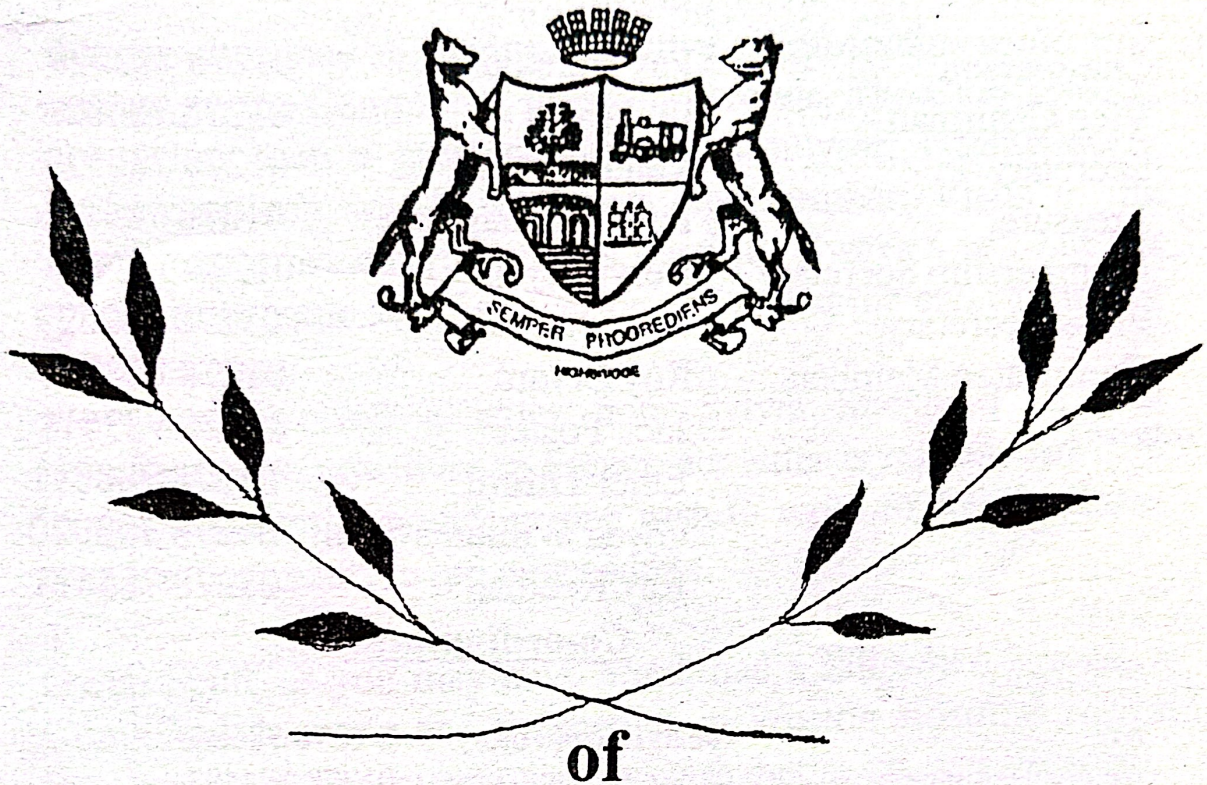


U3A



HIGHBRIDGE

<http://mysite.freemove.com/U3AHighbridge>

WINTER

³
2004

NEWSLETTER

ISSUE NUMBER 17

WHO'S WHO 2003/2004

Members of the Committee

Chairperson	Fay Burston	01278 782529
Vice Chairman	Phil Lyes	01278 784629
Secretary	Ken Burston	01278 782529
Treasurer	Pauline Chapman	01278 785163
Membership Secretary	Beryl Bryant	01278 783780
Press Secretary	Ken Burston	01278 782529
Committee Members	Roy Bryant	01278 783780
	Jack Foster	01278 787611
	Ethel Titford	01278 788811
	Gwen Williams-Scull	01278 793020
	Ray Reddish	01278 785411

