



THE UNIVERSITY OF THE THIRD AGE



# U3A of Highbridge Magazine

Registered Charity No: 1184925

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

Issue 108

Sep/Oct 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
Magazine Editors:	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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Distribution:	Ann Smith (West Huntspill), Fay Burston, Mary Akers, Chris Winter, Oliver Cox, Thelma Tripp, Marion Wright and all who give a hand!	
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Note: In accordance with the requirements of the General Data Protection Regulation 2018, 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.

## **Chairman's Message**

Hello Everybody

We are getting into late summer already and, with the weather we are having, I don't know whether to wear shorts or a mac! Is it just my age or do the years pass more quickly these days?



Good news! Our application to become a charity has been finally accepted [ed: you will see our registered charity number on the front page from now on]. I would like to thank Carole and Barry for all the hard work and time they have put into getting this sorted. It really is appreciated.

Everyone seems to be enjoying the new group jigsaw puzzle at the coffee mornings. I notice lots of people sitting down and having a go. Thank you to Jude and Pearl for coming up with this good idea.

We are still hoping someone will volunteer to take on the Theatre Group and we have also had an enquiry if anyone would be willing to start a book club. I think both of these groups would be more than welcomed at Highbridge so please have a think about it.

Our next main event is the McMillan Coffee morning on the 25th September and I hope you will be able to come and support this wonderful charity.

Enjoy the last of the 'summer'.

Rod

## **Club News**

### **Birthdays**

Recently someone, presumably a member, suggested that when one of us celebrates a birthday, a nice idea would be to send her/him a card from the members. The idea was discussed by the Committee and they have agreed to act upon it for a trial period, until the end of April 2020.

It is appreciated that there are some among us who would prefer to keep this bit of information private, but there may be others, especially those who live alone, would be chuffed to receive a birthday card on that 'Special' day.

All you need to do, if you approve, is give the relevant details to Fay Burston, Fay has agreed to oversee this provisionally.

Please provide your Birthday date---- ONLY

The year of your birth is not required, unless you wish your colleagues to know, of course if it is a big '0' you are about to celebrate, then it would be important.

NOTE If 'a member' is planning to provide the information about a friend, please get that friends permission before doing so.

### **2020 Diaries**

Diaries for 2020 are now available from the Third Age Trust for £3.25 each, or £2.75 each for a pack of 5. If you would like to place an order, please go to [u3a.org.uk/resources/shop](http://u3a.org.uk/resources/shop) and select diary. If you don't have internet facilities, please ask Audrey and she will order one for you. It appears that there is no charge for delivery.

## **See Around Britain**

See Around Britain are a registered charity which has set up a website with the intention to provide photographic and detailed written information regarding a variety of public venues throughout the UK. The information provided gives a brief description along with contact details, transport information and accessibility information so that potential visitors, including those with disabilities, can decide whether or not a venue is suitable for their particular needs.

The charity is currently looking for volunteers to write venue descriptions to accompany the backlog of photographs of various venues and/or submit photos or videos of new venues themselves, all of which can be done from home and online via their website. There are online video tutorials available to help volunteers, but they can also provide additional support via email if needed. If interested, you can register and join directly via here: [www.seearoundbritain.com/about-us](http://www.seearoundbritain.com/about-us).

## **Group News**

### **Group Changes for Card Making**

After some deliberation it has been decided to make some alterations to the group meetings for Card Making. As from September our venue is changing to a private house. The first meeting will take place on Monday 2nd September at 2pm to 4pm. Thereafter all our meetings will be in the afternoons. I am sorry that these changes may cause a problem with travel, but if you have any difficulty please let me know.

Rosemary Bateman

01278 795906

## **Group Changes for Calligraphy & Art**

Would members please note that there are a couple of alterations to the Group Activities Information in the centre fold of the magazine.

Firstly, the Calligraphy Group did, from the 8th July, change its meeting place to the home of a member. The meetings, time and all other details remain unaltered. Still ring 01278/782529 if interested.

The reason for the change is cost. There have been occasions when, due to illness or similar, perhaps only 3 or 4 have attended and with rent at £9.00 (per session) it is not viable to continue. The group members were consulted and agreed to the change.

Also, there is a change to the Art Group, the Group Leader, is now Ann Lismore. Apart from the phone number, nothing else has changed on the Activities page, Ann's number is 01278/787607. The reason for this change is age, mine.

