



THE UNIVERSITY OF THE THIRD AGE



of

HIGHBRIDGE

E

MAGAZINE

March-----April

2014

ISSUE NUMBER 75

Your Committee

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Treasurer:	Carole Loveridge	Tel: 780060
Membership Secretary:	Jean Williams	Tel: 785240
Assistant to Secretary:	Barbara Croker	Tel: 780260
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	Pat Clipstone	Tel: 788128
	Billy Conibeer	Tel: 792311
	Pearl Price	Tel: 793954
	Ray Reddish	Tel: 785411
	Sally Williams	Tel: 787274
Web master	Darryl Knight-Rees	Tel: 783081

Prefix all telephone numbers with STD code 01278

Coffee Mornings are held every Wednesday at The Highbridge Community Hall from 10.00 am to 12.00 am. All are very welcome to join us.

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Note: In accordance with the requirements of the Data Protection Act 1998 information relating to this Club's members will be held on a computerised database and will be used solely for this Club's business and communications.

Editorial

Where does the time go? It is twelve months since we decided to have the magazine printed professionally. We used to print and publish them ourselves but printing materials began to increase in price and it was proving to be too costly, so we made other arrangements.

Regrettably it is now the time to remind members that their existing Memberships expires on the 31st March, but we sincerely hope you will re-join us for 2014/5. The Membership Fee is now £9.00. A Membership Form can be found on Page 15.

If you attended the Annual General Meeting held on 15th May last year you may remember the fee being discussed and why it was necessary for it to be increased.

- a) In 2012 The Third Age Trust increased the capitation fee from £2.50 to £3.50 per member per annum. The increase to take effect from 1st January 2013.
- b) Your magazine, (6 copies) costs roughly £3.00 per year.

Therefore (a) plus (b) equals £6.50 leaving £2.50 per member to cover the administration costs of this U3A; AND if you choose to attend the Annual Lunch this year, your meal will be subsidised to the value of £2.00; so you don't do too badly out of your subs.

You will note that there is not a lot left to cover all the other expenses that may occur during a twelve month period.

Incidentally our Membership Fee is probably one of the lowest in the South West Region.

Finally and on behalf of your Management Committee, thank you all for your support during 2013. It was a successful year, membership remained just under the 200; the "Away Days", theatre trips and holidays all proved to be very popular, they were frequently sold out.

If we may look forward to your continued and enthusiastic support I am sure this year will prove to be even more successful.

In the meantime we thank you all for your support and for making the U3A of Highbridge the success it is.

Editorial (Continued)

Social Events : -

Annual Lunch

Our 'BIG' social event is on Wednesday 19th March at the Beachcomber Inn at Brea. Details of the menu were given in last month's magazine but should you need a reminder Fay will have a copy for your perusal.

The booking form is on Page 8

Support for Charities

Towards the end of last year we gave our support to a couple of well-known charities, in November there was our own edition of the Macmillan Big Coffee Morning, this raised the sum of £450.00. This was achieved through the raffle and the sale of cakes etc.

Also in November a few members had volunteered their time/services to sell poppies for the National Poppy Appeal; our contingent stood outside ASDA in Highbridge. The local co-ordinator has informed us that the volunteers from Highbridge and Burnham raised £23,427.87 a staggering figure for the area.

We therefore offer a big thank you to all the cake makers and the helpers at the Coffee Morning, to those brave souls that may have stood outside ASDA, sometimes under chilly conditions, for your sterling work.

Finally, as you may already be aware, the Christmas Hamper raffle raised £117.00 for the Children's Hospice Southwest.

STOP PRESS INFORMATION

I have just received the following information from Diane:

Proposed next holiday is to Weymouth from Monday 29th September to Friday 2nd October at price of £209.00 for 4 nights. More details to follow.