Co-ordinators

Art	Jean Berry(Tutor)	0 1278 785840
Art for Beginners	Anne Young(Tutor)	01278 794492
Computer Workshop	U.K.On-Line Tutor	
Creative Writing		
Cycling	Barbara Palin	01278 784187
Gardening		
Keep Fit	Joyce Beard	01278 783913
Luncheon Club	Fay Burston	01278 782529
Play Reading	Tony Webb	01278 787483
Needlecraft	Beryl Hearn	01278 781947
Scrabble/Board Games	Betty Worthy	01278 795823
Skittles	Ray Reddish	01278 785411
Speakers Corner	Jack Foster	01278 787611
Strollers	Fay Burston	01278 782529
Swimming	Phyllis Walsh	01278 786486
Social Group	Vi Chick	01278 784033
Welfare	Fay Burston	01278 782529
Yoga Practice	Phyllis Walsh	01278 786486

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 information. A small fee is often necessary to cover the rent of the venue and your tea/coffee during a break in activities.

Editorial

Welcome to a New Year with the U3A of Highbridge. 2003 was a good year; we achieved such a lot, the membership increased during the year, we now have 103 members,

We are fortunate in having an active membership, something that we, on the Committee, greatly appreciate. The Club's Social Group has been a great success this last year; I think every outdoor activity was blessed with fine weather. Visits to the theatre and other entertainment's were not always a sell-out but we did have some satisfied 'customers' and at the end of the day that is our aim.

We have received a letter from Sylvia Shepherd (a past Hon.Sec.) who now lives in France, her letter is reproduced later in this magazine, should anyone wish to write to Sylvia please note her comments re her new address.

Gwen Scull, as you may have heard, had a fall when leaving a Committee Meeting and finished up in Weston Hospital with a few broken bones, we obviously wish her a speedy recovery. Gwen has resigned as Editor of the Diary so Grace Galton has agreed to take over and will edit the Monthly Diary. She has asked that Group Leaders advise her of their requirements, (i.e. dates, times etc. especially if there are any changes to normal) for inclusion in the Diary; otherwise your section in the Calendar may be left blank.

N.B. Betty Worthy has moved, her new phone no. is 795823

Now for an important notice--- please take a look at the 'centre fold' of this magazine,(Page 11).

New Year Party or Social Get-together. We propose to have the New Year Lunch at The Orchard Inn. West Huntspill.

This is an invitation to ALL MEMBERS -yes- ALL

Editorial(continued)

At the start of the New Year there are a few items I must draw to your attention:-

Sadly, we have to announce the death of Ralph Galton. Ralph, as many of you will know had been ill for some time but it was thought he would be back before too long. Unfortunately, this was not to be, he passed away peacefully, early on Sunday 21st December and we all extend to Grace our sympathy and condolences.

The Advertisements in the magazine have seen a few changes; 'Stan's Bikes' is no longer called that, the business has new owners-Antony and Jane Brooks who have changed the name to:- 'SKIDMARX CYCLES'.

We trust all the cyclists amongst you will continue to use their services.

The Wheatley Clinic has changed its advert; Liz Wheatley has kindly agreed to continue to advertise with us although she has re-located to Burnham.

'Pople's' and 'Sandra' are continuing to give us their support so please try to reciprocate.

Club News:

Some members have voiced an interest in the Club organising a holiday during the summer months. The Tinsel and Turkey Breaks are always popular and well supported. It is not our intention to have a Travel Group as such but if there is sufficient interest we could look into the possibility of investigating what is involved and putting something on. Please have a word with a Committee Member and pass on your ideas.

News from the Groups

Art I

This group is very popular at present and is now FULL; Jean feels she cannot take additional 'students' just yet as she is busy tutoring the recent additions to the class. But don't despair there may be vacancies before too long, we are looking forward to Southwell House being enlarged in the not too distant future. Restart after Xmas--- Thursday 8th January 2004

Art II

This Tuesday Group is progressing nicely and also is well supported; it starts again on the 6th January 2004.

Ceramics/Cycling

I have not received any reports from these Groups, so would assume they are happy with their current arrangements.

Computer Workshop

The new 10-week course starts on Thursday 15th January at 1.15pm please let me (Ken Burston) know if you wish to join this new term, the fee will again be £40.00 for the course. At the time of going to press we had ten entrants, so could take one or two more if the need arises.

