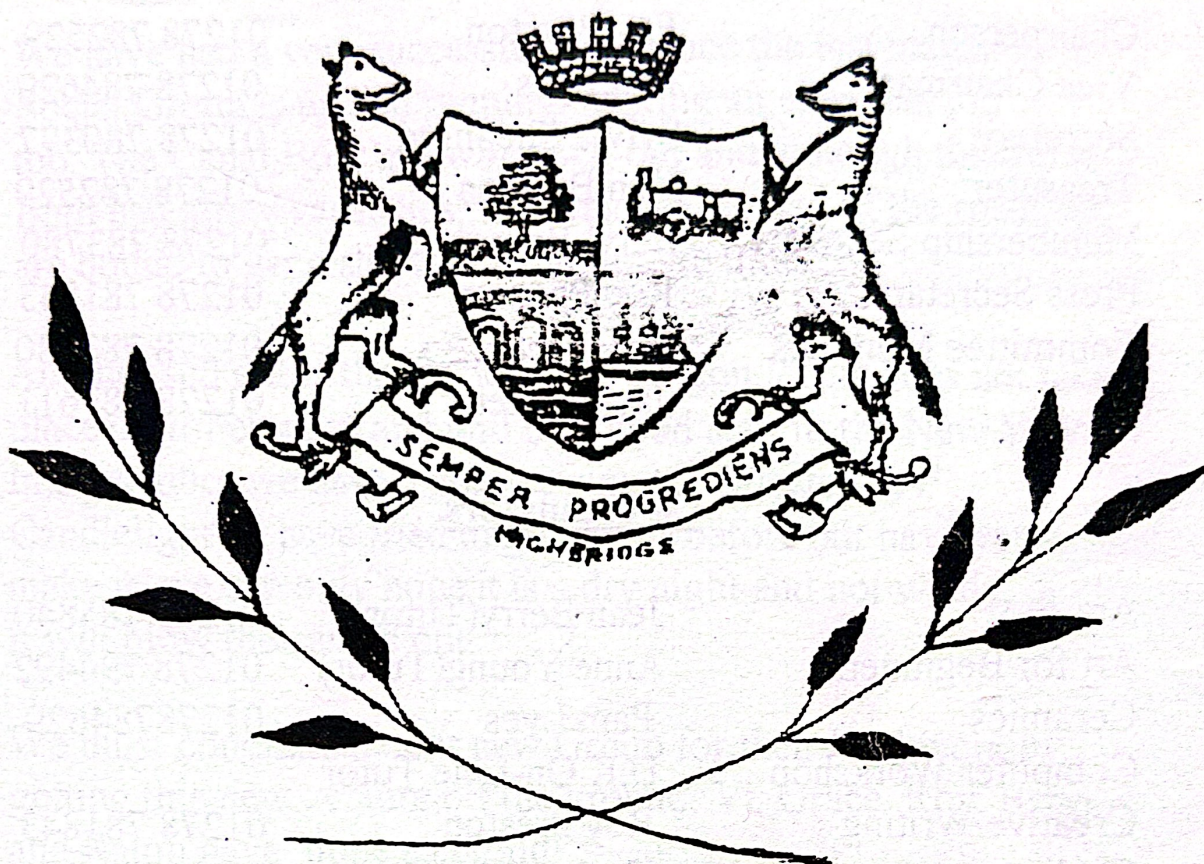


U3A

FAY & ILEN



of
HIGHBRIDGE

AUTUMN

2002

NEWSLETTER

WHO'S WHO

Members of the Committee

Chairperson	Fay Burston	01278 782529
Vice Chairman	Phil Lyes	01278 784629
Secretary	Sylvia Shepherd	01278 780377
Treasurer	Ken Burston	01278 782529
Membership Secretary	Beryl Bryant	01278 783780
Press Secretary	Roy Preston	01278 781843
Committee Members	Roy Bryant	01278 783780
	Jack Foster	01278 787611

