



THE UNIVERSITY OF THE THIRD AGE



# U3A of Highbridge Magazine

[www.u3ahighbridge.org.uk](http://www.u3ahighbridge.org.uk)

Issue 87

Mar/Apr 2016

## **Your Committee**

<u><b>Position</b></u>	<u><b>Name</b></u>	<u><b>Tel</b></u>
Chairman	Pearl Price	793954
Vice-Chairman	Bernard Martin	787230
Secretary	Ken Burston	782529
Treasurer	Carole Loveridge	780060
Membership Secretary	Fay Burston	782529
Assistant to Secretary	Janet Preddy	783743
Committee Members	Philip Buoy	783647
	Pat Clipstone	788128
	Barbara Croker	780260
	Vour Orchard	788984
	Sally Williams	787274

**\* 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. You are very welcome to join us.**

**Website:**                    <http://www.u3ahighbridge.org.uk>

**Webmaster:**                Darryl Knight-Rees

**Magazine Editors:**        Darryl & Linda Knight-Rees (phone: 01278 783081, email: darryl@knight-rees.com)

**Printed By:**                Darryl Knight-Rees

**Distribution:**             Ann Smith (West Huntspill), Fay Burston, Mary Akers, Chris Winter, Derek Hand, Oliver Cox, Thelma Tripp, Marion Wright and all who give a hand!

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**Note: In accordance with the requirements of the Data Protection Act 1998 information relating to all of the U3A of Highbridge's members will be held on a computerised database and will be used solely for the U3A of Highbridge's business and communications.**

## Welcome to your Magazine

Welcome to the Mar/Apr 2016 edition of the U3A of Highbridge Magazine.

We (the editors) are aware that some members have made enquiries relating to how they can send us submissions for future magazines other than by email. We won't be publishing our postal address in the magazine, however you have the following options to send us your submissions in addition to email (darryl@knight-rees.com):

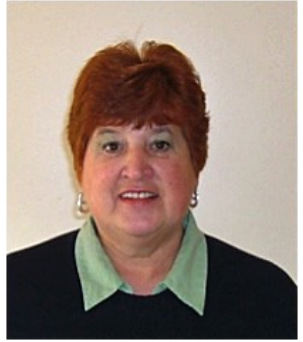
- 1) Phone us and we will provide the address over the phone. Our phone number and email address is now permanently on page 2 of the magazine next to "Magazine Editors" details.
- 2) Drop off your submission to a committee member during a Wednesday Coffee Morning and we will make arrangements to get it from them.

Many thanks to all those members that have provided submissions so far.

Deadline for submissions for the *next* magazine is April 20th.



## Chairman's Message or Pearl's Piece



When I walk into the Community hall there is a wonderful buzz about the place. Everyone is chatting and laughing. And it is great to see such a happy atmosphere.

A lovely meal was enjoyed by some of us at the Coopers Arms, a nice carvery meal was served along with Apple pie. Our thanks go to Pat Clipstone for organising it.

News about the groups overall they seem to be doing well, although the Sewing group is not, so we may have to finish due to not being able pay our way! If it is something you would like to do, please let me know.

Line Dancing has been suggested and investigations are under way to find a place and a teacher. So bear this in mind if you think you would like to have a go! Get fit for Summer?

The Quilting/Patchwork courtesy of Mrs Anne Lismore would welcome 1 or 2 new members who are interested. It is held at Anne's home in East Huntspill. Details in the Magazine or on notice board.

It seems the Ukulele group is doing well, it is nice to see so many interested and I am sure they will all enjoy learning to play with Mick Emms teaching them! Look out people you may needed to sing!

Well on the 9th March we all be off to the Beachcomber for our Annual Dinner, we hope you all enjoy yourselves.

That's all for now, take care of yourselves, Pearl.

## **From the Secretary**

Firstly I must apologise for my 'senior moment' concerning the Annual Lunch, to be held on March 9<sup>th</sup>, I failed to check with Fay before sending the copy to the Editor (Linda); and following the magazine's publication, was told, yes by Fay, that I had 'dropped a clanger'. Janet has a few spare 'Booking Forms' if you have forgotten/mislaid yours. Luckily the lunch was a few weeks away so I was able to issue an amended notice, sorry about that, must learn to do better!

