interest, I sat down with **Carolyn Joy**, our new Business Secretary, to find out a little more about the person behind the paperwork.

If you could invite any dinner guest — living or dead — to a u3a group or event, who would it be and why?

As I am a member of the French group, and as a child I was fascinated by **Napoleon Bonaparte** and did a project on him, I guess it should be him. I wonder whether he would arrive wearing his famous hat?

If your approach to organising and managing administration had a theme song, what would it be?

It would have to be **'I Don't Want to Miss a Thing'** by Aerosmith. It's all in the title!

What is the most unusual or interesting item currently sitting on your desk or workspace?

A picture of my son **giving me away on my wedding day to Steve**. A much nicer thing to have on your desk than a pile of paperwork!

If you could magically simplify one administrative task, what would it be?

That's an easy one: **writing and updating procedures for Ems Valley u3a**.

(Dbee – as the previous Business Secretary, I would certainly agree with that one!)

If you were stranded on a desert island and could only bring three office supplies, what would they be?

A **To Do List**, my **Parker pen**, which was a leaving present from Aviva, and my **Filofax**, which contains my day-to-day calendar. However, being stuck on a desert island, I probably wouldn't really need a calendar!



What is the most adventurous or unusual thing you have ever done?

At 21, I quit my job and bought a six-month return ticket to **Zimbabwe and South Africa**. I didn't return for **12 years!**

If you could visit any period in history for a weekend getaway, which era would you choose?

It would have to be the **1920s** — flappers and carefree living. I would be a thoroughly **Modern Milly!**

What is a surprising or fun fact about yourself that most members don't know?

In the 1980s I was a **Punk Rocker**, dressed in bin liners and safety pins. I loved listening to The Jam and The Stranglers. Definitely not the image you might immediately associate with a Business Secretary!

What is your ultimate comfort food?

I love making **moussaka**, with cheese and wine to follow. Just perfect.

If you were forced to watch only one film or TV show on repeat for the rest of the year, what would it be?

For a film, it would be **Out of Africa** — based on the true life and 1937 memoir of Danish author Baroness Karen Blixen, with fabulous scenery and great actors.

For television, it would be **Death in Paradise**, the popular comedy-crime drama set on the fictional sunny Caribbean island of Saint Marie. The new series usually comes out in winter, so it's lovely to sit watching an easy-going programme, warmed by the beautiful scenery and sunshine.

I must also add that I have been to the island where they film it in **Guadeloupe**, and I can assure you the island is every bit as beautiful as it looks on television.

Do you have any pets?

I have a seven year old German



Shepherd, Berlin, who takes up a lot of my time with his long walks, play dates and pool parties.

What skills and experience are you bringing to your new role?

My previous roles have been in **Management, Compliance, Human Resources** and **Operations**. I like to be organised — hence my love of To Do Lists so nothing gets missed!

Welcome to the role, Carolyn! As the previous Business Secretary, it gives me great comfort to know I've handed over the reins to someone who loves a good To Do List as much as I do. I'm confident the role is in very safe hands — especially with your trusty Parker pen and Filofax close by.

Cooking for One – Because you really are worth it!

One thing I've discovered recently is that people often say, "I don't bother cooking now I'm on my own. It's not worth cooking just for me."

And I have to politely disagree. What on earth makes you believe you are not worth it? I've regularly cooked for eight, for two and now for one – and, frankly, the biggest difference is the amount of chopping it's less, so it's actually quicker! The basic process is the same. You still have to brown the meat, chop the vegetables, cook the potatoes, rice or pasta and, most importantly, sit down and enjoy the delicious meal afterwards.

And why shouldn't you? You're worth cooking for!

I'll admit that I don't really enjoy cooking, I enjoy eating hence I like to cook dishes I love and are hopefully healthy.

There is something rather satisfying about sitting down to a proper meal that you have made yourself, rather than eating something simply because it was quick and convenient. As we get older sometimes food is one of the only real pleasures in life we can look forward to every day, and eating healthily is even more important. However the hardest part of cooking our daily meals is: "What shall I eat?" For me, the hardest part has never been the cooking. It's deciding what to eat, and this is a typical conundrum in many households. How many times have you said or heard, "What do you fancy to eat for dinner today?" And the reply is....."I don't mind."

