



THE UNIVERSITY OF THE THIRD AGE



# U3A of Highbridge Magazine

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

Issue 107

Jul/Aug 2019

## **Your Committee**

<u><b>Position</b></u>	<u><b>Name</b></u>	<u><b>Tel</b></u>
Chairman	Rod Downing	01278 256895
Vice-Chairman	Vour Orchard	01278 788984
Secretary	Audrey Downing	01278 256895
Treasurer	Alison Joyce	01278 784633
Membership Secretary	Barry Ede	07779 793463
Group & Events Co-ordinator	Denise Godby	01278 238526
Assistant Membership Secretary	Neil Scott	01278 428422
Assistant Treasurer	Diane Scott	01278 428422
Charity Commission Co-ordinator	Carole Loveridge	01278 780060
Committee Member	Bernard Martin	01278 787230

## **Other non-committee roles**

Webmaster	Darryl Knight-Rees	07973 512709
North Somerset Association Representative	Paula Cook	01278 789960
Welfare and Greeting New Members	Fay Burston	01278 782529
<b>Magazine Editors:</b>	Darryl & Linda Knight-Rees ( <b>phone: 07973 512709, email: <a href="mailto:darrylinda@knight-rees.com">darrylinda@knight-rees.com</a></b> )	
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<b>Distribution:</b>	Ann Smith (West Huntspill), Fay Burston, Mary Akers, Chris Winter, Oliver Cox, Thelma Tripp, Marion Wright and all who give a hand!	
<b>Next Deadline:</b>	<b><u>Tuesday August 27th 2019</u></b>	

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## Chairman's Message

Hello

My name is Rod and I am your new Chairman.

First of all I would like to thank our retiring committee members, with a special mention to Janet as Secretary, for all their hard work over the past years. I am pleased to say that Vour has agreed to stay on the committee as Vice Chairman and, with her help, I hope that we can keep up with all the good work that they have started.



Our membership is slowly increasing and it is always a pleasure to welcome new faces. At our recent Open Day two new members enrolled and we had a lot of other interest. You can read more about it later.

Our new table tennis group is well supported and we now have a waiting list. We are always looking for new activities and the committee will give all the help they can to anyone thinking of starting a new group. We are also looking for a leader for our theatre and photographic groups. If you are interested, please contact a member of the committee.

Our Days Out and Holiday groups are very popular and I am sure many of you are looking forward to the holiday on the Isle of Wight and our forthcoming days out.

Don't forget, if you know anyone who is feeling under the weather, please let Fay know so that she can send them a card.

Wishing you all a very happy and 'warm' summer.

Rod

## **Club News**

### **U3A of Highbridge Open Day 12th June 2019**

At our open day on Wednesday June 12th visitors got a chance to see our many varied activities.

We had a very good morning resulting in 2 new members enrolling and others showing a lot of interest.

The committee would like to thank everyone who worked hard to make this event such a success, especially our group leaders for their amazing displays and our volunteers in the kitchen for making endless coffee and tea, and preparing such an excellent lunch.



*Photographs courtesy of Burnham-On-Sea.com*



## **Talk on Scams**

On 19th June we were given a talk by Chloe Puddy from Nat West Bank on telephone and postal scams; it was a very informative talk and it was surprising how many of our members had received these scams.

Chloe answered many questions and has offered to come back again if we wanted her to.

I think all of us enjoyed her talk and to be alert to phone scams, and as she said "If it seems too good to be true, it usually is".

\*\*\*\*\*

## **Members Contributions**

### **Somerset Churches 14**

Our visit today took us to the parish church of St. Andrews, High Ham. Here is one of Somerset's finest 15th century churches, built of the stone from the hill it stands on, with a tower 100 years older and an amazing row of gargoyles; one plays a trumpet, another strains to listen with a hand behind his ear. There's a fiddler and a piper, while a fifth casts a stone at them to try to make them cease the racket. Among them a chained monkey nurses her baby. The church is built in the Perpendicular style and also shows evidence of 12th and 14th century building, but it was largely rebuilt in AD 1476. It took about a year for this work to be done by John Selwood, then Abbot of Glastonbury. The screen, the oak roof, the bench ends, were all made for the church when it was built some 500 years ago. The roof has many bosses and stone angels, and the tower contains a peal of 5 bells cast in 1500, 1641, 1763, 1795 and 1877. A brass engraving in the chancel floor is dedicated to the rector (John Dyer died in 1499) who paid for the rebuilding of the chancel.