If it is your wish to attend the lunch and have yet to book, please let Fay know TODAY because she needs to tell the Beachcomber tomorrow (3<sup>rd</sup> March).

### **Membership**

Officially all memberships expire at the end of March; and we look forward to you re-joining us, we have enjoyed your company during the past 12 months and trust that we may be seeing you again this year, we will be very pleased to see you.

There is a Membership Form on Page 9, may we request you to not all rush to pay your subscriptions at the same time, our Membership Secretary is only able to process your renewals one at a time, so please be patient.

The subscription remains at £9.00; the Capitation Fee to the Third Age Trust (per member) is £3.50 leaving us £6.50 to cover the administration costs that are needed to keep us operational and solvent. We have been able to maintain our subscription fee at its present level for some time now and await our A.G.M. in May to see if we can continue to do so.

## **Club News**

### **Coffee Mornings in Early March**

We have been advised that the information we provided concerning the “Highbridge Festival of the Arts” was not strictly correct.

The Festival IS to take part during the week Monday 29th February until Friday 4th March BUT in Burnham (at the Princess Theatre); it is at Highbridge Community Hall during the following week Monday 7th March until Friday 12th March.

So there **WILL** be a Coffee Morning on Wednesday 2nd March **BUT NOT** on Wednesday 9th March.

This so happens to be the day on which our Annual Lunch is being held at the Beachcomber Inn in Brean.

If you need a lift to the lunch or are able to give someone else a lift, please let Janet Preddy know a.s.a.p. she is keen to hear from you!

Your new magazine will be available for collection on Wednesday 2<sup>nd</sup> March as usual.

### **Help for Heroes**

You may remember that back in 2014 we sponsored the printing and publication of a booklet “In Memory of the Men of Huntspill who fell in the Great War”; the occasion being the 100th anniversary of its commencement. The profit from the sale of the booklet to be donated to the above charity, it proved to be a success. The

resulting profit of £125.00 was sent to the charity by member Roger Ouston who had researched the lives and families of the 30 men.

Roger received a letter from the charity thanking us for the donation; in it they quoted the benefits received by an Afghanistan Veteran Alex Ford who, following his injury, received support provided by the use of cash donated by the public, he has now taken his first steps on recovery.

### **Local News**

If you are interested in the ancient history of this area you may wish to know that facilities at the Avalon Marshes Visitor Centre (the old Peat Moors Centre) at Shapwick are being greatly enhanced.

History is being recreated with the construction of two replica buildings; an Anglo-Saxon long hall and a Romano-British house. The long hall will be made entirely of timber and is based on information found at Cheddar. The Roman house is to be constructed partly out of Otterton sandstone found when making the Cannington Bypass, and will feature a typical hypercaust and heating system.

When completed, later this year, the Anglo-Saxon long hall and Romano-British replica building will provide an important educational and visitor resource at the Centre.

### **U3A Quiz**

The Northern Somerset Association of U3A's, to which we are affiliated, held their 2016 Quiz on Monday 22nd February at the Wells Golf Club.

We entered a Team of Quizzers, (Janet Raine, Wendy Hughes, Kay Lloyd and Denise Godby) they do very well in the local quiz scene, their success or otherwise was not known when we sent this note to the Editor, but no doubt we will all have heard by now.

### **Annual General Meeting –Wednesday 11th May**

Important forthcoming event!

This is a note to remind us all that our 2016 Annual General Meeting is on Wednesday 11th May; unfortunately, this is just ONE WEEK following the issue of our May/June magazine.

Our Constitution, does, however, require that all members receive at least Twenty-one days' notice of the Annual General Meeting, so please take this as that notice.

Please also be aware that should any member wish to raise a motion at the meeting, or should wish to stand for nomination, or propose someone else, onto the Committee, notice must be given, in writing, to reach the Secretary two weeks prior to the meeting.