Which, as anyone who has ever had that conversation will know, is not remotely helpful for either party! So, being someone who likes spreadsheets (perhaps slightly more than is entirely normal) I created a 365-day meal plan. It covers breakfast, lunch and supper for the whole year, with ideas for what to have in the cupboard and what needs adding to the weekly shopping list. I originally created it just for my family, it took me 3 years, and the 1 year nutrition course I studied for proved useful to help me try ensure it's a balanced diet, (although I have no real industry laboratory tests to prove that.) It's completely flexible if I have plans to go out for a meal, on holiday, or simply just do not fancy that dish that particular day, etc. After showing it to a friend I was encouraged to self publish this book and it's surreal now seeing it on line. It takes away that daily "What on earth shall I eat?" decision and hopefully make sure meals are varied and reasonably balanced. But now I am on my own, and so I will revisit and adapt it to suit one person, so I feel another book is soon to be. I can also update to make better use of cooking a larger portion and freezing some for another day.

And that, I think, is one of the great advantages of cooking for one: you can decide what you want to eat, and when you want to eat it, and you don't actually have to cook for one every day. Make a casserole, curry, soup, lasagne or pasta sauce and freeze portions. You can even cook a joint of beef and slice when cold and freeze in single portions, then all you need to do is defrost, reheat thoroughly and add vegetables. Suddenly, you've cooked once or twice but created several easy meals.

Breakfast I am sure you have heard is the most important meal of the day. And the saying 'Breakfast like a King, Lunch like a Queen and Supper like a Pauper! Well it's pretty accurate, you just need to ensure you have balanced meals. Although nutritionists seem to have moved focus from the 'Eat Well Plate' (Fruit, Vegetables, Carbohydrates, Protein, Fats, Spreads, Dairy and Alternatives. To 'Knowing your Macros' - Protein, Carbohydrate, Healthy fat,' you will easily stave off any hunger pangs til your next meal. Oh and don't get me started on Ultra Processed Food and Fake ingredients, (yes some

countries sell FAKE EGGS and FAKE PEAS and did you know there is FAKE STARCH in some of the items we buy, etc) but that is an article perhaps for another day! This morning I decided to try something different from this weeks meal plan and made oat and berry bake for my breakfast. It was a new recipe for me and I had to adjust it slightly as I did not have all the ingredients, I was unsure on how long it would take me so I timed it. Only 7 minutes from start to finish and that included washing up my processor and utensils. It is cooking as I type, and I don't waste heating up a whole oven, it's in my air fryer and will be ready in 20 minutes.



I am actually finding this meal plan helps me more now that I am on my own. It's like having my own private restaurant menu to choose from every day. Lunch, according to my meal plan for week 36 is Pork Saltimbocca with potatoes and green beans, with Butternut squash and apple soup for Supper.

You could start writing your favourite meals down for Breakfast, Lunch and Supper and have your own private restaurant menu to look through weekly. It will help you do your shopping (one of my pet hates) and perhaps get you cooking for yourself again.

So, if you're living on your own and have fallen into the habit of thinking, "It's not worth cooking just for me," I hope you'll think again. You don't have to produce a three-course meal every day. You don't need to make everything from scratch. Ready meals and takeaways have their place – sometimes the kitchen and you simply needs a day off! But please don't forget that you are worth cooking for. Make yourself something you enjoy. Put it on a proper plate. Sit down. Relax and enjoy it. Because cooking for one very important person is truly worth it – and that's you. I must admit I am still new to this, but I do hope as time goes on I still feel I am worth cooking for too.

Hugs Dbee

PS. The berry bake was delicious, it was almost like being given permission to have a dessert for breakfast and kept me full until lunch time. It wasn't sweet and had no added sugar also protein, carbohydrates and healthy fats with some lovely home grown raspberries. And there is enough for another 2 mornings, so if we roughly do the maths... Approximately that makes it two and a half minutes for each serving. I think everyone is worth that, don't you?

