



Learn, Laugh, Live

Pier Views— June 2025

From the chair:

By the time you read this, you will either be sitting in the AGM, have apologised for not being able to attend or will have completely ignored the fact that we have an AGM. This means that you will be blissfully unaware of the changes that have taken place and those that are going to take place.

In the meantime, we carry on!

I shall be asking for volunteers to help at the MoS fete on 20 July, and while I suspect it will be the usual suspects who step forward, it would be nice to see some new faces. People taking part in their u3a rather than accepting it as a service provided by the committee and a few gallant group leaders.

Despite it being one of the warmest days of the year, a small party walked from London Bridge to Blackfriars, taking in some of the strange and historical sites along the way. Meeting Keats, Chaucer, Dickens and Shakespeare as well as Octavia Hill, Sir Sidney Waterlow and the graveyard for the Winchester geese. [If you know, you know!]. A similar venture might be on offer later in the, looking at the Faringdon, Smithfields and Clerkenwell districts of the City.

However, for the time being, enjoy the rest of the summer. I look forward to seeing at least 81 of you at the AGM and please keep in touch with us via the Bulletin, our Webpages and Facebook. Iain

Welcome to your new style Pier Views. This new version will still include items from Members and Groups. These are an excellent way of demonstrating to all our members what Groups are all about and I hope they will keep being sent to me for future issues.

The main change is that it will also include items relating to forthcoming events and again I would ask that if your Group wishes to advertise such events, please send them to me for future issues.

Paul Barry, Editor

Monthly Meeting

Our Monthly Meeting is normally held at St.Mary's Centre, Grassmere Close, Felpham on the 4th Thursday of each month at 10.15am and features a series of entertaining and informative talks. This is an opportunity to meet up with other members over a tea or coffee. Please bring your own mug. Non-Members are also welcome to attend to find out if they would like to join our u3a entrance fee for this is £2.00 that includes refreshments.

- 2025 Meeting Speakers
- July 24th
- Alexandra Loske "The Moon in Art and Science"
- August
- No meeting
- September 25th
- Daniel Sykes (Surrey Police) "Cyber Security Training"
- October
- Rob Goldsmith "Journey to the Titanic"
- November 27th
- Paul Ullson "The Bronze Age and the Iron Age"
- December
- No meeting
- 2026 Meeting Speakers
- January 22nd
- Abbie Mitchell "Tax, Care and Toy Boys"
- February 26th
- Joanna Bulis "Mental Wellbeing for Older People"
- March 26th
- Paul Boniface "The natural recovery of the Sussex coast"

Being A Group Leader



If you had asked me six months ago to lead a u3a group I would have definitely said 'no', offering the usual excuses: don't have the time, don't want to commit, don't know how to do it and

Since then Phillip persuaded me to help him lead our Rummikub Group.

At first I was hesitant. I had no idea how to run a group, and limited experience playing Rummikub. Having played for many years Phillip, thankfully has a good knowledge of the game, but we both needed advice on running the group.

u3a National website offers lots of useful information for group leaders, but the most helpful source was our own u3a website. The 'Group Leaders Information' listed on the Groups Page is invaluable with everything we needed to know to set up and run our group.

At our first meeting we were delighted to have eighteen players. Some who were new to Rummikub joined Phillip, who taught them the game and encouraged the less confident. Everyone enjoyed it so much they persuaded us to meet twice a month instead of the planned monthly meetings

Since our u3a adopted the Beacon system, running a group is even easier. Beacon helps us maintain and update our Members List, record receipts and expenses on Ledger and send out simultaneous emails to all group members, while keeping email addresses confidential.

Running a group is lots of fun, takes less than an hour per week and is quite easy to do. For a successful group we recommend two group leaders, (one to do the 'admin' and one to ensure the sessions run smoothly). With two group members to run the sessions in the group leaders' absence, foreseen or otherwise, your group should succeed.

So why not join in the fun and become a group leader today!!

All the relevant information regarding Groups can be found on our website

bognorregis.u3asite.uk/faqs-about-our-interest-groups/

FAQs about our interest groups

The Frequently Asked Questions (FAQs) section should answer any queries you might have. If you'd like to join one or more of interest groups please contact the relevant group leader, or if you have any other questions, please contact our [Group Co-ordinator](#)

Flower Arranging Group

Enclosed posies



Bognoru3a at Bognor Carnival 2025

It was potentially a good day, rather tempered by the cold wind and odd spot or two of rain. However, after a slow start, numbers picked up with over 100 members of the public interviewed and informed about the u3a in Bognor. Hopefully, they are now better informed about the activities of the u3a (most had never heard of it) and some will join us.

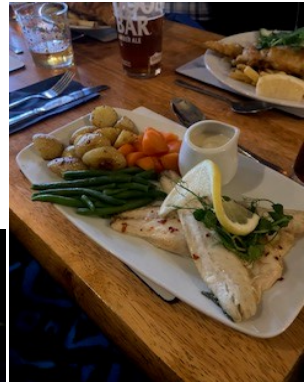


Supper Club Group

Just a small number of members enjoying a superb meal at Chichester College



A few of some of the lovely meals our members enjoyed at The Beresford



Trip to the Emerald Isle

Despite some last minute withdrawals, we set off to Fishguard with 41 u3a members, our largest group by far!