Co-ordinators

Art	Jean Berry(Tutor)	01278 785840
Art for Beginners	Anne Young(Tutor)	01278 794492
Ceramics	Pam Lyes	01278784629
Computer Workshop	U.K.On-Line Tutor	
Creative Writing	Roy Preston	01278 781843
Cycling	Barbara Palin	01278 784187
Gardening	Sylvia Shepherd	01278 780377
Keep Fit	Joyce Beard	01278 783913
x Line Dancing	Anne Smith(Tutor)	01278 780146
Local History	Joyce Beard/Phyllis Walsh	
Luncheon Club	Fay Burston	01278 782529
Play Reading	Tony Webb	01278 787843
xQuiz	Joyce Beard	01278 783913
Scrabble/Board Games	Betty Worthy	01278 785106
Skittles	Ray Reddish	01278 785411
Speakers Corner	Yvonne Preston	01278 781843
Strollers	Fay Burston	01278 782529
Swimming	Phyllis Walsh	01278 786486
Social Group	Vi Chick	01278 784033
Welfare	Fay Burston	01278 782529

Should you wish to join one of the above activities please contact the co-ordinator to obtain details of the venue, times and other relevant details. A small fee is often necessary to cover the rent of the venue and your tea/coffee during a break in activities.

Editorial

We have had a very successful time since the last magazine, our Social Group is up and running, making an excellent job of it too. The Canal Boat trip was a sell out and although the trip to Bath had a few vacancies, this was not the end of the road; we are bound to get a shortfall from time to time.

Another sell out is the trip to 'Miss Saigon.' This does not take place until February and will be a good start to the New Year. In December we have a coach going to 'Dunster-by-Candlelight', I have tried to go on this before but have yet to make it, we can only hope it is a dry night and not windy, or else it will blow the candle out.

We must congratulate our new Group for their hard work in getting this new venture off the ground, Vi, Grace, Roy, Beryl and Ralph have 'done us proud'

Line Dancing, although this appeared to create interest initially it did not meet with the success we envisaged. Perhaps the clash with summer holidays of members and visits by families and grandchildren during the past few weeks did not bode well with this particular pastime. We will try again later if Anne is prepared to give it another go.

Unfortunately, the caretaker for Southwell House failed to open up on Monday 16th September for the Speakers Corner and this meant that the talk had to be cancelled, I understand it is being arranged for January.

Thank you members for your support and interest, we, who organise events are truly indebted to you all, thanks!.

NEWS FROM THE GROUPS

Line Dancing

The 7 week Beginners Course has concluded. It became apparent that the timing was wrong; holidays and grandparenting causing poor attendance. However, those who came were enthusiastic and at the finish had learnt many basic steps, which are incorporated in 10 dances.

Many thanks to Fay, without whom this would not have happened. Also thanks to Barbara, Margaret and Fay for giving their support.

I believe there are 3 regular Beginners Classes soon to start in Puriton, Hutton and Uphill.

Anne Smith



Coffee Mornings

I feel it is time we thanked the volunteers who make and serve up the coffee, plus bickies, at our Coffee Mornings.

These members do a very important job on a Wednesday morning each week and we greatly appreciate their efforts.

We do have a problem sometimes when the milk is forgotten, but with Norman's just across the road, it does not take long to get a supply.

So, please may I, on behalf of all members who turn up every Wednesday, thank all the volunteers for their sterling work.

ART

Both Art Groups have again done well in the 2002 West Huntspill Flower Show. The 'students' had been preparing, under the guidance of Jean and Anne, their exhibits for the show for some weeks. The majority were Water Colours, a few would be Pastels.

The members have their own preferences, Jack Foster and Shirley Adams tend to like pastels, how they avoid getting it all over hands, arms and cloths I don't know. Jean is still trying to get us on to oils but is not having much luck.