CRAFT GROUP HOLD THE CARDS!

For the September meeting our CRAFTS GROUP made a Playing Cards Holder.



We used old cd's thin wadding and fabric with centre buttons to hold it on place. These holders would be especially good for card players that struggle to hold their cards for various reasons. If any of our u3a Bridge players are interested, we would be happy to make them. Anyway we enjoyed the session, please see photos of our endeavours!

Angela Blunden

Editor: await the deluge of orders from the Bridge group Angela. Secondary use – a classy fan for the summer weather?

U3A Garden Group September visit to the National Collection of Old World Salvias

Although the rain was very welcome, we could have done without it on the day of our visit to North Boarhunt. A smaller group than usual gathered with waterproofs and umbrellas at 2 Hillside, North Boarhunt to walk around the one-acre, sloped garden belonging to John and Lyndsey Pink.

They have the National Collection of Old World Salvias - and also grow many New World types too - every variety you could think of, planted in beautiful borders along the edge of the garden, with other interesting plants. John and Lyndsey moved into Hillside in 1979 and, over the years, bought the adjoining cottage, culminating in a wonderful



garden.

We were amazed by the height of a salvia bush that looked very like *Salvia 'Amethyst nemorosa'*, but it was a variety called *Garanetica*. There are 900 to 1000 varieties of salvia!



To our surprise, once at the top of the garden, the Pinks took us across a narrow lane into an amazing, wooded area with so many species of small trees and saplings; it would rightly have deserved the title of arboretum. Apparently, the one acre of land was part of a market garden owned by John's parents, which became a pony field used by John's sister. The Pinks acquired the field about 20 years ago. The majority of the small trees, planted in petal-shaped beds, were donated and rescued from closing nurseries. A windbreak of tall trees runs around the edge. If viewed from above, with three small silver birches in the centre, you will see the area is laid out in the shape of a flower. And there was more - beyond that was an allotment with some wonderful-looking tomatoes.

Two informative articles about the garden appear in *The English Garden* and *Great British Life*.

<https://www.theenglishgarden.co.uk/plants/trees-and-shrubs/shrubby-salvias/>

<https://www.greatbritishlife.co.uk/magazines/hampshire/22605227.sensational-salvias---gardening/>

Ronnie Tyler

Book Group One get their caricatures checked!



Ronnie Tyler decided to consult AI to recreate a typical very recent Book Group One meeting..... Your editor desperately wanted to publish the key to this intriguing cartoon. (because a likeness was evident said member David Gillespie.)

However I was asked not to publish this revealing key, so it is up to you – **Name that Book Member.....**

Ronnie says: “if used sensibly and thoughtfully AI can be both useful and fun, but also needs careful monitoring especially in the wrong hands!” Did she mean in the hands of this editor?

Personally I can only recognise the peanuts in the bowl and the Legg L1379 lever lock on the patio door...**Ed.**

STOP PRESS: THERE ARE JUST 4 PLACES LEFT ON THE DAYTRIPPERS VISIT TO WINCHESTER! THIS IS A TOUR OF Winchester College and their War Cloister on 20th October, 2026 beginning at 11:00 AM. Interested? Contact Steve Gorman, DAYTRIPPERS

Local History Group Visits - Arundel

We like social history, so this was a gem.

We met our guide Martin outside the Cathedral. He is a good humoured, personable man with a loud, clear voice, and we warmed to him immediately. Raised from babyhood in Arundel and spending his working life as a postman proved to be a perfect back story for a local guide.

We walked probably eight hundred metres in total, but every wall, roof, window and doorway told a story. A convalescent hospital had no garden so a row of terrace houses was moved forward to create one (as you do). Houses were “fitted in”. One was 6ft 6ins wide and 30 yards long. Some houses along the main road are now well above road level as it was re-contoured to take Queen Victoria’s carriage when she visited one day. Amazingly, the road was the main A27 until 1973 and about wide enough to take a milk float. It seemed that every street had a baker and a pub. Bakers had to keep their ovens going on a Sunday, but baked no bread. So locals took in their dinners to cook and thus the Sunday roast became traditional. The Cathedral now has a plastic spire. The

weight of a normal spire as originally planned would have been enough to cause the building to slide downhill into the River Arun.



