



# Chichester u3a

Newsletter - Autumn 2023

**Learn, laugh, live**

# COMMITTEE CONTACT LIST

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## TRUSTEES

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Peter le Touze, Miriam Knight,  
Patricia Lock, Philip Palmer

## OTHER RESPONSIBILITIES

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Fenella Godber, Chris Grinyer,  
Jenny Jessup, Margaret Le-Good

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**Speakers Committee:**  
2022/23: Maureen Doyle  
Pamela Kemp, Pippa Bray;  
2024: Philip Palmer, Gill  
Sherrington

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Chair

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# MONTHLY SPEAKER SERIES

Monthly Meetings are held at 2pm  
at the Assembly Rooms on North  
Street. Tea/coffee served from 1:15.

**19th October** - Kate Delaney, In  
this talk Kate will explain what  
mind-fulness really is. She will  
explain how the mind gets stuck on



"autopilot" and  
how so many  
of us get  
sucked into the  
trap of  
incessant  
thinking; she  
will  
demonstrate a  
few ways in

which you can bring your attention  
back to this moment  
and experience the benefits of  
being fully awake in your life.

**16th November** - Colin Tebbett will  
recount anecdotes of a Royal  
Protection Officer.

**14th December** - Pete Allen's talk  
is titled, "Oh no it isn't", a history of  
pantomime. What is it about  
Pantomime that attracts us to this

strange concoction of fairy tales,  
dance, jokes,  
songs and  
cross-  
dressing? And  
what is it  
really like to  
play the back  
end of a  
Pantomime



Cow? All this,  
and the answer to whether something  
really is behind  
you will be answered in this festive  
talk about what has become one of  
the great British Christmas traditions.

**18th January** - Brian Freeland will  
speak about Women of the Raj

**14th March** - James Vaux: Tinker,  
Tailor, Canvas, Chair: How Modernism  
Became a Cold War Secret Agent

**18th April** - John Webster: Grandma  
Flew Spitfires

**16th May** - Paul Whittle: The Malta  
Story

**13th June** - Fran Sandham: A Solo  
Walk across Africa

**18th July** - Andrew Negus:  
Southampton Water, Slaughter &  
Trade

**August** - NO TALK

# U3A INTEREST GROUPS

## MONDAY

### AM

Discussion Group 1  
Family History  
**French (Intermediate 1)**

French Conversation 1

### Keep Fit

### Rambling

### Shorter Rambles

Table Tennis

### PM

Book Group 12

Bridge for Fun 1

### Painting for Pleasure

Wine Tasting

## TUESDAY

### AM

Art Appreciation

Book Group 8

Book Group: Non-fiction

Dog Walking Group

Exploring Contemporary Affairs

Gardens and Allotments

Local History 2

Poetry and Prose for Pleasure

### Tuesday Table Tennis

Writing for Fun

### PM

Book Group 14

**Bridge (Boxgrove)**

**Cryptic Crosswords**

**Online**

Discussion Group 2

**Italian Conversation - Intermediate**

**Play Reading Group**

**Recorder Ensemble**

Spanish Beginners

Spanish Improvers

## WEDNESDAY

### AM

Book Group 6 : Modern

Novels

Bus Walk

Croquet

Crosswording for Fun

Music Group

**Spanish Conversation - Advanced**

**Wednesday Walks**

### PM

Book Group 10

**Bridge (Felpham)**

**Climate Change Group**

**DVD Shakespeare**

**MahJongg for Beginners**

**Short Tennis**

**Strength Training**

Vegetable growing group

## THURSDAY

### AM

**Badminton**

Book Group 7

**Cycling for Pleasure**

**Fly Fishing**

**German Conversation**

**Local History 1**

### PM

Book Group 15

Book Group 4

Poetry Group

**Spanish Conversation**

## FRIDAY

### AM

Birdwatching

Book Group: World of

Books

**Bridge for Fun 2**

**French (Intermediate 2)**

**History Magpies**

**Practical Science**

**Workshop**

**Serendipity Discussion Group**

Serendipity 2

**Ten Pin Bowling**

### PM

**Apple Group**

**Greek - Intermediate**

## VARIABLE

Camera Group

**Metal Detecting**

**The Volunteer Bank**

**MOTO (Members on their own)**

**NOTE:** Groups in **Bold** have vacancies

To contact a group, use the links on the u3a website or email:  
[groups@chichesteru3a.org.uk](mailto:groups@chichesteru3a.org.uk)



## Badminton and Short Tennis

### Jacky Easton:

These two groups are relatively new, each attracting 18-20 registered members. We would really like a bigger core membership in each group in order to guarantee filling the two courts each week (to allow for members who are on holiday, ill, injured, on grandchild duty or just away living life to the full!). The groups are great fun, the members are very friendly and welcoming. Please do consider giving it a trial – come along for a taster session – we have spare rackets available.



