

THE HARBOUR W.I.

Four new members and a visitor were welcomed by President Jacquie Frost to the first meeting of 2023 for the Harbour WI.

It was a lively meeting and secretary Daphne Chamberlain informed the ladies of several events coming up including the National Federation AGM in Cardiff and the East Sussex Federation AGM a bit closer to home in the Winter Gardens, Eastbourne on the 29th March. Six £200 Bursaries, to be used for local education courses, will be chosen at the event.

Jackie Stevens told the members about a proposed outing to Purley Way Croydon for a tour and talk backstage of the 'Strictly Come Dancing' costume makers on the 20th June.

Diana Groot-Copp introduced Sian Trevelyan who gave an illustrated talk on the First Three Women Doctors in the UK. They were Elizabeth Blackwell, Elizabeth Garret and Sophie Jex-Blake. They all had one thing in common. Their fathers insisted on them being educated at the same level as the boys in their families. They also all came from reasonably wealthy families. Elizabeth Blackwell was born in the UK but went to live in



the US where she set up colleges to train women but not to qualify. She moved to Paris and qualified before transferring to the UK. The law was changed after this to stop it happening again! Women were seen as only being useful for childbirth or abortion! Elizabeth Garret led a more normal life. She was married with 3 children and because she was not allowed to enrol to study, she sat at the back of the lecture halls and qualified. Again the law was changed to stop this happening! Sophie Jex-Blake chose a different route. She enrolled and studied in Scotland but

finished her education in Switzerland where she was allowed to qualify! There was 19 years between the three qualifications [1858-1874] but these pioneers had set the ball rolling and by 1911 there were 495 women doctors registered in the UK. Today there are 160,000 male doctors and 140,000 female doctors.

After tea members were asked to submit their votes on this year's Resolutions after a brief description of each one.

The Craft Club will meet at Sandie Goman's house on the 16th January and the 4th Tuesday Club meet for coffee in Four Seasons on the 24th January. The Lunch Club plan to meet at The Royal Oak and Castle in Pevensey on the 18th January

The next meeting is on Monday 13th February at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. There will be a talk on Genealogy – The Family Tree – by David Calvert.

Information on the Harbour WI can be found on the SHRA website
www.shra.co.uk/wi

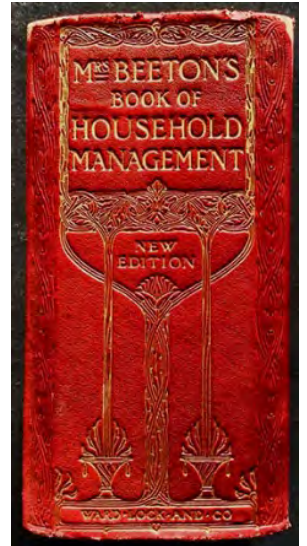
THE HARBOUR W.I.

Three visitors were welcomed by President Jacquie Frost to a lively March meeting of the Harbour WI.

Jacquie then introduced the speaker Gillian Halcrow who gave an illustrated talk titled 'Food, Drink and Table Manners.' Gilly showed a picture of the Duke and Duchess of Devonshire entertaining 16 people for dinner in the beautiful dining hall in Chatsworth House around 1900. She said there would have been at least six courses! Food was very important and was used to show wealth and status.

The Norman invasion in 1066 put French noblemen in elevated positions in society and they brought different eating habits to our shores. More varied meals were eaten. Long tables were used. A top table and tables joined at right angles. The higher your status, the nearer you sat to the top table. As far back as 1200 in the reign of King John, food differed between the classes. Only the manor houses had ovens and baked their food. The lower classes lived in mud huts and had a central fire for warmth and cooking. Food was originally served on baked bread known as 'trenchers' and it wasn't until the 1600s in Elizabethan times, that wooden plates started to be used. Pottery and china came much later.

Storage was a problem as well and water was mostly polluted so it was beer, cider and mead that were drunk with the food, even by the children. The 1800s saw changes with the sewers being built and water becoming drinkable! 1800 also brought changes with lots of cooks and staff becoming unemployed after the French revolution. They started opening eating houses. The beginning of restaurants!