Many years ago, Jean Berry, the then tutor asked me (Ken Burston) to look after the admin, for her, this I have done for many years. Regrettably Jean died some time ago and we have not yet found a new tutor. Unfortunately, I now find that although I still enjoy the art, I can no longer involve myself with all the comings and goings. I've had chat with Ann, and she has very kindly, agreed to take over the reins. So, as from 1st July all queries relating to the Art Group were directed to Ann.

This is a very social group, easy going, paint what you like, with what you like. There is tea or coffee plus biscuit available and, a very good advantage, a big car park!

If you feel that you have, even just a little ability to paint, give Ann a ring. A new addition to the class won Third Prize at West Huntspill Show last year, this, with her very first painting, she had not previously done any painting. Yes!. It is possible.

Ken Burston

# Members Contributions

## Summer Strollers

Early June had been very wet but for our last stroll of the month it was hot and sunny. We parked in Bram-



bles Road at set off down Brent Broad, where we had been forced to abandon our walk in the winter due to tractor damage to the track.



We had it mostly to ourselves, meeting only one man and his dog, two cyclists going in the opposite direction and a postman. I pointed out a dragon arum, which had gone over a bit from when I took the picture but was still interesting to see. The dwellings were also inter-

esting, some small, old and in need of loving care, some large and renovated and a couple of new ones. Jean declared she would be happy to push her vacuum around one of them! There were lots of native wild plants and beautiful views across to the Knoll and back towards Burnham. We joined Crooked Lane and turned right towards Middle Burnham, the shade from the trees along this stretch was welcome. We encountered a country yokel (also known as Denise) who made a lovely photo in front of the only hill for miles. We returned via the Roads admiring the houses and beautiful gardens. I was blown away by the painting of an owl on a garage door. Lunch at Ollies completed the morning.

Picking up on last times theme of Brent we parked in Brent Street for our first July amble and took a path, known to Ann, between two houses and out into fields. The grass had been cut for hay in the first field and that made walking easier. On this route all the stiles have been replaced by kiss gates which aided our progress. We strolled on, enjoying the peace, the bird song and the sunshine tempered with a gentle breeze. Great care was taken crossing the main railway line to fields with horses of several different sizes grazing happily and eventually onto the north end of Crooked Lane. From there it was along the lane, up Station Road and back to the cars. We tried Fox and Goose for lunch with mixed success. It was generally felt to be a lovely stroll. Thank you Ann.

The July heatwave had been driven back from whence it came and the temperature was much more conducive to walking. Denise had invited us to a buffet lunch in her and Robert's beautiful garden so we headed to West Huntspill for our stroll. We made use of the Hall car park and walked through the churchyard, across a field into Sloway Lane and down to the cut. We went over the bridge, stopped to admire the wild water lilies and turned eastward along the bank toward the A38, over the main road bridge and back the other side of the water. There was very little of note, but it was good to see Rod joining us again and as ever the company was jolly. We reassembled at Denise's home where we were treated to a wonderful buffet, largely homemade with home produce, sitting amid a glorious display of flowers. Thank you Denise.

The second Friday of August, having had rain overnight, the morning weather man said "it is unusual to have a storm like this at this time of year". That maybe but there appeared to be a short window of about two hours so we few set off before it arrived. Being sensible souls we headed for the King Sedgemoor Drain where we could stroll along the path and keep an eye on the approaching storm. We turned back as the weather closed in and made it to the cars without a soaking. As we sat in the



Knowle Inn the skies opened!

Bank Holiday weekend and the day of East Brent Harvest home was also the day of our last August stroll so it was agreed that we needed to go inland. Five cars set off for Mark Village Hall and parked up. We tried a new route turning right down Vole Road, a quiet country lane where we encountered more cyclists than cars. The phragmites reed was in full bloom as was a beautiful flower I call purple loosestrife and blackberries were ripening, some of which



met their end in a variety of polythene bags.

The farmer who owns the fields along the bridleway offered to es-

cort us through his cows if we were concerned but most of us were OK with animals so we thanked him and strolled on. The grass was fairly short and we saw a baby frog hop-

ping through it (though it probably seemed like a jungle to him as he was only about an inch long) and a long time dead snake. As we approached the final gate the notice amused us greatly. I can assure you we did "hut ate" behind the last man through! The stroll back to Mark along The Wall was uneventful but enjoyable with all the sights and sounds of the countryside. The walk was a little longer than usual at about two and a half miles and took us around two hours, as you can tell we don't hurry, but that brought us nicely to Ollies for our table reserved for twelve fifteen, where we were treated as well as ever.