However, back to the show, we had entered 22 'works of art' and managed to get the awards. Pauline Chapman won 1st prize with her water colour of a London Scene looking toward the Eye. 2nd prize went to Shirley Adams for her pastel of some Sun Flowers, and, much to his surprise, Jack Foster picked up a 3rd prize for his pastel of Tewkesbury Abbey. (Jack is still not able to believe it)

We had an extra cause for pleasure in that the Judges, whoever they were, made a special note—'Judges Comments'

"Very impressive group and many congratulations to all entrants"

Other successes were; Anne Young 1st prize- Painted Silk Scarf
Eileen Smith 2nd prize-Crochet Jacket

Collin Moore 3rd prize-Animal photo

Incidentally, you may remember that last November we held an ARTS & CRAFTS EXHIBITION in the Community Hall, well we propose to hold another this year.

It was very successful and we actually made a small profit from the raffle and sale of goodies. Some of the artists sold paintings, so we will do it again.

The date is; **23 rd NOVEMBER** from **10.00** to **4.00**

So make a note of the date, we will need a few helpers, plus someone to sell raffle tickets and generally be available to help out. Admission will be by a 20p free raffle ticket.

The Art Group had a day out on Thursday 19th September with a party travelling down to the Lower Maunsel Lock on the Bridgwater/ Taunton Canal. We set off from Southwell House at 10.30 and made our way to North Petherton and North Newton.

The weather was great, a fresh morning but dry. We each decided what we wanted to paint and set about sketching the scene; some chose the lock and bridge; others the waterway and the craft that were moored on the canal.

We had each taken a picnic lunch and so took a break after an hour or so to see how each of us had got on. Jean was on hand to give advice and we found that the out door experience was rewarding, in the past the painting sessions had involved copying from books, postcards etc other artists works.

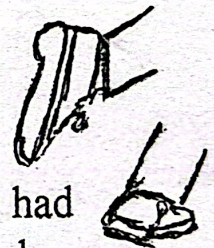
It proved to be a good experience and is something we must do again next year.

STROLLERS & LUNCHEON CLUB

Since the last issue of the magazine there have only been two walks, due to holidays. The first was in August, a lovely day, when we walked around Downend, near Dunball. Surprising how many members had never walked around there; this is an area that has gone quite up-market in the last couple of years, easy access to the motorway is probably the reason, an interesting walk.

Someone, I won't say who, went scrumping, ate apples they had picked a little early and as a result, had tummy ache later in the day and definitely wished he hadn't done so. Vowing not to do it again.

The luncheon club met on the same day at 12.30p.m. after the walk at the "Puriton Inn", where we were joined by a further seven members making a total of sixteen. The "Puriton Inn" has recently been taken over by new people, who were obviously still getting used the place, so perhaps not a good time to judge them. Previously it has been very good, unfortunately this time it was not up to its usual standard. The company was great and I think we all enjoyed ourselves, better than staying at home, being miserable.

STROLLERS

Friday the 13th September was not a good day for us as we had planned a walk in Uphill while the weather was so nice and dry, this was not meant to be, seven people do not fit into one car. Plans were changed, a walk down the Clyce and along beside the river being the alternative. By the lock gates we met a couple of enthusiastic walkers(lost) and were able to assist them, then commence our own walk. However we had not gone very far before we encountered a rather large bull in the next field we had to cross, at the time he was in the company of several cows.

STROLLERS - SEPTEMBER (contd)

We decided to change our route and walked down to Alstone Animal farm, here we saw two of the largest bulls (safely fenced in) I ever seen, they weren't at all interested in us. Then along Alstone Road and into Alstone Lane, back along the main road, it was surprising how long this walk was. When we reached to "Highbridge Hotel" some of the group decided to call in for a meal, and I understand the carvery was enjoyed, it being excellent value for £3.50.

LUNCHEON CLUB - SEPTEMBER

In September luncheon club went to the "Fox and Goose" which has recently re-opened as a lot of members wanted to try it out. Betty & Pete Worthy were particularly anxious to try this new venue, however they did not make it as they were attending Bob Titfords cremation service. Quite a few of our members attended this service, which I am sure will be of great comfort to Ethel, to know she has many friends who are thinking of her. I must say the meal it was very nice but rather expensive for a casual lunch in the week, a great place to go for a special occasion. I think everybody enjoyed the visit, it was nice to try somewhere new as well.

Just one problem, they weren't expecting us.