Northern Somerset Association of U3A's

There are a number of events to which we are invited to take part:

Norton Radstock U3A is holding a Study Day on 15th May the theme of which is: Healthy Living (Live Long and Prosper)
and

The next workshop by the Association is on Friday 10th October at Burnham Community Centre, subjects: Calligraphy, Oral Story Telling, Creative Writing, Genealogy, Art, Antiques, Geology or Earth Sciences and Singing for Fun.

Details will follow.

Club News**Keep Fit**

This new group got off to a good start with 10 members arriving at the Boxing Club Gym (near ASDA) for its first meeting; Roger Cross the Group Leader, introduced them to the type of exercises that he would normally use to keep his boxers agile, this resulting in a few sore limbs the next day, but they have now recovered.

Play Reading

Tony Webb is keen to re-start this group, some of the groups original members still meet at Tony's home on a 3rd Friday to socialise and are pressing Tony to get the group up and running again. So, if you think it might be worth giving it a go, let Tony know at a Coffee Morning, he will be pleased to give you details or ring Tony on 787483

Happy Snappers

A full complement attended the first workshop; Kevin introduced them to camera craft, the composition of photographs, how to set them up and how to get the best out of your subject.

Some names have been put forward already for the next session that starts in July.

Calligraphy Group

It is regret I need to advise members that Ron Turner (Group Leader) died early in February as a result of injuries received following an accident on the M5 on 22nd January.

Ron had, with patience and encouragement, led this group since its inception a few years ago; its members had progressed so well that he had recently introduced them to 'Copperplate writing'.

He was an active member of the Thursday Art Group, also an enthusiastic member of the local wine circle; we will all miss him.

I (Ken Burston) will take over leading the group; I have done a little calligraphy in the past but I am not up to Ron's standard.

Crochet & Knitting

Lorita has told me that this Group has now been wound up; she is not now teaching Crochet and Knitting because her 'pupils' are now sufficiently adapt at the crafts and no longer need tuition. We are sorry to see this Group come to an end, we do, however, thank Lorita for the time and effort she put into teaching these crafts.

Group News

“Away Days”

Bristol Blue Glass Tour & Buffet Lunch

This visit, on Thursday 20th March, to one of the two glass factories in Bristol, will give you an insight into the production of the famous Bristol Blue Glass. Glass has been made in Bristol since the 1800's when Richard Champion, (a merchant and potter) undertook a search with William Cookworthy (a chemist) for good quality cobalt oxide in order to give glass a blue glaze decoration. Although seventeen factories had been were set up in the city over the years most had closed by 1923. However, the industry was revived in the 1980's and there are now two companies in the Bristol area; one in Brislington, established in 1988 and the one in Bedminster in 2008

Tyntesfield House

This Victorian Gothic Revival House and estate is near Wraxall, and was named after the Tynte Baronets who had owned and lived in the area since the 1500's. Originally they were based between Halswell House, Goathurst (our Somerset Village Group visited the area last year), and Berkeley, Gloucs. The property was bought by William Gibbs in 1843, he had made his fortune from importing and marketing guano as a fertilizer; eventually becoming the richest non-nobleman in England.

During WWII the house was used by the Ministry of Defence for a number of purposes and became in need of much repair, unfortunately the only remaining family member could not afford to carry this out. The property was eventually bought by the National Trust in 2002 who undertook to restore it to its original glory and it was made available for public visits within 10 weeks of its purchase.

Theatre

We visit the Weston Playhouse on Saturday 26th April to see the Musical:

“ME & MY GIRL.”

It is based on the story of a refined Cockney gentleman named Bill Snibson who learns that he is the heir to the 14th Earl of Hareford.

The action is set in Hampshire, Mayfair and Lambeth.

Diane (781009) and Brenda (787963) are accepting reservations.

Annual Lunch

At

The Beachcomber Inn Brean.
On Wednesday 19th March 2014

Menu

Main Course:

- A Traditional roasted Topside of Devonshire Beef**
- B Local roasted Somerset Turkey**
- C Vegetarian Nut Roast**

All served from our renowned carvery with a selection of freshly cooked seasonal vegetables, potatoes together with usual accompaniments.

