



THE UNIVERSITY OF THE THIRD AGE



U3A of Highbridge Magazine

Registered Charity No: 1184925

Website: www.u3ahighbridge.org.uk

Issue 111

Mar/Apr 2020

Your Committee

<u>Position</u>	<u>Name</u>	<u>Tel</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 (phone: 07973 512709, email: darrylinda@knight-rees.com)	
Printed By:	Darryl Knight-Rees	
Distribution:	Bernard Martin, Fay Burston, Mary Akers, Chris Winter, Oliver Cox, Thelma Tripp, Marion Wright and all who give a hand!	
Next Deadline:	<u>Monday April 27th 2020</u>	

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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

2020 has started off well with a steady trickle of new members. It is always good to see new faces and to hear that people feel they have received a warm welcome from the U3A of Highbridge.



I would like to thank Carole and Barry for organising the January walk followed by lunch. Please look out for their summer walk in July with a cream tea to follow. It was also nice to see some new faces in the Walking Group this month.

The table top sale is going well. Please make a note in your diary for the last Wednesday of every month. If you have something to sell, just add a label with your name and price you would like for the item.

Our visit from the Neighbourhood Policing team appears to have been a success and I think you will all agree that Becky and Ryan were very friendly and approachable. They have offered to come back again if we would like them to. Just a thought; are our police getting younger or am I just getting older???

Our next event is the annual lunch at the Beachcomber and, as always, I am really looking forward to it.

Please tell Fay if you know of anyone who is under the weather and you think a card from the U3A would cheer them up.

It is lovely to see the daffodils, snowdrops and crocuses coming through – Has Spring arrived?

Rod

Club News

Reminders

There can be NO U3A activities in the Community Hall during week commencing Monday 9th March until Friday 11th March as the Highbridge Festival of the Arts has exclusive use.

This means that there will be no Coffee Morning on the Wednesday 11th March. It happens to fall on the same day as the Annual Lunch at the Beachcomber.

Also the membership form (that can be found at the back of the magazine) needs to be completed for all members wishing to re-join the U3A for another year.

“Thank you for the memories”

I had not forgotten it was the Club’s 20th Anniversary in November, but I had, regrettably, forgotten to say ‘Thank you’ to:

Each member, for the help, encouragement and support you gave me during my years as Secretary of the “U3A of Highbridge”. During those early years, the club experienced many ‘teething’ problems, but by using a little common sense and with the will to succeed, we did.

I certainly enjoyed the times I spent working with you putting this club ‘together’, forming the various groups and, generally getting activities up and running. It made my ‘job’ as Secretary very much easier to handle. Thank you all again!

I wish you every success throughout the next twenty years.

Ken Burston

Annual General Meeting 2020

The 2020 Annual General Meeting of the U3A of Highbridge will be held on Wednesday 6th May at 10.30am in the Highbridge Community Hall. All members are invited to attend. The business of the AGM shall include the following:

Agenda

1. Apologies for absence
2. Adoption of the minutes of the last year's meeting
3. Matters arising from previous minutes
4. Chairman's report
5. Treasurer's report and acceptance of accounts
6. Appointment of an Examiner of the accounts for 2019/2020
7. Secretary's report
8. Election of Committee members
9. Any other business
10. Date of next meeting

All fully paid up members are eligible to attend and vote. If it is your intention to attend and have your say, please renew your membership before the meeting.

The present Committee will be standing down. One member does not want to stand for re-election but the rest are prepared to serve again. New Committee members are always welcome. If you would like to nominate a member to serve on the Committee, please complete the relevant form included with this magazine.

Further copies may be obtained upon request from a committee member.

U3A of Highbridge

Nomination Form

I wish to nominate the following member for election to the Management Committee at the AGM on Wednesday 6th May 2020.

Name of member nominated.....

I agree to stand for election to the Management Committee of the U3A of Highbridge and thereby, if elected, to become a Trustee of the Charity.

Signature of nominated member.....

Proposed by:.....

Signature:.....

Seconded by:.....

Signature:.....

Date:.....

This nomination form when completed, should be sent to The Secretary, U3A of Highbridge. Nominations must be received 21 clear days before the date of the AGM (15th April 2020).

1. Proposer and seconder cannot be a current committee member or officer of the U3A of Highbridge
2. If there is a contest, the election shall be decided by a secret ballot
3. If at the AGM, there are insufficient candidates standing to fill the committee vacancies, the Chairman of the meeting may, as a last resort, appeal for any willing member present to agree to stand.

Maj Jong Group?