When you think I rang one month beforehand to arrange the meal. Then rang on the Monday to query an item on the menu, rang later the same day to place the order for the food required for twelve people, plus two to order on the day. Two days later they knew nothing about our booking, not very impressive!!

Fay Burston

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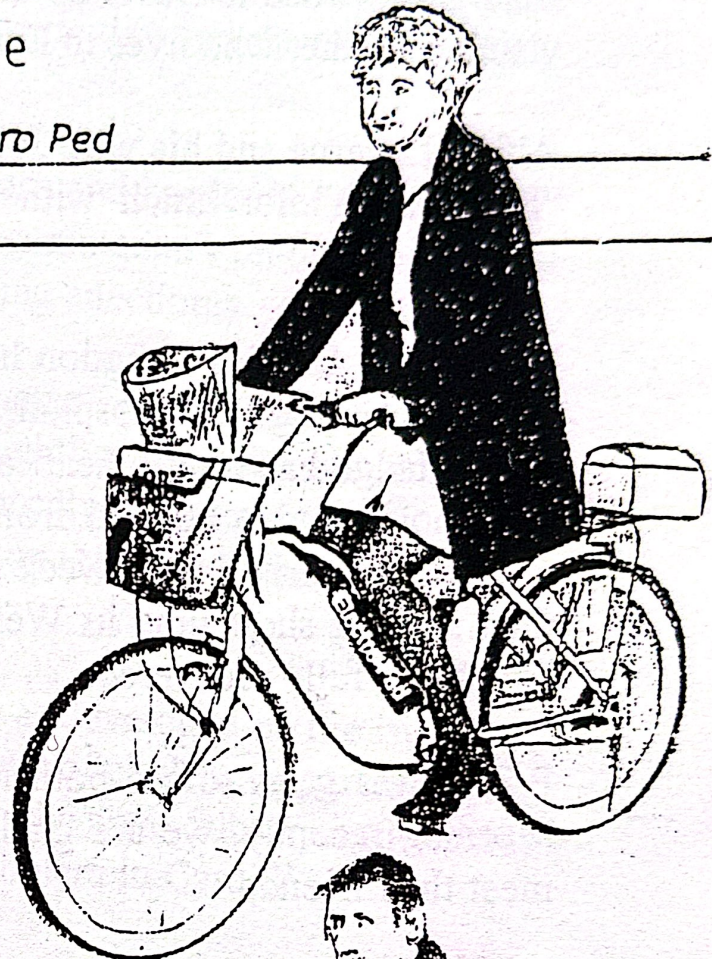
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LES ROBINSON

Some U.3.A. of Highbridge members have had an unfortunate period recently, due to ill health.

Firstly, Maureen McLaren's mother has been ill, this means that Maureen has had to travel up and down the M5 a lot recently to visit her mother who lives in Exeter.

Alfred Loverne and his wife Julie had to cancel their visit to the "Puriton Inn" for lunch with the Luncheon Club as he was unwell.

Madge and Charles Langdon have both had problems recently, Charles had to go into hospital, returned home after a short time. Then Madge had a mild heart attack and after a short stay came back home and is banned from driving for a month. She had only been home about a week then Charles was re-admitted; he then spent a short time in Weston convalescing, is now home, hopefully, fully recovered.

P.S. It was good to see both Madge and Charles at the Coffee Morning recently, we are glad that they can again get out and meet their friends.

The Welfare group keeps in regular touch with members and their families should they, at any time, be unfortunate to be ill and sends to them the members' wishes for speedy returns to good health. It is our wish that all members and their families enjoy the best of health, but, unfortunately this is not always so.

IN SYMPATHY

It is with deep regret that we have to advise members of the death, following a long illness of:

BOB TITFORD

Bob was one of our earliest members and will be sadly missed by all. The regular Skittle players will remember Bob for his enthusiasm.

We offer, on behalf of all members, to Ethyl, and Bobs' Family our condolences.

The Balmoral Cruise

On Wednesday 11th September our cruise on the Balmoral was blessed with a beautiful sunny, warm day and the sea was like a millpond.

