

**The British  
Polio Fellowship  
Worthing & Sussex  
Branch**

Charity No.1105335

**Newsletter**

**July/August/September  
2023**



# *Dates for your diary*

**Get Together Sat 14th October 2023**

**Get Together Sat 11th November 2023**

**Grand Christmas Draw Sat 9th Dec 2023**

## **Editor**

Barbara Stephens  
Refreshments,  
Craft Club etc.  
59 Lime Tree Avenue  
Worthing BN14 0DP  
Tel: 01903 877727  
bbarstephens@aol.com

## **Chairman**

Bob Stephens  
59 Lime Tree Avenue  
Worthing BN14 0DP  
Tel: 01903 877727

## **Welfare & Outings**

Gill White  
3 Tozer Way  
Chichester  
PO19 7LG  
Tel: 01243 789479

## **Raffles**

Roger Brand  
38 St. Itha Road  
Selsey PO20 0AA  
Tel .01243 606108

## **Treasurer**

Roger Jones  
6 Elizabeth Avenue  
Bognor Regis  
PO21 3EL  
Tel: 01243 265486



[www.worthingbpf.co.uk](http://www.worthingbpf.co.uk)

Joan Upton  
Entertainments Officer  
15 Carisbrook Drive  
Worthing BN13 3QT

## **Web Master**

Robin Stephens  
21 St.James Avenue  
Lancing BN15 0NN  
[robin@plasmaball.co.uk](mailto:robin@plasmaball.co.uk)

## **Secretary**

Janet Jones  
6 Elizabeth  
Avenue  
Bognor Regis  
PO21 3EL  
Tel: 01243 265486

## **Membership Secretary**

Vice Chairman  
Terry Studd  
44 Fletcher Place  
North Mundham,  
Chichester  
PO20 1JR  
Tel:01243 530080

## **Members Birthday Cards**

Carole Cresdee  
52 Colingwood  
Close  
Peacehaven  
BN10 8BG  
Tel: 01273 586123

## **Editorial** Barbara's News

Bob and I have just celebrated our 68<sup>th</sup> Wedding anniversary with our kids, their grand kids and their great grand children and grand children. We are so lucky to have such wonderful children.

They gave us a great weekend eating at a posh restaurant and the next day we enjoyed a super family tea party in Daughters garden. And yes the weather was good as well. Lucky indeed on all counts. And we'd really love to hear if you have any celebration or event you could tell us about. Or have you been on holiday? Was it good? Or did it let you down. Come on find that pen and let us know all about it!

By the way Betty would like your used greeting cards please bring them to the next Get together or Outing. Love Barbara

---



**Below are the confirmed dates for the get togethers in 2024.**

**Saturday 20<sup>th</sup> Jan 2024,**

**Saturday 17<sup>th</sup> Feb 2024,**

**Saturday 16<sup>th</sup> March 2024,**

**Saturday 20<sup>th</sup> April 2024, AGM**

**Saturday 12<sup>th</sup> October 2024,**

**Saturday 9<sup>th</sup> November 2024,**

**Saturday 7<sup>th</sup> December 2024 Christmas party**

# CHAIRMAN'S COMMENTS

Our last committee meeting before the August holiday month was held as usual at the Heene road Community Centre.

Unusually one of us wasn't present, Janet Jones had a hospital appointment, but normally the whole committee turn up for our meetings. Amongst the



other things we discussed were how successful the last two outings have been and wished just a few more members were able to attend. We also discussed the annual lunch at Worthing golf club on the 20<sup>th</sup> September, the guest of honour will be Kripen chief executive from central office and Linda Davies, trustee.

The efforts of Terry Studd assisted by Janet Jones were praised. This month they amazingly took £367 on a flag day collection at Tesco, Chichester. Terry took £229, Janet £138. Terry also took £306 in Horsham and £300 in Storrington and Bognor earlier in the year, making £835 for the year, very well done indeed!