Books were being written on etiquette, remedies and recipes. Mrs Beeton wrote her book in 1861. 'The Book of Household Management' sold nearly two million copies before she died. By 1900 and the Boer war it was discovered that 38% of the young men were below physical standard to fight and free meals were introduced in schools, followed by free milk in 1946.

Today we have restaurants, cookery books, cookery programmes on the television and good food in our shops. Gilly made it intriguing to learn how it all evolved. She was thanked for her talk by Diane Beere, who called it 'Fun and Interesting'.

Secretary Daphne Chamberlain informed members of upcoming events including the National Federation AGM in Cardiff and the East Sussex Federation AGM in the Winter Gardens, Eastbourne on the 29th March. Six £200 Bursaries, to be used for local education courses, will be chosen at the event.

After tea an Easter Bunny and chocolate Easter Egg were raffled by Jackie Stevens alongside the normal monthly raffle, to raise extra money for the charities supported by the Harbour WI. A vote was also taken to decide on the charities the members would like to support in the coming year.

The Craft Club will meet at Sandie Goman's house on the 20th March and the 4th Tuesday Club meet for coffee in Four Seasons on the 27th March. The Lunch Club are going to the Perch in Princes Park on the 22nd March.

The next meeting is on Monday 17th April at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. Alan Wenham is giving a talk called 'The Story of Terminus Road'. Information on the Harbour WI can be found on the SHRA website. www.shra.co.uk/wi

THE HARBOUR W.I.

After welcoming two new members and two visitors to a packed April meeting of the Harbour WI, President Jacquie Frost handed over to Diane Beere who introduced the speaker for the day.

Alan Wenham gave an illustrated talk titled The Story of Terminus Road. In 1840 there were two settlements – Old Town and the Sea Houses - and Terminus Road was the route that led from one to the other. With the arrival of the railway in 1849 everything changed. Beautiful houses and villas that took years to construct were built around the station by landowners William Cavendish, the Earl of Burlington [later the Duke of Devonshire] and the Davies-Gilbert families. As it became more and more popular to visit the seaside, shops were added. Alan showed slides of a tiny hut that was the original station and how it was enlarged and moved four times over the years.

By the 1930s numerous exclusive shops and houses had been built. It was a very desirable area; but 11 or 12 bombs were dropped in WW2 destroying many of them. As it was reconstructed the front gardens of large houses were given over to shops and some of the beautiful old houses can still be seen above the shops. New shops were also built along Terminus Road. The very first purpose-built supermarket in the country was Sainsbury in Terminus Road built in 1952 (photo). Some of the remaining architecture is amazing and Alan had some great pictures to show the members. He was thanked for his very interesting talk by Diana Groot-Cropp.



After tea the members were told St. Wilfred's Hospice, First Responders and The Women's Refuge had been voted as the charities the Harbour WI would be supporting in the coming year. Secretary Daphne Chamberlain then read out various events from the ESFWI and took a vote on the resolution decided on at the January meeting.

Jacquie Frost congratulated Fran Goldsmith on her certificate for 2nd prize in the Christmas bauble competition and Diane Beere gave a very amusing account of her experience as a delegate at the ESFWI Annual Meeting. Diana Groot-Copp sent a questionnaire round the members about what they would like to see on the programme for 2024/2025! She explained that speakers have to be booked well in advance!

The Craft Club met at Sandie Goman's house on the 18th April to do 'needle felting' and the 4th Tuesday Club met for coffee in Four Seasons on the 25th April.

The next meeting is on Monday 15th May at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. Trevor Weeks from the WRAS Wildlife Charity will be the speaker. Information on the Harbour WI can be found on the S.H.R.A. website.

www.shra.co.uk/wi/index.html

THE HARBOUR W.I.

Members were greeted by a very festive hall decked out in red, white and blue to celebrate the King's Coronation. The committee had also baked scones to a 'secret recipe' supplied by Sandie Goman. President Jacquie Frost welcomed everybody; and the speaker for the month, Trevor Weeks of [WRAS East Sussex Wildlife Rescue](#), was introduced by Diane Beere.

Trevor has visited the Harbour WI before and is always a popular speaker. He told how he had established the WRAS Wildlife Charity in 1996 as a volunteer. He was a one-man band to start with. Today there are 5 fulltime staff, 7 part time and 170 volunteers. He now spends most of his time in the office as there is so much paperwork!