Creative Writing

We are not sure if or when this Group will start again, you will have seen the sad news about our friend Ralph. The budding writers amongst you will have to bide awhile until we can re-assess the situation.

With Therapies from Acupuncture to Shiatsu

Crystals Galore

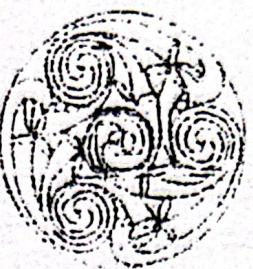
And much, much more

Come on!

Pop in and see

What there could be for you in

The Wheatley Clinic



Complementary Therapy Practice

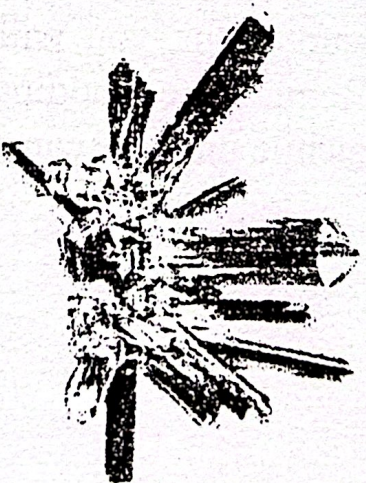
Crystal & Gift Shop

29 College Street, Burnham-on-Sea, Somerset, TA8 1AS

Tel: (01278) 788170

email: therapies@wheatleyclinic.co.uk

website: www.wheatleyclinic.co.uk



Keep Fit and Board Games

These activities will re-start on Tuesday 6th January following the Xmas break.

Luncheon Club

The lunches remain a popular activity, our members certainly like their food. Since the last issue of the magazine we have visited The Railway Inn in Burnham and The Crossways. West Huntspill.

Skittles

This carries on whatever happens, we have had some good attendance lately with new members beating the regulars. The Christmas session was great with 25 players; a few high scores were obtained. 19 enjoyed the Xmas lunch of turkey or beef with all the trimmings afterwards, plus Xmas pudding. Come along to the Royal Artillery, it is a good fun morning.

Social Group

The leaders are about to issue their 2004 Calendar, so get your diaries out ready. It was a very satisfying first year and it promises to be another full programme.

Welfare

Our best wishes obviously go to Gwen Scull after her fall and we trust she will be home and about again soon. This time of the year there are colds and the flu seems to be taking its toll irrespective of the 'jabs'. Fay has been sending out 'Get Well' cards fairly frequently; we hope all the recipients are now fully recovered.

A Letter from France

The following is a copy of the letter received from Sylvia and Malcolm by Fay and Ken Burston. It was thought that members, who are not able to attend the Coffee Morning, may like to be up-dated on our ex Hon Secretary's life so far in their 'new' country. (A copy of this has already appeared on the Club notice board.)

Dear U3A Members

Well here we are at last, I can write and tell you that we have finally found a house, after 5 weeks of searching and viewing 25 houses. Needless to say we were all but exhausted, having travelled about 300 or so miles each week.

Property prices are rising fast and there is no shortage of buyers, so we were delighted when we found this bungalow, set facing the sun, down a quiet lane at the edge of a village. Similar to Alstone Lane I suppose; but fields and vines surround this place, though we do have a few neighbours too.

The house is set in about an acre and comes with its own ride-on mower. So Malc has got himself a Tonka Toy! We can't wait to move in, but we don't get completion until about mid Jan, so we shall have to be patient. Malc has already designed a huge conservatory for the back of the property and is engrossed in leaflets and catalogues from Bricetage (builders merchants). I am making plans for the garden, not lots of beds and border this time, but trees and shrubs with some pots and one or two small beds. But I do want to do some veges; the soil is very sandy and well drained, unlike the Sedgemoor clay we had to contend with.

It's a beautiful day and I am sat on the patio outside the Gite(cottage) we have rented for 3 months, The owners Nikki and Jan(English) are going to Australia for 3 weeks over Christmas and we have agreed to take charge of their chickens and rabbits and their dog Penny, so I think we have a busy time ahead. In payment for this, Jan is allowing us to stay on in the Gite free for the extra 3 or 4 weeks until our completion date. He also has work for Malcolm to do now that our traipsing about house hunting has finished.