As I write this, its pouring with rain outside and our neighbours today returned from Greece, I'm so glad its cool and wet having seen the pictures on TV. That

reminds me of the many branch Holidays we managed over the years, ranging from Switzerland, Jersey to Ross on Wye and many others in between. These days Gill has taken over specialising in Ross on Wye although she has had to take a rest this year, but hopefully next year.

Our next get together on October 14<sup>th</sup> we host Matt Felps..... talking about the re-wilding on the Knepp Castle estate which lies between Dial post and West Grinstead on the A24. The re-wilding project has received a large amount of publicity in the national press and on TV, so it should be very interesting. In November we again welcome our favourite violinist Sarah Milner for a super happy hour of songs, old and new. I have just agreed the dates for next year's get togethers printed separately today.

If you remember my piece last autumn, about our very large old apple tree. I had to pick up over 1800 bad windfalls! Well this spring it was covered in lovely pink blossom so I thought here we go again, BUT to my surprise I have only seen six apples on it this year?!!

Thinking about holidays, before we joined the fellowship I can only remember that we managed four family holidays, to in small caravans in the west country, one in a friends caravan in France and one to Disneyland in Florida, we really couldn't afford much more but nowadays we can afford one, but we can't manage it!

So I get my holiday reading from the weekend travel inserts in the paper, it really amazes me where you can go to now if you are young and healthy!

### **Electric Scooter**

I still have the super little electric scooter, a “GOGO” available. It’s in very good condition and has nearly new batteries. It was donated by another Polio member who can no longer use it. If any polio member needs a runabout please contact me, it’s in

my garage. Bob Stephens



Bob & Barbara 1955

Barbara and I celebrated our 68<sup>th</sup> Wedding anniversary on the 6<sup>th</sup> August with a lunch at the Angmering Manor Hotel with our Son and Daughter and their chosen ones. Of course days like this bring back lots of

memories from our wedding reception in a Patcham

pub comprising a sing a long with sandwiches and a wedding cake! (well it was 1955) I had returned to the UK from Germany (national service) on the Thursday and got married on the Saturday, so Barbara had to make all the arrangements



as well as her wedding dress, the cake and the honeymoon arrangements. For our honeymoon we travelled from Brighton station in a very full train to Weymouth and then the night boat to Jersey. No cabins available so we spent our wedding night sitting on the stairs on the boat! We checked into the hotel and decided to go straight down to the beach BIG MISTAKE, we fell asleep in the midday sun and Barbara got sun stroke and her knees swelled right up. Things did improve later in the week!! (by the way 6<sup>th</sup> August is also the anniversary of the use of an atomic bomb on Japan.

Looking round the car park at the hotel of our anniversary lunch, not the most expensive restaurant but even so Robins car from Motability was just about the newest one there. They were almost 5 to 8 years old but they could all afford the restaurant prices, so there must still be some money about. Actually the only

“Fine dining” restaurant in central Worthing, the Pitch, has just had to close so perhaps people are feeling the pinch. Now just a little story about costs. Our Son and Daughter and their chosen ones were given a voucher of £225 to spend at another fine dining restaurant, the Chalk, just north of Worthing. Obviously they thought there would be some change out of that voucher. BUT. They didn’t go mad but did have a three course lunch, the girls had a glass of wine each the boys a Lager and a sparkling water and to their surprise the bill came to, including a pound for a bottle of tap water, £272 for the four of them. They said it was nice but not that nice and I got the impression they won’t be returning soon! Bob.

## **Obituary Mary Gilles**

I am so sorry to announce the death of one of our long term members Mary Gilles.

Mary had a difficult start to life brought up in a children’s home in Enfield North London. Later she moved to Surrey and became a member of the BPF, Sutton branch. I met her about this time and she asked to transfer to our branch when she moved to Crawley. Mary completed a secretarial course at the Queen Elizabeth College in Leatherhead and later worked as a volunteer at BPF central office, she also became the secretary of the BPF south of England region. Her main interest was the indoor games held at Leicester and she organised the south of England’s small team and for a while she was also a member of the Worthing and Sussex branch Committee.