Would anyone be interested in taking up Maj Jong? One of our members, Dawn Ferguson, would like to start a Highbridge U3A group and wondered if there would be any interest. The favourite day and time at the moment would either be a Monday or Wednesday afternoon, the venue to be decided depending on the size of the group.

If you would like to know more please contact Dawn by email on parkersrainbow@aol.com or telephone 01278 444426. She is also at the coffee morning most Wednesdays.

Holiday Group

Our next holiday is 20th to 24th of April and everyone has now paid in full and I am waiting for confirmation of pick-up times and the luggage labels from Daish's.

The autumn holiday has just been booked from Monday 14th to Friday 18th September and, by popular demand, will be to Llandudno. The cost varies as some rooms have a sea view and are therefore £10 extra. The basic cost is £249 per person with a £10 supplement for each single room. 5 of the 10 single rooms I have obtained also have a sea view which means that those single rooms will incur a total of £20 extra charge. In the interests of fairness, and if necessary, we may have to "draw names out of a hat" for these. They, again, will only allow 3 mobility aids on the coach.

Please let me have your non-returnable deposits of £50 by 11th March at the very latest (Sorry this is such short notice but Daish's require these 6 months before the holiday).

If anyone has any queries please contact me on 01278 784500.

Christine & the Holiday team

Bra~~VO

Ladies, you may remember being advised, some weeks ago, that we had agreed to collect unwanted bras, these, when we have a load, to be “shipped” out to (girls) schools in Kenya. You were asked to bear this collection in mind when disposing of unwanted underwear.

The response, it must be said, was not surprising, it was phenomenal. To date, we estimate that over 600 items have been collected; these are delivered to a local group that arranges for their onward transmission.

The last ‘batch’ was collected just a few days ago, on this occasion, by someone who has personally delivered them to the schools in Kenya. During the short time it took to hand them over we learned that, bras in Kenya are extremely expensive, as an average wage is roughly £60. per month.

What struck me most was the comment that:

“The look of pure joy on the girls faces when they received a bra” was something to behold.

Quite an “up-lifting” experience, you might say.

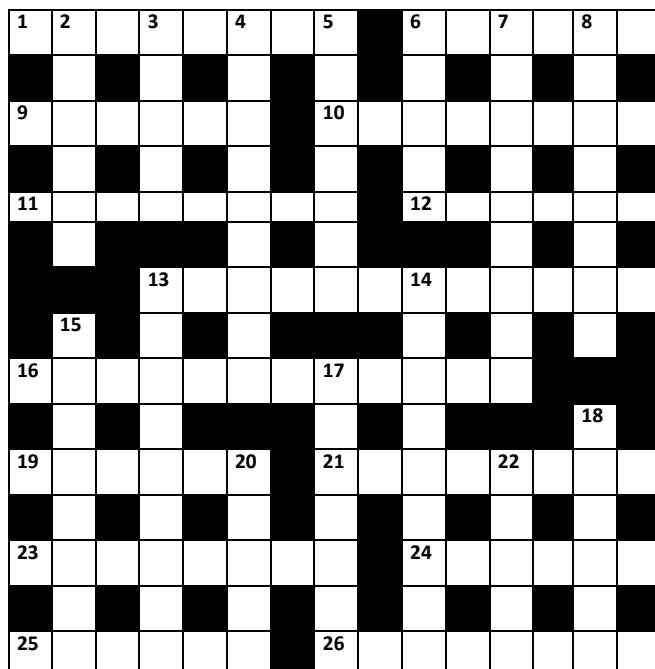
When the next load is collected, I will endeavour to learn more about how the bras get to Kenya and the environment of the recipients.

Fay

P.S. Please note, after writing the above I received a phone call from the local group that collects, and forwards the bras, to say “Thank you very much” but after collecting them for 10 years they have been requested to stop. A transportation problem has arisen and, at present, they are not able to resolve it. So ! No more bras for the foreseeable future please.

Thanks, Fay

Crossword #31 (solution on page 19)



<u>ACROSS</u>		<u>DOWN</u>	
1.	Superseded (8)	2.	Compiler (6)
6.	Style of Art (6)	3.	Enjoys (5)
9.	Meddle (6)	4.	Shell (9)
10.	Hand covering (8)	5.	Camera Type (7)
11.	Spar (8)	6.	Course (5)
12.	Ousts (6)	7.	Securing device (6 & 3)
13.	Pop dill and go [anag] (8 & 4)	8.	Invention (8)
16.	I clear at once (12)	13.	Feigned (9)
19.	Toughen (6)	14.	Nearby (9)
21.	Rota (8)	15.	Radar dishes (8)
23.	Time limit (8)	17.	Infection (7)
24.	Adhered (6)	18.	Hand tool (6)
25.	Daises [anag] (6)	20.	Dens (5)
26.	Astonish (8)	22.	Gloomy (5)