Desserts:

- D Traditional Deep filled Apple Pie**
- E Chocolate Fudge Cake**
- F Fresh Fruit Salad**
- G Cheese Platter, tasty Cheddar & Brie with a biscuits selection**

Coffee & after dinner mints

Please refer to Page 8 and decide what you want for your lunch, fill in the order form and hand it to Fay Burston.

Annual Lunch

Wednesday 19th March 2014

12.00 am for 12.30 pm

At

Beachcomber Inn. Brean

PRICE

Members:----- £ 11.25

Guests:-----£ 13.25

Name:.....

Address:.....

Also I wish to book a lunch for.....Guest

My choice from menu is:

**Main Course A
 B
 C**

**Dessert D
 E
 F
 G**

Please indicate your choice

Would you please complete this application form, with your menu choice/s and hand to: - Fay Burston at a Coffee Morning between 5th February and 5th March at the latest.

Paid:.....

Date:.....

“Away Days” for 2014

The following are the proposed day trips for this year:

Thursday 20th March-----Bristol Blue Glass Tour and Buffet Lunch

Price: Tour & Buffet--- £15.50,
Shopping in Bristol --£6.50 only

Friday 11th April -----Tyntesfield House and Gardens ####

Price: £16.50 or if N.T. Member £5.00 only

Thursday 22nd May-----Hampton Court Castle Gardens

Price: £18.00 includes Castle Tour

Thursday 19th June-----Bournemouth

Price: £11.50

Thursday 17th July-----Tenby

Price: £12.00

Thursday 11th September-----Tintern Abbey and Chepstow

Price: £8.00

October-(Date to be arranged)---Houses of Parliament—To be advised

Thursday 27th November-----Salisbury Christmas Market & Wilton

Price: £10.00 Outlet

The above prices include the drivers' gratuity.

Please note that the trip to Tyntesfield is on a FRIDAY---Reason?
They do not open on a Thursday.

If you do intend going on a trip please book with Vour as soon as you are able because places are already being reserved.

Your pick up point and time will be advised when you book.

Details concerning the proposed trip to the Houses of Parliament will be advised as soon as Vour is able to arrange a date.

Group Activities

Week	Time	Group <u>Monday</u>	Venue	Leader	Tel:
1 st	10.00 to 12.00	Card Making	S.H.	Rose Bateman	795906
1 st & 3 rd	02.00 to 03.30	Kurling	C.H.	Stan Vousden- White	781567
				Sybil Tilley	787054
2 nd & 4 th	10.00 to 11.30	Calligraphy	S.H.	Ken Burston	782529
3 rd	10.00 to 12.00	Beading	S.H.	Jessie Maddox	782786
Last	02.00 to 03.30	Creative Writing	P.H.	Linda Knight- Rees	783081

Tuesday

1 st & 3 rd	02.00 to 04.00	Mosaics	P.H.	Alison Joyce	784633
4 th (*)	10.30 to 12.00	Floral Art	S.H.	Jean Williams	785240
Every	02.00 to 04.00	Art-1	S.H.	Maureen McLaren	773804
Every	02.15 to 05.00	Board Games	G.H.	Betty Worthly	795823
Every	10.00 to 12.00 02.00 to 04.00	Patchwork /Quilting	P.H.	Ann Lismore	787607

(*) starts again in April

Wednesday

3 rd	02.00 to 04.00	Card Making	S.H.	Rose Bateman	795906
2 nd	10.00 to 12.00	Photography	C.H.	Kevin Gainford	789374
Every	12.45 to 02.00	Keep Fit	B.C.G.	Roger Cross	284753
4 th	10.00 to 12.00	Happy Snappers	C.H.	Kevin Gainford	789374

Every Wednesday 10.00 to 12.00 COFFEE MORNING Community Hall.