Badminton meets on Thursday  
10.00-12.00 at Westgate Leisure  
Centre (£4.30)

It's a social and welcoming group  
playing doubles only, rotating  
partners so you get to play with  
everyone and take a break (if

needed), with players of varying ability, having fun even if you have not played for a while. You just need to have a basic badminton ability and an awareness of the rules. Keep fit, have fun, meet new people and enjoy a coffee in the leisure centre café afterwards!

Short Tennis meets on Wednesday 2.00-4.00 at Westgate Leisure Centre (£4.30)

It's a great game, excellent exercise, sociable and fun. It's played on a badminton court with the net lowered. It's played with a short tennis racket and sponge balls, in doubles format. The speed of the light sponge ball dies rapidly so unlike lawn tennis it is not a power game and mixed abilities can all contribute and enjoy the fun of long rallies – it is very good exercise. Short tennis is much kinder on the joints compared to tennis or badminton – another reason to give it a go.

# GROUPS NEWS

## Book Groups 14 & 15

### Jacky Easton:

We meet at St Paul's church in Chichester and both groups read the same books: we choose a broad range of contemporary fiction for the year ahead from the Sunday Times and New York Times best seller lists that will, hopefully, be enjoyable to read and provoke good conversation. The groups now have twelve members each, which means that enough people attend each session for a lively, well-paced discussion. We have a discussion guide to hand to get the conversation going and to turn to if the discussion is running out of steam or going off course, but it's rarely needed! Usually, we have plenty to say...



## Bridge for Fun Group 1

### Jacky Easton:

"Bridge is utterly compulsive once it has got hold of you. It isn't too hard to learn, and the joy is that you can play it and actually start enjoying it before you get very good. You can take it on at any level that you want. The big problem is that very soon after you start you want to be brilliant."

Alex James, bassist in Blur



Our Bridge for Fun group hasn't made it to the brilliant stage yet, but it continues to go from strength to strength. We are a group of mixed ability (restarters, improvers, good), enthusiastic, friendly players. Vivienne, our expert bridge mentor, continues to drop in



whenever she is free. She is sorely missed when she's on holiday and you will then often hear the words: "Now what would Vivienne say?" Every game played offers a unique challenge of problems and solutions. Every deal is different, posing a new problem and the challenge of finding the solution is always interesting – especially enjoyable if you find the answer!

## Bus Walking Group

**Jenny & Simon Price:**



In July we walked from West Dean to Lavant via the Trundle on a beautiful Summer's day, in August we did a longer walk from

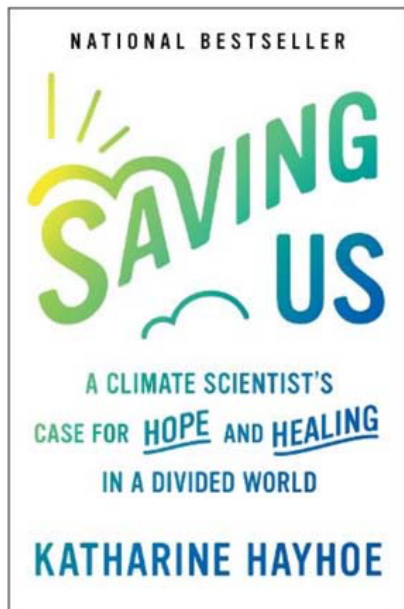
Bosham to Chichester Marina via the Itchenor Ferry.



# GROUPS NEWS

## Climate Change Group

**Recommended reading:** "Saving Us – A Climate Scientist's Case For Hope And Healing In A Divided World" (Rachel Hayhoe 2021)



United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future in this nationally bestselling "optimistic view on why collective action is still possible-and how it can be realized" (The New York Times).

This book couldn't be timelier. Chapters include "The Facts or the Facts", Guilt, Fear, "Climate Potluck", "Everyone Needs Energy" and the concluding "You Can Make A Difference". The underpinning philosophy is "use hope as a practice, not just an idea". Margaret Atwood is right, it is a must-read! (Paperback - £12.99 Waterstones ; or library)  
– Terry Timblick

## Exploring Contemporary Affairs Group

**Richard Riddell:**

This new group had its first gathering in March and has been meeting every third Tuesday of the month since, upstairs at the St Pauls rooms in Chichester. The topic each time is agreed at the meeting before (from a long list!) and one of the group members takes responsibility each time for beginning discussion. An article and/or some prepared notes are circulated the week before the meeting. Topics discussed have included censoring (or not) Gary Lineker, migration (twice), local government elections, the importance of provision for the early years and the cost of living crisis. Discussion has been extremely lively and has continued before, through and after coffee! We have one



vacancy currently. All interest welcome. Please contact Richard Riddell.