Paula Cook

## Monthly Draw

July 6th 2019	No. 9	Jayne Alford and Bernard Martin
August 3rd 2019	No. 31	Sheila Carpenter and Vivian Wyatt

Each received £25.00

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**Please feel free to contact: ---- F. J. Hales**

**Home: - 01278 788247 - - - Mobile: - 07939.664538**

**For friendly, no obligation advice/estimate.**

## Group Activities

### Monday

Week	Time	Group	Venue	Leader	Tel
1 <sup>st</sup>	2.00 to 4.00	Card Making	P.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	P.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>	2.00 to 4.00	Card Making	P.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.	Ann Lismore	787607
Every	2.00 to 4.00	Table Tennis	C.H.	John Ellis	685483

## 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

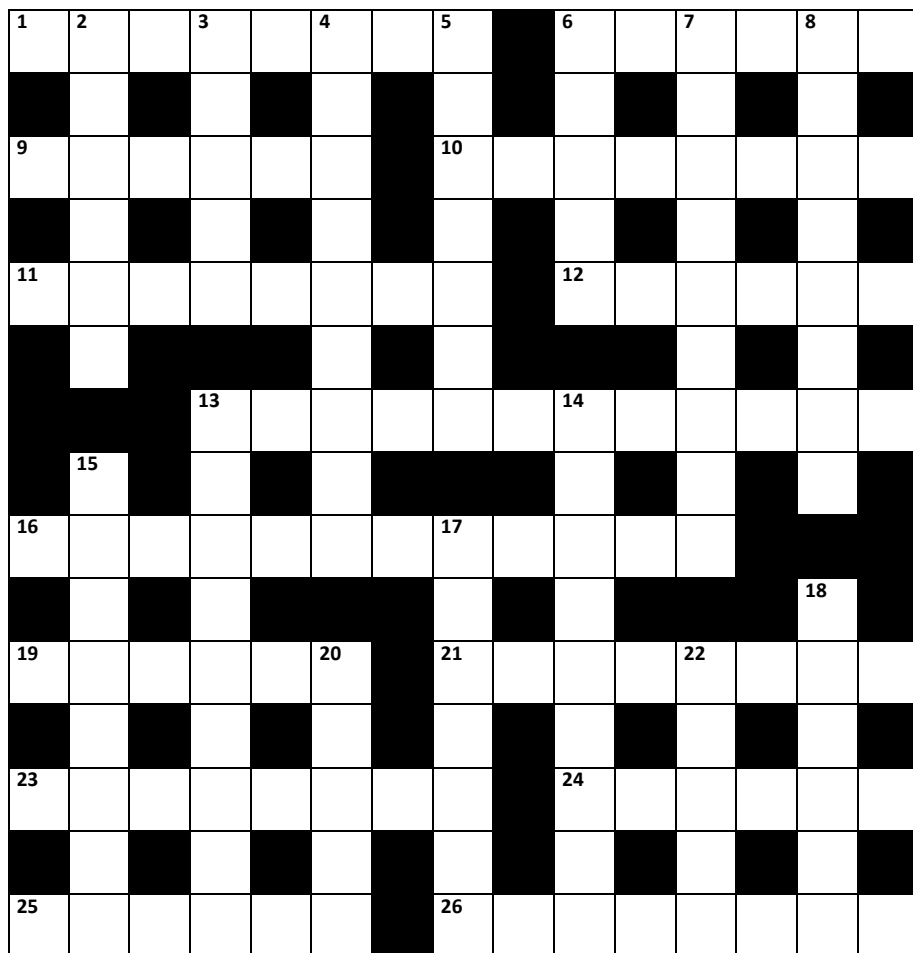
Changes since last issue are highlighted in yellow.

### Legends

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

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

## Crossword #30



**Solution is on page 22**

## Crossword #30 Clues

<u>ACROSS</u>		<u>DOWN</u>	
1.	Encompassed (8)	2.	Strand (6)
6.	Random (6)	3.	Signalling device (5)
9.	Marital (6)	4.	Inhabitants (9)
10.	Grappling irons (8)	5.	Power level (7)
11.	Handle (8)	6.	Molluscs (5)
12.	Musical instruments (6)	7.	Sample (9)
13.	Sue root blaze [anag] (8 & 4)	8.	Difficult (8)
16.	Pint store rat (12)	13.	Coalition (9)
19.	Indian (6)	14.	Smartened (9)
21.	Leader (8)	15.	Clergyman (8)
23.	Browbeat (8)	17.	Living (7)
24.	Let sir [anag] (6)	18.	Cattle enclosure (6)
25.	Depression (6)	20.	Submit (5)
26.	Appendices (8)	22.	Artefact (5)



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## Talk on Scams

On June 19th 2019 a talk was given by Chloe Puddy from NatWest Bank to U3A of Highbridge members during the weekly Coffee Morning at Highbridge Community Hall.

