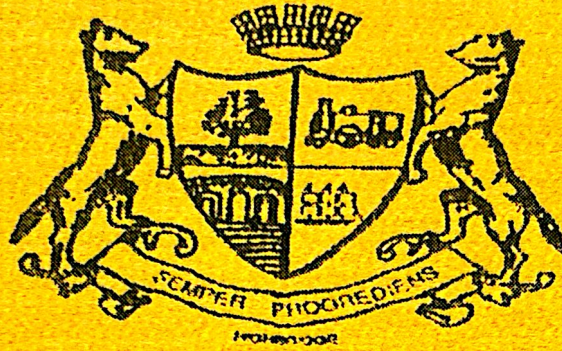




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September—October

NEWSLETTER

2005

ISSUE NUMBER 24

WHO'S WHO **2003/2004**

Members of the Committee

Chairman	Phil Lyes	01278 784629
Vice- Chair	Fay Burston	01278 782529
Secretary	Ken Burston	01278 782529
Treasurer	Pauline Chapman	01278 785163
Membership Secretary	Beryl Bryant	01278 783780
Committee Members	Roy Bryant	01278 783780
	Jack Foster	01278 787611
	Ethel Titford	01278 788811
	Violet Chick	01278 784033
	Ray Reddish	01278 785411
Co-opted Members	Joyce Curtis	01278 782716
	Margaret Wall	01278 786742

Co-ordinators

Art I	Jean Berry (Tutor)	01278 785840
Art II	Phil Lyes (Tutor)	01278 784629
Card Making	Fay Burston	01278 782529
Family History	Roger Ouston	01278 795007
Keep Fit	Joyce Beard	01278 783913
Play Reading	Tony Webb	01278 787483
Scrabble/Board Games	Betty Worthy	01278 795823
Skittles	Ray Reddish	01278 785411
Strollers	Fay Burston	01278 782529
“ ”	Ray Reddish	01278 785411
Swimming	Phyllis Walsh	01278 786486
Social Group	Roy Bryant	01278 783780
	Vi Chick	01278 784033

Editorial

Did you remember not to turn up on the 10th August? Blood Donor's Day, I am sure that if you had turned up and given some blood they would have given you a cup of tea and a biscuit. Free!!

Our membership now totals 143 and has now passed the figure for last year, which was 140; we had assumed all would not rejoin, you do tend to lose a few members each year due to what is now commonly referred to as 'natural wastage'. We are blessed with a fairly active membership, the Art Classes, Keep Fit and Board Games are popular, Skittles has a regular following depending upon holidays etc.

Last month there were two local events that saw the involvement of members from the Art Classes. On the 20th August eleven had entered their paintings in the West Huntspill Annual Flower Show held at Balliol Hall, the paintings covered a variety of subjects, all of their own choice.

Val Breach from the Thursday Class won 1st prize with her water/oil painting of a ship in a very rough sea; Jenny Eckford from our Tuesday Class won second prize with her watercolour of two Gold Finches amongst some grasses. Congratulations to you both.

Food for thought

Due to circumstances beyond our control we have 'lost' a couple of groups recently and it has been suggested that a Photographic Group might be formed. What we need is a brief workshop giving instructions on how to make use of the full potentials of Digital Cameras because some members are finding their workings a bit complex. Do you know of anyone who could be persuaded to spare us a little of their time once in a while?

Another suggestion is that we, the Club, again hold an Arts and Crafts Exhibition. We did hold very successful events some years ago but have shied away from doing it again for some reason or other. However, now that the subject has come up and there appears to be some interest in having a go, may we have your comments please? If we are to hold it this year we will have to get a move on.

Editorial (continued)

A short time ago it was suggested that a **Card Making Group** might be of interest to members, preliminary details were therefore put on the Notice Board. It resulted in sufficient interest to warrant the holding of a meeting on 27th July during the Coffee Morning, the format was discussed and the following was agreed: -

Meetings will be held at Southwell House from 2.00 pm. to 4.00 pm.

on

Monday	19th September.	(3rd Monday)
Wednesday	5th October	(1st Wednesday)
Monday	17th October	(3rd Monday)
Wednesday	2nd November	(1st Wednesday)
Monday	21st November	(3rd Monday)
Wednesday	7th December	(1st Wednesday)

Cost: - £1.50

Please bring along a pair of sharp pointed scissors, also old cards, bits of ribbon and anything you feel would be useful.