I only know of a distant relative she had who lived in Canada and also a cousin who visited her in hospital to whom we send our sincere condolences.

Also so sorry to report the death of Chris Berry from Rustington.

Bob Stephens



## **Birthday Celebrations at Denbies**

**We had a wonderful day on my birthday and first of all visited Denbies (Winery) to have lunch and look around at the art Gallery upstairs and the shop, and garden shop, breathtaking views and wonderful fresh Surrey air!**

**Ranmore was next to see the beautiful St Barnabas church and the old school that my father and siblings attended and breath in the fresh SURREY air!**



**Then a very scenic drive to find a suitable entrance to the beautiful Nower as I told the others about the Temple BUT I had no idea where it was situated. We eventually found a locked gated entrance so I had to get out of my wheelchair wobble**

**round to the other side, Steve folded wheelchair then unfolded it the other side.. Steve and Mike went off to find the old temple and Debra and I stayed and had a very nice chat with Steve a chap that knew all the people I knew but lived behind the hedge.. there was some event going on in aid of Dorking Mind .. I think on his land behind the bit where we were waiting (Chris had gone to find the other two by this time) for the men to return... then eventually on to Kingsfold and The Owl for dinner. Phew!! Carol Gatford**

## Ever been there?



I have been in many places, but  
I've never been in Cahoots.  
Apparently, you can't go alone.



You have to be in Cahoots with someone.

I've also never been incognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I'm pretty sure I've been in Decisive but uncertain where I stood.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!



Thank you to those who spotted these and sent them in. If you have anything you think would be of interest to share with members, do send it to me. This may be something humorous, but could also be a poem or story to share, an article of interest ( polio related or otherwise), information about an exciting place you have visited, a recommendation for a holiday venue or a branch visit..... anything!!!

## **COOKERY CORNER,** by Joan Upton

Hello everybody

Bob twisted my arm and insisted I write something fascinating for this newsletter, but other than having a moan about all the rain we have been having (I'm writing this at the end of July) I really have nothing of interest to say not having been on either of the summer outings.



Instead I thought you might like to try my banana cake recipe as dished up to the July committee meeting. I say 'my' recipe, but it originally came from my mother-in-law. It is very easy and foolproof. (Honestly!!).

### Ingredients:

5 oz self raising flour  
plus ¼ tsp bicarb  
5 oz caster sugar  
1 egg beaten  
2 oz butter or margarine  
1 ripe banana cut into circles  
Few drops of vanilla essence  
Chocolate chips (optional extra)



- Preheat your oven to 170 deg fan and line a 900 gm loaf tin or 7 inch round tin if you prefer.
- Mix all the ingredients together and beat well.
- Turn into the prepared tin and bake for about 40 minutes until skewer comes out clean

Now put the kettle on, make a cup of tea and enjoy.

Have a lovely summer and I look forward to seeing you all at the Annual Lunch in September.

Joan Upton

**THESE ARE ACTUAL COMPLAINTS RECEIVED BY "THOMAS COOK VACATIONS" FROM DISSATISFIED CUSTOMERS:**

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallartato to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."



11. "The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."

12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."

13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."

14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."

15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."

16. "We had to line up outside to catch the boat and there was no air-conditioning."

17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."



18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."

19. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."