Just down the road from High Ham is the undedicated church of Low



Ham, as it is now called, The Church in the Field. For over 300 hundred years it has stood at the foot of High Ham hill, one of Somerset's most interesting churches; a rare example of imitation Gothic from the 17th century. Its builder was Sir Edward Hext, who after strenuous efforts training men to fight the Armada, was brought back here to lie with his wife. Their beautiful alabaster stone figures rest on a railed tomb, both with ruffs and in armour with his head on a plumed helmet and a life-like dog at his feet. In the 17th century the local lord of the manor, Baron Stawell, intended to build a palatial mansion next to the church but it was never completed.

The Anglican church of St. Andrew in Aller was built during the 11th century. It has Saxon origins with some parts dating from the 12th and 13th centuries. The hamstone building consists of a three-bay nave and a two-bay chancel. The three-stage tower is supported by corner buttresses and houses 3 bells cast by Robert Austen of Compton Dundon in 1638, 1640 and 1663.

Under a stone canopy a weary Knight lies in armour on his tomb, thought to be John de Clyvedon, builder of the chancel, a great man of the 14th century. He rallied the men of Somerset to make a stand against the Scots invading England after the battle of Bannockburn.

Aller, its great day came 11 centuries ago when Guthram the Dane was baptised here with 30 of his men. Guthram must of knelt at this spot and received his Christian name of Athelstan. King Alfred standing sponsor for the man he had defeated at Aethandune in AD 878. The Peace of Wedmore soon followed and Alfred, trusting these new Christians to keep their word, allowed them part of the country as vassals.

Alfred died on the 26th of October AD 901 and was buried at Winchester. On the Sunday nearest 26th October his life and works are remembered at St. Andrews church, Aller. Bernie....

## Holiday in Newquay

First of all, a big thank you to Christine, Diane & Denise for organizing our holiday.

We started off boarding the coach in a sandstorm in Burnham but soon settled down to a very comfortable journey to Newquay.

On arrival in Newquay the staff made us feel very welcome and our cases were very quickly dispatched to our rooms.

Before our first meal we went for a bracing walk to admire the magnificent breaking waves of Atlantic Ocean.

I think everyone will agree that the food was excellent all week and our rooms comfortable.

Most people did their own thing during the day, some of us chose to go to Truro and Padstow using the excellent Cornish bus service that included free wi-fi. Can you imagine that in High-bridge? The scenic route to Truro was beautiful taking in many small villages and lovely views.



The evening entertainment was 'varied' and most people enjoyed the quiz and bingo. Unfortunately we had a power cut one evening but luckily all the meals had been cooked before the power went off!



All in all we had a very relaxing and enjoyable holiday and look forward to Chris and Diane organizing many more!"

Rod & Audrey Downing



## Saunterers

For their June walk, the Saunterers ventured out to Lilstock on the Somerset coast just two miles east of Kilve.

It was a beautiful sunny day and while there was only six of us, the shortage of numbers didn't spoil our enjoyment for the walk.

It was a walk of many contrasts. We stopped to look inside Lilstock (St. Andrews) church which is one of two churches erected not a mile from each other. St. Andrews holds just one service a year in what was once just a small area with two rows of pews. Inside, the room is no bigger than the normal size of a lounge to be found in a modern family sized home. There has been a church on this site since the 10th Century, and today, after it was restored in 1993, four additional pews have been added.

