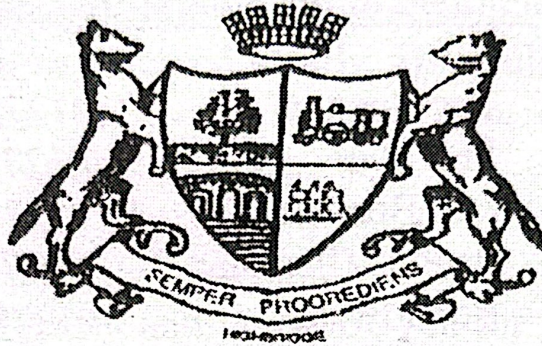




*Fay & Ken
Records!!*



of

HIGHBRIDGE

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

SUMMER

2 0 0 4

NEWSLETTER

ISSUE NUMBER 19

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
	Violet Chick	01278 784033
	Ray Reddish	01278 785411

Co-ordinators

Art	Jean Berry(Tutor)	0 1278 785840
Art for Beginners	Anne Young(Tutor)	01278 794492
Calligraphy	Margaret Sims	01278 782529
Computer Workshop	U.K.On-Line Tutor	
Cycling	Barbara Palin	01278 784187
FlowerArranging	Julie Lovern	01278 685059
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
Writing for Pleasure	Doreen Reddish	01278 785411

Editorial

The move to the Highbridge Social Club did prove to be a success. We appear to have settled in well and everyone is getting used to the new arrangements. There are a couple of problems still to be sorted but these will be resolved shortly. Hopefully, we will soon get the 'FOBS', but you can gain entry to the Club, on production of your membership card any time it is open..

The A.G. M. held on the 24th May and was well attended, approx 60% of the members were present and we thank you for supporting the Club on this important occasion. The Committee was re-elected en-bloc, no nominations were put forward for consideration, this was obviously pleasing for the current Committee and it shows they must be doing a good job. However, we hope nominations are put forward next year; we need new blood because that is good for the continued success of the Club.

A few pointers came out of the general discussions; we need to obtain a Sound System so that everyone may hear what is being said. Also, it was agreed we keep records of attendances at our Group meetings. This is not an arduous task and will be done quarterly; it will also enable the Committee to have some knowledge of a groups' activities. This is important, because a leader may, at some time, be indisposed and need a stand-in who will not be aware of current arrangements..

At the end of year 2003/4 the membership increased to just over one hundred. The move to the Social Club has been instrumental in us achieving this number so quickly at the start of another year. It was confirmed that the subscriptions for 2004/5 would remain at £6.00

Our aim for the year is to provide more Groups, so please have a think, what would you like to learn, or better still, what would you like to teach.

We welcome all new members and hope that they enjoy the happy relaxed atmosphere that the U3A of Highbridge generates.

News from the Groups

Computer Workshop

The next 10-week term will start in September; if you are interested in joining the course please let me (Ken Burston) know as soon as possible. There are FIVE members' names on the waiting list to-date, next term the Workshop **MAY** be on a Wednesday---this has to be confirmed by the Community Education Office.

Writing for Pleasure

Doreen Reddish had a short meeting with the members of this new Group at the Coffee Morning on Wednesday 9th June. They are to meet again at Ethel Titfords' home on Monday 26th July having penned their 'Letter of protest' plus examples of their own short stories, or similar write-ups.

Luncheon Club

At the Annual General Meeting Fay Burston said she was going to take a rest from organising this Group. We are therefore looking for a volunteer/or volunteers to take over. To-date, no one has come forward. This would be a shame as the Group has proved to be very popular; 41 members, an all time record, supported the Lunch at the White Cottage last month.

Fay will organise the American Picnic to be held in July---this will be at Rowberrow, just off the A38; details will be on the Notice Board at the Coffee Morning giving date, time, place, route, etc.

Calligraphy

Well, as promised the Calligraphy Workshop did eventually start with two 'students'. On 10th May, with the aid of Margaret Sims, the workshop got off the ground, as you might say. Margaret is an excellent tutor, she is self taught and has had a lot of experience, so, instead of 'instructing' I too, have, in effect also joined the class, which is 'growing', there are now five of us. The plan was to hold one class a month but, by special request, is to be held every two weeks.