## Practical Science Group

**Nick Doll:** Glucose monitoring project.

In August many heroic volunteers in Chichester U3A have been wearing continuous glucose monitors on their arm for two weeks to see how their diets and habits affect their metabolism. The results are collected by the device and then downloaded to a phone app which produces a graphic representation of your results over the previous 24 hours. The project was organized by the Chichester Practical Science Group. About 20 volunteers obtained the monitors and met up in early September to discuss their results. Some have



*Members have  
been changing their  
eating habits  
in the light of the  
U3A nutrition  
project*



taken up specific challenges, such as particular diets or exercises, whilst others compared different types of alcohol. Some members have branched out to examine how the bugs in their gut (the microbiome) affect glucose handling. Much interest has also been shown in the use of probiotics and how fermented foods benefit gut health. Members of the group have started to produce their own kefir and kombucha cultures of probiotics for consumption. If there is continuing interest in this fascinating area of science we will hope to form a discussion group next year to exchange information and ideas for future projects.

# MEMBERS' PHOTOS

## Pictures from the u3a Summer Party at the Bishop's Palace

*Courtesy of Gill Sherrington*

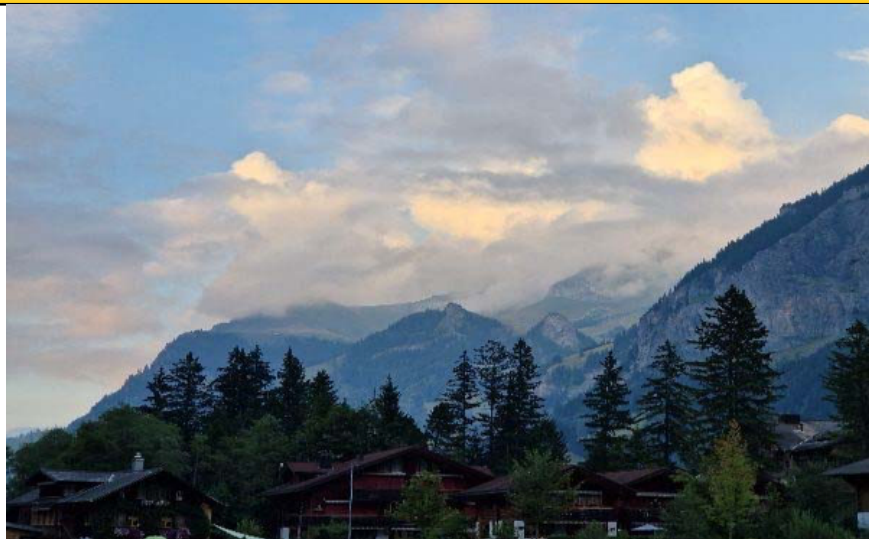
It was a rainy day, but our spirits weren't dampened in the least!







# MEMBERS' PHOTOS



*Late afternoon on holiday in Kandersteg, Bernese Oberland  
&  
u3a Croquet Club  
Photos by Margaret Wills*







***Flora and Fauna at West Dean & A Sunset in Chichester***  
***Miriam Knight***





# MEMBERS' POEMS

## *Toast*

by Helena Millen

"You're toast," he said, and pointed the gun.

I made a face and asked, "Which one?

Would I be wholegrain? Brown or white?

Saggy and old, or crisp to bite?

Bruschetta, bagel, sourdough bread?"

"Be quiet," he said, "You'll just be dead."

"That's very rude," was my reply:

"say 'Sorry, Mum', and maybe I

Will find another game to play.

We can't be cowboys every day."