### **Memory Course - Dementia**

This course was designed in 2009 by Aughton and Ormskirk U3A and was made available to other U3A's in 2011. Since that time an estimated 4,000 members from about 60 U3A's have attended courses and a further 140 U3A's have bought the course so that they may also consider using it.

When we heard about it and the results it has achieved we contacted Aughton and Ormskirk U3A to obtain more information; we have recently received the paperwork and it is being studied.



University of the Third Age  
The U3A of Highbridge

The membership of a U3A, which is self-help educational and social organisation, is open to all in their third age, which is not defined by a particular age but by a period in life in which full time employment has ceased.

### Membership Application/Renewal

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

The Annual Membership Fee of £ 9.00 and is from 1<sup>st</sup> April until the end of March the following year, it includes a Capitation Fee to our national organisation, *The Third Age Trust*.

Title & Full Name.....

Address.....

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

New Member.....Renewal.....Are you a fully paid up member of another U3A

### Terms and Conditions of Membership

All Members must:

1. Abide by the Aims and Guiding Principles of the U3A movement.
2. Always act in the best interests of the U3A and never do anything to bring the U3A into disrepute.
3. Abide by the terms and conditions of the constitution.
4. Treat fellow members with respect and courtesy at all times.
5. Comply with and support the decisions of the elected committee.

Advise the committee of any change in your personal details.

I will comply with the terms and conditions of membership set out above

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

Please return the completed form with your subscription of £9.00 to the Membership Secretary--- Cheques to be made payable to U3A of Highbridge

.....  
 PRIVACY STATEMENT. Your personal details will be held on a secure database and will be used solely for purposes of administration and the communication of U3A matters. They will not be supplied to an outside agency or party unless you have paid to receive the 'Third Age Matters' directly mailed.

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

**NB** If 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.

## **Group News**

### **Ukulele Group**

The formation of our own Ukulele Band Group has moved on quite a bit since the initial announcement was made in this magazine. The group held its inaugural meeting at the Community Hall on Thursday 4th February, Mick Emms, its Leader, had gathered together 7 members who were interested in learning to play this instrument.

We wish them all success and look forward to them entertaining us in the not too distant future; well done!

### **New Groups?**

We have received an offer from within our membership to start a [History Group](#); the aims of the group would be to promote and develop an interest in history, including local history, by holding regular meetings, talks and visits. If interested please let a Committee Member know.

We have also been asked to start a [Line Dancing Group](#). If you know of someone who would be willing to teach our members, please advise.

### **Theatre Group**

Following the announcement by Diane Barnard and Brenda Clapp that they wished to relinquish their duties as the organisers of the theatre trips; we are pleased to let you know that we have a new team.

Member Ann Cross has kindly volunteered to take over this valuable asset, in order to help her over the initial hurdles Brenda Clapp has offered to remain as part of the team. Anne and Brenda will be announcing their first theatre trip as soon as some good shows are advertised.



## DKR Computing

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## Group Activities

### Monday

Week	Time	Group	Venue	Leader	Tel
1st	10.00 to 12.00	Card Making	S.H.	Rose Bateman	795906
1 <sup>st</sup> & 3 <sup>rd</sup>	2.00 to 3.30	Kurling	C.H.	Stan Vousden- White Sybil Tilley	781567  787054
3 <sup>rd</sup>	10.00 to 12.00	Beading	P.H.	Rose Bateman	795906
2 <sup>nd</sup> & 4 <sup>th</sup>	10.00 to 11.30	Calligraphy	S.H.	Ken Burston	782529
Last	2.00 to 3.30	Creative Writing	P.H.	Linda Knight-Rees	783081

### Tuesday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup> & 3 <sup>rd</sup>	2.00 to 4.00	Mosaics	P.H.	Alison Joyce	784633
Every	2.15 to 5.00	Board Games	G.H.	Betty Worthly	795823
Every	10.00 to 12.00 2.00 to 4.00	Patchwork / Quilting	P.H.	Ann Lismore	787607