Strollers

The April stroll was the special event that included the 'Environmental & Archaeological Experience'; it did turn out to be different and is covered later.

In May a stroll was taken locally, at the Nature Reserve in Berrow. Held on a lovely warm day it was a very pleasant stroll around the sand dunes and along the beach. The S.D.C. has made the Reserve an attractive area with a pond, newly planted trees and clearly marked footpaths; it is well worth a visit if you have no wish to go further afield.

In June eleven members visited Mark and walked alongside the Pilrow Cut, again a warm and pleasant day. We met a lady with 2 dogs who suggested we walk back to the village by a route across the fields and into Mark from a different direction, it extended the walk by about a mile and time wise about 20 minutes.

Social Group

Since our last issue the Clubs' outings have included a trip to Bristol to take in the S.S.Great Britain and the Matthew, @ Bristol, the Broadmead, CATS at the Bristol Hippodrome and the Canal Boat (Horse Drawn) on the Great Western Canal at Tiverton. These are covered by our 'reporters' and are included later.

Flower Arranging

Julie Lovern held her fortnightly class at the Baptist Church; it was a short term covering five sessions. Julie demonstrated a number of alternative arrangements including the use of greenery and no flowers. We have had some lovely displays at home since Fay attended the class and practiced.

The class is now taking a sabbatical and will restart in September, watch out for details on the Notice Board.

Chairpersons Report

This is my third and final year in the chair, so by now I should be getting better at the job. Firstly may I thank you all for your support over this period.

At the A.G.M. we had over 50% of the membership present, this was a wonderful achievement. At the first Committee Meeting after the A.G.M. all the Officers agreed to keep the positions they had held last year and were re-elected en bloc. However, whilst this is convenient it would be nice to have some new people on the Committee, next year we look forward to some members putting their names forward as nominees for the Committee. We need new blood with new ideas so that the Club maintains its interest to members and does not become complacent. Also, we need to encourage any new members to join the existing groups, as well as creating some new additional groups/activities.

If you feel that you could perhaps start a new group and share a skill or some knowledge with your fellow members please give it your serious consideration. Your offer would be gratefully accepted and we would give you all the help you need to get it going. We all appreciate the work done by our Group Leaders, without them what would there be for us to do.

Ours is very social Club and this is something to be proud of and is to be applauded.

Fay Burston--Chairperson

SPECIAL NOTICE

Would all members please note that Southwell House will be closed from:

Monday 5th July, until Monday 12th July
Structural alterations are being carried out, so Art & Calligraphy groups are cancelled for that week.

Those were the Days

Do you realise, those of you who were children living through the 1930's and 40's, that by today's standards you should not have survived. We did not have any Health and Safety experts to protect us.

We chewed and licked our cots that were covered in brightly coloured lead-based paint; we did not have childproof lids or caps on medicine bottles. There were doors and cabinets without latches so that we could get inside and hide or play with the pans. Do you remember dropping your sweet or apple, picking it up and carrying on eating it, yuk! All that dirt?

We played cricket in the street and that hard ball really hurt, we fell out of trees, broke arms or legs and finished up all blooded, but we carried on and did not sue anybody----- it was all part of growing up. We used to fight and punch each other and go home black and blue with bruises; covered in mud and get told off for being dirty or late or both.

We rode bikes but had no helmets, put clacker things on our wheels; we all drank from the same bottle or can but nobody died, we drank from the garden hose -it tasted the same. Remember sitting in the front seat of a car, without a seat belt or air bags and on the back of a motorbike, hanging on tight to the riders' coat; thrilling was'nt it?. Making a cart from old pram wheels and bits of wood, then tearing down hill and falling off, you did'nt need brakes, you used your shoes and scuffed to stop.

We fell into stinging nettles and solved the problem with a dock leaf not something from a bottle or tube. Those bread and dripping sandwiches, bread pudding and fizzy pop with stacks of sugar in it, if we were overweight we ran it off at school in the playing field---remember playing fields?