Monthly Draw

January 18th 2020	No. 11	Sue Bloska and Peter Manning
February 15th 2020	No. 18	Denise Godby and Kathleen Taylor

Each received £25.00

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meaning to fix but cannot get around to doing!**

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 st	2.00 to 4.00	Card Making	P.H.	Rose Bateman	795906
2 nd & 4 th	2.00 to 3.30	Kurling	C.H.	Stan Vousden-White Sybil Tilley	781567 787054
4 th	2.00 to 4.00	Beading	P.H.	Rose Bateman	795906
2 nd & 4 th	10.00 to 11.30	Calligraphy	P.H.	Ken Burston	782529

Tuesday

Week	Time	Group	Venue	Leader	Tel
1 st & 3 rd	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
Every	10.00 to 12.00	Coffee Morning	C.H.	N/A	N/A
3 rd	2.00 to 4.00	Card Making	P.H.	Rose Bateman	795906

Thursday

Week	Time	Group	Venue	Leader	Tel
Every	10.00 to 12.00	Crochet	C.H. (4)	Alison Ridley	077071 46775
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 st & 3 rd	11.30 to 1.00	Skittles	L.I.	Philip Buoy	783647
1 st	09.30 to ??.	Walking	Varies	Audrey & Rod Downing	256895
2 nd & 4 th	10.00 to ??.	Strollers	Varies	Self-Regulating	238526
5 th	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 (Room Number)
P.H. Private House	G.H. Gospell Hall
L.I. Lighthouse Inn	

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

More Members Contributions

Churches 17

The church of St. Gregory at Stoke St Gregory

It's parish is part of the Athelney Beniface along with the parishes of St Michael Burrowbridge....St Bartholomew Lyng...and St Peter and St Paul North Curry. St Gregory's was built in the 14th century perhaps as early as 1300. The church is cruciform in design with an octagonal crossing tower whose upper stage was added in the 15th century. There's niches and statues everywhere 19th century apostles around the tower, and a medieval St Gregory in the south porch with a dove in his hands. Fragments of stained medieval glass survive in the western windows of the aisles and an oil painting of St David playing his harp.

The tower has a ring of 5 bells cast by John Wiseman of Montacute in 1628 and Thomas Worth of Wellington in 1714. John Kingston of Bridgewater cast the third and tenor bells in 1818/1823. The 5th bell was cast in 1909 by John Taylor's bell foundry in Loughborough. In the churchyard is a 17th or 18th century set of stocks underneath a very large yew tree.

Unfortunately we were unable to visit St Michael's church Lyng, as it was locked.

North Curry Church

During the Saxon period large areas of Somerset were covered in marshland, with small areas of solid ground rising above the reed-beds. One such area of higher ground was at North Curry, near Athelney, where a long ridge formed a promontory out into the marshes.

A church was erected on the promontory as early as the 9th century,

around the time King Alfred the Great founded Athelney Abbey in AD 887. It seems probable that the monks of Athelney built the first church at North Curry, as they did at nearby East Lyng.

The Saxon building would have been a very simple timber structure with a single aisle. Sometime around the year 1100 the timber church was rebuilt in stone. You can see traditional Norman dog-tooth carving in the north doorway arch.

That Norman church was rebuilt around 1300 to give us the imposing church we see today; so large and impressive is St Peter & St Paul that it is commonly known as The Cathedral of the Moors. Around the church exterior are numerous grotesque carvings, known locally as “hunky-punks”. These bizarre beasts are thought to be of pagan origin. In the churchyard, by the main path, is a restored 14th century cross. The beautifully carved font dates to about 1400 and is made of golden-coloured Ham stone. Another highlight is an ancient parish chest on display at the west end of the nave. The chest was discovered in 1930 tucked away in the bell-ringers chamber, where it had presumably been placed for added security. The chest is built of elm slabs and weighs around 600 pounds. The exact date is unclear, but it was certainly prior to 1200 and may have been as early as the late Saxon period.

Against the north wall is a chest tomb, it appears to be 14th century, though the exact date is unknown. On top of the base is a carved cadaver, a symbol of mortality.

North Curry Church is a delight to explore; it is full of historical interest and is well worth a visit.

Bernie

Members Contributions

U3A of Highbridge Walking Group

On the 17 January despite the challenging conditions created by what seemed like weeks of unrelenting rain, 11 hardy souls set off on a short but beautiful walk on the Somerset Levels from Langport to Muchelney. This is an area I've not been to before but will certainly be visiting again.