### Wednesday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup> & 3 <sup>rd</sup>	2.00 to 4.00	Music Apprecia- tion	P.H.	Sylvia Shepherd	780377
2 <sup>nd</sup> & 4 <sup>th</sup>	2.00 to 4.00	Sewing Group	C.H.	Pearl Price	793954
3 <sup>rd</sup>	2.00 to 4.00	Card Making	S.H.	Rose Bateman	795906
4 <sup>th</sup>	10.00 to 12.00	Photography	C.H.	Kevin Gainford	789374

**EVERY WEDNESDAY: 10.00 to 12.00 COFFEE MORNING**

## Group Activities

### Thursday

Week	Time	Group	Venue	Leader	Tel
2 <sup>nd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup>	2.00 to 4.00	Barn Dancing	M.C.H.	David Napper	792371
Every	1.30 to 4.00	Art	S.H.	Jean Berry	785840
Every	2.30 to 4.30	Ukulele Group	C.H.	Mick Emms	07799 115347

### Friday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup> & 3 <sup>rd</sup>	11.30 to 1.00	Skittles	C.I.	Philip Buoy Betty Worthy	783647 795823
2 <sup>nd</sup> & 4 <sup>th</sup>	10.00 to ??.??	Strollers		Self-Regulating	792529
5 <sup>th</sup>	10.00 to ??.??	Somerset Villages		Bernard Martin	787230

### Occasional

Weekdays	Activity	Contact	Tel
Thursdays	Away Days	Vour Orchard Carole Loveridge	788984 780060
Thursdays	Luncheons	Pat Clipstone	788128
Saturdays	Theatre	Ann Cross Brenda Clapp	786425 787963
Varies	Holidays	Diane Barnard Brenda Clapp Gloria Brown	781009 787963 785359

### Legends

S.H. .... Southwell House	C.H. .... Community Hall
P.H. .... Private House	G.H. .... Gospell Hall
M.C.H. .... Methodist Church Hall	C.I. .... Crossways Inn

**Should you wish to join a Group please first contact its Leader.**

## Crossword #9 Answers

### ACROSS

1. Cabbage
5. Fund
7. Ash
8. Viscount
9. Liver
10. Goal
13. Lard
14. Inns
18. Glue
19. Opera
21. Catacomb
22. Ace
23. Skye
24. Portent

### DOWN

1. Chaplain
2. Behaving
3. Adverb
4. Ensign
5. Floral
6. Nine
11. Lacerate
12. Adjacent
15. Sleaze
16. Recoup
17. Bomber
20. Bank

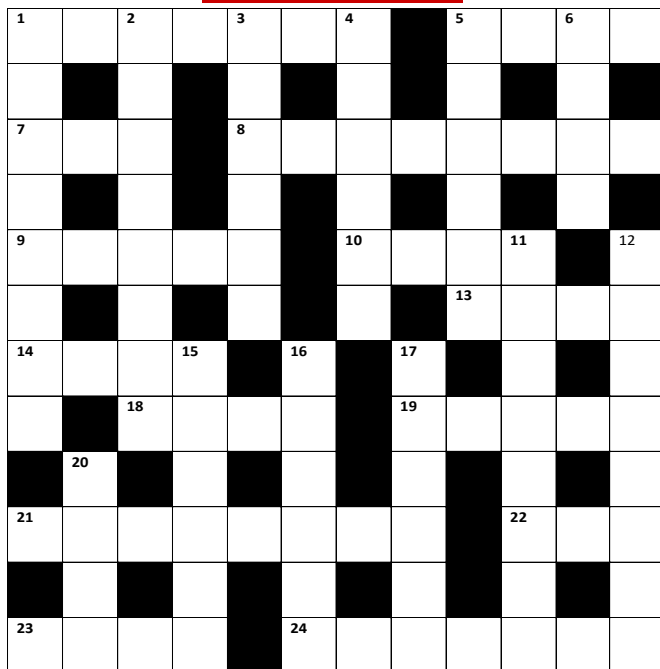
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**Crossword #10****ACROSS**

1. Cheat (7)
5. Binding (4)
7. Sheltered Side (3)
8. Waiting to be sent home (8)
9. Picture (5)
10. Stink (4)
13. Domesticate (4)
14. Garden tool (4)
18. Long story (4)
19. Hand tool (5)
21. Tint King [anag] (8)
22. Walk quickly (3)
23. Erode (4)
24. Odd (7)