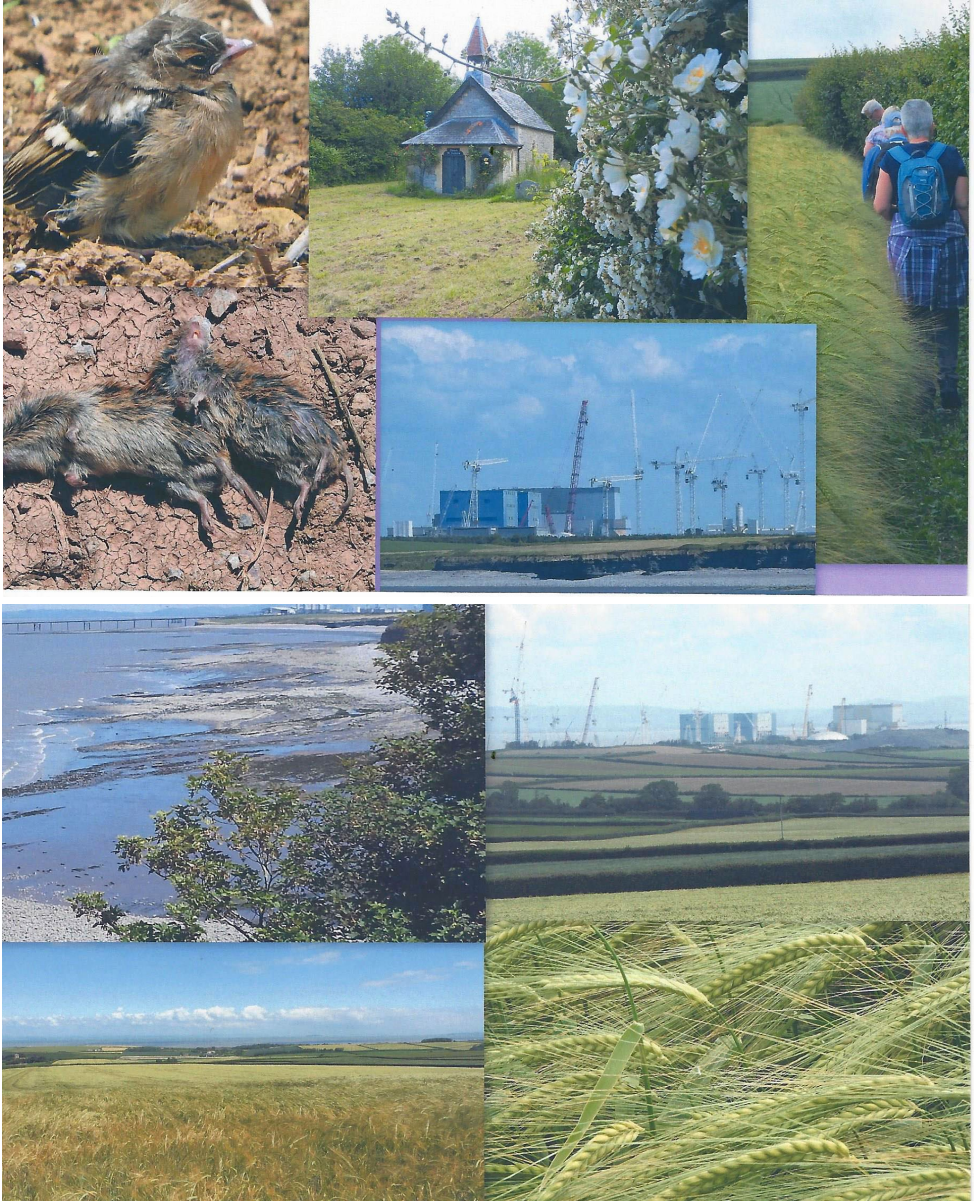
In stark contrast, 40 cranes dominate the skyline of Hinckley Point C when gazing out across the fields in front of the church. This building will have an expected life of just 60 years, so far removed from the 1000 year history of the little church. And what of the cost? £20.3 bn for the power station and yet how much for the church I wonder?

