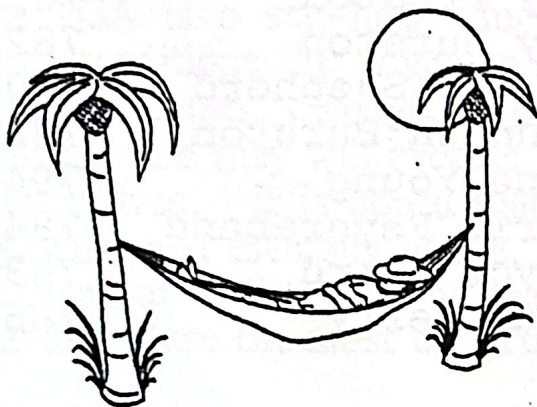


Leisure



Times

U3A OF HIGHBRIDGE NEWSLETTER

Number six

Spring 2001

Contents

- | | |
|-------------------------------|--------------------------------|
| 2 Who's Who in Highbridge U3A | 10 Help Your Editor |
| 3 What Is The U3A? | Scrabble & Board Games |
| Group Activities Timetable | 11 Proposed Camera Group |
| 4 Notice of AGM | Luncheon Group |
| Foley Day | Junk Mail |
| Tip for Gardners | 12 Highbridge History Project |
| 5 Editor Wanted | 13 Outings |
| History | Quiz Meeting |
| Leisure Times Team | Highbridge History Project |
| 6 U3A Reference Library | 14 Publishing Group |
| Subs Due | Art Group |
| 7 Art Class | Table Tennis & Swimming |
| 5-A-Day Competition | 15 Writers Group |
| 8 Keep Fit Group | 16 Make Your Group A Happy One |
| 9 Skittles Christmas Party | Eruption of Vesuvius |
| | Voting on Election Day |

2 Who's Who in the U3A of Highbridge

MEMBERS of the COMMITTEE

Chairman	Roy Preston	781843
Vice Chairman	Fay Burston	782529
Secretary	Sylvia Shepherd	780377
Treasurer	Kenneth Burston	782529
Assistant secretary	Anne Young	794492
Membership Secretary	Doris Feyerabend	784437
Groups Organiser	Joyce Beard	783913
Committee Member	Jean Berry	785840

GROUP LEADERS

Art	Jean Berry	785840
Art for beginners	Ann Young	794492
Creative Writing	Roy Preston	781843
Cycling	Fay Burston	782529
Gardening	Sylvia Shepherd	780377
Keep Fit	Joyce Beard	783913
Local History	Joyce Beard/ Phyllis Walsh	783913 786486
Luncheon Club	Fay Burston	782529
Quiz	Joyce Beard	783913
Scrabble/Board Games	Betty Worthy	785106
Skittles	Ray Reddish	785411
Strollers	Fay Burston	782529
Swimming	Phyllis Walsh	786486
Social Group	Roy Preston	781843
Welfare	Fay Burston	782529

A group leaders meeting is held whenever there is a fifth Wednesday in the month ie: May 20th, August 29th, October 31st.

Groups Organiser - Joyce Beard

If you wish to join any group, please contact the group leader first to make sure there is a space for you and to check the time and venue.

WHAT IS THE U3A?

A leading member of the U3A has used this explanation of what the organisation is.

"The U3A is a self-help educational foundation seeking to provide those conditions in which people no longer in full time gainful employment can, through their own self motivation, establish study groups where they will broaden their experience and enrich this period of their lives. It is hoped that with this method, they will keep both physically and mentally active, which will help them to remain useful members of society. For many people the social contacts that are established are the most important aspect of the U3A.

GROUP ACTIVITIES TIMETABLE

day	morning	week	afternoon	week
Tue	Writers Group	2nd	Keep Fit	weekly
			Scrabble	weekly
			Art II	weekly
Wed	Coffee Morning	weekly	Quiz *	2nd/3rd
			Lunch *	3rd
Thu			Art I	weekly
			History *	1st
Fri	Committee	3rd	Swimming	weekly
	Skittles	1st+3rd		
	Strollers	2nd		
	Cycling	4th		

*Contact Group leaders for dates, times and venues of meetings

University of the Third Age of Highbridge

Please take note

All members are invited to attend our second

ANNUAL GENERAL MEETING

at 11am on Wednesday 25th April 2001
at SOUTHWELL HOUSE

coffee morning will start as usual at 10am

Nominations for Committee membership and any other items you wish to be raised at the AGM must be in the hands of the Hon Secretary no later than 4th April 2001.