**DOWN**

1. Military personnel (8)
2. Aids to reduce swelling (3,5)
3. Town in Worcs. (6)
4. Skilled (6)
5. Objective (6)
6. Pastry Foods (4)
11. Animal type (8)
12. I ban regs [anag] (8)
15. Religious holiday (6)
16. Madman (6)
17. Risk (6)
20. One time (4)

**Solutions next issue**

## Member Contributions

### Major Tom to ground control

At 07:45 on October 13th 2015, a blue Citroen C4 launched from junction 22 Highbridge on the M5 bound for the moon, (Alice.) well the National Space Centre actually, at the controls was Major Tom with Princess Leia as co-pilot. It was not long into the journey before, inter planetary activity started to cause flight delays, 3 accidents on the main flight path and this was supposed to be the easy bit, however some two and a half hours after launch the crew entered orbit around Leicester, finally docking at moon base alpha (space centre) 30 minutes later all safe and sound.

After checking in at base control and obtaining our exercise programmes, Princess Leia decided that refreshments were in order, I seconded this proposal, so over a Latte we discussed how best to attack the tough training schedule. Upon arrival we were told that at 12:25 we should attend the Sir Patrick Moore planetarium for an explanatory all round 3 dimensional showing about how we are all made up of star dust. As we were deciding what route to take we noticed that transporter after transporter was arriving loaded with junior storm troopers, the type that make a lot of noise and run around all over.

Working on the theory whilst on earth at least what goes up must come down and to avoid being overrun we started in section one, the Rocket Tower at the top some 42 meters (140 ft) above ground level. Here we had to practice landing the lunar module on the moon Princess Leia was quite good at this where I was a bit heavy handed so it was decided that Leia would be





the module commander. An interesting exhibit was the piece of moon rock brought in by the Apollo astronauts.

Stage 2 mid-point where Leia and I were taken back to our teenage years re-exploring the fashion of the time and music from the likes of the Beach Boys, The Seekers, Manfred Mans Earth Band, to name just a few and remembering the first human space flight by Yuri Gagarin as at this stage the Soviet Union were the leaders in the space race.

So with our feet back firmly on the ground it was time to discover what the Edwardians thought about space travel and watching early film footage of the world's first sci-fi movie and how the astronomers of the day influenced the minds of the many, to finally taking a look at the development of rocket technology, then suddenly we had to make a dash for the planetarium before a well-earned lunch which did not go according to plan. Leia had major replicator problems.

Fully refreshed it's back to training and time to get interactive, through sections two to seven we underwent several tests assessing our hand and eye coordination, reaction times, body mass index tests and what exercise would we need to do and for how long to remain healthy in space, during these tests we were also allocated what would be our likely role within the space station, their logic test which showed that Leia was the most logical of us but when it came to loading a supply vessel she forgot to load the oxygen, where as I forgot the carbon dioxide so our space survival would have short lived, thank goodness it is only a training exercise.

Visiting the Columbus module was an interesting experience and insight as to how all the internal space is cleverly used to its best advantage, everything is stored away and locked in place and the bed literally is pulled out of the wall, the occupant is strapped in and may well sleep in any position from vertical, inverted round to horizontal, it is truly surprising how much is in such a small space and just how small a space module really is.

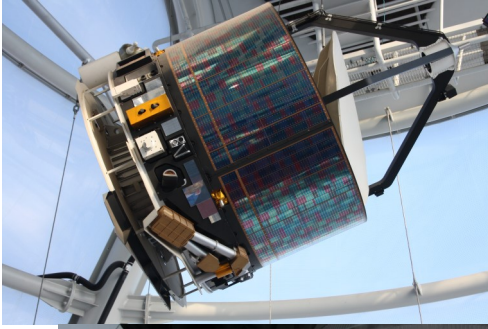
Before leaving moon base alpha for earth our last tasks were to look at the satellites which provide the earth with so much of what is now accepted as everyday things, like telecommunications information on environmental movement's patterns and trends, navigations for all from aircraft to walkers in the countryside and information that is available to all through the world wide web. Our final task was to present a weather forecast using actual information and charts from the weather satellite. Once your broadcast had been completed and e-mailed to yourself or a friend back on earth you were cleared to leave and start your return journey to earth and home.