We left home in the morning to play all day, sometimes arriving home again when it was getting dark; no one could contact us all day but nobody minded, you were safe enough. We walked to friends' homes and even to school, sometimes two/three miles, in all weathers.

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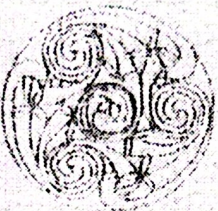
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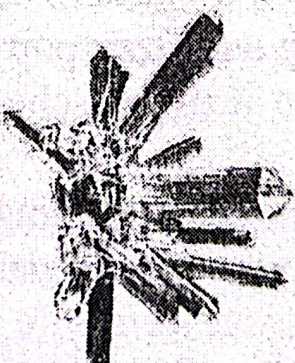
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Those were the Days

We made up our own games, we had dens on the waste ground down the road, we ate all sorts of rubbish but no one was ill or died. We rode our bikes in packs of 6 or 7, but not on the pavement and frighten old people. During the winter we did not have video games or Nintendo or Play Stations and computer games. We went to the pictures to see Cowboys and Indians or Abbott and Costello; at home we listened to the radio with programmes like Flash Gordon, Dan Dare and Journey into Space.

There were no mobile phones to ring home to say you would be late, you just made an effort not to be late. You had respect for your parents, for old people and for others.

Our actions were our own-----if we stepped out of line we knew what the consequences would be. The idea of a parent bailing us out if we broke the law was unheard of; in fact they sided with the law. School rules applied to every one and the cane was the answer if you transgressed.

Our generation bred some of the best risk takers and problem solvers and inventors, ever. A generation that knew what discipline was and which served the country well when it needed their help.

Over the past 50 years there has been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility and learned how to deal with it.

Congratulations to you all from that era, you were lucky to live in a time when you were able to grow up with a sense of purpose, a time where you made your own decisions good or bad; but you made them, you did not have them thrust upon you.

We were lucky to live in a time when we could grow up without interference from lawyers, government regulations and the nanny state. A time when if you tripped over something you swore at yourself for not looking where you were going, it was your own fault, you did not look to blame someone else. Or try to make money out of it.

For better or for worse our life was our own and we lived it the way we thought best, we made mistakes but learned from them. You did a good job and can be rightly proud that you survived.

NOTICES

There are a few items that may be of interest to members: -

The West Huntspill Horticultural Society Annual Show is being held on **Saturday 21st August** at Balliol Hall, West Huntspill. Many of you will know that both our Art Groups enter their 'works of art' in the Painting Classes and usually win most of the prizes.

So, you art 'students', if it is your intention to enter this year's show please ask for an entry form, they will be available at the Coffee Morning from Phil Lyes or Ken Burston.

Pauline Chapman currently runs a **Whist Club** at the Highbridge Social Club on a **Monday Evening** and this Clubs' members have been invited to join should they wish to do so.

The sessions start at 7.30 pm and admission is £1.00.

On December 13th there will be a Grand Christmas Whist Drive with very good prizes, however, members joining now would not be eligible to enter special Xmas drive because they will not have attended the required qualifying rounds. But do not let this put you off, if you wish to start now in order to get in some practice please, contact Pauline on 785163 or see her at the Coffee Morning.

U3A 2005 Diary. The Third Age Trust is now taking orders for these, so please add your name to the notice on the Coffee Morning Board if you would like to receive a copy; the cost is again £1.80.

Phyllis Walsh has asked that we delete YOGA Practice from our activities, as her Wednesday class is now full. We will be advised when vacancies occur.

Earlier in this issue reference is made to the proposed new Group-Writing for Pleasure, it is the aim of members in this group to put their literary skills to the test. Grace Galton often runs off a poem or short story and I have taken the liberty of including a story here.

THE FAMILY

Frankie Aldoni trusted no one. His mind calculated swiftly; one more acquisition would give him total control. He could almost taste victory.

Opposite him sat Luigi slouched in his chair wearing a look of disdain. To his left, was his brother Vinnie, destined one day to become head of the family? To his right sat Carla. He had known her all his life but when the chips were down, could he trust her? Would she come up with the goods?

He took a deep breath, cleared his throat and spoke.