## **CATS** by Janet Jones

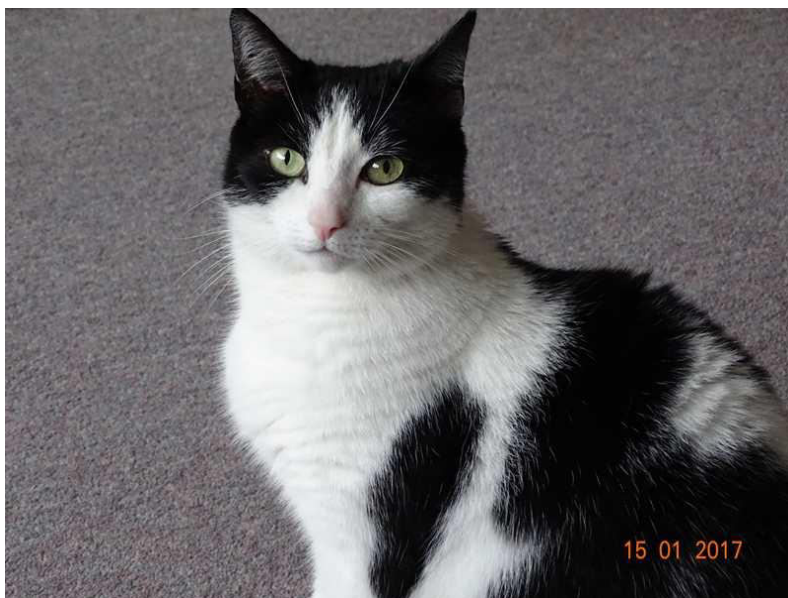
Cats, you either love them, or you hate them. We have two, Kyzzi and Thomas. I might have written about them in the past, but for some of you that might have missed it, here are some of their antics. First off is Kyzzi, she is black and white and the oldest of the two. She has always had a thing about the airing cupboard.



As we live in a bungalow and have no upstairs, the airing cupboard was originally put in the kitchen. A previous owner moved it to the second bedroom which was a good idea. After our boys had both left home, we decided to have a change round and the second bedroom became our dining room. As there was no where to put the hot water tank, we left it in place and Roger put on new doors with a Magnetic catch. It hadn't dawned on us that Kyzzi had learnt to open the door. Even when we had been out and on coming back had found the door open, we both assumed the other had forgot to shut it. Then one day while we were sitting having lunch (yes we are dining table users) in walks Kyzzi and goes to the cupboard, she puts her paw under the bottom edge and after a few tugs, hey presto the door opens. In one leap she has cleared the boiler and is on the first shelf between the towels. As we watch, somewhat bemused, she twists her body in such a way that she can now stretch up to the next shelf and pull herself up. But there is a 3<sup>rd</sup> shelf which has a separate small door. As before, she twists her body and, keeping her balance stretches up and hooks a claw under the edge of the door and pulls, and before we can blink disappears to the back of the shelf. Sometimes she would stay there all day. This has been

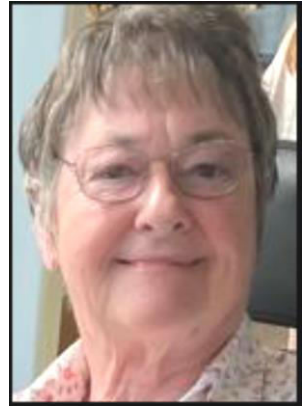
going on for a good few years. She is 13 now, and has aches and pains the same as us. She still uses the July-cupboard to sleep but she can only manage the first shelf now, and to get there she climbs up the water tank jacket (that needs a new one now). We have had to have a bit of a change round in there, now there is a cat blanket on the first shelf, and the towels have gone in with the bedding on the second shelf and the top one has the odds and ends. She only sleeps there in the daytime; at night she has another favourite place. I sleep with a frame over my legs to stop the blankets feeling heavy on my polio leg. When it's bed time, she sits on my dressing table while I'm getting in bed and waits while Roger sorts things out, then as soon as he pulls the blankets over, she jumps on the bed and climbs up on the frame, after turning round a few times, she settles herself down and goes to sleep and stays there all night. She is so different from Thomas, but that is another story.

Janet Jones.



## **Chichester Festival Theatre** 18 July 2023

Eleven of us met in the foyer of Chichester Festival Theatre (CFT) for the back stage tour. We were welcomed by John and Susan, who are to be our guides. While in the foyer, we learned that CFT was opened by Leslie Evershed-Martin, (twice mayor of Chichester, city councillor and local optician) in 1962.



In 1959, he had decided to realise his ambition to build a theatre in Chichester. Firstly he set about raising the funds to start this enormous challenge. The first summer season produced 3 plays, The Chance, Broken Hearts and Uncle Banya. Actors in the early years included Sir Laurence Olivier, Joan Plowright, and Michael Redgrave.