Group Activities

Week	Time	Group	Venue	Leader	Tel:
		<u>Thursday</u>			
1 st	10.00 to 11.00	Genealogy	C.H.	Roger Ouston	,795007
2 nd , 4 th & 5 th	02.00 to 04.00	Barn Dancing	M.C.H.	David Napper	792371
Every	01.30 to 04.00	Art-2	S.H.	Jean Berry	785840

Friday

1 st & 3 rd	11.30 to 01.00	Skittles	C.I.	Phillip Buoy Betty Worthy	783647 795823
2 nd & 4 th	10.00 to ? ? ?	Strollers		Self-regulating Contact no	782529
5 th	10.00 to ? ? ?	Somerset Villages		Bernard Martin	787230

Occasional

Thursdays	“Away Days”	Vour Orchard Carole Loveridge		788984 780060
Thursdays	Luncheons	Pat Clipstone		788128
Saturdays	Theatre	Brenda Clapp Diane Barnard		787963 781009
Part Week	Holidays	Brenda Clapp Diane Barnard		787963 781009

Legends

S.H.....Southwell House.	C.H.....Community Hall.
P.H.....Private Home.	G.H.....Gospel Hall.
M.C.H.....Methodist Church Hall.	C.I.....Crossways Inn.
B.C.G.....Boxing Club Gym.	

Should you wish to join one of the Groups, please first check with its Leader to ensure there is a vacancy.

Sandra

Hairdressers

We welcome O.A.P.'s

3 Market Street
Highbridge, Somerset
TA9 3BW
Tel: 01278 784950



Men in Sheds?

On the BBC Breakfast programme a few weeks ago there was a news item that referred to 'new' project, supported by AgeUK, that has been set up to encourage older men to share their knowledge and skills. It started in Australia, spread to Eire then to England; the idea behind this new project is to persuade men, especially if they are on their own, to get out and meet like-minded fellows who may wish to take up or perhaps start a hobby.

We are therefore interested in finding someone who has a fair sized shed or garage who is willing to let a 2 or 3 men use it in order to undertake a hobby of, say, model making, carpentry or similar. A power point would obviously be a necessity.

If you know of someone who has a suitable shed or garage and would be willing to discuss this new idea please let a Committee Member know.

Website: www.u3ahighbridge.org.uk

Have you looked at our website? It has been updated and makes for some interesting reading, our Webmaster needs to receive as much information as you are prepared to give him, and the simplest way to pass on details for inclusion is to let either Linda Knight-Rees, or Ken Burston have it at a Coffee Morning.

Skittles Xmas Party

The Skittle Group's last meeting of 2013 (20th December) saw their annual prizes awarded and this was followed by an enjoyable Christmas lunch. The awards went to Bernard Martin, for the best 'Overall player of the year' and with Betty Worthy receiving the prize for the 'Best lady player'. Billy Conibeer won the 'Best player of the day' competition, held at that Christmas meeting.

We meet at the Crossways Inn on the first and third Fridays of every month; please come along if you would like to join us at this jolly, social gathering. The Crossways Inn is on the A38 in West Huntspill with a good car park, it is also easily accessible by bus.



**Philip
Buoy**

**The happy
winners**

**Billy
Conibeer,
Betty
Worthy,
Bernard
Martin.**

Apart from this party there was a spate of celebrations prior to the festive season, on Wednesday December 4th the Luncheon Club was at the Huntspill Arms, the Strollers at the Sharpham Tea Rooms and the Pop-In also held its lunch in Southwell House.

The following week the Barn Dancing Group had its Christmas 'Do' at the Methodist Church in Burnham.

All Groups wound up their activities for 2013 with a party of some nature, there was nothing exotic, members usually relax and chat about life in general and what their plans may be for the coming year.