“Mum, have you got Mr Bun, the Baker?”

c Grace Galton

A short story, have a go yourself it might be fun.

Whilst finalising this issue and before going to press, I find that two of our members have been recognised for their services to the community.

Phyllis Walsh and Jack Foster are both honoured in this year's Civic Awards. The Awards Ceremony is on Sunday 4th July at St Andrews Church.

I am sure all members will be pleased for them in that their services to the local community have now been recognised and we offer them both our most sincere congratulations.

Theatre Visit

The longest running musical in the history of the West End and Broadway Theatres 'CATS' was in Bristol at The Hippodrome and during its three week stay members went to see this Andrew Lloyd Webber Production on the 12th May.

The breath taking choreography and excellent musical rendering of the songs from this energetic and vibrant cast left us all exhausted and thrilled with contentment. The story takes you deep into the mysterious world of CATS. Cats you have never seen the like of before more intoxicating and magical than you can imagine.

There were outstanding performances from the cast, the most memorable moments being judged by the audience reaction when songs by Rumpleteazer and Mungojerrie, Mr.Misstoffelees and, of course Memory. This was the most enchanting show I have ever seen; from the first cat crawling through the audience and onto the stage until the finale we were mesmerized by the sheer energy and enthusiasm of the whole cast.

The Club members had thoroughly enjoyed this latest trip to the theatre in Bristol, our Social Group has again served us well and we look forward to another theatre trip soon.

Grace Galton

The Bristol Experience

On Thursday 6th May a group of twelve members travelled by coach to Bristol for a day out 'doing our own thing'.

Our first visit was to the "S.S.Great Britain"; Violet, Pat and I spent some time on this very interesting ship, we were amazed at the tiny cabins and narrow bunks and decided they must have been very small and thin people in those days. We then went onto the "Matthew", a replica of the ship built in the 15th century on which John Cabot sailed from Bristol across the Atlantic to discover Newfoundland in 1497.

A walk along the riverbank took us to the "@ Bristol" where we chose to do the "Wildwalk". This takes you on a wonderful journey through the varieties of life on earth, using hundreds of live animals and plants, hands on exhibits and stunning films and photography. The walk through

the Tropical forest keep us spellbound with its wonderful plants, butterflies and tiny birds singing to us all the time.

We enjoyed our time there so much we are eager to go again and maybe visit the Cathedral and Museum; this was another successful outing arranged by our Social Team, these trips give us the opportunity to go to many places that we would normally find difficult to visit on ones' own.

Ethel Titford

Trip to Tiverton

Early morning rain gave way to clearing skies as we boarded the coach for our day trip to Tiverton on Tuesday 1st June.

For once we arrived at our destination without getting lost! We had one hour to wait before boarding the horse drawn barge for a cruise along the canal, so headed for the "Tea Pot Café". The gardens were a delight, on the outside wall of the thatched cottage was a display of teapots of all shapes and sizes. The gardens were a useful distraction, as it took a considerable time to obtain a drink. The staff had not been made aware of our visit so was not prepared for 40-odd thirsty customers.

Before boarding the boat, we made the acquaintance of Jim, the lovely Shire horse that was to pull our barge. Don't feel sorry for Jim just yet; his burden is not as heavy as you may suppose. Philip Brind, whose family own the business, explained that once the boat is moving it picked up forward motion making Jim's work very easy and, in fact he was pulling one third of his body weight. He did not look bothered by the effort and happily received all the carrots, mints and other treats offered by his concerned passengers.

We travelled some way along the canal, admiring the gardens alongside and taking in all the nature that was quietly drifting by. At the 'terminus' we alighted and took a stroll into the countryside; upon returning aboard we were asked by Philip to open the windows and to be as quiet as possible for two minutes.

Everyone sat back and enjoyed the silence; all you could hear was the gentle lapping of the water and the birdsong. It was as if we had stopped moving since there appeared to be no movement of the boat.

