

ARUNDEL PROBUS TIMES

AUGUST 2026 No 77

Did you know there are about twelve commercial vineyards in West Sussex, each producing thousands of bottles of good wine every year? Three of them, Tinwood, Highdown and Wiston, are within a short drive from Arundel so perhaps, next year, we could have a club visit to one. They all offer tours, tastings and teas, and some may even want help grape picking. Let me know if this is a good idea.



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The July pub lunch at the Arun View was enjoyed by sixteen of us. As usual, the food was good, especially the fish and chips, service was excellent and the views over the River Arun on another bright, sunny day were interesting. A pair of swans was teaching their cygnets how to paddle against the tide and a loan heron, on the mud bank opposite, was fishing for its own lunch. Thanks again to Ian for organising this one.

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At the July meeting we were back in our function rooms to hear Sandra Simmonds' third and final talk about her life's experiences. Having escaped from Iran during the revolution and returning to England with her Iranian husband, things did not improve greatly for young Sandra. Finally divorced but left penniless, she remarried and had a son only to suffer the death of her second husband. But now things are much better. She is a bereavement councillor, an accomplished ten-pin bowler and enjoys giving talks to clubs like Probus.

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Spouses and Partners - NOTICE

At its July meeting, the Committee unanimously agreed to give notice to members that, with effect from the 1st April 2027, non-members will be able to attend two club meetings without charge in any club year after which £5 will be payable at each subsequent meeting attended in the same year. This new rule will not apply to attendance at Pub Lunches, the Christmas Lunch or other external events.

Annual Joint Membership will continue to be available to spouses and partners at half the single member fee i.e. £22.50. For a spouse or partner of a current member joining on 1st October - half-way through the club year - the cost would be £11.25.

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Every time I take up a sport, or exercise, I meet new people.....

Usually, they are paramedics.....but they're new people

Honorary Life Membership

Richard Brennan has accepted the award of Honorary Life Membership, granted in grateful recognition of his years of service as Club Secretary. The committee confirmed that Honorary Members retain their voting rights and right to stand for office.

Congratulations Richard !

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Ode to Summer '26

In all this heat I wear a hat

Which always makes my hair go flat

And if my bra I cast aside

Towards the south my xxxxx will slide

My feet are hot, my ankles swell

It's 33 degrees of hell!

It's difficult to keep one's cool

When 3 miles from a swimming pool

The windows are open, curtains drawn

But still I tend to feel forlorn

The leaves all droop, the flowers too

With water scarce what can I do?

I know! A Pimms is just the thing

Perhaps the day will start to Zing

With icy jug of fizz and fruit.....

I'll pour some in a champagne flute

And raise my glass and sip and pray

Tomorrow is a cooler day.

ANON

August Pub Lunch on the 13th August is at the Black Horse Inn, Byworth, Petworth GU28 0HL 12.00 for 12.30

Committee decided to have a pub lunch this month so arrangements have been made at this delightful pub in the charming village of Byworth. It's a little further from Arundel than our usual haunts so if anyone would like a lift we will try to organise one for you. Conversely, if you have a spare seat or two, please let me know.

Lunch is £25. Please leave staff a tip on the table at your discretion.

Mains

Chicken and mushroom puff pastry pie served with new potatoes and seasonal vegetables

Pan-roasted salmon supreme served with crushed new potatoes, tenderstem broccoli finished with a lemon and parsley butter glaze

Sweet aloo curry served with dhal, pilau rice, and naan bread (gfo/vg)

Char-grilled burger topped with smoked bacon and cheddar cheese served in a toasted brioche bun with hand cut chips and mixed salad (gfo)

Pan-Roasted Guinea Fowl, champ potato, and creamy peas and leeks.