Photography Group News

As we are sure you are aware the Photography Group has been running for a little over a year, during this time we have received a great deal of help from various bodies enabling us to improve our photography to an acceptable standard, this is supported by the amount and type of work we, as a group, have been asked to take out.

In pursuit of continuing to improve our skills and experience are happy at this stage to take photographs of either U3A groups and or individuals. It **MUST BE STRESSED** that no group member is a professional photographer; we are all very much enthusiasts with a respectable knowledge of photography and seek to achieve the best results possible with our limited knowledge and equipment.

Due to being asked by various group leaders and other members to take photographs and provide prints, it has become necessary to make a charge for our services, especially as we are self-funding, so it is with some regret that as from February 1st 2014 we may well have to make the following charges:

Return travelling expenses, unless the photographer was attending as part of that group, at a rate of 25p per mile.

All prints will be produced on A4 photographic paper at 4 prints per sheet at a cost of £3.00 per sheet (per 4 prints)

For any print to be reproduced in the U3A of Highbridge, or any other publication, the copyright must be purchased from the photographer who took the photograph, at a cost of £2.00 per print to appear, irrespective of whether it does appear or not.

The group wishes to bring to your attention that as from 1st February 2014, electronic images will not, under any circumstances, be available; these will be retained by the photographer to use and delete at their discretion after a suitable time.

The group apologises to all members and group leaders at having to introduce these measures and for any inconvenience this may cause, but as previously stated, we have to be self-funding, thus we feel there is no alternative.

Yours apologetically, The Photography Group.

University of the Third Age
The U3A of Highbridge

The U3A of Highbridge is self-help educational and social organisation in which people no longer in full time gainful employment, can establish themselves into groups where they may broaden their experiences and keep both mentally and physically active.

Membership Application/Renewal

I wish to enrol as a member of the U3A of Highbridge

I understand that my membership will run from 1st April 2014 until 31st March 2015 and that the membership fee is £9.00

(This may be paid by cash or cheque (made payable to the 'U3A of Highbridge')

Mr/Mrs/Ms.....Christian Names.....

(Delete as appropriate)

Surname.....

Address.....

.....

Postcode.....Telephone No.....

New Member.....Renewal.....

Signature of Applicant.....Date.....

Are you a fully paid up member of another U3A? Yes.....No.....

**Please return the completed form with subscription of £9.00 to the
 Membership Secretary--- Jean Williams at the Coffee Morning.**

.....

Note: In accordance with the requirements of the Data Protection Act 1998 the above information will be held in a computerised database and will be used solely for U3A business and communications; a member, upon request, may see any such information.

The Club produces 6 bi-monthly magazines per year, these are supplied free of charge and may be collected at the weekly Coffee Morning held on a Wednesday (10.00 am to 12.00 am) at Highbridge Community Hall.

NB Should a member is not able to collect the bi-monthly magazine or have it collected for them and wishes the magazine to be posted to them an extra charge of £3.00 is required to cover postage.

Ray Reddish (our supplier of 'home-grown' honey) gave me the following information so that you may be made aware of the possible health problems associated with Chinese Honey.

All Chinese Honey is withdrawn from shelves!

Food watchdogs have issued an order to the effect that all Chinese produced honey is to be withdrawn from sale after trials found that much of it is contaminated by antibiotics. 40% of the honey sold in the UK comes from China; the sudden withdrawal of all Chinese honey threatens to cause a UK shortage.

Tests of 16 pots found that ten contained the powerful antibiotic chloramphenicol. The chemical is a trigger for aplastic anaemia, a rare but serious blood disorder which affects up to 100 people in Britain each year. It has been linked to leukaemia.

The news comes just two weeks after the F. S. A. told leading supermarkets to withdraw specific batches of own-brand honey produced in China as they were found to be contaminated with antibiotic, streptomycin.

Some of the supermarket products tested were from Tesco, Sainsburys, ASDA, Gale's, Rowse and Bee's Queen, some apparently tested for chloramphenicol and traces of streptomycin; some for both and others for at least one chemical.