**Friends Against Scams is a National Trading Standards initiative and aims to protect and prevent people from becoming victims of scams**

**Our top 10 tips on how to protect yourself from fraud and scams:**

1. Never give your personal or banking details to anyone you don't know or trust
2. We will never ask you to transfer money to another bank or withdraw money and hand it to a courier
3. Never give your customer number, full PIN and password or card reader code to anyone
4. Your Bank will never ask you for your full PIN or password in a text or email or when Banking online
5. Be careful what information you share on Social Media – fraudsters can use that information to impersonate you
6. Always phone your Bank on an independently sourced number – even if you receive a message from your Bank which contains a telephone number to call back on
7. Always shred documents which contain any personal information
8. Always delete suspicious texts, often they may try to trick you into giving away personal and security information
9. Scammers will always attempt to communicate with you - especially online - to get personal information from you but will rarely tell you much about themselves
10. Be cautious about online relationships – often they will target your emotions to get you to send money to them.

For more information, visit the Friends Against Scams website:



[www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk);



search 'NatWest Security' online;

or talk to us in branch

Feedback from the talk has been very positive and it was felt that the literature that was handed out to attendees should be shown in this magazine for the benefit of those that didn't attend the presentation.





# The number's up on phone scammers

**Always be careful when answering calls from strangers**

- Your bank, the police or any other trusted company will never call and ask you to transfer money to another bank account to protect your money from fraud. Hang up.
- Remember that someone calling pretending to be from your bank, the police or another trusted company will always sound professional.
- If you're suspicious about a caller, don't respond. Call back later on a number you obtain for the company yourself. Use a different phone if you can.
- Never disclose personal or bank details to a caller such as your address, PIN, passwords or authorisation codes. Hang up.
- If you feel pressured by a caller, hang up.
- After a suspicious call, ask a trusted friend or relative for help. You can call your bank on the number below if you're worried about your bank account.

Make a note of your bank phone number here:

**Report a fraud or scam by first calling your bank, then Action Fraud on: 0300 123 2040 or the police non-emergency line on 101.**



# How to spot a doorstep scammer

**Always be careful of strangers at your door**

- Always ask for identification before letting someone in to your house. Never let any stranger in, including sales people or charity collectors unless you're expecting them
- Never agree to sign a contract with a tradesman or hand over funds until you speak with a trusted friend or relative
- The bank or police will never send someone to a house to collect money, bank cards, PIN or cheque book or goods
- Never disclose personal information or bank details to a stranger who knocks at the door
- If you feel pressured by an unexpected visitor, take their details and ask them to leave. Call the police if they refuse
- If you've been visited by someone suspicious and don't know what to do, ask a trusted friend or relative for help, or speak to your bank or the police

Make a note of your bank phone number here:

**Report a fraud or scam by first calling your bank, then Action Fraud on: 0300 123 2040 or the police non-emergency line on 101.**

## **Away Days**

### **Bennetts Water Gardens (September 26th, Price £18.00)**

The Gardens are situated on the edge of Chickerell village in Dorset. A third generation family run business on an eight acre site. The gardens hold the National Plant Collection of water lilies with a Monet style bridge as its centre piece. There is a cafe / restaurant and gift shop you can also take a packed lunch if you wish.

### **Bodenham Arboretum & Farm, Worcestershire (October 24th, Price £18.00)**

Bodenham is owned by the Binnian family who purchased it in 1973; it gained English Heritage status in 1995. It covers 150 acres and its epicentre is a large pool.

The woodland walks will take you around a patchwork of smaller pools, plantations, dells and glades. The visitor centre prides itself on serving homemade cakes and food, all locally sourced.

The farm is also open to the public if you are interested in the animals.

## **More Members Contributions**

### **Exmouth & Jurassic Coast Boat Trip**

We had looked forward to this day trip for some weeks and, on the occasion, were rewarded with a very pleasant day, the weather was kind to us, and the boat trip was great. Martin, our usual driver, ensured we had a steady trouble-free journey to the south coast, arriving in Exmouth at about 11.00 a.m.