The town was a port with three masted ships towed up from Shoreham to off-load their goods on the Arun waterfront, but the river had to be straightened and dredged frequently to stop flooding. The number of pubs and houses of ill repute along the river bank reflected the nature of the town. The name Arundel derived from L'Hirondelle the French for swallow. There is a swallow on the town flag and six Martlets (heraldic swallows) on the West Sussex flag. Martin, describing some terrace housing on the main road, pointed out the kitchens were below pavement level - then told us one was his Grandmother's house. It was personal touches like this and many more that made for an afternoon enjoyed by all.

Photos by Trevor Redman, Text by John Harris

Are you concerned/interested in Rising Sea levels?

Our STEM group meet on Thursday 1st October for a talk that you could be interested in! Their meetings are on the first Thursday of each month, at 2.00 pm, at their usual venue, in St James' Church Hall. They normally welcome u3a visitors as well as STEM members.

Richard Binks (Visiting Speaker) will be give this talk entitled "Rising Sea Levels". Parts of Emsworth and many locations in the UK are vulnerable to tidal flooding. Extreme climate events are a regular item in our news bulletins. The climate is changing. Some sea-level rise is inevitable and embedded in the oceans.....but over what time frame? Is this time enough for us to adapt?

Editor: I checked with AI re their take on the possible flood problem for the Chichester Harbour area: They stated that rising sea levels are indeed a noteworthy concern:

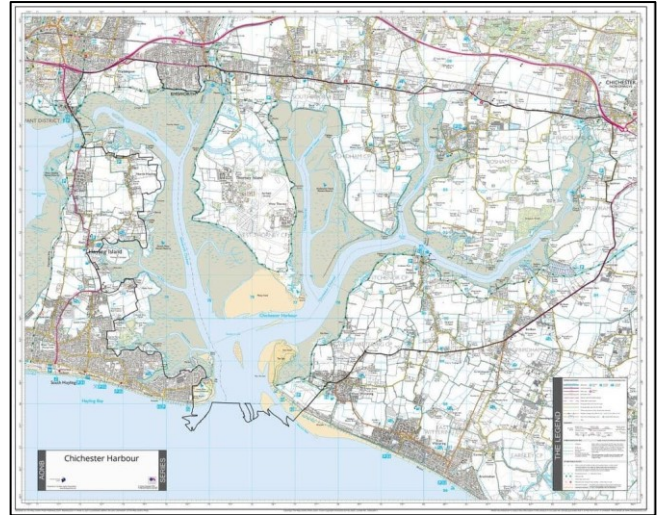
Low-Lying Coastal Environment: Chichester Harbour and Emsworth are tidal and relatively low-lying, making them vulnerable to flooding from both sea level rise and storm surges.

Flood Risk and Coastal Defenses: The area relies on a combination of natural features (estuaries, salt marshes) and man-made defenses such as sea walls and tidal barriers to manage flood risk. As sea levels rise, these defenses face increasing pressure.

Impact on Ecosystems and Communities: Rising sea levels can alter the delicate balance of the harbour's ecosystems, affecting habitats for wildlife, and threaten properties close to the shore. Increased flooding can disrupt transport and local businesses.

Planning and Adaptation: Local councils and environmental agencies are actively involved in monitoring and planning for adaptation. This includes maintaining and upgrading tidal defences, promoting managed realignment (allowing some areas to flood naturally to protect others), and emergency preparedness.

Future Projections: Projections suggest sea level rise could increase by several centimetres to over half a meter by mid-century, depending on global climate trends, which will significantly increase flood risk if no further actions are taken.



In the second half of the Monthly September meeting, Stem leader Geoff Whalley gave us a most interesting resume of the first five years of this science and technology group. He listed a range of the most varied subjects that are of great interest to the life we lead, and many were probably prompted to think about membership. But as Geoff pointed out, all members of our u3a can request an attendance at any of their meetings, just contact him before as a point of politeness.