It was a four mile walk through fields, gently climbing up and then down again to the shore line at Lilstock, just west of Hinckley Point. It was a wonderful area for views across to Wales with Bridgwater Bay, Flat Holm and Steep Holm seemingly within touching distance, with the power stations always encroaching these views.

Another complete contrast saw the two dead field mice, laying side by side as if in a suicide pact, while a few feet away, a baby chaffinch starting out in life. He looked somewhat bewildered, maybe having been orphaned, left to fend for itself by parents who had maybe abandoned it. It looked healthy enough though, so we left it alone to make its own way

as we did the same.

Thanks to Neil & Diane who stepped in at the last moment to lead the walk due to our Chairman Rod having had his hip replaced the day before (why that would stop him coming on our walk I really don't know?!)





## Monthly Draw

May 11th 2019	No. 24	Janet Preddy and Bernard Martin
June 8th 2019	No. 43	Mary Akers and Rosemary Cooper

Each received £25.00

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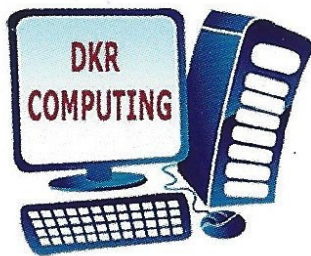
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## Group Activities

### Monday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup>	10.00 to 12.00	Card Making	S.H.	Rose Bateman	795906
2 <sup>nd</sup> & 4 <sup>th</sup>	2.00 to 3.30	Kurling	C.H.	Stan Vousden-White	781567
4 <sup>th</sup>	2.00 to 4.00	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

### 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.	Pat Gray	786905
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
3 <sup>rd</sup>	2.30 to 4.30	Card Making	S.H.	Rose Bateman	795906

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

### Thursday

Week	Time	Group	Venue	Leader	Tel
Every	1.45 to 3.45	Art	S.H.	Ken Burston	782529
Every	2.00 to 4.00	Table Tennis	C.H.	Carole Loveridge	780060



## Group Activities

### Friday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup> & 3 <sup>rd</sup>	11.30 to 1.00	Skittles	L.I.	Philip Buoy	783647
3 <sup>rd</sup>	09.30 to ??.	Walking	Varies	Audrey & Rod Downing	256895
2 <sup>nd</sup> & 4 <sup>th</sup>	10.00 to ??.	Strollers	Varies	Self-Regulating	238526
5 <sup>th</sup>	10.00 to ??.	Somerset Churches	Varies	Bernard Martin	787230

### Occasional

Weekdays	Activity	Contact	Tel
Wednesdays	Luncheons	Gloria Brown	785359
Thursdays	Away Days	Vour Orchard Carole Loveridge	788984 780060
Varies	Holidays	Christine Owen Diane Scott	784500 428422