FOLEY DAY

The 2001 Frank Foley Day and Fair will be held in St John's Church and Southwell Gardens on Sunday 6th May. Anyone or any group wishing to have a stall or side-show at the fair, please contact Pam Lyes

ADULT LEARNERS WEEK from 14th MAY
Open days at Moorland Hall

Tuesday 15th May, 2-5pm
Quiz - Wednesday 16th May
History Group - Thursday 17th May

A Tip From The Gardening Group

by Phyllis Walsh

For years I have tried to grow parsley with no success. I cannot even grow common mint. But a few years ago I found Rocket, a most wonderful tasting herb. Every year I let it seed itself, and I have Rocket all the year round. I planted it in a large circular plastic tub and it is in full sunshine (whenever we have it).

5
WANTED
an
EDITOR for our NEWSLETTER

Since moving to live in Taunton, Bob Ramsay, our previous Editor, has resigned from the U3A of Highbridge. This means that the important position of Editor has been left empty.

Your Chairman, with the help of a hastily gathered team, has produced this issue, but will be unable to do so in the future. So we are now looking for an editor.



It is not an onerous task, no experience is necessary, and all help will be given. All expenses will be met by the U3A, so it will cost you nothing but your time.

If you would like to know more about it, without committing yourself, have a chat with Roy Preston at our Coffee Morning, or phone 781843.

History

The History Group meets once a month - Phyllis gave a talk on the 'History of Clocks' in January which was well attended. The 'Changing Boundaries' was discussed at the end of February and in March a 'Volcanic Eruption' (see elsewhere in this edition of the Newsletter). In April, 'Road Names in Highbridge' will be investigated and in May we will have a talk on 'Frank Foley'. The latter will coincide with the next Foley Day. Later in the year we have booked a speaker on the 'Sedgemoor Rebellion' Watch the notice board for dates.

Group leaders are Phyllis Walsh and Joyce Beard

Thank you to all our contributors and advertisers.
Without you Leisure Times would not exist

This issue of Leisure Times was edited by Roy Preston
Production: Joyce Beard Advertising: Anne Young
Distribution team: Pat Lee - Grace Travis - Betty Pocock

U3A REFERENCE LIBRARY IN HIGHBRIDGE

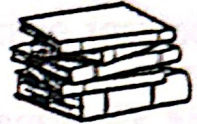
Visitors to our Wednesday coffee morning at Southwell house will now see an added attraction. The U3A of Highbridge has a Reference Library.

The Library is made up mainly of pamphlets and booklets explaining how to set up and run groups to study or take part in activities. The subjects dealt with range from Architecture to Wildlife. Poetry to Ornithology, and almost any other subject you can think of in between.

The Library list contains all manner of intriguing titles such as: Foreign Films, Radio Drama, Literature, Philosophy, Religions of the World and many others.

The Sources Bulletins and Resources catalogue list, contain

details of many talks, lectures and even full blown courses that are on tape, video, slides etc., available to any group within our U3A.



Also in the Library are Newsletters (similar to this one) from other U3As in the West Country - See what other U3As are doing - There are lots of ideas in them that we may be able to adapt for our own use.

Next time you are in for a cup of coffee, look through the library list, you are sure to find something of interest.

LIBRARIAN WANTED to look after our newly formed Reference Library as outlined above. Qualifications: Regular attendance at Coffee Mornings with the ability of controlling the loan of our stock of pamphlets/brochures etc. Please contact the Chairman.

-- * --

1st of April Y2K1

Yes, we all know it is April Fools Day but unfortunately, it is also the date when our annual subscription becomes due.

Subs for the year 2001/2002 = £6.00

Please pay promptly to our Membership Secretary, Doris Feyerabend

ART CLASS

After a slow start for 2001, we are now getting back into our routine. In Art II, the second group for beginners, we have two more members, that makes eight now with room for two or three more. We hope to be able to show some of our work later this year.