My young son put his pistol down,

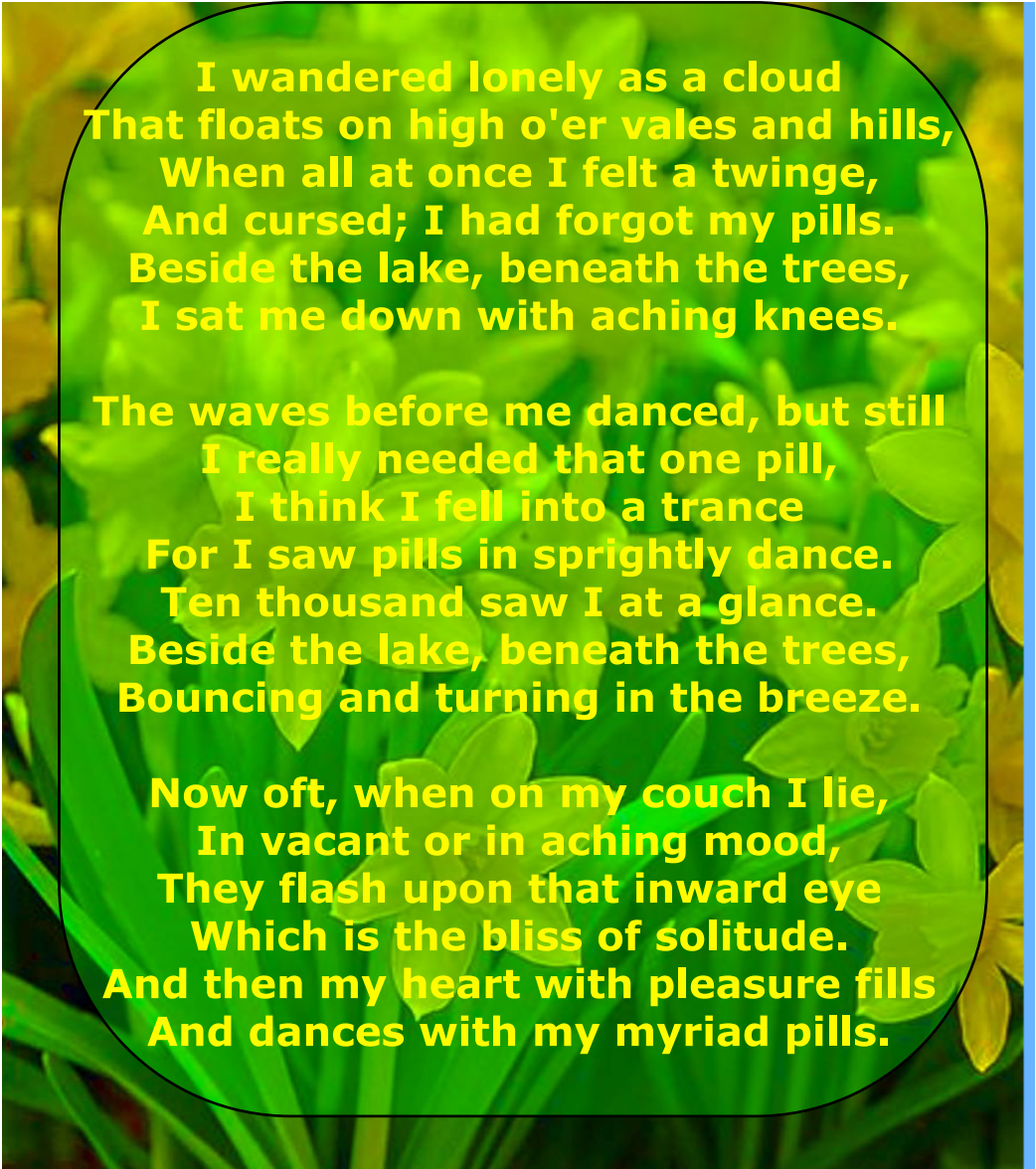
Mounted his horse and rode from town,

Then turned. "I love you Mum," he cried,

And my heart swelled with Mother's Pride.

# Wordsworth had rheumatism while on holiday

by Barry Shears



I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I felt a twinge,  
And cursed; I had forgot my pills.  
Beside the lake, beneath the trees,  
I sat me down with aching knees.

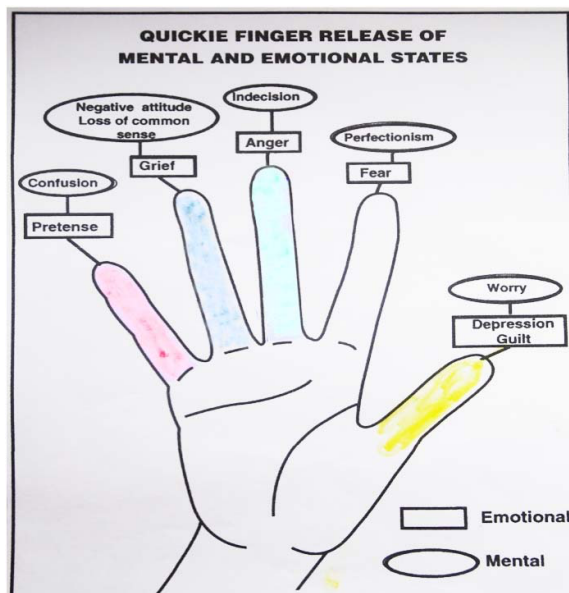
The waves before me danced, but still  
I really needed that one pill,  
I think I fell into a trance  
For I saw pills in sprightly dance.  
Ten thousand saw I at a glance.  
Beside the lake, beneath the trees,  
Bouncing and turning in the breeze.