The weather this month has been better than October really, as we had a cold snap for a few days with frost at night (which was a bit of a shock) followed by a few days of wet and stormy weather. November has seen lots of sunshine, which we are pleased to see.

This Gite is set in 9 acres of land and forestry and is well appointed. Anyone wanting to come to France with a family could do worse than stay here, its very good. However, we do hope that we shall have room at our new house for friends and family, once the conservatory is built, as that will give us a fourth bedroom.

House hunting over, we now have the French bureaucracy to overcome and we are currently getting ourselves placed on the Health System, which requires forms translated and photo copies of birth and marriage certificates etc.

French language is coming on gradually and I can usually make myself understood with my meagre French and others meagre English, we get by. But mostly people are friendly and helpful, and make us feel welcome. I think about you all on Wednesday mornings and all that noisy chatter and remember this time last year with the Art and Craft show; I hope that it will be something that will be continued from time to time. Also the skittles that I think is where we enjoyed most of our time, the friendly banter and all those meals, I hope it can continue for everyone.

If anyone wants to reply and we certainly hope they will, we look forward to receiving news of everyone, they can write to us still at 18, Alstone Lane, as our mail is being forwarded until the 5th January. I look forward to my computer, as lots of handwriting seems very slow and illegible at times.

Our new address is: - 6, Les Grande Plantes, St Paul-de-Blaye 33390 FRANCE **but not until mid January** at the earliest, providing everything goes well. I will let you know as soon as we move in. Julia, our daughter is still working at the "Orchard" and hopes to move up into a more managerial position in the New Year. She wealds a formidable carving knife on Sundays at the carvery and can keep you up to date with our news if you interested and happen to be in there.

Please wish everyone a Happy Christmas from us both and a bright and contented New Year. As soon as I can get on to my computer I shall write something for Grace's web-site, in the New Year.

Love to all and Best Wishes Sylvia & Malc.

P.S. We thought we would like to buy something for the garden with your generous donation, something that would bloom each year in memory of you, will let you know what we have chosen, in due course.

Sylvia, as some of you will know was responsible for organising our Art and Craft show, held in a November. We decided to give it a rest this year, but hope to hold another show in 2004, so that it can be more like a bazaar with things for sale. She was also our poet, having had a number of poems printed; we hope she will be able to pen a few more for us from France.

NEW YEAR PARTY

**It has been proposed that we have
a Lunch at The Orchard Inn
West Huntspill**

**Wednesday 21st January 004
ALL MEMBERS ARE
INVITED
YES ALL!**

**Please take a look at the details
and decide if you would like to join
other members at this
Gathering of U3A of Highbridge
Members.**

Read on and decide

Read on and decide----THE LUNCH ??

TIME---It has been arranged for 12.30pm

There is a bus stop outside the Inn

Because there are arrangements to make it is very important that we know by the Wednesday Coffee Morning **January 7th 2004**

So please check out all the details and decide if you wish to attend, if you do:

Tell a Committee Member as soon as possible, our wish is that as many members as possible attend; there is a limit set at **60** so get your reservation in early.

The meal:- Course 1----- Carvery or Vegetarian option

Course 2----- either a Starter or Dessert

The charge per meal is-----**£6.00 for the two courses, to be paid when making your booking.**

The Club will sponsor the meal up to its full price of £7.95.

If you wish to bring along a Husband or Wife or Partner or Friend don't exclude them if it is felt they would like to join in.

Non-members would need to pay the full price of £7.95.

New Year Party

There will be the usual Raffles, also a lucky seat number.

If you wish or should know someone who would like to donate a Raffle prize please tell a Committee Member.

For those who have the time and would like to stay on for a while we will lay on a short session of—**BINGO**

It is appreciated that some members may like to have a lift to the Inn, so please let us know at the Coffee Morning on the 7th January. As there will be a Coffee Morning prior to the Lunch, lifts will start from there.

We cannot guarantee lifts back to the Highbridge area, but if you ask your driver, nicely, he/she may be able to oblige.