The weather looked fair, even at that hour in the morning, and so it was to continue for the rest of the week. High pressure also meant a smooth crossing to Rosslare, which I know some members of the group were concerned about; no need. Our first hotel in Wexford was extremely well-appointed and once we had mastered the ramp and the lift, and had the inevitable room changes we were settled.

The week was to be 'full on' and on day two we left Wexford for the drive to Athlone having been reminded by Everton, our driver, to ensure we had everything as, 'he didn't like going back!'. We saw little of the ancient town of Athlone although we did make use of the facilities in Sean's bar, the oldest pub in Ireland. We then embarked on a Viking longship with Mike and Ciarán for an hour cruise along the River Shannon. Tales of local folklore, Irish coffee and lots of wildlife made the hour fly by and we were soon disembarking for our onward journey to our new hotel in Ennis. Suffice it to say that the Wexford hotel had spoilt us!

The next day was up early again to cross the Shannon by ferry and make our way to Listowel to experience the unusual recreation of the 1888 Lartigue Monorail train. [Look it up!] Devised to solve a problem in the desert, this unique form of transport was used for a number of years before being replaced by a newer technology. A more modern form of transport was to be found at the Foynes Flying Boat museum, with its full-size replica of a B314 flying boat from the late 1930s and early 1940s. In addition a gallery was dedicated to Maureen O'Hara, the flame-haired Hollywood star, who had married a flying boat pilot and was the patron of the museum. There were stills from her many films, costumes and a replica honorary Oscar presented to her in 2014. More importantly, Foynes was the birthplace of Irish Coffee and the group were instructed how to make the perfect drink, a good time was had by all.

We were not scheduled to go out to the Cliffs of Moher but Everton, our obliging driver, said he would take us. It was a nice drive and we did see the Isles of Aran through the blue haze, however, it was decided that the cost for the short time that was available to us was not worth it. Can you turn the coach round Everton please?

Departing Ennis the following morning, we headed towards Waterford via the Rock of Cashel a major centre of ecclesiastical power in the late Middle Ages. Now it is home to the most impressive collection of medieval buildings in Ireland and contains the only surviving Romanesque frescoes in the country. From here to Kilmeaden for a trip on the Waterford and Suir Valley railway. Opened in 1878, this restored heritage line runs alongside the river with panoramic views down to Waterford itself.

This was another excursion made more pleasurable by the good weather, open carriages, cold and rain would have been a completely different experience.

A day to ourselves in Waterford as Everton had to have his rest day and he had really deserved it. So the group split up and did their own thing. Some went to the Waterford Glass exhibition, some took advantage of a guided walk around the older part of the city and others, well I don't know what they did.

The last full day was an introduction to the period of Irish history known as the Great Famine, when the failure of the potato crop led to wholesale emigration on boats like the restored 'Dunbrody'. We were royally entertained with stories of the migrants before our return to Wexford and the first hotel again. We had time to explore Wexford before an early night prior to a very early start.

Then home, another smooth crossing and a traffic-free drive back to Bognor. Huge thanks to Everton who did not use a satnav the whole time we were away and got us into and out of some very tight corners, even if it meant moving the cones himself!

All in all a very successful trip, perhaps the photos might make an appearance at Armchair Travel?

Green Irish Post Box



Sunset at Waterford



First place the Irish Tricolour was flown



Those Vikings get everywhere



Really



Home from Home



Kennedy Memorial



Famine Ship Dunbrody



Science and Technology Group

In April the Science and Technology Group had an unexpected opportunity to shuffle the programme and have a talk from a producer of science and wildlife documentaries.

She had been working on a series about penguins and much of the filming had been in Antarctica. After a brief explanation of the geology of the region, she went on to talk about the ecosystem, which is home to a large variety of creatures. These include many varieties of whales, six types of seal and of course a vast array of birds, including thousands of penguins.

Lovable though they seem, 'you get there - and the smell of thousands of penguins hits you - but it's all worth it', apparently.

Penguins evolved in what is now New Zealand, around the time dinosaurs became extinct. Losing their ability to fly, their wings grew shorter, flatter and denser while their bones lost air bubbles, making them more solid. This helped with buoyancy when diving, allowing them to reach incredible depths, up to 500m.

They are unafraid of people as they encounter them rarely, and are very curious, filming was made difficult since while

they had to keep a distance away and had long lenses to get the shots they wanted, as soon as they put something on the ground a line of penguins would arrive to examine it.

One of the problems the Emperor penguins are facing is loss of sea ice, which is where they breed, but it is now forming later and breaking up earlier. Leading the chicks to very difficult decisions, and also the film makers. They had a health and safety team to check the ice each day but on one occasion had to swiftly move back to land as a large piece of sea ice started to break away, the penguins drifted but managed to get clear.

She explained that travelling to Antarctica is highly regulated, with all filming requiring a permit from the FCDO (Foreign Commonwealth & Development Office), and to follow the strict guidelines set by IAATO (International Association of Antarctica Tour Operators). To protect against contamination, which can decimate protected species, biocides have to be used to clean everything, including shoes, overalls, even velcro fastenings are combed through