The Club will provide the basic materials enabling you to make a start.

We look forward to this group producing some attractive cards. To receive a card knowing someone's own fair hands have made it especially for you is very gratifying.

Coffee Mornings. These provide an opportunity for you to meet up with your friends and enjoy a cup of coffee/tea in comfortable surroundings. A member has volunteered to serve you with your coffee/tea; we therefore have to rely on you, a member to put your name forward. There is a coffee rota board in the kitchen for this purpose and we need two volunteers to enter their names a few weeks ahead so that we know in advance that we are covered for each week. Unfortunately we appear to be running out of volunteers, the board was blank for most of August (we did not have a Coffee Morning on the 10th Blood Donor Day) and it was only at the last minute that we filled the vacancies

Would members please make an effort to do a spell of Coffee Duty, it would probably necessitate only two turns a year, not much is it?

Group News –Strollers

Friday 8th July was one of those nice warm (even hot) days that we had recently, the Strollers met in Apex Park for their stroll before tucking into the American Picnic as planned. There was a fine selection of food comprising savouries, pies, rolls, etc all spread out on one of the picnic tables, plus drinks of coffee or squash. There was a slight breeze across the Park but it was a lovely warm day and the walk around the lakes and along the riverside to the yacht club and back activated their taste buds and no time was lost spreading everything out, as can be seen in the photograph.



Barbara, Brenda, Vour, Sandy, Sally, Ann, Ann and Fay were soon enjoying the fare spread out before them.

About six to eight regulars support the Strollers Group, it obviously depends quite a lot upon the weather and where the stroll is going to be on that particular Friday. The strolls are not long, taking about one and half hours on average and very leisurely. It is surprising what you can learn on these occasions, about nature, life in general, local 'news' and of course we put the world to rights. Why not come along, you will enjoy it.

A short cut is frequently the longest distance between two points.

Group News (continued)

This bit of information is not necessarily 'Group News' but it does cover an outdoor activity. (Strolling?)

Have you visited Maunsell Lock lately? It is roughly midway along the Taunton and Bridgwater Canal a few miles off the A38 outside North Petherton. If you have family visiting and cannot think of somewhere to take them, try this quiet spot. There is a Teashop that is open until the autumn from about 10.30 to 5.30 it serves light refreshments and drinks.

Boats are available for short trips and charter; there is free parking and a picnic area, all ideally placed for walkers and cyclists.

Upon visiting the lock, purely on spec, we found it quite busy, boats were passing through the lock to or from Bridgwater and there were a number of families there watching all the comings and goings. It is well worth a visit should you find yourself short on ideas for an afternoon out. Turn left just past North Petherton by the park and follow the brown signs to "Canal Centre". It is about two and half miles from the main road, North Newton is roughly halfway, being one and half miles from North Petherton.

ooxxOxxoo

On Friday 12th August the stroll was along a short section of the Huntspill River, we started from the Woolavington Bridge and headed west toward the A38. The weather was fine but with a threat of a shower, the exercise was good and we adjourned to the Crown Inn at East Huntspill for refreshment, some had coffee the others a lager.

There had been a little rain on Friday 26th August so the planned stroll was shelved until we could be sure of a dry day; instead we assembled at Ray's home for a stroll around the lakes. Ray then lead us through obscure paths around the Isleport Business Park back to his home for coffee and the inevitable discussion on the state of the world on that day.

Writing for Pleasure

Regrettably Doreen Reddish feels she is not able to organise this activity at present, it is great to see Doreen out and about again and we appreciate the difficulties. We hope you will soon feel able to exercise your literary skills again soon; in the mean time Grace Galton has offered to look after the group. So if any of you wish to take part in this activity please let Grace or a Committee Member know. Grace gave me one of her short stories some time ago but due to space limitations I have not been able to include it. Now that the newsletter is bi-monthly I will need 'space fillers', therefore if you have something that you feel will be of interest to the members please let me have it.

Monday Monday! –By Grace Galton

Jane jerks awake as the alarm clock clicks into life. Blaring at her a cheerful voice spits out the news of yet another accident on the M4. "Oh, God" thinks Jane. "Class 3's Monday field trip to Bristol Zoo" She is in sole charge since Larry Morgan had gone down with the dreaded lurgy on Friday, lucky swine!