We took the lift to the first floor, where we saw the wardrobe room, much smaller than I imagined, and we





met the lady responsible for laundering most of the costumes after every performance. The pretty little tops worn by the Von Trapp children in the Sound of Music were actually being ironed while we were there.



Onto the wig, makeup and hairdressing room, the wigs can cost 2-3 thousand pound.

We saw the scene: dock which is immediately behind the stage, and where scenery items are kept at the ready for quick scenery changes.

Finally we were invited on the thrust stage where we looked out over 1316 seats. John took a photo of us all. The visit was very interesting and we thanked John and Susan for making our tour most enjoyable.

We were all hungry by now so we trooped to the nearest pub for lunch. The staff there accommodated us very well, the food was good too.

Best Wishes Gill White



P.S.I have since been to see Sound of Music at CFT, it was a first class.

## **The Tallahassee Automobile Museum** by Diana Marshall

When I was asked to write a piece for the BPF newsletter and I was out of inspiration, Phil and I started to compile a list of the offbeat places we have visited in our 21 years of road trips in the USA. The popular and famous places don't really inspire me because their popularity renders them overly reported on travelling websites, blogs and documentaries.

Some of the most unconventional museums that spring to mind are the Idaho Potato Museum in Blackfoot Idaho, the Banana Museum located in Mecca, California, and many other museums located in different states of the Continental USA.

In the end, I decided to write about The Tallahassee Automobile Museum (TAM), which turned out one of the most quirky museums we have visited in the land of the free. Phil's passion for motor car museums had lead us to visit almost compulsory every single one we come across in our travels. So, when he announced that we were visiting the TAM I was just expecting the predictable collection of classic cars exhibited in an average area, like most car museums. Oh, how wrong I was! Located in



the capital of Florida, The TAM is more, much more than just a car collection. It's a dream museum for those interested in Americana and memorabilia from Native American artefacts to pianos. The two story-building of the museum has 100,000 square feet,

jam packed with exhibits that would keep visitors amazed even if some of the

collections are of no personal interest, because the variety of collections is very likely to contain one or another item of interest for everyone. Just the car showroom is big enough to spend a good hour or two just in that section, and there is still the rest of



the mind blowing collection of memorabilia. Over 160 cars in mint condition are displayed in the TAM, ranging from a 1900 Snell to a 2010 Camaro. There are Ford Model T, Model A, Cadillac, Auburn, Lincoln,

Volkswagen beetle, Corvette, Mustang, and many others, including authentic Batmobiles from the Hollywood movies used on set in “Batman Forever” and “Batman Returns”. The museum features even a pink Elvismobile! What makes this museum so exceptional is the quirky array of memorabilia: there are large displays of motorcycles, boats, outboard motors, pedal cars, pocket knives, Native American artefacts, sports memorabilia, jukeboxes, lawnmowers, cash registers, golf carts, period clothing, fishing lures, sports memorabilia, adding machines, dolls, brass fans, toys, and many more. I couldn’t list them all because my memory is not that reliable. I was impressed by the remarkable collection of pianos, which is considered by some as “the finest private collection of Steinways in the world!”. The museum belongs to entrepreneur North Carolina born DeVoe Moore, who discovered his passion for collecting at the age of 9, when he started his first knife collection. During his junior years in high school, DeVoe Moore started to acquire an interest in cars, and over the course of the years he has

managed to assemble the amazing array of collectibles displayed in the museum. He was still collecting when we visited the museum, back in 2016. Diana



# Reply Slips

Please return all reply slips to  
Gill White, 3 Tozer Way, Chichester, PO19 7LG  
phone 01243 789479

## Grand Christmas Draw

Saturday 9<sup>th</sup> December 2023

Name.

Address.

Tel no.

Will you require transport?

Yes/No

Would you prefer a vegetarian meal?

Yes/No

Do you like Marmite?

Yes/No