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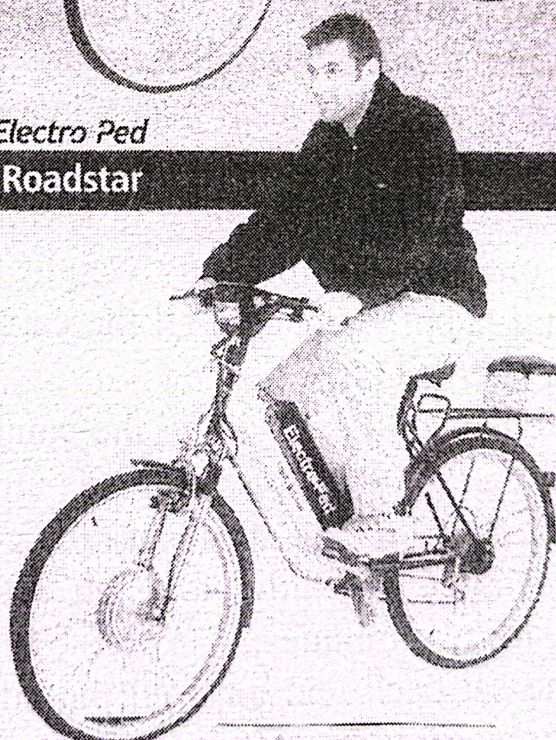
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Trip to Tiverton (contd)

It was a wonderful experience; no human sound interfered with nature, a truly quiet mode of transport-no pollution, no noise and no hassle.

Philip then told us about the canal, built in 1841 for the purpose of transporting limestone from the quarry; the boat that his family had rebuilt and then he introduced his son Tim-an 11 year old. Tim gave his first hesitant talk to a group of 60 adults; a bit daunting, but he performed well.

His story told of a local vicar who, when told the Council was to build the canal through his land said 'No way' and promptly brought pressure to bear. He won, because the canal was dug in a loop around his home, this can now be viewed from all angles as you glide by.

The banks of the canal abound with nature, wildlife including ducks, moorhens, swans and water life; plus flowers of all types, foxgloves, irises, water lilies and rhododendrons. I took the trip fourteen years ago on a boring green barge, on a rainy day, when there was nothing to see because of the impenetrable undergrowth, it has certainly changed.

I could not believe it was the same canal; everyone concerned has turned it into a trip through a peaceful slice of English countryside. We thank the Brind family for their efforts this was a very pleasant trip, a lovely experience.

Leaving the canal we headed for Bickleigh Mill where we were disappointed to find the farm adjoining the mill was no longer open to the general public. This once had animals wondering around (even a penguin) plus a farm museum; unfortunately it had been sold off and was now in private hands.

Nevertheless, the weather once again smiled on us and Dave, our driver, brought us back via a scenic route, a pleasant change from the motorway. The wonderful late spring light shone on the peaceful countryside and it rounded off a really lovely day out.

Grace Galton

TRADES LIST

The U.3.A.'s of Highbridge, Burnham and Berrow are working together to provide a list of reliable local traders. These would be traders that members themselves have employed and whose work can be recommended to others.

If you are able to help by providing, say the name of a painter or carpenter etc. please pass these details on to a member of the Committee at the coffee morning, or ring Fay Burston on 01278 782529.

Many members have probably been faced with the prospect of finding, say a tree surgeon and find the idea very daunting, especially if they are new to the area. Worrying about "Cowboys" etc. and perhaps having no idea of what the job involves, or its cost.

You would in no way be obligated – this is purely a way of trying to help others, whether or not they use the information is up to them.

Trade	Name	Comment	Phone
Building Contractor	Steve Durrant	Expensive, but very good	787327
Cleaning Services	Calvin or Adrian	C.A.(South West)	420716
Fencing	Peter Davey		01934 513868
Gardening	Martin Young	Plus fencing/patios etc	787164
Builder	Mark Boundy	General(Hands On Service)	421803
Painter	Alan Bezzant		793260
Pest Control	Ian McLaren	Environmental Services	01934 751287
Roofing	Les Fear		426708
Tree Specialist	A. Birch		01823 664587
Tree Surgeon	Justin Urch		01934 750606
T.V.Etc	Martin Palmer	Repairs & Installations	785492

Wanted --Someone who is prepared to hold this list and be our contact for anyone needing a Trader,

Just in case anyone did look at the quiz last month, we have given the answers: -

- | | |
|---------------------|----------------------------|
| 1) Fools and Horses | 2) Butterflies |
| 3) Black Adder | 4) Killing Fields |
| 5) Porridge | 6) Upstairs and Downstairs |
| 7) Minder | 8) Family Fortunes |
| 9) Murder She Wrote | 10) Cracker |
| 11) Bread | 12) Question of Sport |
| 13) Airport | 14) Ground Force |

Too easy, but they filled a space in the last magazine, sometimes I need a short item to make up a page, some of my 'stock' of articles are a little too long for the space available.

