



Chichester & District Probud Club

FEBRUARY NEWSLETTER

To all Members

1 PRESIDENT'S RAMBLINGS

As February arrives, we can look forward to longer days (already noticeable) and better weather for our activities such as the monthly walks followed by lunch.

Our next meeting will, as usual, offer an excellent lunch and we look forward to our next speaker Frank Pattison.

We hope for a good turnout for our coffee morning on 2 February and look forward to a good attendance at our visit to the South Downs Planetarium on the 15th of March. After an excellent Xmas lunch, thanks to the exceptional efforts of Frank Griffiths, we now enter the new year of 2023!

The world has experienced a troublesome couple of years with COVID and other issues. Let us all pray for and enjoy a Happy, Healthy 2023 with much success and enjoyment at our Probud Club.

Howard Boyd

2 SECRETARIAL SCRIBBLES

The next Lunch is at 1pm on THURSDAY FEBRUARY 9 and the Speaker is: Frank Pattison - Glory, Delusion, Destruction and Rebirth - the Story of Nuremberg. The menu for lunch will be Chicken with bacon & mushroom sauce followed by sticky toffee pudding.

Vegetarian will be spinach & ricotta pancakes with parmesan & tomato sauce.
(PLEASE ADVISE IF VEG OPTION REQUIRED)

Please let me know of absences ASAP after receipt of the Newsletter. 07855 580609 is best.

Currently, I have Messrs: Bunyan, Childs Hopkins, Luffingham, Dean B, Dean C, Major, Moring, Shakespeare, Whittaker, and Williams D

RAFFLE : Pinot Grigio and Claret and a Whisky Pack

John Hargreaves

PROGRAMME OF FUTURE SPEAKERS

MARCH 9 Colin Chambers Esq. – Nelson Mandela

APRIL 13 Dudley Hooley Esq. – The Red Arrows

3 TREASURER'S REPORT

3.1 Probus Finances

There is nothing specific to report.
The Finances are in order.

Frank Griffiths

4 MEMBERS WELFARE

Please keep me informed of any health issues and other help you may feel the club can offer you personally. This also applies to any needs of fellow club members you may be aware of.

Please call me on 01243 376170.

David Childs Hopkins

5 SOCIAL ITEMS

5.1 Walking Group [Motto:mens and womens sana in corpore sono]

Walk Report by Jim Cockburn

Probus January Walk – Lavant Valley Stroll (106)

This was a gentle amble from West Dean down the Lavant Valley towards Lavant. We commenced our walk from the Selsey Arms by joining the Centurion Way behind the school opposite the pub.

The Centurion Way starts in Chichester at the far end of Westgate and is tarmaced to make it wheelchair accessible. It runs along the former trackbed of the Chichester to Midhurst Railway so is flat with embankments, cuttings and bridges providing a variety of visual interest along the way.

The Centurion Way currently ends at the mouth of the West Dean tunnel close to where we joined it but it is hoped to extend it in future as far as Midhurst.

The presence of bats in the tunnels means that these cannot be made accessible as walking routes as has happened with abandoned railway tunnels elsewhere, and a planning application for an alternative above ground route to link up with the South Downs Way above Cocking has been made.

After walking one and a quarter miles towards Lavant a small diversion was required to access a bridge over the old railway line to reach another footpath on the other side of the valley. From there we had a level walk back to West Dean through open downland and past the wall of West Dean Park. This wall is built of flint and symbols left by individual craftsmen to identify their work are visible in places if one looks carefully.

On entering West Dean village it was evident that the River Lavant had recently overflowed but was now back between its banks. We were told later that our walk would not have been possible a week previously, but this would not have stopped us doing the walk as an alternative return route alongside the A286 road is available but, as one lunching member discovered when exploring locally before lunch, at West Dean this is not wide enough for walking frames.

We were joined at the pub by another four members and all enjoyed a convivial lunch. As is now frequently the case the portions were rather too large for some of us.

Walkers 7

Dogs 0

Lunchers 11

Cancelled 1

Late 0

Weather Dry and Sunny



January walking group



January lunchers

February Walk - Prinsted Exploration (107)

Our February walk will be on Monday 20th February and will start and finish at The Travellers Joy, 325 Main Road (The A259), Southbourne P10 8JH.

The walk is level over country paths, local roads and along the sea wall and is currently dry. Anyone wishing to join the walk should sign in at the February lunch as usual. It would be much appreciated if members would print their names as I am not yet familiar with all your signatures.

Walkers should arrive for a 1030 start.

The pub opens at 1200 and those just lunching should arrive in time to eat at 1230. As usual, wives/partners are welcome.

Emergency phone (on day only): 07955 940521

Health and Safety: Walking at a pace of 3 miles per hour (or a 20 minute-mile) is associated with a lower risk of premature death overall as well as death from specific diseases, including cardiovascular disease, cancer and respiratory disease.

5.2 Coffee Morning Thursday, 2nd February at 10:30 am.

Thursday's Coffee Morning will again be held at **The Boston Tea Party in Baffins Lane** at the bottom on the left hand side.

Baffins Lane is off East St opposite to Ask Italian and Rymans.

The nearest car park is the East Pallant Pay and Display (where you find the Chichester District Council offices.)

Would the first to arrive just tell the staff that you are the first of an indeterminate number so as you grow can they please add a table or two as necessary!



February coffee morning

6. HUMOUR

61 From my Canadian Friend