Remembering Keith Davies

It is with great sadness that we remember **Keith Davies**, our fourth Chairman, who died on Saturday 19 September, aged 88. We have always had a policy in the Ems Valley u3a newsletter, of not regularly publishing obituaries.



Perhaps that is appropriate for an organisation whose members are enjoying the Third Age of life: if we published an obituary every time one of our members died, there would be little room for anything else! But occasionally someone has been such an important part of our u3a story that an exception seems entirely appropriate. Keith is certainly one of those people. Keith followed me as Chairman, after Val Perry, and so became the fourth person to hold that office in our history, following Val Swarbrick, our first Chairman, and myself. But to me, Keith was much more than a former Chairman. He was a close neighbour and, more importantly, a very close friend.

The Photo shows Keith enjoying one of our Wine trips abroad and closely following

Richard Galloway, a later chairman who we have sadly lost recently.

Keith's involvement in Ems Valley u3a was wide-ranging. Wine Appreciation, Croquet, Family History, Bridge and Play Reading were among his interests — and I may well have forgotten some! In the latter, Keith's remarkable range of accents could bring a whole cast of characters to life. He had a wonderful sense of humour and an ability to enjoy whatever he was involved in.

Keith was also one of those lovely gentlemen who seemed to fit immediately into almost any group, scene or situation. His naval background was always apparent: he was unfailingly courteous, well-mannered and a perfect gentleman but always with a great sense of humour not too far from the surface!.

The loss of his wife, Sue, three years ago was a devastating blow, and although Keith returned to u3a activities surprisingly quickly, he never really got over her loss. Perhaps that is understandable. Friends and familiar activities, however, gave him a great deal of companionship. Our earlier wine trips around Europe were something he and Sue particularly enjoyed. I was fortunate to share those journeys with him.

Sport was another great love. As his mobility and energy became more restricted, television became his window on the sporting world. Football, tennis, cricket and rugby were watched avidly — and, having been a football referee in the Navy, Keith knew the rules backwards! His house was always open to neighbours when there was a big match to watch, discuss and, inevitably, debate.

And so there was something rather fitting about his final afternoon. Only a few hours before he died, three of us were sitting with Keith watching England comfortably beat Sri Lanka in the T20 cricket. He was in very good form that afternoon, and we shared a happy few hours together, enjoying the cricket and each other's company.

That is how I would like to remember Keith. But I have not even mentioned a special character which he portrayed in the most perfect astute and funny satirical way, Oz Clarke! Oz was one of the three “celebrities” we used to feature in many “Call my wine Bluffs!”

So this is not an obituary - it is a memory of a neighbour, a u3a companion on many journeys, a sports enthusiast, an actor of sorts, a wine lover and, above all, a thoroughly good friend.

Keith will be greatly missed by all of us who had the privilege of knowing him.

Editor

Who knew about the Common Coconut!

Every single part of the Coconut palm is useful, which is why people often call it the "tree of life". Our speaker on Thursday 24th September brought the coconut tree very vividly into our lives! Unfortunately the title did not energise our membership. Attendance was down at this meeting. HOW THEY MISSED OUT!! But we were entertained by a man who not only knew his subject backwards, but was a most excellent speaker — no notes — just most interesting fact - one after another!

Food and Drink

- Coconut water: The clear, refreshing liquid inside young, green coconuts is rich in natural electrolytes.
- Flesh (Meat): Eaten fresh or dried into [copra](#), the white meat yields rich milk, cream, and cooking oil.
- Coconut flour: Made from leftover dried pulp after pressing out milk and oil, it is a high-fiber baking alternative.
- Sap and sugar: Tapping the flower clusters produces a sweet sap that can be drunk fresh, fermented into palm wine or vinegar, or boiled down into coconut sugar.
- Heart of palm: The tender inner core of the top of the tree is harvested for crunchy salads.