Desserts

Sticky toffee pudding served with butterscotch sauce and vanilla ice cream (v)

Cheesecake served with vanilla ice cream (gf/v)

Warm chocolate brownie served honeycomb ice cream (v)

Two scoops of ice cream (v/g)

Selection of cheese, biscuits, onion chutney (+£3)

Contact bobtanner1809@gmail.com or 07817 553357 with your choices. State method of payment. Payment by BACS is preferred to the Club's Business A/C 10642681 Sort Code 20-20-62 Ref: PubLunAug. Cheques can be handed to Treasurer Stephen. Make payment to Arundel Probus Club and write on the back of the cheque what the payment is for.

Last orders Sunday 9th August.



August Meeting on 27th at the White Swan Hotel

Our talk this month offers something different. Barrister Peter Blood will take us through a famous court case, presenting evidence for the prosecution and for defence. Having heard all the evidence we, the jury, will have to decide the verdict guilty or not-guilty. Peter will then tell us what actually happened.

We can then discuss the case over lunch.

Lunch choices will follow soon.

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The September Pub Lunch is on WEDNESDAY 9th at the Angmering Manor, thanks to Chris and Hilary Mayhew.



The amazing price of £22 includes a two-course lunch, plus staff gratuity and a small glass of wine on arrival. Here are the menu choices :-

Mains

- Grilled chicken supreme, white wine mushroom cream sauce, fondant potatoes and seasonal vegetables
- Grilled seabass fillet, new potatoes and seasonal greens
- Homemade beef lasagne, mixed leaf salad and garlic bread
- Roasted mediterranean vegetable premium locally sourced risotto (V)
- Trio of butcher's sausages – a selection of premium locally sourced sausages, creamy mash, vegetables and finished with red onion gravy,

Dessert

- Chocolate fondant, vanilla ice cream
- Vanilla panna cotta, raspberry coulis
- Strawberry Eton Mess
- Lemon glazed profiteroles, white chocolate dipping sauce

Please send your choice to Chris at chrisgmayhew@me.com or phone 07554 193237 Payment preferred by BACS to club account No 10642681, sort code 20-20-62 quoting. Septpublunch. If paying by cheque to Arundel Probus Club please write on back of cheque what payment is for.

Cut off date for ordering lunch is Thursday 27th August, the date of our August meeting.

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I signed up for exercise classes

and was told to wear loose-fitting clothing.....

If I HAD any loose-fitting clothing

I wouldn't have signed up in the first place !

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Speakers to end of year

August 27 th	Barrister Peter Blood – a Courtroom Drama
September 24 th	Tony Hunt - ex -Mayor of Arundel on five years in office
October 22 nd	Stephen Brocklebank. My career in the Oil Industry
November 26 th	Chris Linford. "The Trans Canadian Railroad"

Note: Committee agreed that inviting external speakers to lunch is now the norm, subject to Speaker Secretary's discretion.

Pub Lunches to end of year

August 13 th	The Black Horse, Byworth
September 9 th	Angmering Manor
October 8 th	Worthing Indoor Bowls Club
November 12 th	Littlehampton Golf Club
December 10 th	Christmas Festive lunch at White Swan Hotel

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In this hot weather, if you put dry tea bags in your shoes they will absorb odour

So your shoes smell good but the tea later tastes so bad I don't really recommend doing it

Advanced notice – Visit to Pepper Nursery

Social Secretary Chris Linford is planning a club visit to Tangmere Nurseries on Thursday 1 October at 11.00.

This company produces most of the red, green and yellow peppers that are sold for nine months of the year in the South of England, and most people don't even know of its existence on the old Tangmere Airfield Industrial Park.



The huge operation is entirely under glass and all the plants are grown without soil under a system known as hydroponics. They even bring in their own bees. It is a fascinating visit which will take around an hour and which is largely on the level.

Please put a note in your diary if you want to go, and there will be a pub lunch at the Anglesey Arms in Halnaker for those who would like to join for some additional refreshment.

Further details of how to join the visit will be in the September APT.

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Lots of smiling faces at the Arun View last month (above)

....and listening to Sandra's every word at her talk during the July meeting.

Have a good month. Bob