We met in the Bank Street car park and headed for Clevedon where we boarded the boat. The commentary on board ship was expertly done and full of interesting anecdotes

The voyage across the Bristol Channel passed Steep Holme and headed towards Flat Holme, the lighthouse on the island in not now manned but is controlled centrally from Lowestoft.

Although two people do still live on the island where they farm and have a large flock of sheep.

Many years ago a fever hospital was developed on the island due to there being frequent incidents of cholera, apparently sailing ships were often moored in the area. Subsequently it was used to deal with an outbreak of cholera in Cardiff..

The voyage continued along the Welsh coast and then headed back toward Clevedon the flow of information continued throughout and everyone agreed that we had had a thoroughly interesting day out. On approaching Clevedon we 'encountered' man on a surf board, who appeared to be crossing the Channel the hard way. The captain of the Balmoral hove too and checked with the swimmer that he was alright before continuing into port, this resulted in us disembarking later than anticipated and as the tide had gone out somewhat, we had to climb the many steps back onto the pier.

Ralph Galton

Speakers Corner by Yvonne Preston

What do you do on a Monday afternoon? Particularly, the third Monday in the month. If you are bored with staying at home watching the same old programmes on the telly or otherwise just idling the time away, come and listen to something new at Southwell House. You are invited to join in with a newly formed group who meets there to be entertained by a different speaker each month.

The first meeting was in April when Cyril Brown, who spent most of his working life in the Film and TV industry, explained some of the technicalities and difficulties of matching sound to pictures. He then carried on with a talk full of anecdotes of many of his experiences with personalities, some of whom are household names, others are not so well known. If we can get him to come back, be sure not to miss him next time.

In May we had a visit from Joyce Dunbavan the Chairman of "Sounds and Voices" the locally produced talking newspaper for the blind. See explained that the "Sounds and Voices" organisation, run completely by unpaid volunteers, produced an audio tape every two weeks for free distribution to the registered blind people in the West Country.

Side one of the tape is usually made up of news items of interest to blind people taken from the local newspapers. The second side comprises a magazine type programme with items of a lighter nature. Interspersed with her talk she played excerpts from various tapes including one of an interview with Ken Hindle, Chairman of Burnham U.3.A. Joyce tackled a serious subject in a very interesting and entertaining manner.

Our last speaker, who visited us in June, did not have to travel far, it was Liz Wheatley who runs the shop in Highbridge. Liz gave a very informative on complimentary therapy, describing various disciplines of alternative medicine, including acupuncture, massage, herbalism, cranium manipulation (including a description of the mind boggling Orgasmatron) and other aspects of her 'trade'.

She explained some methods of massage using charts and hands on demonstration. At least two members of her audience benefited from the experience. Our Chairperson, Fay Burston, told me afterwards, that using the "Wheatley Technique" of massage has eased her sinus trouble. Yvonne Preston claims that massage of a particular spot on her thumb has given her relief from her backache.

Every month Speakers Corner presents a different speaker and a different subject. In July Mr Roy Jones whose talk was entitled "It Seemed a Good Idea at the Time" entertained us. What was this about? You missed a very entertaining talk if you missed this one, Mr Jones was once a policeman and his experiences provided 'a laugh-a minute'

Yvonne Preston 25/06/02



WANTED!!

I am looking for a Handyman/Carpenter who would be prepared to make a 'SANDWICH' type notice board for us. We would supply/pay for the materials but we need someone who can weld a nifty saw etc. I will not go into details now, but would discuss the construction with whoever may be able to help us.