Sandra

Hairdressers

We welcome O.A.P.'s

106 Church Street
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Environmental & Archaeological Experience

On Friday 30th April 23 members arrived promptly at Woolavington Bridge so that they could partake of the above; this was to be a conducted tour of the Huntspill River at Gold Corner. The weather, unlike that on the previous Friday, was far from hot and sunny—it was horrible-- wet, cold and windy. The omens were not good; on arriving we found that our Guide from the Environment Agency had not turned up. Fay rang his office in Bridgwater and was put thro' to a David Lloyd and, spoke to the gentleman and said, " I was hoping you were not there!"

"Why" was the answer, "Because you are supposed to be meeting us at Woolavington Bridge". "Where's that"? "East Huntspill", "Where's that"? Oh no! Minor panic fast becoming major panic. Ah.! The D.L. she was speaking to was in Kidderminster, ours was from Bridgwater.

Relief! Our D.L. turns up, having been delayed on the M5.

He suggests that in view of the bad weather we go straight to Gold Corner Pumping Station, hoping the weather will improve' so off we go in convoy and all troop into the Pump House where we meet Doug, the engineer-in -charge. He describes the purpose of the pump station saying that it was designed to pump 3,500,00 galloons per day for the Munitions Factory at Puriton; this being a wartime requirement. Apparently most of the factories needs are now taken from the Kings Sedgemoor Drain.

The 'old' Crossley Premier Pumps are favoured because being diesel they would work under water in an emergency, whereas the 'new' electric pump will not – so much for modern technology. After spending about 30 minutes in the pump house we retreat to the outside where a 'high tide level' sign is pointed out to us, this about 6 metres high up on the building. Doug. Says this 'level' is based on a line out to sea, and is the danger level should all fail, ie bad weather, breech in sea wall and no pumps, answer- take to the boats as quickly as possible.

David Lloyd then took over and escorted all out onto the riverside; it was still raining. We set off and he tells us about the work that the Environment Agency is doing to protect and encourage wildlife in the river.

Unfortunately, the grass had not been cut and this added to the discomfort of our members, however, being hardy soles we pressed on. Because we were in single file it was difficult to keep up with the commentary, but we did learn some interesting facts. There are otters in this river again and we were told of their habits of fighting, eating young otters from other families, and another habit we cannot write here.

Since the river was dug in the 1940's it has grown in width, now being about 12 feet wider, mainly due to erosion. When carrying out some work on the riverbank near Bleak Bridge (on A38) David un-earth some Roman pottery and as a result the Somerset Archaeological people were called in to do a 'dig' and find out what else might be on the site. Other relics were found and that site has now been named 'Lloydavicium' after the man that found it.

Vour Orchard found a shell and asked what it was, David took it and said it was a 'Depressed Pea Mollusc'-a fresh water mussel, found in only a few places in the U.K. After describing the item he casually threw it over his shoulder into the river, this was unfortunate because Vour wanted to keep it for her grandson.

It was about this time we decided we had had enough and started to return to the cars, wet, cold and beginning to be a little hungry. David agreed to meet us again in the near future so that we could continue the walk and hear his commentary on the river and its environment. There are a number of owl boxes positioned along the riverbank, these contain not only owls but also other birds of prey; often there have been owls in the top portion and falcons in the lower section, co-habiting without any problems. It was a pity the weather turned out so foul but we will try again sometime soon.

P.S. Fay has written to thank David for his time and has asked him to arrange a talk/walk as soon as possible; also Jack Foster has suggested David or one of his colleagues could come along to Speakers Corner and tell us more about the local wildlife and the Sedgemoor Levels Environment.