Craft, Fiber, and Materials

- Coir (Husk fibre): The fibrous outer husk is spun into strong ropes, woven into floor mats, and processed into brushes or erosion-control netting.
- Shells: The hard inner shell becomes charcoal, activated carbon, fuel for fires, or carved into bowls, buttons, and decorations.
- Leaves (Fronds): Woven into baskets, hats, mats, and temporary roofing or fencing
- Trunk and roots: The dense wood is used in rural construction and to make items like drums, while boiled roots have traditional herbal uses, even doubling as a tooth brush!

Health and Beauty



- Coconut oil: Used for moisturizing skin, conditioning hair, and as an alternative cooking fat rich in medium-chain triglycerides. Those non chemists like me learnt all about “ESTERS”!
- Traditional medicine: Various cultures use boiled roots, flower extracts, and oils to treat minor ailments, soothe inflammation.

Editor

How Do You Take Yours?

Thursday 22nd October at 2.00pm Emsworth Baptist Church

When did you last really think about your cup of tea?

Not just whether you take it with milk, or how many sugars you like, but where our fascination with this most British of drinks actually came from.

Our October monthly meeting promises something rather different.

Jane Glennie — actor and historian — presents “How Do You Take Yours?”, a lively historical performance written and acted by Jane herself.

Jane takes us into the world of Mrs Cox, a 1950s housewife, who is hosting an interactive tea party. What begins as a familiar domestic scene develops into a fascinating exploration of the history, etiquette and superstitions surrounding tea — our nation's favourite drink.

And there may be a few surprises along the way. Tea has a history that is not always as cosy and genteel as we might imagine — there are some occasionally gruesome stories lurking behind that innocent-looking cup!

This is not simply a talk about tea. It is a monologic performance, bringing history to life through the character of Mrs Cox, with an interactive element that makes the audience part of the occasion.

So, whether you are a devoted tea drinker, a confirmed coffee person, or simply curious about what can possibly be so interesting about a cup of tea... Come along and find out!

And if it has been a while since you came to a monthly meeting, this might be a particularly good one to return for!

Thursday 22nd October — 2.00pm

Emsworth Baptist Church

How do you take yours?



AFTER TEA, I shall be talking briefly about ten different wine trips that Wine Appreciation One made to France, Italy, Spain, Portugal and Germany from 2009 until 2018. Entitled “EUROPE THROUGH A WINE GLASS” a title conjured up by your chairman, Rod, I will try in just 25 minutes to highlight not just the vinous shenanigans that we got up to, but illustrate the wonderful sights and attractions that Europe offers us! I hope to offer something interesting to all members not just those interested in Wine!

Editor

Petanque is a little bit of FRANCE in Hayling Island!

As group leader I'm so grateful to such a lovely loyal group of friends who play in our Petanque group at Seacourt, Hayling Island. We all support each other's great shots while also trying hard to shoot them out of the scoring zone! We have a WhatsApp group to confirm if you're coming to play or not, especially useful if the weather looks inclement.

Our treasurer Ray does a great job collecting just £2 per session to make payment for the court to Seacourt. Do consider giving Petanque a try, you would be very welcome to join our little interest group!

Why do I come to Petanque? Here are a few comments from our players.....

It's a great morning out combining friendly rivalry with gentle exercise in the fresh air, and you have to use your brain a bit too.

Petanque, a feel of France without the bother of passports, airports or ferries.

The most sociable company in the great outdoors all year round apart from the rain. What more could you want?

Every game is different. Fun, frustrating and friendly. Great way to spend a morning.

A little slice of France on Hayling Island. With coffee in the club afterwards.

Anne Gains



Berries on Tap

DAYTRIPPERS visited "Berries on Tap" on Monday 28th September, and what an enlightening day it proved to be! Six years ago we were told that Kathy and Nick Evans and their son had stepped away from supermarket supply and began rebuilding their berry growing business around direct sales. This enterprising farm mainly produce Strawberries, Raspberries, Blackberries and Figs. Direct sales comprise a new self vending arrangement which free up staff on this modest parcel of land, once part of an old Land Settlement Association scheme, at Sidlesham, West Sussex.