Group one has had a ceramic instruction, showing us how to paint designs on our own plates, etc.

You don't have to have any skills to paint, just enjoy the session, have a laugh. Who knows what can be achieved, even by accident. You will find it very relaxing and creative.

Should anyone wish to try painting on silk, let me know as I have all the paints, silk etc. All you will need is a hoop embroidery frame to support your silk while you paint on it. Full instruction will be given

Phone Jean on 785840 if you wish to join Group I. If you prefer to join Ann in Group II phone her on 794492 or you might catch either of them at the Coffee morning.

5-A-DAY COMPETITION

This project is being funded through the Somerset Health Authority. Competition forms are available from greengrocery outlets in Highbridge, the Library and Medical Centre. Entries to be returned to the Highbridge Medical Centre, Library or Ethel Titford before the end of March. Please return a form to record your own favourite fruit, even if you do not complete the competition, as this is an important part of the project.

The Art Group will be doing 'fruity' paintings and the Gardening Group hope to follow on by planting Vegetables and fruits. The Creative Writing Group is invited to add their support to this joint project by producing poems on fruit and vegetables.

All members of the U3A of Highbridge are urged to record recipes using fruit or vegetables for a 'Highbridge Fruit and Vegetable Recipe Book'. Please give a copy of your recipe to a Committee member.

8
KEEP FIT GROUP

Leader: Joyce Beard

This group has been meeting for well over a year now on Tuesday afternoons at 2.15 pm at Morland Hall. A tape of exercises by Eileen Fowler, tells us to "Fold and fling". Reminding us of Barbara Windsor in 'Carry On Camping'.

Members exercise at their own pace - standing, sitting or lying down. The group exercises for approximately one hour before having a short break for tea or coffee and biscuits.

We will be very sorry to lose one of our most loyal members who has attended nearly every meeting since she joined the U3A of Highbridge in December 1999. Joan Nosworthy is leaving the district in March and the Keep Fit group will not be the only group to miss her. We all wish her well in her move and we thank her for introducing Kath Jones to our activities. We are hoping that Kath will be as keen as Joan was.

With an average of ten members, we combine with the Scrabble/Board Games Group for refreshments. New members are made very welcome. Our grateful thanks to the tea makers and washers up.

HIGHBRIDGE NEWS

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The Skittles Group Christmas Party

by Martha C Pritssy

Skittles is one of the very popular groups - originally formed by Bob Ramsay, and since he left Highbridge to live in Taunton, Sylvia Shepherd has taken over running the Group, and she certainly started off with a bang with the Christmas Party.

We gathered in the bar at the Royal Artillery Arms as usual for a coffee and a chat, then moved off into the skittle alley where we soon had the skittles flying off in all directions. The 'sticker uppers' were really kept busy.

When the time came to tot up the scores, it was found that Betty Worthy came out on top. She was awarded The Chairman's Trophy, to be held for a year, then next Christmas, played for again.

The Chairman, in his presentation speech, thanked us all for making the skittles mornings so enjoyable. He told us he was sure he spoke for everyone when he said we all looked forward to our games together. There was always a happy atmosphere amongst a wonderful lot of friends.

Then we got down to the serious business of partying. We attempted to demolish the buffet with it's wide array of tempting morsels, but such was the quantity and variety of items laid out for us, even when we were in a position where we could not eat another mouthful there were still many portions waiting for anyone who was capable of returning for a second or even third helping.

To help the food go down, Sylvia and Ann Young had thought up some entertaining party games. Everyone joined in. No wallflowers at this do. The games were interspersed with attempts at crooning and warbling with the help of a Karaoke machine. I don't think many of us would get on to Top of the Pops.

A very enjoyable time and I am sure all would join me in thanking Sylvia and the staff at the Artillery, for such a wonderful day.

Don't forget - the Skittles Group meet at the Royal Artillery Arms at 11.30 on the 1st and 3rd Friday of every month

Since the above was written, Ray Reddish has taken over as Skittles Group Leader

help your editor

FILL OUR NEXT NEWSLETTER

Please give reports of all meetings
 Dates of future meetings
 Subjects, etc., of meetings to come
 Forthcoming events of a general nature
 Also anything else (not necessarily to do with the U3A), that you
 think might be of interest to our members

PLEASE PUT IT IN WRITING

Is all the information in this Newsletter correct?