It is understood that the antibiotics are used in sprays by Chinese beekeepers to keep down bacterial infection of beehives. The FSA's original approach was to remove only batches of Chinese honey which tested positive for illegal contamination. However, a concern about potentially harmful residues in Chinese food imports led EU and Britain to ban all new shipments; but at that stage they did not order recalls of products on shelves.

The FSA has convened a meeting of independent scientific experts to assess the risk, it said consumers could use Chinese honey already in their cupboards because the risk is considered 'extremely small'.

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Holiday in Cornwall

The holiday in Newquay early in February was enjoyed by all, when you know the weather is going to be grim even before you set off you tend to prepare yourself for all eventualities. I think we did and were determined to enjoy ourselves come what may.

The hotel served us well; the food and entertainment were very good, the rooms were warm and clean and the company, well, it had to be the best!

Most of us ventured out to places like Truro and of course Newquay, the hotel's trip to "Flambards" was great, we should have spent more time there.

I think we all felt that the 'rest' did us good and we thank Diane and Brenda for taking the trouble to arrange it all for us.

Looking forward to the next holiday. See page 4.

Monthly Draw

December No 8	Ken Burston	No 8	not sold
January No 29	Keith Hawkes	No 29	Wendy Hughes (2)

Each received £20.00

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Phyllis Walsh, Mary Akers, Chris Winter, Derek Hand,
Oliver Cox and Marion Wright

Sharon Elliott

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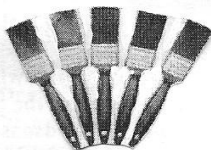
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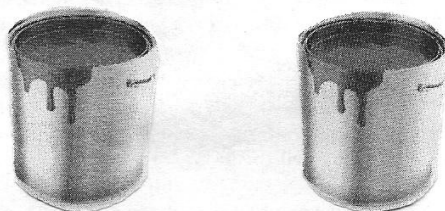
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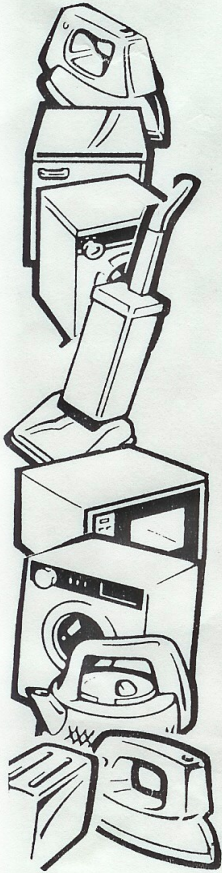
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Tel: 01278 780486

**NOTE: - NOW SITUATED AT: -
27 VICTORIA STREET~~~BURNHAM-on-SEA**

Social Activities---2014

Theatre

Date: Saturday 26th April
 Show: "Me and My Girl"
 Price: £18.00 (inc, driver gratuity)

"Away Days"

Bristol Blue Glass Tour & Buffet Lunch
Or Shopping at Cabot Circus

Date: Thursday 20th March
 Cost: £15.50 includes buffet lunch or £6.50 if only shopping trip.

Tyntesfield House

Date: Friday 11th April
 Cost: £16.50 if not N.T. member or just £5.00 if member of N. T.

Pick-up points for "Away Day" trips are:-

Berrow: - Triangle.
 Burnham: - Morrisons, Pier St.
 Highbridge: - Alpha House, Market St.

Times of Pick-ups for all "Away Day" trips will be advised when making a booking and are always given on the 'Payment Receipt', if in doubt PLEASE check with Vour or Carole well before the trip.

Cheques to cover payments for all "Away Days", Theatre trips and Holidays must be made payable to "U3A of Highbridge Social Account"

Please also add your name, address and phone number on the reverse of the cheque, this: -

- a) helps to identify you on the passenger list, and
- b) If a trip is cancelled you can be notified quickly.