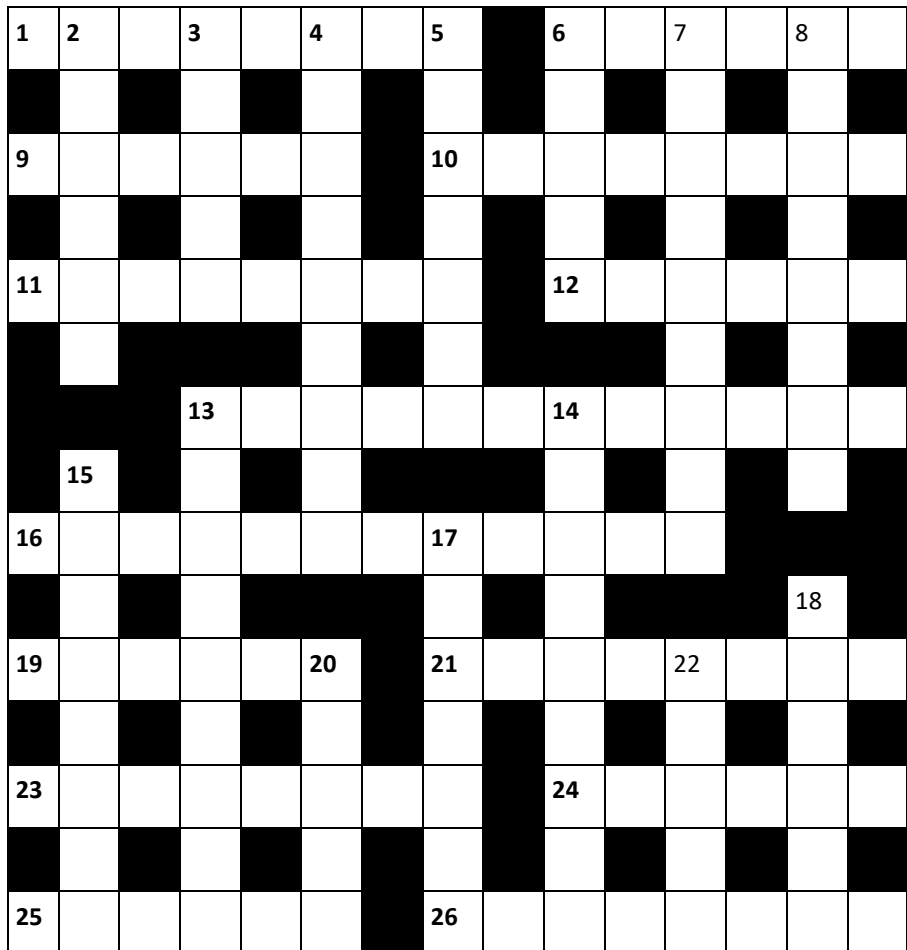
Changes since last issue are highlighted in yellow.

### Legends

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

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

## Crossword #29



Solution is on page 26

## Crossword #29 Clues

<u>ACROSS</u>		<u>DOWN</u>	
1.	Harsh (8)	2.	Display (6)
6.	Sweet Drink (6)	3.	Meat stock (5)
9.	Matting (6)	4.	Elucidate (9)
10.	Night-time (8)	5.	Tolerated (7)
11.	Warlock (8)	6.	Girl's Name (5)
12.	On a plane (6)	7.	Complied (5)
13.	Yes, a CIA man Rod [anag] (12)	8.	Theoretical (8)
16.	Bin mats ended [anag] (6, 6)	13.	Skill (9)
19.	Glacial (6)	14.	Having small lumps (9)
21.	No score at Eurovision (3, 5)	15.	UK city (8)
23.	Deceased (8)	17.	Set alight (7)
24.	Ranked (6)	18.	Wing (6)
25.	Accord (6)	20.	Unsullied (5)
26.	Slow walker (8)	22.	Corpulent (5)



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## **More Members Contributions**

### **Policing AGM**

Until recently the U3A, and its National body, The Third Age Trust, were not known to the Avon & Somerset Constabulary. Their Chief Constable, Mr Andy Marsh was the guest speaker at a meeting we attended and when we mentioned the movement later during a conversation, asked 'who are they'?

He was accompanied by Chief Inspector Lisa Simpson, (Area Commander Neighbourhood Policing) and Emma Ruddle, (Area Partnership Support Officer), they too, were not aware of our existence.

This 'sad' fact has obviously been corrected and they are now up to date with what the U3A does. Their P.C.S.O.'s (#) have already visited Burnham U3A and will, no doubt, be dropping in to see us before too long.

During the two-hour meeting the Police Officers gave a very interesting update on current and future policing activities in this area. It is obviously not possible to again go over all the issues, but we were advised that an attempt is being made to recruit 100 police officers, and how they would be concentrating on drugs, knife crime and burglary. They have our best interests at heart, and they do an excellent job under very difficult conditions.

You may be surprised to learn that only 20% of police time is spent solving crime, the rest is involved with many, more pressing issues such as domestic abuse, hate crime, slavery; (yes, we were shocked too) missing persons, as well as the day to day problems.