The day started off well by us having to move our cars after noticing (fortunately) that the free car park in Langport that used to have no time limit had recently changed to a maximum of 2 hours, with a hefty fine for overstays!

We set off from the car park along a muddy track to get to the riverside path by the River Parrett. A few yards into our walk we were advised that the path ahead was impassable due to the flooding but thankfully we were able to take a slight detour and rejoin our route along a very muddy and wet disused railway track, which eventually came out on the road close to Muchelney Abbey. Along this track we had some amazing views of the flooded levels with several swans making the most of the extra water.

Barry, the walk leader, had arranged a welcome stop for homemade soup and a roll at the School Farm Shop, Muchelney. Helen and her husband made us very welcome, even with our extremely muddy boots and trousers. We were sat in a large shed/ garden room and served with big bowls of delicious broccoli & stilton soup (tomato & vegetable for those dairy intolerant). This was followed by mugs of proper tea (made with tea leaves) and cafetiere coffee with the option of having a delicious homemade cake. What more could we want!

After this splendid respite we set off on our return walk to Langport. We

had debated on whether to go back the way we'd come or to risk taking the river path back with the possibility of having to retrace our steps. We decided to risk the river path which from the road looked quite dry. Little did we know that it would prove to be very wet, muddy and slippery - but what an incredible sight looking out across the flooded fields. It was difficult to see where the river was supposed to be. We eventually made it safely back to Langport, apart from one of the group who didn't quite manage to keep his footing on a muddy bank and was covered in mud from waist to boots (no photo available I'm afraid)!

We were fortunate in that the rain held off for the walk duration and we all thoroughly enjoyed the walk and lunch. We have agreed we'd all like to go back again when it's drier, with a visit included to the Farm Shop cafe for a cream tea!



Strollers

The first stroll of 2020 and surprise, it was a dry day. We wondered whether to go to Steart Marshes but various road works and some black clouds deterred us so we headed for Locks Way. A small hiccup when we missed the turning to Cossington Lane car park but that was quickly rectified and off we went. Some people, presumably volunteers, were clearing leaves from the path and trimming back the sides which made walking much easier. The little man-made waterfall was in full flow but we are not sure where the water is draining from, so the stream, like-wise, had plenty of water. I find the sound of running water very soothing. The final section down to Eastside Lane has been completed



with a Sustrans notice making clear it is a permissive path not a right of way. It is a fairly steep, short stretch so Bernie and I decided to turn back, the main phalanx continued on to Bawdrip where the old footpath finished. We reassembled in the car park and decided it was too early to go to the Knowle Inn, as planned, so returned for lunch at the Pimpernel, where my companions amazed me at how complicated and varied tea drinking is!

A dull and gloomy day for the second January walk. We parked on the beach and strolled towards the down. Fay found a small piece of wood but the general consensus was that it was dinosaur poo! Fay took it home anyway. Eight of us went to Ollies, two went home after the stroll.

I missed the first February stroll and the second one is after the magazine deadline so that's it for now.

Paula

Crossword #31 Answers

ACROSS		DOWN	
1.	REPLACED	2.	EDITOR
6.	ROCOCO	3.	LIKES
9.	TINKER	4.	CARTRIDGE
10.	GAUNTLET	5.	DIGITAL
11.	BOWSPIRIT	6.	ROUTE
12.	EJECTS	7.	COTTER PIN
13.	PADDLING POOL	8.	CREATION
16.	ACCELERATION	13.	PRETENDED
19.	ANNEAL	14.	NEIGHBOUR
21.	SCHEDULE	15.	SCANNERS
23.	DEADLINE	17.	ABSCESS
24.	OBEYED	18.	PLIERS
25.	ASIDES	20.	LAIRS
26.	SURPRISE	22.	DREAR

Strollers Rhyme

- | | |
|---|--|
| <p>1 In Highbridge car park
Twice monthly we meet.
Strolling is such a lark
Decisions taken, sweet,</p> <p>2 The weather's set fair.
The cars roll out
In convoy, to where
The walk's in no doubt.</p> <p>3 We all disembark
In suitable attire,
To make our mark
Over track and mire</p> | <p>4 Each at their own pace,
We amble along.
No need to save face,
You can do no wrong.</p> <p>5 After all the exertion
There's an urgent need.
Café's the destination
For a drink and feed.</p> <p>5 The weather is wet and cold.
We all take flight,
To a coffee bar and behold
We put the world to right.</p> |
|---|--|

By Paula Cook,

With apologies to the true poets among us

Away Days

Ross-on Wye / Symonds Yat — April 16th 2020

We will spend the morning in Ross - on - Wye for a browse around the town and a spot of lunch. Then on to Symonds Yat to board the boat for a trip with a commentary about the river etc.