IT's ALL YOURS

**THE
ART & CRAFT EXHIBITION
ON
SATURDAY 23rd NOVEMBER 2002**

**AT
HIGHBRIDGE COMMUNITY HALL**

**THIS IS AN OPPORTUNITY FOR ALL THE
MEMBERSHIP
TO DISPLAY AND ADVERTISE ALL THE
VARIED ACTIVITIES AVAILABLE WITHIN
THE GROUP.**

**APART FROM THE ART-PHOTOGRAPHY-
CERAMICS; THERE MUST BE A NUMBER
OF HOBBIES OR COLLECTIONS THAT
MEMBERS ALREADY ENJOY-
EG. TAPESTRY, EMBROIDERY, SOFT TOYS
MODEL MAKING, FLOWER ARRANGING.**

**TO DISPLAY YOUR OWN HOBBY OR INTEREST MAY
WELL ENCOURAGE OTHER MEMBERS OR VISITORS
TO TAKE UP A NEW PURSUIT.**

**IT WOULD BE NICE TO BUILD ON LAST YEARS
SUCCESSFUL SHOW-SO GET THOSE ENTRIES IN
AND LET US HAVE AN ENJOYABLE DAY.
REMEMBER THE EXHIBITION**

IT's ALL YOURS

**ENTRY FORMS FROM: SYLVIA SHEPHERD, PHIL
LYES AND JACK FOSTER.**

International Folk Festival----Sidmouth 2002

This year it was the usual brilliant, vibrant collection of dance, music and song. The Portuguese Team from Lavradeltas de Arcozelo was a joy to watch, the dances were very simple and repetitive but the dancers and musicians were of all ages. From a little lad of barely two years strumming away at his guitar, with the band of parents and grandparents, plus two younger boys, dancing happily with the team

This is Folk Dancing as intended—no age barriers.

I pass on a quote from Barrie Bullimore, at a Social Workshop I was stewarding at 9.30 am, "Folk Dancing is wife swapping to music"—"A contra is where you get a different lady in your arms every 30 seconds." He also had a fascination for the two figures in a dance "box the gnat" and "swot the flea".

Apart from the fact that the weather slowly deteriorated during the week, culminating in such a muddy camp site that cars were not allowed in on the Friday; I had to carry all my luggage and two wet tents off the site, it was a good week.

Anyone interested in sampling the delights of Sidmouth at next years' Festival' contact Joyce Beard for options available.

Joyce Beard

The local ice cream man was found lying on the floor of his van covered in hundreds and thousands!

The Police say, 'He topped himself.

A teenager went to a really energetic "Seafood Disco" last week. He pulled a mussel!.

Some old ways may be the best

I recently visited an old Italian friend of mine who had been ill for some time and was still suffering from a acute back pain. She was talking to me of her life on the family farm in Italy that she had left in 1950.

She was saying how the whole family worked in the fields bent double; and at night she would lie flat down on the floor and one of her brothers would walk up and down on her back to relieve the pain. Which it did. I, in my ignorance, thought this was probably the origin of the back trouble.

However, the next day at the swimming club for the disabled one member was talking about her sister who had had severe back pain for a number of years. She had been given the same treatment by a practitioner in this country and was now cured.

I could hardly believe what I was hearing, so maybe there something in this treatment; but I am not recommending it to my friends. Not yet!

Phyllis Walsh

Doctor, I can't stop singing" The green, green grass of home"
That sounds like the- Tom Jones Syndrome
Is it common?
Well---It's not unusual.

Are you a budding laureate hiding your light under a bushel?

WRITE A POEM

Will you please write a poem
Will you compose a rhyme.
Oh please put pen to paper
Not act it out in mime.

Example of your work we seek
To put it in a book.
Have you something we can use
That's worth a second look?

You don't have to be a Walter.
(de la Mare that is)
Don't try to copy Shakespeare
And produce work like his.

All we need from you dear friend
Is a ditty short and sweet.
Come please put pen to paper,
Do not admit defeat.

Don't say "Oh I can't do it"
Or "I don't have the time"
If you wake up a latent gift
Would that be such a crime?

What ever takes your fancy
Write it down today
You might become a famous scribe
Toast of the U3A

Go on, why not have a go
And see what you can pen
You might find that you like it
This writing acumen.

You'll write an epic saga
Amazing every one
Or maybe it's a limerick
That you write just for fun.

Even Pam Ayers' style of thing
Will not be too ambitious
Try giving it a little thought
While washing up the dishes

Get your grey matter stirring
And don your thinking cap.
Suddenly, brainwave will come
Just like a thunderclap.