What began as a high-yield operation supplying strawberries and berries to major supermarkets has now evolved into a hyper-local, ethical and tech-savvy business focused on quality and direct customer relationships. We were first welcomed with coffee and cake (**see photo left**) by Kathy who introduced Nick her husband who was to give us the most interesting talk and tour, one that, may I be as bold to suggest, surpassed any previous "day out" organised by our enterprising Daytrippers team!

The Evans business had started in 1991. At its peak, the farm produced more than 300 tonnes of fruit annually, supplying supermarkets and high-end restaurants. They employed 20 permanent staff and more than 130 seasonal workers. "We grew quality produce and were quite innovative in what we did" said Kathy. "But after years of squeezed margins and supply chain pressures, it needed a change of direction". So "Berries on Tap" was invented! The talk by Nick, a world famous advisor and grower in the specialist field of protected soft fruit production, was so interesting to us laymen that our allotted one hour and a half just flew by. Questions were many, such was our



interest and amazement at the endless greenhouses housing the highly impressive fruit bearing plants. It transpires that Nick has more than thirty years of knowledge and experience. **Photo on right shows him addressing us in the irrigation room.** He has a rare combination of plant intuition, crop knowledge and an obvious sound scientific approach to growing, as well as the ability to talk to us in terms that we could understand. He brought it all

very much to life especially when he compared the sun's effect on our bodies – giving life – to a similar effect on the leaves of plants – Photosynthesis or how plants best capture sunlight to make food. There is no doubt that we all learnt a great deal that morning and we then travelled on to The Lamb Inn at West Wittering

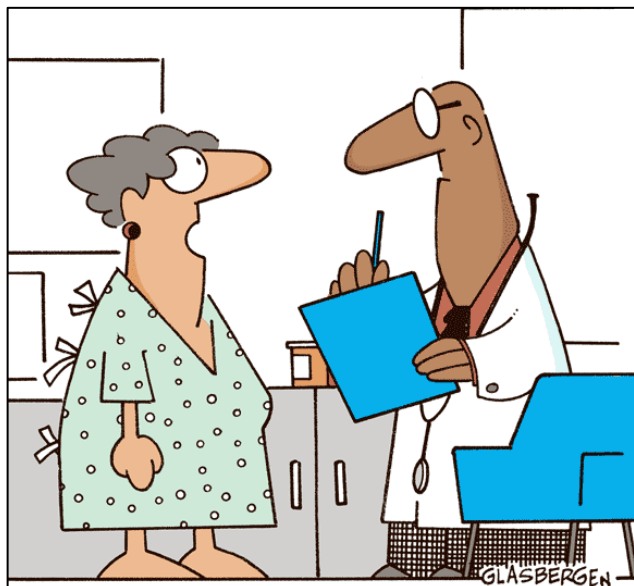


where we enjoyed an excellent lunch. **(see photo above)**

Many thanks to Steve Gorban and Simon Winslow the organisers for an exceptional and totally enlightening day out!

Alan Borrow

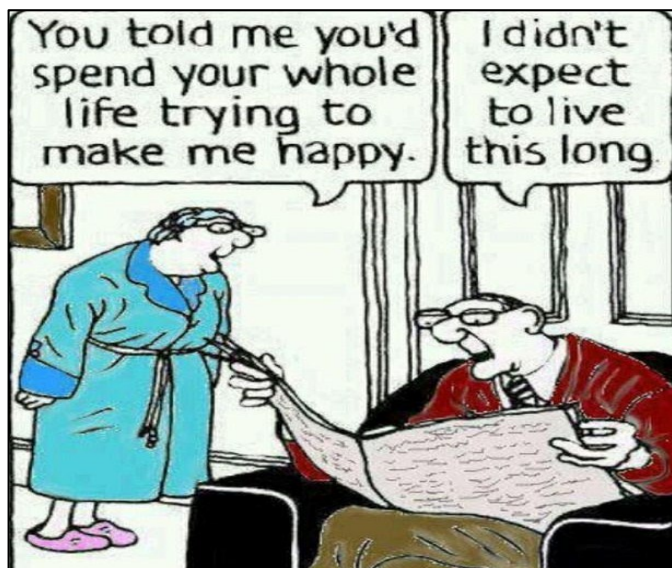




"Of course I've gained weight.
That's why it's called growing older!"