May we welcome you to this new venture, we trust you will enjoy the Lunch and the occasion; hopefully it could become an annual function, a grand get-together of all members.

ENJOY !

THEATRE TRIPS

(by our Roving Reporter)

Blood Brothers

On Wednesday 15th October twelve members travelled to Bristol Hippodrome to see this musical although the singing was excellent the show was spoilt by all the bad language and innuendoes all through the performance.

As the theatre was full of children of all ages, it was felt that most of the bad language was unnecessary and bordered on bad taste. This was the opinion of everyone I spoke to after the show.

Ethel Titford

Don't Dress for Dinner

On Saturday 25th October twelve members went to the Brewhouse at Taunton to see this comedy play. It was excellent, very, very, funny, the stars being from TV programmes; Robert Duncan from 'Drop the Dead Donkey', Giles Watling from 'Bread', Vicki Michelle from 'ello, ello', Amanda Humphrey from 'Brookside' and the special guest star- Sally Ann Mathews from 'Coronation Street'. Sally Ann and Giles played their parts so well that they out shone the others, although they were all very good.

The whole play was thoroughly enjoyed by us all, the theatre is very good and the seats were very comfortable. It was a lovely enjoyable evening we all had a great time and look forward to another visit. Well done again, Social Group.

Ethel Titford

Whistle Down the Wind

For several weeks a number of our members had been looking forward to a visit on Wednesday 25th November, to the Bristol Hippodrome to see the musical "Whistle Down the Wind". The Show is based on the film starring Hayley Mills, and is about a group of children who find a tramp in a barn and mistake him for Jesus.

A few days prior to the performance, it had been announced that Concorde was to make its last flight over Bristol and the surrounding area on the day of our outing. Thousands of people would converge on the Bristol area to witness this historic moment. Several roads would be closed to traffic and many diversions put in place. We wondered about our chances of even getting into Bristol for the show. However, after many calls made by Violet Chick our Social Group Co-ordinator, it was arranged for our coach to leave earlier than usual; our driver, who was also eager to see Concorde, was more than happy to leave early.

We arrived on Bedminster Downs, where hundreds of cars were filling every available space; our coach stopped by the roadside and was immediately blocked in. It was worth it, within minutes of our arrival we heard Concorde was in sight and we had a perfect view of this magnificent aircraft as it flew directly overhead- a truly graceful and unforgettable sight.

Our driver had to perform a few tricky manoeuvres before we could carry on our journey to the theatre where we arrived in good time for the start of the performance. The show was lovely, very well acted by all the cast, that included several children and the singing was beautiful; we all enjoyed a great performance.

A great day, two very good shows for the price of one. Another successfully organised outing by the Social Group, what a winning team, they all deserve our thanks for making 2003 a very enjoyable one for all the members that took advantage of their well-organised trips.

Ethel Titford

Thank you Ethel for all your excellent write-ups.



Sandra

Hairdressers

We welcome O.A.P.'s

106 Church Street

Highbridge, Somerset

TA9 3HW

Tel: 01278 783091



AADD

Apparently one of our members was diagnosed with having this: AGE ACTIVATED ATTENTION DEFICIT DISORDER.

What is it? Well this is how it manifests:

He had decided to wash his car, so started toward the garage, he spotted the postman had been so thought he would go through the letters/bills first.

He put the car keys on the hall table, the junk mail in the bin and noticed the bin was full. So, he put the letters/bills on the table and set out to empty the bin; but seeing his chequebook on the table decided to write out the cheques for the bills whilst he was there. Ah! Only one cheque left, so had to get his new book from the desk in the study; finds on the desk a bottle of squash he has been drinking and puts it to one side so as not to knock it over.

Squash feels warm so he must put it back in the fridge; heading towards the kitchen he passes a vase of flowers, which needs fresh water. Puts squash down and spots his glasses that he has looked for all morning, decides to put them safely back on his desk. First he must give the flowers some water, puts down the glasses and is about to fill the vase; Oh! What's the TV remote doing there? Some ones left it there and will panic tonight when they cannot find it, I'd better put it back by the TV.

Wait, must water these flowers first **** spills the water; he must mop it up before some one slips on the wet floor.