Another interesting note was, that our Chiefs of Police, visit countries throughout the world to advise police forces on security and policing methods. The U.K. Police Force is still considered to be the best in the

world, and other countries look to us for advice; also, our police officers are Not Armed. We may moan about the lack of police presence sometimes, but they do have a lot to do, and can't be everywhere!

(#) The P.C.S.O.'s are: -

Tracey Grobbeler 7703      07889 655183

Ryan Coleman 7418      07889 656137

Yvette Mayo 8341      07889 655402

(See notice boards for their photographs)

Ken & Fay Burston

### **Strollers – Early summer**

The Merry month of May. We decided, as the Burnham people were not with us, we would park at the Apex and walk the river bank to Burnham. This was the first walk I attempted after my lay-off, it was a lovely day and I really enjoyed being out in the fresh air with good company. The only thing of note along the river bank was a man using a hose jet to clean the mud off the Yacht Club slipway. He kindly stopped his endeavours to allow us safely past. We turned into the Holimarine, which I was pleased to do as it shortened our walk to a couple of miles, and we were impressed by the spacious layout and tidiness of the site, the entrance from Marine Drive was particularly attractive. On returning to the cars we decided to try the Rosewood Inn for lunch. I think we all enjoyed it.

The second foray was planned for Westhay NNR. We took various routes and some of us arrived at the car park but of the other two cars there was no sign. Phone calls established that they had been held up by a convoy of tractors, always a hazard on narrow country roads, and one car had picked up a puncture, probably where they had pulled into a field

gateway to allow the oncoming tractors to pass. The few of us that had made it to the venue were advised to carry on and one, if not both, cars would join us later. Those of us at the Reserve set off and were greeted by the lovely sight of a pair of swans and ten cygnets. (photo by Alyson

Fell from Facebook). We went down the track to look at the carvings, the most interesting being birds on a fallen log. Several of us tried to count



them and all came to a different number but safe to say over eighty. On returning to the main track we were treated to the glorious picture of a great white egret in flight. Such a beautiful creature and quite a new comer to our area. We advised the “lost” that we were headed for Sweets café but had to wait to leave the carpark as a rally of some forty Citron 2CV cars were passing. On arriving at Sweets we found Ken and his companions had arrived but unfortunately also the all 2CVs! The queue for service was out through the door so, discretion being the better part of valour, we retreated to the Avalon Marshes new snack shack and at last had news of Denise and her punctured tyre. She had been assisted by a tractor driver and was now on her way to get a new tyre. A very eventful morning.

Flaming June (you may read that in any tone of voice you choose!) It had rained all the week, except U3A open day on Wednesday, and so our suggested routes would have made difficult, and not very pleasant, walking. Two or three other more urban walks were being considered when the skies opened again! On balance it was decided to have coffee at



Sanders Garden World. This gave Keith the opportunity to take bets on whether I would buy a plant; I think he had said I would as he showed me the new location of the clearance corner. I weakened and rescued a dianthus. We are hoping for better weather next time.

Paula Cook

### **Open Day Thank You from Sue Boska**

I would like to say a big “Thank You” to all involved with the catering for the Open Day. My feelings are as follows:

Broccoli & Stilton Soup – Absolutely scrummy

Apple Pie & Cream – Divinely heavenly

Apple Crumble – Fabulously yummy

Yes, I was a piggy and had two puddings! Sorry, if anyone was deprived of a pudding, but I can assure you, you would have enjoyed it.

All was served up with a smile. What more can a person ask?

The hard work you all put in was really appreciated. Thank you again!

PS. I wasn't the only piggy. I know someone, who shall remain nameless, who had cream AND custard!

PPS. I also know someone...

Sue Boskaue BI

—oOo—

## **Joke Corner**

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for a benefit. One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used: If you sing it, it is especially hysterical!!!

Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favourite things.

Cadillac's and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favourite things.

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
I simply remember my favourite things,  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favourite things.

Back pain, confused brains and no need for sinnin',

Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favourite things.

When the joints ache,  
When the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.”