A New Woman

After my annual eye test on 1st December 2003 I replaced my spectacles and contact lens to a new prescription. Unfortunately my vision did not seem to improve! For the next 14 weeks I kept saying there was something wrong with my sight and I could not get anyone to listen to me. Eventually on the 31st March I had a retest, when it was agreed my sight had deteriorated. In April I saw an eye specialist; I was so afraid the problem was age-related degeneration and that I was losing my sight. But, good news-it was cataracts and I knew this could be corrected.

I went on to a 3-month waiting list? But no! I could not get onto it-in other words it was a 6-month list.

How bad would my sight be by then? What if after waiting for the operation, it was postponed? Would I have to go back onto the list again? I knew there would be an imbalance between the 2 operations-how would I manage on my own? What if there was months between operations?

At my age I could well do without all the stress, requiring surgery for the first time in my life. I felt the N.H.S. had failed me. Not only did I have to pay for the retest and consultation but also it appears I must pay for the 2 operations.

On the 19th May I went into the Nuffield Hospital for my first op. When the wadding was removed the next morning to my great joy I had the most wondrous vision. I had had a "corrective lens" fitted that virtually removed my short sightedness.

My reason for writing this is to say to anyone 'out there' who is waiting for a cataract operation, I want to share my experience with you.

I was terrified-but the result is miraculous. There will be 3 weeks before the second operation on 9th June. This period will be difficult because of the imbalance; I can manage the basics, but cannot drive, watch T.V., or read or do much of anything. I am trying to be sensible; the lovely weather has enabled me to sit in the garden and watch my new plants grow.

Lots of my friends have visited, for which I am most grateful.

I look forward to the second operation without terror. It will be mid-July before both eyes are healed. After that I will not need bifocals or contact ever again-----just reading glasses, what bliss!

So do not be scared. There is a minimum of discomfort, which does not last long and the end result is unbelievably wonderful. Having dug deep to pay nearly £4,500.00 to keep my vision, it was worth every penny.

I am lucky I could do it; though luck had nothing to do with it!

If anyone in a similar situation needs to talk, my number is 780146.

Anne Smith

P.S. Thank you to everyone at U3A of Highbridge for the card and good wishes. Yet once again, at times of sickness/trauma this little ray of sunshine has landed on my doorstep. ----- All is well.

P.P.S. Anne had her op. on the 9th June, (Wednesday) did a little gardening on Friday and drove her car into Burnham on Saturday to do some shopping. When we spoke to her on Sunday she said she felt tired, but is now a lot better and relieved it is all over.

Monthly Draw Results:

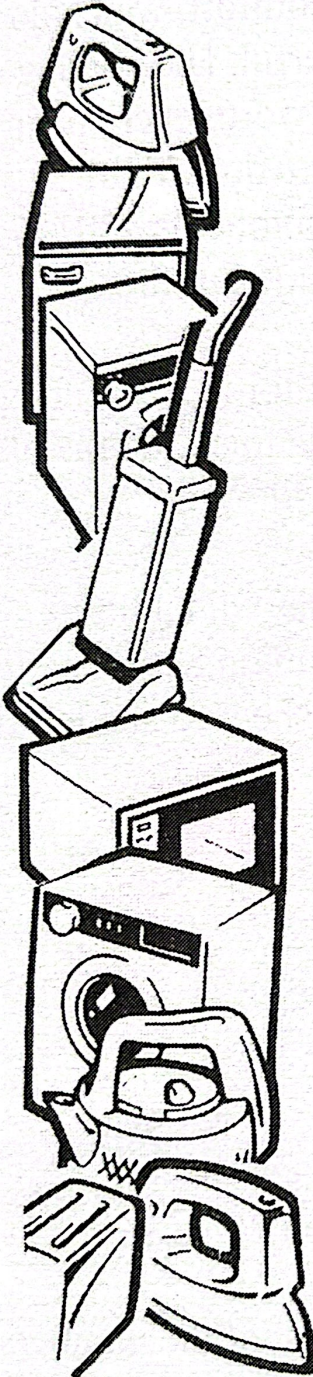
January	Kath Jones	No 7
February	Beryl Bryant	No 7
March	Pam Scales	No 5
April	Phyllis Walsh	No 20
May	Vour Orchard	No 16

This draw has proved to be very popular; in fact most of the numbers are sold the first week. It has been agreed therefore, that as soon as the first batch of numbers have gone, we start a second sheet. ie Two a month.