Breaking away from moon base alpha I set the co-ordinates for earth and in particular Highbridge whilst Leia finished securing things and



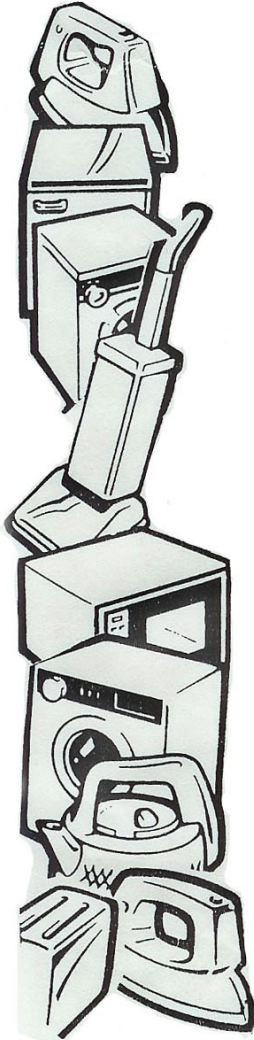
herself, then it was or should have been full speed ahead, however due to solar activity the early part of our journey orbiting Leicester was at reduced speed.

Then upon hitting a solar storm progress was almost at a stop for about an hour whilst we navigated our way around route M42 before being given clearance to proceed at full speed. Touch down at junction 22 was some 12 hours after departure, it's great to see home sweet home. Highbridge you are a wonderful sight.



# Dople's

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## **Away Days**

The selection of venues available should provide all with the opportunity to visit a wide variety of attractions, they appear to be suitable for all tastes. The first day out this year is on Thursday 24th March to the fairly local attraction of the Willows and Wetland Centre at Stoke St Gregory.

The Coates family have owned this industry since 1819 and you will be surprised to see what they produce from the willows grown on their sites. If you have not already visited this local industry you will be able to learn about the history and art of willow growing and basket making. There is a shop, gallery and Video room where you can view a 40 minute film and then go on a guided tour of the site.

On 21st April is the visit to RHS Garden Rosemoor near Torrington in Devon the attraction is surrounded by woodland and is rich in variety throughout every season, featuring displays of formal and informal planting enhanced by the beautiful North Devon landscape. Highlights include two stunning rose gardens, cottage garden, a stream and rock gully, a fruit and vegetable gardens, woodland walks and an arboretum.

## **Joke Corner**

Jeremy Corbyn and a Party member visited Jerusalem. Whilst there Jeremy died. The undertaker said to the Party member "I can offer you two prices" - I can bury him here for £500 or arrange his funeral in England for £500,000". After much thought the Party member decided on England. The undertaker was surprised—"Why have you turned down my very reasonable offer of £500?" he asked. "Well", said the Party member, "The last time you buried someone with those initials here he rose again after three days".

## Monthly Draw

January 23rd 2016	No. 24	Gill Cottey and Bernard Martin
February 20th 2016	No. 42	Philp Buoy and Wendy Hughes

Each received £20.00

### Sharon Elliott

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## Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
2016		
Mar 9th	U3A of Highbridge Annual Lunch	£10.50 Guest: £13.50
Mar 24th	Away Day: Willows Wetland Centre Tour + Buffet	£15.00
Apr 21st	Away Day: Rosemoor Gardens, Devon	£15.00
May 26th	Away Day: Paignton, Devon	£10.50
Jun 6th—Jun 10th	Holiday: Isle of Wight (fully booked)	£210.00 (single supplement £10)
Jun 23rd	Away Day: St Fagans Museum, Wales	£8.00
Jul 28th	Away Day: Tewksbury Canal Boat	£20.00
Sep 22nd	Away Day: Weymouth	£10.50
Oct 20th	Away Day: Sudely Castle, Gloucester	£16.00
Nov 24th	Away Day: Gloucester Quays	£6.00

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.