Deadline for the next issue is 16th May

SCRABBLE and all BOARD GAMES

Every Tuesday at Moorland Hall 3.15 - 5.00

Games start after light refreshments. Things were a little quiet after Christmas but are picking up again now. New members are very welcome. There are serious players and learners, so we are a mixed bag but we do have fun. We are inviting Burnham U3A Scrabble Club to join us one afternoon at Moorland Hall for a few games (dates to follow).

Betty Worthy - Group Leader.



STANS BIKES

CYCLES - SPARES - REPAIRS

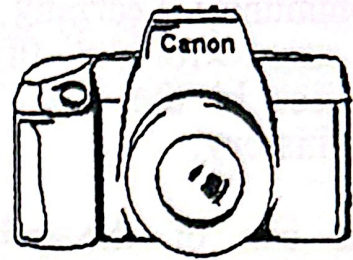
98 CHURCH STREET
 HIGHBRIDGE
 SOMERSET TA9 3HR

LES ROBINSON
 TEL: (01278) 782677

HOW ABOUT A CAMERA GROUP ?

We have had an offer from an experienced photographer who will give his time free for instruction in the technicalities of the camera and how to use it. How to take good pictures that you will be proud to show.

This is not an on going project, his time is limited so this will be a short course of only a few meetings.



If you are interested and wish to take advantage of this, contact -
Roy Preston NOW.

LUNCHEON GROUP

This Group got under way with our first lunch at the Highbridge Hotel Carvery. It turned out to be a very pleasant, informal occasion.

It was proposed to make this a monthly event to which everyone happily agreed, and for future occasions, in the summer months, for these to be held further afield, possibly as part of an outing.

Sylvia.

I would like to thank all concerned for making the luncheon on January 17th a success. We all had an enjoyable time, including celebrating a birthday. We had a good laugh and chatter.

Jean.

An end to the pain of junk mail

Those who have recently suffered a bereavement will know how distressing it can be when junk mail addressed to their loved ones continues to arrive long after their death.

Last year *The Bereavement Register* was launched. It is a completely free service to help people by removing their loved one's name from mailing lists, databases and telemarketing files.

For more information contact The Read Group (UK) Ltd, Freepost SEA8240, Sevenoaks TN13 1YR. phone 0870 400 5644 ■

HIGHBRIDGE HISTORY IN THE MAKING PROJECT

Highbridge is again to benefit from funding from the Adult and Community Learning Fund with a grant for a fifteen-month project in the town looking at it's history.

The aim of the project is to encourage local people to become involved in creating a lasting exhibition about the town using a variety of materials and techniques including oral history, computer interactive programmes, and possible publishing in the form of a book about the town.

The project will support the creation of the exhibition through community workshops at Dillington House Adult Residential College near Ilminster.

Participation in the project is FREE. It is open to anyone over the age of 19 who has not taken part in formal learning for at least three years.

While this is an exciting project it can also seem a little daunting particularly if those involved haven't done any learning activities for some time. But all those taking part will be supported by trained tutors as well as volunteers from the community who have first hand

knowledge of community learning.

Highbridge Express ran a pilot project with Dillington House last July in which ten local people spent a weekend at the college to learn about oral history, how to interview local people about their memories, how to record the interviews and how to best use the material once collected.

The Highbridge History in the Making Project is a chance for local people to learn more about their community, make new friends, learn new skills and create something lasting for the next generation.

Project Worker Lesley Dale says: "I really hope people will want to get involved. Highbridge has a fascinating and varied history, which deserves to be recognised, and local people have a lot to offer in terms of knowledge and skills. With their help we can create something worthwhile to celebrate the town and its people."

For further information contact Lesley Dale on 782063 or at Alpha House, Market Street, Highbridge, TA9 3BP.

OUTINGS

An outing is being booked for Tuesday 1st May to Cardiff and the Techniquet Discovey Centre. The coach is almost full but a list is kept in case of cancellations. The cost will be about £9.50.