On return we will go to a local hotel for tea/coffee and biscuits, before we head for home.

—oOo—



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Calendar

<u>Date(s)</u>	<u>Details</u>	<u>Cost</u>
2020		
March 11th	Annual Lunch @ The Beachcomber, Brean	From £14.00
April 16th	Ross-on-Wye / Symonds Yat Boat Trip	£23.00
April 20th to April 24th	Holiday: Torquay	From £189
May 28th	Eastnor Castle, Herefordshire	£23.00
June 11th	Killerton House & Gardens, Devon	£23.00 NT Members only £13.00
July 16th	Exmouth/River Exe Cruise	£21.00
July 22nd	U3A of Highbridge Birthday Celebrations	Free
September 14th to September 18th	Holiday: Llandudno	From £249
September 17th	Poole, Dorset	£12.00
October 15th	St Fagans Rural Life Museum, Wales	£12.00
December 3rd	Cheltenham / Christmas Markets	£12.00

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.

U3A of Highbridge

Reg. Charity No: 1184925

Membership No:

Application for Membership

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.

I(Title & Full Name)

Address:.....

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

Mobile:..... Email:.....

The Annual Membership Fee is £10.00 (£6.50 for members from other U3A areas) that includes a fee of £3.50 per capita which is paid to our National Organisation, 'The Third Age Trust', which provides a wide range of services and benefits. It also includes liability insurance cover. The membership fee is paid annually and is from 1st April and VALID ONLY to March 31st of the following year.

Terms and Conditions of Membership - ALL MEMBERS MUST:-

- Abide by the Aims and Guiding Principles of the U3A movement.
- Always act in the best interests of the U3A and never do anything to bring the U3A into disrepute.
- Abide by the terms and conditions of the constitution.
- Treat fellow members with respect and courtesy at all times.
- Comply with and support the decisions of the elected committee.
- Advise the committee of any change in your personal details.

During my membership I confirm that I will abide by the terms of membership (as stated above) and I sign to that effect below.

PRIVACY STATEMENT (see overleaf): Your personal details will be held on a secure database & will be used solely for purposes of administration & for the communication of U3A matters. They will not be supplied to an out-side agency or party unless you have paid to receive 'Third Age Matters' magazine (mailed directly to you).

I ALSO agree that my personal details can be stored & processed as described above. Please tick ☐

Signature of applicant.....Date:.....

The U3A of Highbridge produces 6 bi-monthly magazines free of charge per year. These may be collected at the Coffee Morning held every Wednesday (10.00 am to 12.00 pm) at the Highbridge Community Hall on the first Wednesday in the month of release.

NB If you are unable to collect your magazine, (or have it collected) and wish to have it posted to you, then there would be an annual charge of £5.00 to cover p&p, payable at time of membership renewal. YES. . .

PLEASE POST TO ME! ☐

Official use: Amount paid £..... Dual member (..... U3A)

PRIVACY STATEMENT

The GDPR (Data Protection) requirements came into force in May 2018. As a registered charity, we need to have your explicit permission to retain the information we hold about you.

The information we keep is on the reverse side of this form. The information is as follows:

- Your name and address (essential)
- Your email address (if you have one)
- Your telephone number plus mobile (if you have one)
- Your emergency contact details (optional)

This information is a condition of membership of the U3A of Highbridge and we require it to identify you as a member and to communicate with you. In addition, we may record your membership (or to put on a waiting list) of U3A Groups and activities.

We do not retain any information defined as ‘Sensitive Personal Data’.

We process your data by:-

- Using it to communicate with you, and to keep you informed about U3A activities.
- Maintaining attendance records, waiting lists, booking and contact lists etc., in connection with U3A travel, holidays plus other activities.
- Using it to validate your attendance and voting rights at General Meetings.

We will not transmit your data to anybody outside U3A without your explicit consent, except to the Third Age Trust, if you subscribe to their magazine. Other members may receive your email information during general circulation of emails.

We will not retain your personal data for longer than one year after you cease to be a paid-up member of the U3A of Highbridge. If you cease to be a member, you have the right to have your personal information deleted immediately by notifying the Membership Secretary.

I agree that my personal data can be stored and processed as described above.

.....

NB *For more information relating to the U3A of Highbridge please ask for a copy of our Constitution along with our Policy Document from the Membership Secretary.*