Swinging her legs swiftly out of bed, her right big toe encounters the sharp edge of the bedside cabinet. Eliciting an early morning expletive she hobbles valiantly towards the bathroom; pulls the light cord and is rewarded with a faint flash of light followed swiftly by a dull popping sound—then darkness. "Great" Jane utters aloud, her voice now holding just the smallest trace of rising panic.

Switching the hall light on for some small amount of illumination, Jane hunts swiftly for something with which to prop open the door in order to let in light. Her fuddled mind offers up only one solution to the problem; two spare toilet rolls. She quickly reaches for the cabinet before the bathroom door can swing shut and, in the swiftly growing darkness, the back of her hand sweeps a glass off the shelf. Oh! Horrors, before her sluggish reflexes can respond it crashes onto the tiled floor and shatters; shards of glass fly everywhere. (Continued)

Monday, Monday! (Continued)

“How can one small glass produce so many tiny pieces?” she wonders angrily.

Abandoning her ablutions, Jane runs back into the bedroom and starts to dress in a hurry. Bra, panties, tights “Oh b----r” yells Jane as her thumb rips through the material. She watches in dismay as the white ladder swiftly spreads downwards. Hopping to the bed she plops down awkwardly to rip off the offending item; misses by centimetres and crashes in an ungainly heap onto the floor, her right leg twisted awkwardly beneath her. Pain strikes immediately when she tries to straighten her leg.

In agony and despair, Jane stretches toward the telephone to summon help, just as the melancholy strains of the introductory music to “Steve Wright’s Sunday Love Songs” swells forth.

OoooOOOOoooo

Healthy Communities Collaborative

You may remember that some time ago the section of the Somerset Coast Primary Care Trust did a lot of work educating elderly people on the problems caused by falls. Many ‘old’ people suffer broken limbs etc from falls in the home and the subsequent care they need costs the N.H.S. a lot of time and money.

An effort was made to reduce falls and the resulting injuries and they were able to achieve much success. The team in Highbridge toured the town and their reports resulted in many dangerous pavements and steps being repaired or removed by the Council.

When that scheme came to an end the next covered the Community Food Survey and we received a visit from Loretta Ingram of the Collaborative who, with Ann Lismore persuaded you to fill in forms on that subject. A Food Co-operative has been set up and details are available should you be interested.

The next scheme involves the problems caused by the elderly suffering from the effects of **Dehydration**. So please note the information on **Pages 11 and 12**. Some simple recopies are being produced and will be included during the next few months.

It makes you think?

Whilst drinking a cup of tea and listening to a radio programme about Josiah Wedgwood it occurred to me how much trust we put into the workmanship entailed in the fusing of the handle to the cup; I have never had one fall off, have you?

And another thing:

I was surprised to hear the following comment from a friend who has been widowed twice and has worked hard all her life. "I love sorting out my weekly rubbish into categories, I feel that up to now I haven't done much to help the community but at last I can give something back by doing something useful"

A poem by Nina Hosali.

"Giving"

The sun knows how to give,

He casts his rays on all and heeds not how they fall

Yet loses not his power, nor dims his inward fire.

The stream knows how to give,

She casts her fresh spray wide and feeds on every side

The birds and beasts and flowers, and yet she does not tire.

So may I learn to give?

Thus let my love go hence nor ask for recompense

But send it ever sweetly forth, as notes from out a lyre.

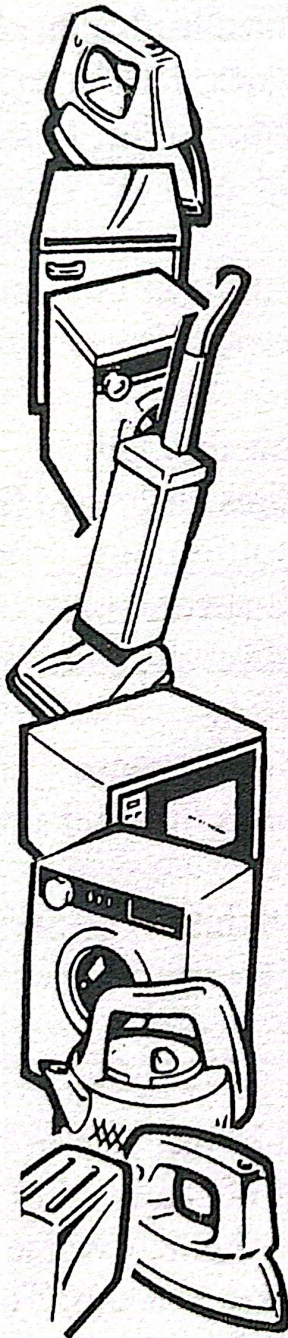
Phyllis Walsh has provided me with a number of 'tit bits' over the years; thank you Phyllis for the above.

