



## **Chichester & District Probud Club**

# **MAY NEWSLETTER**

**To all Members**

### **1 PRESIDENT'S RAMBLINGS**

We enter an event filled May with the often once in a lifetime event of a Coronation! Something to celebrate and enjoy.

On the subject of enjoyment, a large group visited the Chichester Planetarium last Sunday. A trip well organised by Clive Thorpe and enjoyed by all, even if the James Webb telescope's achievements were a bit beyond some of us.

We now look forward to our lady's lunch on the 11 th of May where we expect a very good attendance.

Howard Boyd

### **2 SECRETARIAL SCRIBBLES**

The May Lunch is on the 11th. A reminder that you needed to have opted in with Frank (and paid!), who is owed our great thanks for his efforts in organising this. There is no speaker.

The Lunch on June 8 will (around 2 pm) encompass the AGM. I will circularise papers by mid-May, whereupon you can mail me items for discussion / clarification. Again, there will be no speaker.

Thereafter, we return to our programme of events. I will probably concoct in advance a list of Rafflees to share the 'burden' and avoid lastminuteness.

### **2.1 PROGRAMME OF FUTURE SPEAKERS**

**JULY 13** Brian Freeland Esq – Sussex Lives

**AUGUST 10** His Honour Judge Raymond Naqvi – 'Scales of Justice – some aspects of English Judges'

**SEPTEMBER 14** Jeremy Prescott Esq – Steve Biko

**OCTOBER 12** Detective Inspector (retired) Hamish Brown – Stalking

**NOVEMBER 9** The Commonwealth War Graves Commission

### **3 TREASURER'S REPORT**

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

Frank Griffiths

### **4 MEMBERS WELFARE**

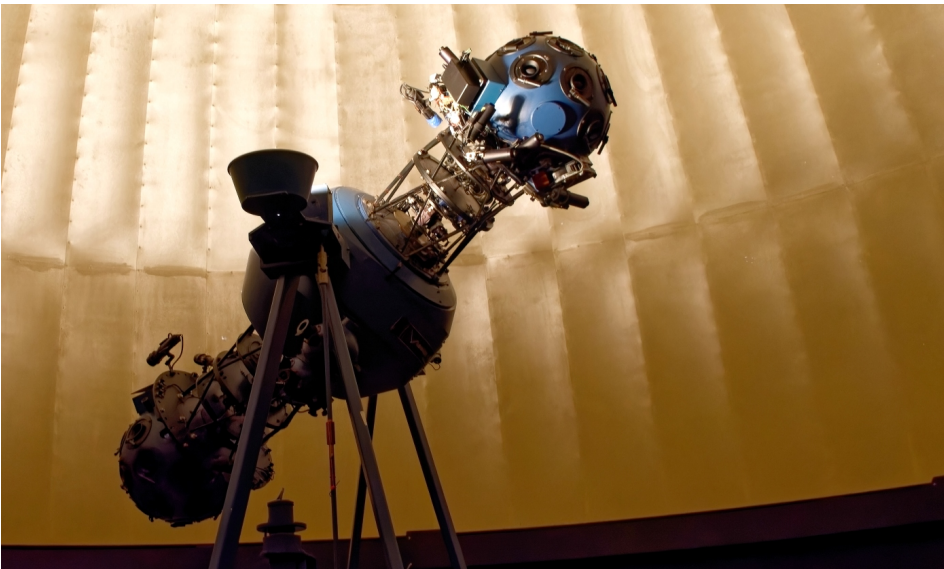
Please keep me informed of any health issues and other help you may feel the club can offer you personally. This also applies to any needs of fellow club members you may be aware of.

Please call me on 01243 376170.

David Childs Hopkins

### **5 SOCIAL ITEMS**

#### **Visit to The South Downs Planetarium**



The South Downs Planetarium projector for showing images from the James Watt Space telescope.



Members at the South Downs Planetarium

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

Walk Report by Jim Cockburn

Probus April Walk – Watergate Hanger (109)

A pleasant spring day brought out more of our regular walkers and lunchers to the Barleymow at Walderton.

Walking 5

Lunching 10

Cancelled 0

Dods 0

Late 0

Distance 1.75 miles with a 0.75 mile extension. Weather dry and sunny.

Our walk started by crossing the River Ems on a footbridge which allowed us to admire the swiftly flowing clear chalkstream but without any fish being seen. Rivers like the Ems and Lavant which only flow during the summer are often referred to as winterbornes and frequently give this name to the villages through which they flow, most commonly in the chalk downland areas in the south of England, but also with variations in the spelling further north in limestone country.

Our walk continued into open country through a field of rape in full flower before descending across Watergate Park with a clear view towards Watergate House. After crossing the South Harting road we used a permissive path to ascend to the Watergate Hanger. Permissive paths are ones where the landowner allows access in order to provide a convenient link between public rights of way or to avoid walking along a busy main road.

Although listed in orange in the list of Conventional Signs on OS Maps they do not always appear on the body of the map itself although this one does. Direction sign posts show a permissive path with a white arrow instead of the yellow one used for a public footpath.