"No, I don't drink or do drugs. At my age, I can
get the same effect by standing up too quickly."

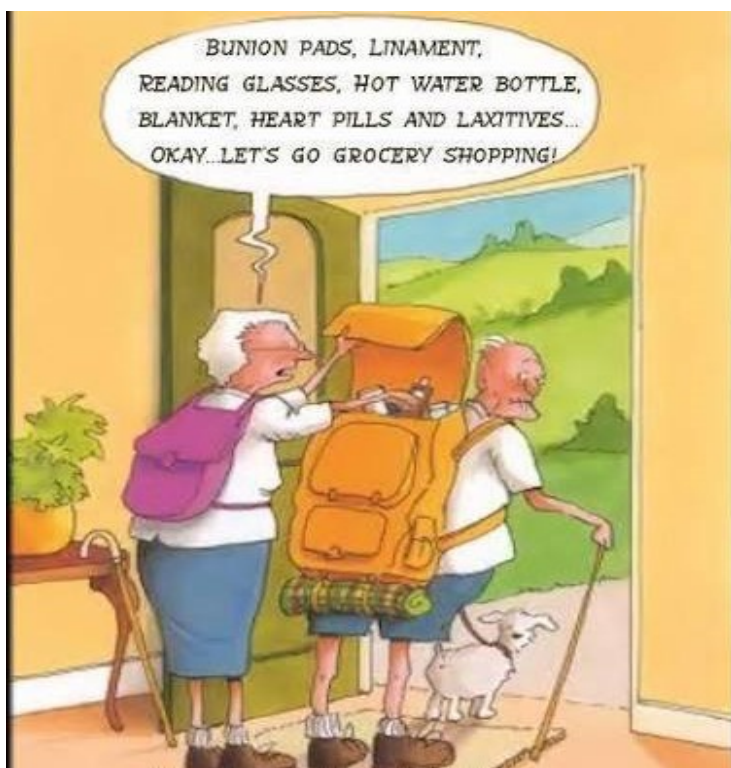


You told me you'd
spend your whole
life trying to
make me happy.

I didn't
expect
to live
this long.



"I think we're named after computer passwords."



BUNION PADS, LINAMENT,
READING GLASSES, HOT WATER BOTTLE,
BLANKET, HEART PILLS AND LAXITIVES...
OKAY...LET'S GO GROCERY SHOPPING!



MY DOCTOR
told me to
ACCESSORIZE
& BUY NICE
SHOES.

I'M PRETTY
SURE he said to
EXERCISE &
EAT the RIGHT
FOODS.

QUOTATION CORNER – THIS MONTH “DIPLOMACY”

The Chief distinction of a diplomat is that he can say no in such a way that it sounds like a yes. **Lester Pearson.**

The French are masters of “the dog ate my homework” school of diplomatic relations. **P.J.O'Rourke**

American diplomacy: It's like watching somebody trying to do joinery with a chainsaw.

James Hamilton-Paterson

We exchanged many frank words in our respective languages. **Peter Cook.**

An Ambassador is an honest man sent abroad to lie for the good of his country. **Henry Wootton**

A diplomat these days is nothing more but a head-waiter who's allowed to sit down occasionally. **Peter Ustinov**

"Diplomacy is the art of letting somebody else have your way." **David Frost**

Diplomacy is to do and say the nastiest things in the nicest way. **Isaac Goldberg**

A diplomat is a person who can tell you to go to hell in such a way that you actually look forward to the trip." **Caskie Stinnett**

Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.

Winston Churchill

In the battle of existence, Talent is the punch; Tact is the clever footwork. **Wilson Mizner**

Knock Knock

Who's there?

Broken pencil .

Broken pencil who?

Never mind, there's no point.

Nostalgia

Would anyone like to date the period picture below of South Parade pier? The Charabancs lined up outside seem a bit more exciting than the Stagecoach 700. But would our suspension manage the hard ride? (The word comes from the French phrase char à bancs, which literally means "wagon with benches")



All contributions for the next newsletter please to:

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