Now oft, when on my couch I lie,  
In vacant or in aching mood,  
They flash upon that inward eye  
Which is the bliss of solitude.  
And then my heart with pleasure fills  
And dances with my myriad pills.

## Jin Shin Jyutsu

Jin Shin is an ancient art, mentioned in the Kojiki, “The Book of Ancient Things” of Japan in 712 AD and considered at least 3,000 years old. It is the original form of acupressure, and acupuncture, reiki and many other therapies are derived from it. This art uses our hands to act like ‘jump leads’ to move energy from one point to another on the body. One of the most basic but useful tools in Jin Shin that can help your emotional, mental and physical health is given below, and it takes only minutes a day.

**Finger Releases:** These are particularly useful at this time when many are suffering emotional and mental health issues such as grief, worry especially loss of income and anger and can also be given to clients as part of their homework. You can do them in any spare moment, e.g. whilst watching a film, T.V., in a traffic jam, on a bus or train, waiting at a checkout, etc. You don’t have to do all of them at the same time.



To start hold the left thumb, placing the right thumb on the crease where the finger joins the palm and wrap your other fingers around it. Hold up to 3 minutes and eventually you should feel a pulse under the thumb. Continue doing the same over the remaining fingers and then start the procedure with the thumb of your right hand. Used regularly you will feel the pulse within seconds. No pulse means the area is blocked. Beyond

the emotional and mental conditions mentioned, many of the meridians either begin or end on the fingers, thus holding them may also have physical benefits too.

I hope you find this useful.

**Dee Platt**

*Dee has been a member of the u3a in Chichester for 10 years and shortly after moving here, ran a u3a course for Self Help Jin Shin.*

# MESSAGE FROM THE CHAIR

Hello to all our members

I hope you've had an enjoyable summer, despite the rather unpredictable weather: "when it was good, it was very good indeed, but when it was bad it was horrid".

We celebrated the 30<sup>th</sup> anniversary of the founding of Chichester u3a with a summer party in a marquee at the Bishop's Palace Garden – in the pouring rain. We have some good photos in this edition of our Newsletter, showing our members enjoying themselves sheltering from the rain in the good old British tradition. It reminded me of my Significant Birthday party which was held a few years ago on the same day in the same month, when our garden was awash and our marquee collapsed under the weight of the downpour. For your future reference, don't plan a summer party on 22<sup>nd</sup> July!



Someone commented the other day that being in the u3a reminded them of school: things slow down in the summer, but when September arrives it's like the start of a new term! And I'm pleased to say that our new term is full of promise and plenty of activities. We are opening up new Interest Groups as fast as we can; there are suggestions for these Groups coming from long-standing members as well as from recent joiners. Keep an eye on our fortnightly Bulletin which gives details of Groups, as well as on our website where you can find information about the speakers at our Monthly Meetings and about our Coffee Mornings at the Minerva Theatre.



# MESSAGE FROM THE CHAIR

We had hoped to be running a regular programme of Trips and Outings, and my thanks go to those who have put much effort into organising these. Unfortunately, the outings involving coach hire have been poorly supported, and in the foreseeable future we will be planning trips using public transport or individual transport. This is a pity, because it limits the venues which we hoped to visit, but we hope to get going during the autumn and winter with a more local programme.

As ever, my thanks go to my brilliant and enthusiastic co-Committee members, and to all our volunteers and Group Leaders for their time and dedication to running our u3a. We are completely reliant on volunteers and, if you can contribute in any way, please get in touch with me via [chair@chichesteru3a.org.uk](mailto:chair@chichesteru3a.org.uk). We particularly need Meeters and Greeters at our Tuesday Coffee Mornings and Thursday Monthly Meetings (45 minutes once every few months isn't too much to ask, is it?), and some backroom assistance with IT and admin. If you think Committee work might be up your street you could contact me and pop in to a meeting and find out more about how we run things (we meet once a month for a couple of hours).

My especial thanks go to Miriam, who compiles our fortnightly Bulletin to keep our members up to date, and who has, of course, put together this Newsletter. Enjoy it and think about how you might be able to contribute to the next edition.

I look forward to seeing many of you at various events – including our forthcoming Christmas lunches.

With best wishes and thanks for your support,

Jill