The winners will be notified, by phone, on the weekend the Lotto Draw is made; also the sheets will be displayed on the Notice Board throughout the next month.

Dople's

DOMESTIC APPLIANCE REPAIR SERVICE



- REPAIRS TO MOST MAKES OF WASHING MACHINE, VACUUM CLEANER, TUMBLE DRYER, FRIDGE, FRIDGE-FREEZER, TWIN-TUBS, DISHWASHER.
- AN EXTENSIVE RANGE OF VACUUM CLEANER BAGS AND SPARES
- A WIDE RANGE OF NEW AND RECONDITIONED WASHING MACHINES
- A RANGE OF KETTLES, IRONS AND TOASTERS.
- REPAIRS TO SMALL DOMESTIC APPLIANCES (KETTLES, IRONS, TOASTERS)
- PANASONIC SERVICE CENTRE
- REPAIRS TO MICROWAVE OVENS
- A RANGE OF NEW MICROWAVE OVENS IN STORE
- SUPPLY COOKERS, HOBS, FRIDGES, FRIDGE-FREEZERS AND DISHWASHERS.
- SERVICE AGENTS FOR VAX, DAEWOO, SAMSUNG

16 Abingdon Street • Burnham-on-Sea
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Tel: 01278 780486

Slips and Falls Awareness Day

Having made a short but interesting visit to this Open Day on Saturday 5th June at the Community Hall and which I thought was very well presented and a mine of information, I was quite confident that my home was an 'accident free zone'.

However, on Sunday morning 6th June two incidents occurred which shook my confidence.

I had visitors to lunch, during which time, a chair on which one visitor was sitting gave way under her and she was deposited on the floor quite gracefully. However, she injured her arm and leg.

The next incident happened when I had just walked down 6 concrete steps; remembered something I needed and ran back up again. I was wearing open-toed sandals and tripped on a step, fell and banged both knees.

For both of these falls I immediately went to my patch of Comfrey (a herb) bruised the leaves to allow the juice to exude and made a poultice for both of our injuries.

My knees have recovered without injury and I am still waiting to hear how my lunchtime visitor is.

Lessons learnt: Opened toed sandals not-----

- (1) good for running up concrete steps
- (2) chairs not in constant use should be checked for safety.

Phyllis Walsh

(Footnote) Thank you Phyllis for drawing attention to the good work that the U3A of Highbridge members, in this Slips and Falls Group, are doing. I am sure that when they see your comments they will feel that they have achieved some recognition for their work.

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Marion Wright,

GROUP ACTIVITIES TIME TABLE

DAY	MORNING	WEEK	AFTERNOON	WEEK	VENUE
Mon	Calligraphy		Speakers Corner	3 rd	Southwell House
				F'nightly	Southwell House
			Writing for Pleasure	Monthly	Details in Diary
			Needlework	2 nd	Details in Diary
Tues			Keep Fit	Weekly	Gospel Hall
			Scrabble	Weekly	Gospel Hall
			Art II	Weekly	Southwell House
Wed	Coffee Morning Weekly				Highbridge Social Club
Thur			Art I	Weekly	Southwell House
			Computers	Weekly	On-Line Centre
Fri	Cycling	4 th			Local Area
	Skittles	1 st / 3 rd			Royal Artillery Inn
	Strollers	2 nd			Local Area
	Play Reading	4 th			4 Brue Crescent
			Flower Arranging	F'Nightly	Baptist Hall

Luncheon Club: This group meets monthly on various days
See Club Notice Board for details of Dates/Days /Venues

Committee Meetings are held on 3rd Monday of the month.

If you are a member of a Group and perhaps, on some occasions, unable to attend a meeting, please notify the Group Co-ordinator. This is important and avoids problems when finalising arrangements.

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.