Your work should be submitted
Anthology awaiting
For publication of the piece
That you have been creating.

A collection of poems and short stories will be published soon by the U3A of Highbridge Creative Writers group. Inclusion in this anthology is open to all members, you do not have to be a member of the Creative Writers group for your work to be included. Submit your masterpiece now so that it can be recorded for prosperity. Contact Sylvia Shepherd now.

Computers-What Sex are they ?

A discussion took place recently within mixed company and there were very different opinions.

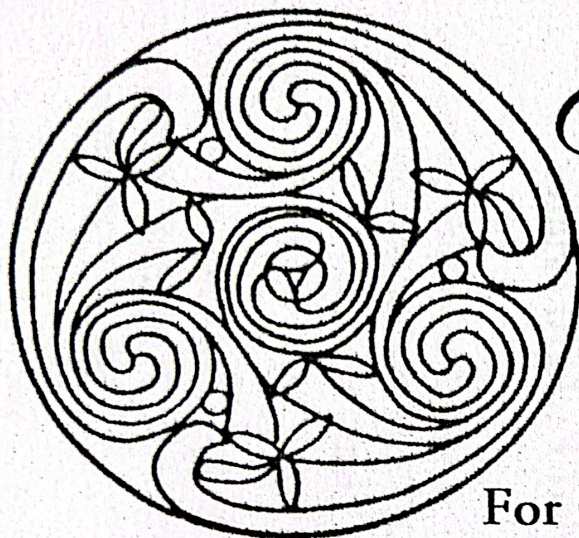
The Ladies decided the computer was masculine, because:-

- 1) In order to get their attention, you have to switch them on.
- 2) They have a lot of data but are still clueless.
- 3) They are supposed to solve your problems, but most of the time they are the problem.
- 4) As soon as you commit yourself to one you realise that if you had waited a little longer you could have got a better one.

The men, on the other hand, were convinced computers are female because:-

- 1) No-one but their creator understands their internal logic.
- 2) The language they use to communicate with each other is beyond the comprehension of everyone else.
- 3) The smallest mistakes are stored in long-term memory for later retrieval as required.
- 4) As soon as you make a commitment to one you find yourself spending most of your income on accessories for it.

Any comments?



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THE LISBON MARU

How many are left that remember
 The hell ship that sailed from Kowloon
 How many boys have grown into men
 How many that died far too soon?

She sailed from Hong Kong on a fine
 Autumn day
 Full of prisoners en route to Nippon
 Bound for a land which we had been told
 Welcomed the fit and the strong

Four days out in the China seas
 The weather fine and the water calm
 When a thump from below is felt by all
 The engines stop, is there cause for alarm?

Below! Below! Shouts the Jap in charge
 And into the holds we are crammed
 Battened down like rats in a trap
 A hell hole, and we are the damned

Two days and nights we suffered such fate
 With no water, no food and no light
 The air it was foul with our own hot
 breaths
 We were snared by our own hopeless
 plight

We could feel that the ship was sinking
 And we knew that our time had run out
 "Break open the hatches" the order came
 "Its now or never" echoed the shout

Up from below like the proverbial rats
 We clambered out into the light
 Then the Nips began shooting, the
 bastards!
 Men died with no hope of a fight.

Down the sloping decks into the water
 "Thank God" it was calm and clear
 We slid and we jumped and we scurried
 Too relieved at release to sense fear

Strung out in a line just like flotsam
 We were carried along on the tide
 Some made it ashore to an island
 Some floated away and were drowned

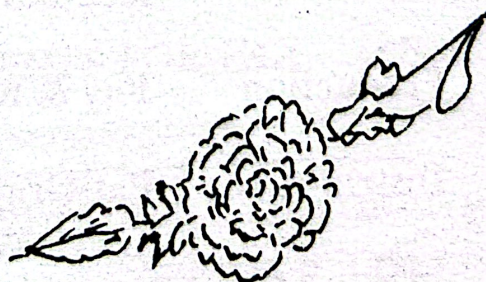
One thousand eight hundred and sixteen
 POWs were aboard when she sank
 And over a thousand perished
 On a Jap ship that was sunk by a Yank!