That done he heads back towards front door trying to remember what he was about to do. It is now evening and he has not:-

Washed the car or paid the bills, there is a warm bottle of squash on the kitchen unit, the flowers never got watered, he has still not found his new chequebook. He has again mislaid his glasses and the TV remote and does not remember where he put the car keys.

He knows he has had a busy day because he is tired out, but can't remember what he has done to get tired. It is a serious problem he knows that, and realises he must get some help, he would ring up his friend if he could find the phone.

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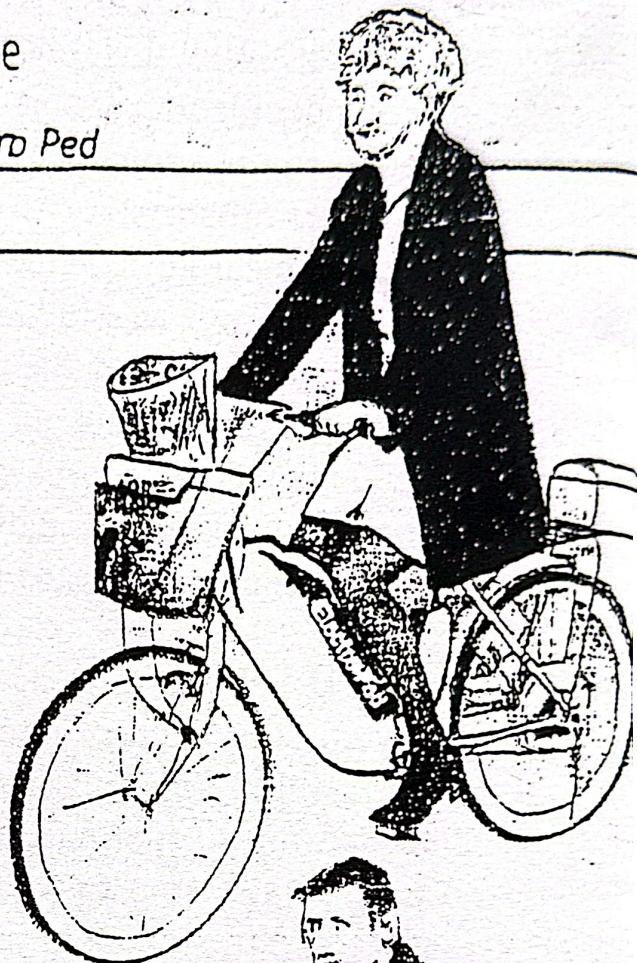
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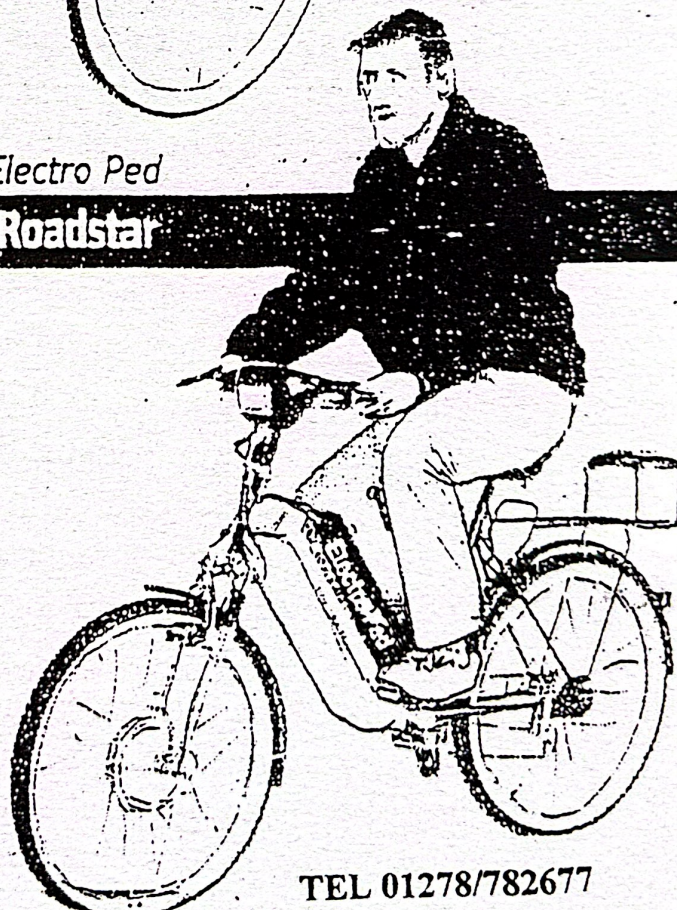
98 Church Street
HIGHBRIDGE