The town was quite busy by today's standards, and before Martin picked us all up again at 2.15 to take us to the harbour, we had time to look at the shops, cafes, etc. On arrival at the harbour we were confronted by a long queue, our boat being due to depart at 2.30 p.m. Our boarding passes were handed to us and in no time, we were aboard, many of us deciding to go down to the lower deck, (nearer the food). It was realised later that this had been a good move because we saw the crew was busy folding away and stowing the blankets that had been needed by the passengers that had just disembarked. Obviously, out at sea it must have been decidedly cooler.

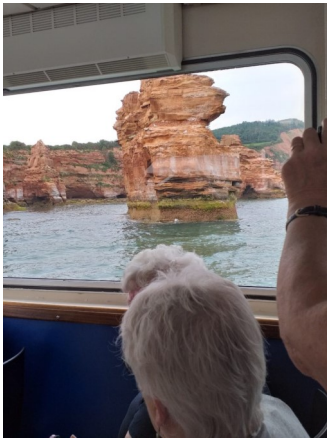
The boat's capacity was 250 and it appeared to be full, this is definitely a very popular trip, and, people are now taking the opportunity to explore



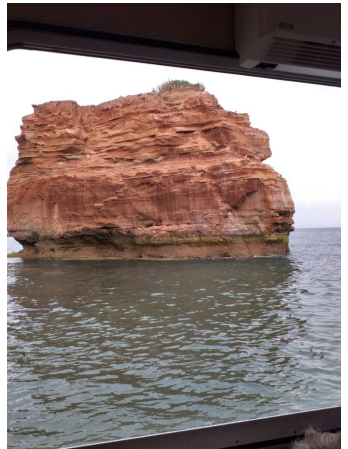
England's only Natural World Heritage Site. The trip lasted 2 1/2hrs being very enjoyable, with an excellent commentary throughout, the boat was clean, comfortable and to cap it all, it was a nice calm day.

Upon leaving Exmouth we sailed

east along the coast, about ½ mile from the shore (purely a guess) enabling us to clearly see the coastline, this first section being 189,000,000 years old. Gradually the age reduced, and we were told how to recognise landslides, there was one place where the coast was eroding rapidly and looking at the strata there were places where it looked as if England was gradually sliding eastwards into the sea. As we got nearer to the coast and looked at the strata you felt as if the sea was going downhill.



Sailing along the coast took about 1hr then moving closer in shore at Ladram Bay we went to see the Sea Stacks, tall, large areas of coast that have not eroded, from out at sea they are not that impressive. However, as the boat took us into about 15 ft of water (depth) between the Stacks you then realise just how enormous they are,



making us feel so small (like ants) between them, with the sea still going downhill. A weird feeling.

The trip was completed by us going closer to the coast, and being told about what could be found, ammonites, fossils, etc. The birdwatchers among us were able to note the sea birds that were nesting on the cliffs, Kittiwakes, Cormorants, etc.

Thank you Vour and Carole for a great day out, well worth going again if given the opportunity.

C.F.B.

## Crossword #30 Answers

<u>ACROSS</u>		<u>DOWN</u>	
1.	EMBRACED	2.	MAROON
6.	CHANCE	3.	RADAR
9.	BRIDAL	4.	COLONISTS
10.	CRAMPONS	5.	DECIBEL
11.	DOORKNOB	6.	CLAMS
12.	SITARS	7.	APPETIZER
13.	ABSOLUTE ZERO	8.	CONTRARY
16.	TRAINSPOTTER	13.	ALIGNMENT
19.	PAWNEE	14.	TITIVATED
21.	GOVERNOR	15.	PREACHER
23.	THREATEN	17.	ORGANIC
24.	TILERS	18.	CORRAL
25.	CRATERS	20.	ENTER
26.	CODICILS	22.	RELIC

# SANDRA

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## Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
<b>2019</b>		
September 10th	Cream Tea @ 3pm Highbridge Community Hall (contact Janet 783743)	£3.00
September 25th	Macmillan Coffee Morning	N/A
September 26th	Bennetts Water Gardens	£18.00
October 24th	Bodenham Arboretum	£18.00
November 28th	Bath Christmas Markets	£10.00
<b>2020</b>		
April 20th to April 24th	Holiday: Torquay	From £189

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.