Have you taken advantage of the facilities provided by the "Pop-in" Café in Southwell House on the 2nd and 4th Monday's of the month? Light lunches, snacks and drinks are available for those who may be too busy on a Monday to cook a meal. Fare includes: Jacket potatoes, Toasted sandwiches, Baked Beans on toast and a variety of drinks.

Conscience hurts, when everything else feels good.

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Healthy Communities Collaborative

The Club received a visit recently from Loretta Ingram and Ann Lismore of the above to conduct a Community Food Survey and many of you filled in the forms.

Further to this and as a result of the 'Falls Survey' it has been recognised at National Level that a high number of older people, both living in their own homes as well as those in residential care and nursing care, are being admitted to A&E departments suffering from **dehydration**.

Recent research has suggested that as many as 30% of the older people being admitted to A&E are **dehydrated**.

Are you aware that 60% of our body is made up of water?

Dehydration is a serious problem and if ignored can lead to DEATH.

There are a number of reasons why older people are more easily dehydrated than younger people, these include: -

Mobility problems (not being physically able to get your own drink)

Illness (mentally and physical)

Medication with a diuretic effect (going to the toilet more often)

Deliberately restricting drinks (for fear of frequent visits to the toilet, especially at night).

You can you help yourself by: -

Having at least 6 drinks a day

Try to have at least 2 non-caffeinated drinks (water, fruit juice, milk or squash)

Frail older people or anyone losing weight should consider taking fluids that are also energy and nutrient dense, smoothies, milkshakes and Horlicks

Some puddings like custard, yoghurt, trifle, or rice are 80% water

Some of our daily content comes from foods. A soft meal like Shepherds Pie has more water content than a dry meal like bread and cheese.

Soups, sorbets, jellies, flavoured ice creams or an unusual snack like frozen grapes all help to keep you hydrated and are refreshing snacks.

Fruit and vegetables contain a lot of water. This is one of the reasons they help prevent constipation as much of the water with the fibre is retained in the gut keeping the contents soft. Fruit and vegetables are good to eat for their water and because they also contain vitamins. (Continued)

Here is a table of tempting fruits and vegetables with their water content:

Apples (raw)	84%	Honeydew Melon (raw)	90%
Applesauce (canned, sweetened)	80%	Kiwi Fruit	83%
Apricots (raw)	86%	Lettuce (raw)	96%
Apricots (canned)	78%	Nectarines	86%
Bananas (raw)	91%	Oranges (raw)	87%
Bell Peppers	92%	Olives (ripe, canned)	80%
Broccoli (cooked)	91%	Peaches (raw)	88%
Cabbage (raw)	92%	Peaches (canned)	80%
Carrots (raw)	88%	Pears (raw)	84%
Cauliflower (raw)	92%	Pears (canned)	79%
Cauliflower (cooked)	93%	Plums (raw)	85%
Celery (raw)	95%	Potato Baked	75%
Cherries (raw)	81%	Raspberries (raw)	87%
Corn (1 ear cooked)	70%	Strawberries (raw)	92%
Cucumbers (raw)	96%	Tomatoes (raw)	94%
Grapefruit (pink or red, raw)	91%	Watermelons (raw)	92%

Symptoms of dehydration include persistent tiredness, lethargy, heartburn, muscle weakness, cramps, dizziness, headaches, dry eyes, confusion, rapid breathing and sometimes back pain. If you have any concerns then do consult your GP or Practice Nurse.

Personal Identification

Shortly after the London Bombs a member received an e-mail that put forward an idea, which we thought, was good and should be passed on; especially in view of what had happened.

The East Anglian Ambulance Service has launched a national "I.C.E." Campaign with the support of Falklands war hero Simon Weston and in association with Videophone's annual lifesavers award.

The idea involves storing the word "ICE" in your mobile phone address book and against it enter the number of the person you would want to be contacted "In Case of Emergency". In the event that you were involved in any sort of accident/incident the ambulance service and hospital staff would be able to quickly contact your next of kin or whomever you had listed. This would obviously save a lot of valuable time and, in some instances, could be a lifesaver.