They receive 8,500 to 10,000 calls a year; up to 125 a day during the busy season of May, June, July and August. Their fleet of 2 ambulances, 2 cars and a patient transport vehicle can take an average of two and a half hours to deal with each case. Finding the animals that need help can be a problem. They have usually moved on from where they were first seen.

The animals they treat are extremely varied. From horses to frogs! Trevor showed slides and a video of the numerous rescues and facilities. They have a dedicated hedgehog hospital [in Cathy's back garden!], an orphan centre and a casualty centre in Whitesmith near Lewes. They employ their own vet and are on call 24 hours a day. All this costs around £360,000 a year and is funded solely by donations and legacies.

Trevor was thanked by Diana Groot-Copp and a donation box was passed round the members.

Daphne Chamberlain read out various correspondences from the ESWFI including a list for anyone wanting next year's diary!



After a cream tea with delicious light scones, Carole Kilby tested the members on their 'Royal' knowledge with a quiz. The winning team received a certificate and chocolate.

The Craft Club meet at Sandie Goman's house on the 22nd May and the 4th Tuesday Club will meet for coffee in Four Seasons on the 23rd May. The Lunch Club are going to The Smugglers in Pevensey on the 30th May.

The next meeting is on Monday 12th June at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. There will be a talk by Ray Hale on 'Plastic – Saving the Planet'

Information on the Harbour WI can be found on the S.H.R.A. website.

www.shra.co.uk/wi

THE HARBOUR W.I.

50 members and one guest were welcomed by President Jacquie Frost to the June meeting of the Harbour WI on Monday 12th.

Diana Groot-Cropp introduced Ray Hale to give a talk titled - '*Plastics – Saving the Planet*'. Ray is a naturalist and specialises in health and safety. He lectures on cruise liners together with his wife Angela.

With the help of slides Ray asked the questions: -

Q1]. Is the earth dying? A. Yes,

Q2]. Is climate change real? A. Yes,

Q3]. Is the human race in danger of extinction? A. Yes,

Q4]. Will it be thousands of years or less? A. Who knows?

He then asked, “Why should we care?” He explained that there is a connection between species and that we all depend on each other. The links and connections are crucial. Extinction among animals has increased ten-fold in the last few years. Most of the extinction factor is driven by us and we have the power to help solve it by reducing fossil fuel and cleaning up plastic pollution; which is now our biggest problem in the sea. We produce 320 million tons of plastic annually [100 million straws in the USA!]. Animals ingest plastic which can cause suffering and death.

The three top waste products worldwide are Flip Flops! Straws and Toothbrushes! We could all cut down by taking our own cups and bottles, using paper straws, ditching cling film, requesting non-plastic packaging and definitely not flushing wet wipes! Just giving up a few single use plastics could help to turn the tide on plastic and reduce our plastic footprint.



He was thanked for his talk by Diana who then read out correspondences from the ESFWI including information on the Ardingly Autumn Show on September 23/24th and WI Day on the 16th September.

After struggling with the car park ticket machine in Pevensey Bay! The Lunch Club went to the Massilia Bay on June the 14th and the Craft Club meet at Sandie Goman's house on the 19th June to make patchwork landscape cards.

On the 20th June over 40 members are going by coach to Croydon for a tour and talk at the studios where they make the costumes for Strictly Come Dancing. And lastly, The 4th Tuesday Club will meet for coffee in Four Seasons on the 27th June.

The next meeting is on Monday 10th July at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. LizMFitness is going to lead the members in 15 minutes of Armchair Aerobics!

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www.shra.co.uk/wi

THE HARBOUR W.I.

54 Members including one new member were welcomed to the July meeting of the Harbour WI. They were introduced to Liz from LizMFitness by Diane Groot-Copp. Liz then led them through 15 minutes of Armchair Aerobics!

Diane next introduced Alec Stephens from [Eastbourne Community First Responders](#). Alec is one of 16 full time volunteer responders, aged from 18 to 80. They are all trained by the Ambulance Service to attend scenes of medical emergencies. These can be anything from breathing problems, to cardiac arrest, to suicide. They respond from home or work when they are on call and they stay with the patient until the ambulance team arrive. Each responder is on call for 20 hours a month and they attend training sessions 2 evenings a month.

