

Ian West, Newsletter 3.

Hi Graham , what a Fabalas no 1 n no2 letter, what can I say just brills.

*Thanks Ian. I am happy to help. There are times when I try to get `inside your head` to understand what you are trying to say but your head has so much energy, fun, laughter, generosity, energy, compassion, determination, energy, friendliness and LIFE that often I can't find what I am looking for. I do apologise if my `proof reading` at times doesn't convey exactly the message you intended. I will continue to do my best, keep up the good work Ian.*

Having stayed at the YHA at Eastbourne last night it was very nice indeed. Very clean well decorated and above all the staff were very polite. It's not everyone's cup of tea, but I enjoyed it. There were only three of us in the room that could sleep ten. I can just imagine what it is like during the summer months when it gets full. Once again the landscape from Eastbourne to Brighton was so spectacular, I thought to myself what we have on our own door step is just brilliant.

But today's life is just so busy, going to work, getting home at 6pm, dinner, relax or put the kids to bed. It makes it a long day so there isn't room for such things as sight-seeing. The weekends are special, because that is when you can bond with your close family but many of us have to use that time to visit our own parents, how boring! LOL. No seriously there's not enough time in the week to fit everything in and to see everything our country has to offer.

I went past Beachy Head, but not close, but I did take a picture of the sign. LOL. I came to a place called Seaford, but yet again I wasn't disappointed. The view of the cliffs with Beachy Head in the distance was magnificent, so I managed to get that shot on my camera. So it had been another great day as I reached my destination, YHA Brighton. My first impressions were very good. I will let you know tomorrow if I was correct, bye for now Ian.

PS. I did forget to mention that after five days my boots looked a real mess, a photo will follow. Dave, from either Lowestoft or Great Yarmouth came to my rescue with a pair of boots (which now hang round my neck) a thermal top and two pairs of thermal socks, thanks Dave you are a saint. *(I must tell Ian to wear the boots on his feet! Graham).*

Looking through the window of my dorm I noticed how big Brighton is with loads and loads of students as well as teenagers on trips. Getting up this morning in the YHA I thought, `what will today bring for me?' I was keeping as quiet as possible so as not to wake the other guests. I managed to get all my belongings together and get dressed outside the dormitory so that I didn't

disturb anyone. With such a technique it only takes me ten minutes to get fully set up now. I put my thermals on, then one top, then my rugby top which gives me extra padding on my shoulders to ease the weight of my 15k bag. This is followed by another top so that I can put my pieces of foam on my shoulders which I found on my way whilst walking. Having donned all my gear I made my way to the sea front in Brighton.

The famous seafront that was in the news some years ago following the bombing of the hotel with prominent politicians in attendance, I hadn't realised it was so long ago. The air was very fresh and sharp, I knew it had been cold overnight and this was confirmed when I noticed snow on top of some of the cars. Looking in the distance I could see the burnt out shell of the famous Brighton pier which once stood so proud. It is just above the water with large pillars standing like large matchsticks which once took the weight of the famous pier now being battered by the in-coming waves. What a wonderful pier it must have been. I passed a new attraction on the pier which looked like a big donut with a metal structure down the centre. When the 'donut' is raised to the top it gives you a 360° view of Brighton.

On leaving the shores of this thriving community I walked along the seafront passing through small places but just as enchanting. I was still cold but it was a most enjoyable walk. I came into a town called Worthing and just off the beach stood six chalets, which I could say looked like sheds but painted white. I did notice a gentleman sitting in front of one of them and having a cup of tea, he was watching the sea with 'white horses' on top of a wave looking like a surfer. The waves then suddenly crashed into a mass of white foam as it dispersed into the sea. I apologised about disturbing him and I asked him about the chalets. For six years he had come down on most days, weather permitting, to just sit and enjoy the scenery. The chalet cost him £3,000 and now they are selling for up to £15,000. He asked what I was doing so I told him explained that I had been in the forces. He said that he had been a conscript, well I thought that he looked about 70ish. He also said that his sister was a WREN in the Navy. I was putting two and two together and thought that with me being 64yrs I might know her. Well I was wrong he is 89yrs. and his sister is 93yrs, I was astounded, I got that wrong. I arrived in Bognor Regis some 9 hours later and with another 24 miles under my belt, well under my feet.

I was to meet Norman of Bognor Regis bowls club who had kindly offered to look after me for the night and to meet Ned the president of the club later. On walking to the pub they brought to my attention a plaque on the wall of an old house with a thatched roof still intact. The next day on leaving Bognor Regis I took photos of the plaque on the wall and why the house was so important. If I said to you "William Blake" would you know who it was? Pause

for a few moments if you don't know, he wrote the hymn Jerusalem, most famous. I took a photo of the plaque and the house where he lived from 1804 to 1806, a fabulous start to the day.

After them telling me the story I knew my walk in the morning was going to be brilliant. They also told me about the massive Butlins Holiday Camp in Bognor it being the premier of all the holiday camps in the U.K. We had a great night and I was now looking forward to the next day knowing that it was going to be another great day.

Thank you to Norman and Ned. Next October Norman, Ned and the Bognor bowls club along with a West Sussex bowls club will be challenging Pedras bowls club. So I will say to Norman and Ned "watch out" Pedras Bowling Club will give you a good match. It will be brilliant and as Peter Harris and Arnie said "I will be back, count me in". The days walk went brilliant and visiting a ruin of a Roman Palace was superb. I reached my destination which was Pompey a little late but again not worried because the walk had been superb. I am now spending a couple of days with a family I knew in my Navy days. I have known them for 40 years plus and I wanted to spend time with them.

So I will say bye for now and Thank You for your support.

Best wishes speak soon Ian