### **LOOKING TO VOLUNTEER?**

**West Huntspill Day Centre meets every Thursday 10.00 – 2.30, in Balliol Hall.**

**It is for less mobile members of the community.**

**We need some extra help.**

**For more information contact:**

**Judith 01278238252**

**Jane 01278 683434**

## **Changes to Free TV Licences for the over 75s**

As you may be aware, from June 1st 2020 the automatic right for people over the age of 75 to claim a free TV licence will come to an end. Those over 75 that are in receipt of Pension Credit will still be able to claim a free TV licence however.

For those over 75 that don't receive Pension Credit who are worried that they won't be able to afford a TV licence, are you one of the 60% of pensioners (according to the Government's own figures) that is eligible for Pension Credit but is currently not claiming it? If you think that you may be eligible for Pension Credit (and therefore eligible for a free TV licence) you should phone the Pension Credit claim line on 0800 99 1234.

On a side note, please don't be tempted to stop watching BBC channels believing that if you do that then you don't need to pay the TV licence anymore. Although the BBC is purely funded by TV licence revenue, the licence is required to watch (or record) ANY channel. Additionally it is required if you watch BBC iPlayer over the internet.

\*\*\*\*\*

## **Away Days**

### **Exmouth & Jurassic coast trip — July 17th**

After our last pick up in Highbridge we will make our way to Exmouth to spend the morning there and maybe indulge in an early lunch or Devon cream tea.

At 2pm we will board our boat at Exmouth Marina for our afternoon cruise along England's only UNESCO World Heritage site.

We will see stunning views of this 185 million year old geological portrait. There will be a commentary on board, also refreshments.

The cruise will last between 2/3hrs.

## **Sidmouth Folk Festival — August 8th**

Sidmouth has held its Festival since 1955 and is very popular with young and not so young.

There are entertainers in bar's and in the street, morris dancers, jugglers buskers, etc. If this is not your scene Sidmouth has other attractions.

Some lovely gardens and a nice selection of individual shops and Cafes, plus a lovely sea front.

\*\*\*\*\*

## **Group News**

### **Holidays Group**

The next holiday will be to Torquay from Monday, 20th April to Friday, 24th April, 2020.

The cost will be £189 per person (plus single supplement of £10). **Non-refundable deposits of £50 are due by the beginning of August.** I've again obtained the maximum number of single rooms, in this case 9, so if the demand exceeds the availability then we will once more have to "draw names out of a hat" as it is the only way we can ensure everyone has an equal chance. As before Daish's have restricted the number of folding mobility aids to 3 per coach.

May I remind you that Daish's can offer Holiday Insurance for a special rate of £12.50 per person and this is payable with your deposit.

**Christine & the Holiday team**

## Crossword #29 Answers

<u>ACROSS</u>		<u>DOWN</u>	
1.	ABRASIVE	2.	BLAZON
6.	NECTAR	3.	ASPIC
9.	CARPET	4.	INTERPRET
10.	DARKNESS	5.	ENDURED
11.	SORCERER	6.	NORMA
12.	ABOARD	7.	CONFORMED
13.	AERODYNAMICS	8.	ABSTRACT
16.	ABSENT MINDED	13.	ADEPTNESS
19.	ARCTIC	14.	NODULATED
21.	NIL POINT	15.	ABERDEEN
23.	DECEDENT	17.	IGNITED
24.	TIERED	18.	ANNEXE
25.	UNISON	20.	CLEAN
26.	DODDERER	22.	OBESE

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## Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
<b>2019</b>		
July 17th	Exmouth & Jurassic Coast Boat Trip	£22.00
August 6th	Cream Tea Highbridge Community Hall (contact Janet 783743)	£3.00
August 8th	Sidmouth	£15.00
August 31st — September 4th	Holiday: Isle of Wight	From £244
September 10th	Cream Tea Highbridge Community Hall (contact Janet 783743)	£3.00
September 26th	Bennetts Water Gardens	£18.00
October 24th	Bodenham Arboretum	£18.00
November 28th	Bath Christmas Markets	£10.00

**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.**