Eastbourne has 2 cars that are fully kitted up and each person on duty also has a basic kit. All of this needs constant updating and funding. The cars alone cost £4,000 a year as well as the mileage paid for using own cars. The defibrillators around Eastbourne are all serviced and looked after by the First Responders. Alec demonstrated how to use one in an emergency and suggested everyone attend a Heart Beat Life Saving Scheme talk if they get the opportunity. President Jacquie Frost presented Alec with a cheque for £200 for the charity and a bucket was passed around raising another £78. Eastbourne First Responders is one of this year's charities supported by the Harbour.

After tea Diana Beere gave a very amusing account of the day trip to see the Strictly Come Dancing costumes and a visit to Ikea. 42 members went by coach to Croydon. Diane had pictures of some of the members looking very glamorous in the dresses! The day was organised by Jackie Stevens and was a great success. She told members about a proposed trip to Amberley Living Museum near Arundel in the spring. Jacquie Frost also asked members if anyone would be interested in seeing the King and I at the Congress Theatre in December; also the Pantomime in January?

Correspondence Secretary Daphne Chamberlain is moving away from the area later in the year, so Jacquie Frost asked members to consider if they would take her place on the committee.

The Lunch Club went for a cream tea at Hilliers, and the Craft Club meet at Sandie Goman's house on the 17th July. Lastly, the Tuesday Club will meet for coffee in Four Seasons on the 25th July and the 22nd August.

There will be no meeting in August. The next meeting is on Monday 11th September at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. Ian Currie is going to talk about 'Unusual Weather'. Information on the Harbour WI can be found on the SHRA website: www.shra.co.uk/wi









THE HARBOUR W.I.

After a summer break in August the Harbour WI met on a very warm afternoon on September 11th.

President Jacquie Frost welcomed 45 members and a new member. She also introduced two new committee members, Bev Roberts as assistant secretary, and Nicky Clifford. Then Correspondence Secretary Daphne Chamberlain read out the correspondence from ESFWI.

The Harbour WI has several future outings. A theatre trip to see The King and I at the Congress Theatre in December, a Christmas Lunch at the Hydro Hotel on the 6th December and a trip to the Pantomime in January. A busy time ahead!



Unfortunately, the speaker for the day had to cancel at the last minute so Jacquie Frost and Daphne Chamberlain organised two quizzes that were thoroughly enjoyed by everyone.

The Lunch Club are going to Lottbridge Drove Golf Club on the 20th September and the Craft Club met at Sandie Goman's house on the 18th September for a fun afternoon being taught Macramé by member Karen Stephens. The Fourth Tuesday Club met during August and will meet again on the 26th September for coffee in Four Seasons.

The next meeting is on Monday 9th October at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. It will be the 16th Birthday of the Harbour WI with refreshments and a singer – Rosie Ann Page.

Information on the Harbour WI can be found on the SHRA website: www.shra.co.uk/wi

THE HARBOUR W.I.

It was sixteen years ago that the Harbour WI was formed, and President Jacquie Frost welcomed 59 members and one visitor to their October 16th Birthday Meeting.

They started the celebrations with Diane Beere introducing Rosie Ann Page, a lovely young lady with a beautiful voice, who entertained them with a medley of popular songs – starting with Top of the World by the Carpenters, lots of songs from musicals, the Beatles, member's requests! finishing with ABBA and Thank You for The Music. Several members were on the floor dancing and most members sang along [when they knew the words!]



ROSIE ANN PAGE

Singer/actress/teacher



There was then a short talk with illustrations about St. Wilfreds Hospice by Michelle Mitchel. It was opened in 1982 as a Respite and Care for All Centre and by the following year had included 7 beds. As the needs became more it has expanded and eventually moved to its present location in Cross Levels Way where there are now 20 beds. The rooms are modern and comfortable, and patients are encouraged to personalise them. Apart from the rooms the Hospice supports people in their own homes and as outpatients. They have holistic care, pain management, bereavement support and occupational therapy among many other things. They also run a 24/7 nurse help line. All this costs a lot of money and they rely a lot on volunteers and also donations. Jacquie gave them a cheque for £200 and a collection box was passed round the tables.



After a break for tea and delicious cakes, Secretary Daphne Chamberlain read out the correspondence for the last time as she is moving away. Former President and Federation Chairman Gill Nokes presented her with Garden Tokens as a thank you for all her work over the years. Daphne hopes to see everyone again soon.