Contact Joyce on 783913.

FEBRUARY QUIZ MEETING

by Stan Tencost

Keen quiz contestants congregated quietly at the Gospel Hall just off Old Burnham Road.

Numbers have dwindled since the first quiz held here, mainly because of the uncomfortableness of the venue. The kitchen and toilets left a lot to be desired, but the main complaint was the seating area - it was cold. At the last two sessions contestants played muffled up in scarves and top coats.

What a change when the few hardy members of the Group gathered at the February meeting. The Hall had been re-designed. The Dais moved right across the room so that the sunlight was now not shining into our eyes. And, wonder of wonders, someone had been in earlier to turn on the heaters. The whole place was snugly warm.

Previously we had discussed moving our meeting place to a different venue, but because it was so comfortable this time, we decided to carry on with our meetings here.

Quiz meetings booked at the Gospel Hall for March 14th, April 18th, May 16th and June 13th. All dates are Wednesdays.

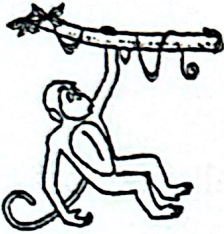
QUIZ INQUIZITOR : JOYCE BEARD

Highbridge History in the Making Project

Four of the U3A members who attended the History Weekend at Dillington House are looking forward to leading new groups there this year. Sixty new learners are sought to take part in these FREE weekends. How about YOU? The Chairman, Ann Young and Joyce Beard have full details. Don't miss out on this Highbridge opportunity

HAVE YOU EVER THOUGHT ABOUT PUBLISHING

A suggestion has been made that a 'Publishing Group' could be of interest to some members. Our already established writers need a vehicle for their work. Artists and designers could find outlet here for drawings, posters and the like. Computer or word processor owners would have a definite goal to aim for rather than just play around on their keyboard.



Think about it - use your imagination. Lots of different skills and disciplines could be put to use in a group such as this.

Don't just hang around. Get in on the Ground floor.

Contact Roy Preston

ART GROUP

We had a demonstration of painting on pottery at our art class arranged by Pam and we are looking forward to another one soon. I think that painting your own design on a plate or bowl would make a lovely present with a personal touch.

The Art Class are now doing spring flowers with some excellent results, well done everyone.

Jean.

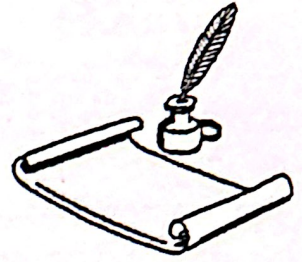
TABLE TENNIS & SWIMMING

There was only one member at the Table Tennis meeting booked in January and attendance at the swimming sessions has been so poor that it has been decided that both Swimming and Table Tennis meetings are suspended until members advise the Committee that they wish to meet again. This goes for any interest group that members wish to start. Let a member of the Committee know so that a convenient time and meeting place can be booked and a poster produced for the notice board.

Joyce Beard

Writers Group

Although the Writing Group has been in recess, most of its members have been busily acquiring tuition and new skills via the Creative Writing Course with the D of FE. This has been most beneficial and will enable the Highbridge Writing Group to recommence full of new ideas and direction after Easter.



Any members interested in joining would be most welcome. We are all amateurs and no previous skill is necessary. Please speak to Roy and leave your phone number for information.

HARRY PARKS

MOTOR SPARES

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Make Your Group a Happy One

If you have any suggestions or complaints to make about the group of which you are a member, or that you wish to join, don't just talk to your friend about it, make your comments known to the group leader, or alternatively, please tell any Committee member. The Committee is there to help you.

'If we don't know what's wrong, we can't fix it'.

2pm - Thursday March 1st

at

The Highbridge Community Hall

Phyllis Walsh presents:

an Eyewitness Account of the ERUPTION of VESUVIUS in 79ad.

£1. including refreshments

VOTING ON ELECTION DAY

Please note that if any member would like to apply for a postal or proxy vote for the County Elections on May 3rd and/or the General Election(?) due to a change of address, holiday or disability, Joyce has the forms for this (783913). Please let any new neighbours know too.