Electro Ped



Electro Ped

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Christmas Carol Service, Wells

On Wednesday 10th December 42 members of the U3A of Highbridge travelled by coach to the City of Wells, to join in a Carol Service held in the Cathedral. It was in aid of the 'Age Concern Charity' Somerset area.

Canon Patrick Woodhouse, who also took the prayers, welcomed us.

There were two choirs, one from the village of North Curry and the other a children's choir from Northmoor Green Primary School, both were excellent.

During the service there were five readings, one was read by David Garmston a News Reader from B.B.C. Points West.

The Cathedral was almost full, everyone sang with great gusto in this beautiful building. Afterwards we had plenty of time to do Christmas shopping and brouse around the Market before boarding the coach for the journey home.

On the homeward journey a free raffle was held, our seat numbers were used for the draw. Nineteen prizes had been assembled, ranging from Whiskey, Gin, Port, wines and Chocolates and biscuits. This was a complete surprise to most of us, the Social Committee had planned this with secrecy and had arranged for the coach driver to pull into a convenient lay-by so that the draw could be held safely.

The Social Committee deservedly received three hearty cheers, a nice end to an enjoyable day out with friends.

Ethel Titford

Unwanted Christmas Presents ?

This is probably an unusual statement, but at this time of the year, some of us seem to get a selection of Chocolates or Sweets or Biscuits that we don't really need. It is not so much a question of diet; it is the fact that we 'older' persons should not, for a variety of reasons, eat too much in the way of sugary things.

Last year someone came up with the brilliant idea (I think it was Vi) that we could ask members to bring into the Coffee Morning, their unwanted 'sweet gifts' and we would then give them to a local 'Old Person's Home'. This we did. I think 4 boxes went to Frith House, where elderly persons from Highbridge reside and 4 to Burnham Hospital.

We received a great welcome at both; Frith House residents were full of thanks. The Staff Nurse in Charge at the Hospital wanted to know what the U3A was about and in due course we received a very nice letter from the Hospital expressing their gratitude.

We thought why not repeat the act again this year. If any of you happen to have a box or two, surplus to requirements, (chocolates, sweets or biscuits); or anything of a similar nature, bring it along and we will make sure it goes to a worthy Retirement Home or Hospital.

There are many in and around Highbridge who would be most grateful to receive just a small gift to show that they are not forgotten.

Monthly Draw

Up-to-date details of winners:-

October 1 st	Roy Bryant	No 16
November 1 st	Mary Ackers	No 29
December 1 st	Vi Chick	No 37

* 37 must be Vi's lucky number; she won in May, also with 37.

Friends

Many people will walk into and out of your life,
 But only true friends will leave footprints to your heart
 To handle yourself, use your head
 To handle others use your heart.
 Anger is only one letter short of danger
 If someone betrays you once, it is his fault;
 If he betrays you twice, it is your fault.
 Great minds discuss events,
 Small minds discuss people.
 He who loses money, loses much,
 He, who loses a friend, loses much more;
 He who loses faith loses everything.
 Beautiful young people are accidents of nature,
 But beautiful old people are works of art.
 Learn from the mistakes of others
 You cannot live long enough to make them all yourself.
 Friends... you and me...you brought another friend
 and we started a group...our circle of friends
 and like a circle... there is no beginning or end....
 Yesterday is history, Tomorrow is a mystery, Today is a gift.