The Lunch Club meets at The Royal Oak and Castle in Pevensey on the 17th October and the Craft Club are at Sandie Goman's house on the 16th October to do some 'beading' with Fran Goldsmith. The Fourth Tuesday Club will meet for coffee in Four Seasons on the 24th October.

There is a Christmas Lunch at The Hydro on the 6th December and a theatre trip to see The King and I at the Congress in December.

The next meeting is on Monday 13th November at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. It is the Annual General Meeting and also a talk about the Beachy Head Chaplaincy by Karen.

Information on the Harbour WI can be found on the SHRA website.

<https://www.shra.co.uk/wi>

THE HARBOUR W.I.

On a very windy November afternoon, it was the Annual Meeting for the Harbour WI and President Jacquie Frost introduced former Chair of ESFWI, Gill Nokes, to oversee the 'business' side of the meeting.

Last year's minutes were tabled and the various reports were read out; and, as last year's committee had all agreed to stand again, they were voted for en bloc, as well as two new committee members who were co-opted mid term. Jacquie Frost had also said she would re-stand as President and was unanimously voted into the position.

After a summary of the correspondence from the new secretary Bev Roberts, Sandie Goman gave a short talk on the bags that she is continuing making for the Women's Refuge and the items that are needed to fill them [for children as well].

Diana Groot Copp then introduced Gerry Howitt from Beachy Head Chaplaincy who gave an excellent insight into the work done by this very worthwhile charity. She stressed that they were a 'search and rescue' team whose main aim is Crisis Intervention. They patrol the area from Burling Gap to Beachy Head Road from 9am to midnight daily.



Through their training they are able to recognise who may need their help and approach them to engage in conversation. They encourage them to share their burden and suggest solutions other than suicide. They have no power to detain. Only the police have that. So they try to give them hope and get them to a place of safety where they can get the help they need. The statistics were encouraging; around 5000 people are still alive ten years later because of the intervention of members of the Chaplaincy. Sadly, they can't save everyone. They were given a cheque from the Harbour WI to help with cost of this care.

The Harbour Lunch Club is going to Kings Restaurant in East Sussex College on the 22nd November for a three course lunch cooked and served by the students. The Craft Club [The Crafty Ladies!] are at Sandie Goman's house on the 20th November and the Fourth Tuesday Club [which is becoming very popular] will meet for coffee in Four Seasons on the 28th November.

The Christmas Lunch is at The Hydro on the 6th December; and there are two theatre trips - to see The King and I at the Congress Theatre on December 14th and the pantomime Beauty and the Beast at the Devonshire Park Theatre on January 10th.

The next meeting is on Monday 11th December at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. It is their Christmas Meeting with David Home giving a talk titled 'Turkey and Tinsel'.

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www.shra.co.uk/

THE HARBOUR W.I.



Jacquie Frost welcomed 59 members and one new member to the Harbour WI Christmas Meeting on the 11th December. The Craft Club had made

Christmas Angel earrings to sell and a key ring gift in WI colours for every member. [The earrings raised £70 for their chosen charity, St. Wilfreds.] The committee had also brought seasonal table decorations for every table. With all the members in Christmas outfits the room looked very festive! Jacquie thanked everyone for their contributions, especially Jackie Stevens who had bought mince pies, stollen and spiced biscuits for the tea break!

Diana Groot Copp then introduced David Horne who was expected to tell the members the history of 'Turkey and Tinsel'. Instead, he surprised them all with Music Hall style songs and renditions and several references to 'Panto' – apparently the veteran actor has been in about 30 of them?

The Harbour WI went to the Hydro Hotel for Christmas lunch on the 6th December. Everyone enjoyed it so much that it has already been booked for 2024!



Committee member Nicky Clifford is taking over running the monthly Lunch Club and asked for recommendations and volunteers to organise venues. The Craft Club [The Crafty Ladies] are at Sandie Goman's house on the 18th December for a Christmas get-together and the Fourth Tuesday Club will meet again in January.

About 40 members are going to see *The King and I* at the Congress Theatre on December 14th and the pantomime *Beauty and the Beast* at the Devonshire Park Theatre on January 10th.

The next meeting is on Monday January 8th at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club. Andy Dinsdale will be talking about Beachcombing

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