How many are left that remember?
 Time has whittled them down to a few
 Yet we who remain will never forget
 That hell ship the Lisbon Maru.

_____0_____

This poem was written by a survivor

It was submitted by Margaret Paul.



QUIZ ANSWERS

James Herriot was a vet, in which part of the country?
Yorkshire Dales.

Can you name the second famous gorge on the Mendips near the village of Easton?

Ebbor Gorge

What was the earlier name of Bank Street, Highbridge, before Lloyds Bank was constructed?

Quiet Street

QUIZ

Which member of the Royal Family said? "I should like to be a horse"

Can you fill in the missing words?

29 = D in F in a L Y

This is a T.V. Programme?

Clue

(Kindred Riches)

Editor

Ken Burston

Production

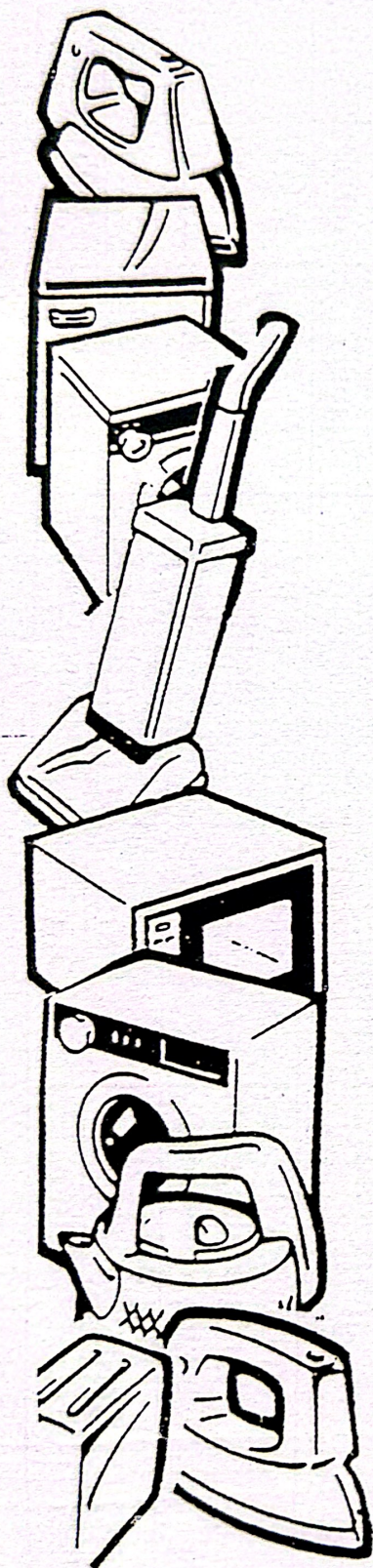
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**Pat Gray, Betty Pocock , Phyllis Walsh
 Gwen Williams and Roy Preston**

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GROUP ACTIVITIES TIMETABLE

DAY	MORNING	WEEK	AFTERNOON	WEEK	Venue
Mon			Speakers Corner Creative Writing	3rd 4th	Southwell House Details in Diary
Tues			Keep Fit Scrabble Art II	Weekly Weekly Weekly	Morlands Hall Morlands Hall Southwell House
Wed	Coffee Morning	Weekly	Ceramics Quiz	F/nightly T.B.A.	Southwell House Gospel Hall Gospel Hall
Thur			Art I Computer	Weekly Weekly	Southwell House On-Line Centre
Fri	Skittles Strollers Cycling Play Reading	1st/3rd 2nd 4th 4th			Royal Artillery Inn Wilds of Somerset Local Area 4 Brue Crescent
History This Group is temporarily at rest-details to t.b.a. Luncheon Club This Group meets on various days--See notice board for details of days , dates and venues. Committee Meetings Now held on 3rd Friday bi-monthly If you are a member of a Group and perhaps unable to attend a meeting PLEASE contact the co-ordinator. This is very important and avoids problems when finalising arrangements.					