Another good idea was the "Message in a Bottle". This one involves making a list of the medication that you take and keeping it in a 'bottle' in your fridge on which you put a green cross sticker. If you are taken ill paramedics are made aware immediately what drugs they can administer without spending valuable time checking with a doctor or a relation (who may not necessarily know) what medication you could be taking.

Sandra

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Did do you know that?

Many of the 'everyday' sayings' that are used today originated around 500 years ago, they came about as a result of common occurrences/activities, simple things, for instance: -

Lead cups were used for the drinking of ale or whisky; the combination of the lead and drink would sometimes knock the imbibers out cold for a couple of days. If someone walking along the road found them they could often be assumed to be dead and their family would prepare them for burial. They would be laid out on the kitchen table for a few days with the entire family gathering around to eat and drink whilst they waited to see if the corpse would wake up. Hence the custom of holding a "WAKE" originated.

Also, in days gone by it was found that local folks started to run out of places to bury their dead, so they would dig up coffins and take the bones to the "bone-house", and re-use the grave. Sometimes it was found when reopening the coffins that 1 out of 25 would have scratch marks on the inside and they realised that they had been burying people alive.

So, a string would be tied on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell. Thus, someone could be "SAVED BY THE BELL" or be considered a "DEAD RINGER".

"MAD AS A HATTER", this saying apparently originated in the eighteenth/nineteenth centuries. People would develop twitches and trembling fits, often known as 'hatters shakes'. This was probably due to a highly toxic mercury nitrate used in the making of felt hats, this causing a mental problem.

Well off were referred to as the "UPPER CRUST", bread would be divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests the top layer, or 'upper crust'.

ContoC Christmas Concerts

For the Elderly, Handicapped, Blind and Visually Impaired

"My Words Versified"

A Collection of Poems

by

H.Sydney Cox F.M.A.

This booklet, containing twenty-one poems, has been published for the purpose of
Raising funds for ContoC. The cost is £2.50 plus 30p Postage.

Crossed postal orders or cheques should be made out to ContoC Christmas
Concerts and sent to the publishers. BM/Inkwell. London WC1N 3XX

Theatre trips ----Bristol Hippodrome.

We have received advance details of shows for 2006, two stand out as being somewhat special:

In February, early in the month, "My Fair Lady" is coming with Christopher Casenove, Amy Nuttall or Lisa O'Hare and Hannah Gordon; playing Professor Higgins, Eliza Doolittle and Mrs Higgins respectively.

In April a song and dance show, "Seven Brides for Seven Brothers" is planned with Dave Willetts and Shona Lindsay.

These are going to be popular shows, especially "My Fair Lady", if you wish to see either or both, it is suggested you quickly get your name pencilled in.

Details of dates and prices will be advised as soon as they are available.

RING: Roy Bryant (783780) or Vi Chick (784033)

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Luncheon Club

The venue for the last Pub Lunch was the Scarlet Pimpernel; fifteen members enjoyed the meal that they had selected from a choice of three. The roast beef, came with seven different types of vegetables, which is exceptional these days, all were well cooked. Alternatives were breaded plaice with side salad or lasagne, both well cooked and presented

This year the lunches were, as you may be aware, organised by Pam Scales and Julie Lovern. Visits being made to three pubs plus Garden World and the Goat House all proved to be successful and well attended. Pam and Julie now both feel that they would like to take a rest; Pam, being the proud owner of a Motorhome, spends a lot of time out and about which means she has to return every week to sort out the lunch arrangements, not very convenient when she could be up in the Cotswolds. Julie who now resides in Cossington finds it is sometimes a problem to get in for the Coffee Mornings.

We thank them both for the time spent arranging the lunches and regret that they need to 'drop out' but fully appreciate their problems. Thanks again to you both.

We are now looking for volunteers so if there is anyone out there who fancies taking up the 'challenge' please let a committee member know.

Monthly Draw

June	Ethel Titford	and	Don Whiteway	No 7
July	Roy Bryant	and	Roy Bryant	No 8

It obviously pays to 'buy' the same number on both sheets!
All receive £20.00 (Roy gets £40.00)

Editor:	Ken Burston
Production:	Fay and Ken Burston
Distribution:	Ann Smith (West Huntspill)
	Mary Akers, Jack Foster, Pat Gray, John Grigsby,
	Pam Hedgecock, Sallie Park, Betty Pocock, Phyllis Walsh,
	Heather Swift, Betty Worthy and Marion Wright.