Once on the hanger a level but slightly muddy path took us southwards to Woodlands Lane and back to Walderton Corner where the party split up. The two ladies (you know who you are) could not wait to get back to the pub for a drink but as we were so early the men decided to do a short extension to the walk past some friendly horses with a stiff climb up to the Walderton Hill Plantation before then descending by another path back to the village and pub. During the ascent we had a magnificent view southwards towards the coast which made the climb well worth the effort.

Back at the pub we were joined by another five lunchers and an enjoyable and noisy lunch in the Probus tradition was enjoyed by all. Our thanks are due to our hosts Lorraine and Thomas for their warm welcome. They were expecting another walking group beside ours who never turned up. Post Covid this has become a common and annoying problem for many pubs in popular walking areas to the extent that some no longer accept bookings from groups. Your leader has not experienced this problem himself although the landlady at the pub booked for our May walk asked him to confirm we were not a stag do!

May Walk – Eastergate Ramble (110)

Our next walk will be on Thursday 25th May from The Wilkes Head, Church Lane, Eastergate PO20 3UT Phone 01243 543380. The pub will be open from 1200 for lunch at 1230. Walkers should arrive in time to move off at 1030.

Please sign in on the list at the next (Ladies) lunch or contact me direct if not attending. As usual wives and partners are welcome and a special invitation is extended to any of our newer members who fancy a little fresh air, gentle exercise and socialising over a meal afterwards.

The walk of about 2 miles is on the level throughout and is over and around fields and along local roads through built up areas. There are no stiles. We last did this walk in May 2021.

Health and Safety: Members are responsible for their own well-being.  
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, 4<sup>th</sup> May 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 Ryman's.

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!

## **6. HUMOUR**

### **6.1 From David Childs Hopkins**

**Some things to ponder as we age:**

The inventor of the treadmill died at the age of 54

The inventor of gymnastics died at the age of 57

The world bodybuilding champion died at the age of 41

The best soccer player in the world, Maradona, died at the age of 60

And then..

KFC inventor died at 94

Inventor of Nutella brand died at the age of 88

Cigarette maker Winston died at the age of 102

The inventor of opium died at the age of 116 - in an earthquake

Hennessy cognac, Irish inventor died at 98

How did doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping, but it lives for only 2 years.

The turtle that doesn't exercise at all, lives 400 years.

**So ...**

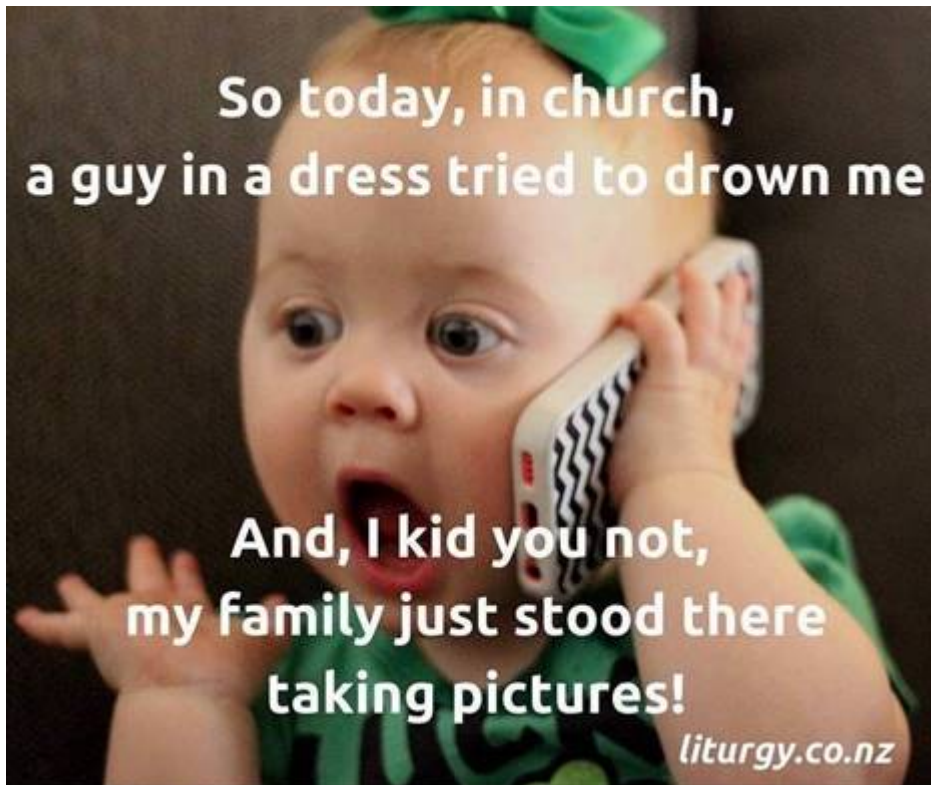
Have a glass of wine..

Take a nap ...

And IF you wake up, have bacon & eggs



## 6.2 From my Canadian friend



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