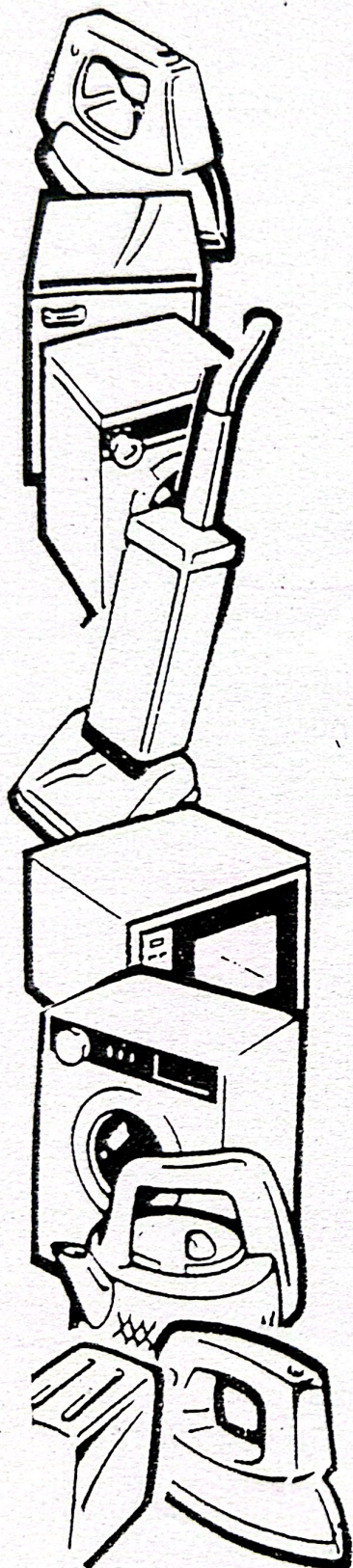
Eleanor Roosevelt



Two cannibals were eating their lunch (an alternative
 comedian), one said to the other "Does this taste funny to you"?

Dople's

DOMESTIC APPLIANCE REPAIR SERVICE



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- A RANGE OF KETTLES, IRONS AND TOASTERS.
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- PANASONIC SERVICE CENTRE
- REPAIRS TO MICROWAVE OVENS
- A RANGE OF NEW MICROWAVE OVENS IN STORE
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And finally: "The Christmas Spirit"

Leading up to Christmas, the T.V. programmes all gave us, the viewers, a dose of the 'Merry Merry and Ho Ho Ho' selection of films. This set me thinking about the apparent lack of 'Good Will' there is in the world today.

There must be many people who, for reasons not of their own making, find themselves alone during part of the Christmas Holiday. This would be a good time to get to know your neighbours, or someone down the road, who you know will be on their own. Over the last few years I have welcomed an 'old' friend to spend one of the days over Xmas with me. She would, under normal circumstances, be on her own but it makes a break for her and it is not inconvenient to me to share my time with her.

Are there, amongst our members, others who would, perhaps, consider looking into the possibility that they too might be able to do likewise?

It is just a thought but before another Christmas is upon us why not give it a bit of consideration. There must be someone who, perhaps like yourself, spent one of the days alone, why not 'team' up and make it a shared experience. Christmas Day or Boxing Day at your place this year and next year with them at their home.

"Home Alone"

Editor	Ken Burston
Production	Fay & Ken Burston
Distribution	Pat Gray, Betty Pocock, Jean Hewitt, Phyllis Walsh, Heather Swift, and Gwen Scull.

GROUP ACTIVITIES TIMETABLE

DAY	MORNING	WEEK	AFTERNOON	WEEK	Venue
Mon			Speakers Corner Creative Writing Needlework	3rd 4th 2nd	Southwell House Details in Diary Details in Diary
Tues			Keep Fit Scrabble Art II	Weekly Weekly Weekly	Gospel Hall Gospel Hall Southwell House
Wed	Coffee	Morning Weekly			Southwell House
			Yoga Practice	Weekly	Community Hall
Thur			Art I Computer	Weekly Weekly	Southwell House On-Line Centre 4 Brue Crescent
	Play Reading	4th			
Fri	Skittles Strollers Cycling	1st/3rd 2nd 4th			Royal Artillery Inn Local Area Local Area

Luncheon Club This Group meets monthly on various days-See Notice board for details of days , dates and venues.

Committee Meetings Held on the 3rd Monday in the month
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.