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GROUP ACTIVITIES

Card Making Meetings arranged—Please see Page 4

At: Southwell House
Time: 2.00 –4.00pm
Admission: £1.50
Contact Fay Burston (782529)

Art Every Tuesday
At: Southwell House
Time: 1.30 pm to 4.00 pm
Cost: £1.70 Group Leader: Phil Lyes (784629)

Keep Fit Every Tuesday
At: Gospel Hall, Old Burnham Road
Time: 2.15 pm to 3.15 pm
Group Leader: Joyce Beard (783913) All Welcome.

Board Games Every Tuesday
At: Gospel Hall, Old Burnham Road.
Time: 3.15 After Keep Fit.
Group Leader: Betty Worthy (795823)

Coffee Morning Every Wednesday
At: Highbridge Community Hall
Time: 10.00am to 12.00am
All are welcome, come along, meet up with friends, and see what we have to offer.

Luncheon Club

This group is taking a rest until the autumn. Details of future plans re the new programme of pub visits will be posted on the Notice Board as soon as possible.

Speakers Corner

Recently interest has been shown in the Club reviving this activity, it came to an end for two reasons, attendances fell off and it was not sensible to continue and because, as you know, Jack Foster was not able to put his time to organising the speakers. If you feel you would like us to reinstate the activity please let a Committee Member know also give some idea of the subjects you might like to hear about.

Art Every Thursday
 At: Southwell House
 Time: 1.30pm to 4.00pm
 Cost: £1.70 Tutor: Jean Berry (785840)

Skittles 1st and 3rd Friday of the month
 At: Royal Artillery Inn
 Time: 11.30am to 1.00pm
 Group Leader: Ray Reddish (785411) Lunches available

Play Reading Fourth Friday of the month.
 At: 4 Brue Crescent. Burnham-on-Sea.
 Time: 10.00am
 Play: "Dangerous Corner"
 'Producer': Tony Webb (787483) New members welcome-especially men

Family History Tutorial
 At: Southwell House
 Time: 10.00 am
 Facilitator: Roger Ouston (795007)

Strollers 2nd and 4th Friday of the month
 At: Start-Bank Street Car Park
 Time: 10.30pm
 Stroll: See Notice Board for details, stout footwear is
 recommended during winter months.
 Group Leader: Fay Burston (782529) or Ray Reddish (785411)

Cycling This activity is being removed from the list until Barbara Palin
 (Group Leader), is able to restart following a recent operation.

With all of the foregoing it is advisable to check with the Club Notice Board or with the Group Leader to ensure the activity is being held, especially with outdoor events

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Social Events

SEPTEMBER 22nd CREATIVE STITCHES & HOBBY CRAFTS

Thursday day out at West Point. EXETER

Meet : At Bank Street Car Park, coach leaves at 09.15 am

Price: To be advised.

SEPTEMBER 27th " THOROUGHLY MODERN MILLIE"

Tuesday Evening !

Meet : At Bank Street Car Park, coach leaves at 5.30 pm

Price : £27.50 Payment by 27th July

DECEMBER 8th " SCROOGE" Thursday Evening !

Meet : At Bank Street Car Park, coach leaves at 5.30 pm

Price : £32.00 Payment by 7th October

DECEMBER 14th CAROL SERVICE at Wells Cathedral

Meet: At Bank Street Car Park, coach leaves at 09.30 am.

The service is from 11.00 am to 12.00 am. Leaving time for a spot of lunch and shopping before the coach leaves Wells at 4.00 pm.

Price : To be advised

MILLIE and SCROOGE are EVENING SHOWS!!

Advance Information for 2006

**February-----"My Fair Lady" with Christopher Casenove,
Amy Nuttall or Lisa O'Hare and Hannah Gordon as Mrs Higgins**

**April-----"Seven Brides for Seven Brothers" with Dave
Willets and Shona Lindsay**

Payment for shows is needed EIGHT weeks before the show date.

This a requirement by the theatre

Note! Bookings can only be accepted with the payment of a £5.00 non-returnable deposit. Cheques must be made out to "U3A of Highbridge Social Club"

Vi Chick (784033) will provide details, or you may make your booking with Roy Bryant (783780) or at Coffee Morning.