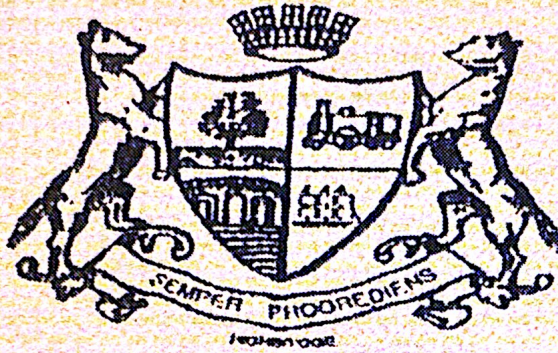


FB

Ken & Fay Burton
39 Saxondale Ave



of

HIGHBRIDGE

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

July - - - - August

MAGAZINE

2006

ISSUE NUMBER 29

WHO'S WHO 2006/2007

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
	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
Social Group	Roy Bryant	01278 783780
" "	Vi Chick	01278 784033

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Note: In accordance with the requirements of the Data Protection Act 1998 information relating to this Club's members will be held on a computerised database and will be used solely for this Club's business and communications.

Editorial

Many thank to all members that turned up for the A.G.M. on the 24th May, just over 50% of the membership was present. We, on the Committee, are grateful to all that show such interest in the running of the Club. It is, after all, your Club and we are most anxious to provide activities that fulfil your interests, whether it be an activity class like Keep Fit or a more relaxing hobby like one of the Art classes. It was not a lively meeting by any means, we did cover all the questions that arose; but there is still that 'male' vacancy on the Committee, no doubt that will resolve itself in time.

There were no nominations for Committee Member therefore the 'standing' Committee Members were re-elected en bloc. At their first meeting on Monday 19th June they elected for 2006/7 the following:

Chairman:	Phil. Lyes
Vice-Chairman:	Fay Burston
Hon. Secretary:	Ken Burston
Hon. Treasurer:	Pauline Chapman
Membership Secretary:	Beryl Bryant
Committee Members:	Roy Bryant, Vi Chick, Joyce Curtis, Ray Reddish, Ethel Titford and Margaret Wall.

A matter raised at the A.G.M. was the Coffee Morning Roster. The problem is that we have yet to come up with a foolproof way of making sure we have volunteers. Our Treasurer, Pauline Chapman has offered to look after the board and try to ensure that we have a list of names well in advance of the Coffee Morning Wednesday. We all enjoy our coffee/tea and biscuit on a Wednesday, it has become a rendezvous for many to meet up with their friends, compare gossip and to see what the Club has planned for the near future.

This is obviously an ideal time to meet up; some members often go on to either the 'Pop-In' at Southwell House or the Highbridge Hotel for their lunch.

If we can get a nucleus of volunteers and the system works it will ensure our coffee/tea is assured on a Wednesday.

Editorial(contd)

"Speakers Corners" was reintroduced in May and proved to a success. Family History/Genealogy was the subject and Roger Ouston, kept his audience in rapt attention describing how and what records are kept. Tracing your ancestors is now a lot easier with History Centres being opened across the country. Searching for a birth, marriage or death back to 1837 is a relatively simple activity now.

The first census was in 1837; this asked only for the number of people residing at an address, this was followed in 1841 by a census that is generally similar to that of today. A census of the population has been required every ten years since 1841, except for the war years.

Prior to 1837 the chief information sources were registers in Anglican parishes, many of these are now held by Record Offices and are available for public examination. A census form provides a lot of information, family members (all ages and sex are needed); their professions; employer/employee, where born; the final column asks for details of: - Blind, Deaf, Mute, Idiots, Imbeciles and Lunatics.

Of the last three there is a difference; Idiots are born, Imbeciles are mentally unstable from the age of eighteen months, Lunatics are those persons who may be mentally unstable occasionally, i.e. once a month, or lunar as the moon.

Roger's audience was engrossed throughout and I am sure they learned a great deal. We learned that some people suddenly aged over night when the Government at that time decided to give pensions to men and women ; those who had been lying about their age quickly found their birth certificates and surprise, surprise, "Am I really that old"?

It is a very fascinating subject, if you would like to learn more join us in October, the dates for the next term are on Page 5.

Thank you Roger. Our reinstated Speakers Corner proved to be a success, I am looking forward to the next Speaker and his subject on Monday 17th July, and I believe this subject will also create a lot of interest.

Please note this date, it is a morning again and it may not suit some members but until we can establish a good nucleus of support it is not possible to settle on a particular day or time of day.

Group News

Card Making Group

This class has been a success in its first 'season', those attending have learned how to design and make their own cards, achieving some measure of self-satisfaction. Cards to their relatives, friends, etc. will now have a bit of 'them' in them, being more personal than a card from a shop. The social atmosphere of the class was something they all enjoyed.



This is a recent class in action.

Dates for the next classes are as follows:

2006 September 20 th	Wednesday afternoon	2.00 to 4.00pm	} all at
.. October 2 nd	Monday morning	10.00 to 12.00 am	
.. October 18 th	Wednesday afternoon	2.00 to 4.00 pm	} Southwell
.. November 6 th	Monday morning	10.00 to 12.00 am	} House
.. November 15 th	Wednesday afternoon	2.00 to 4.00 pm	
.. December 4 th	Monday morning	10.00 to 12.00 am	} cost £1.50

Dates for 2007 have yet to be determined and will be advised soon.

Family History

Roger has helped us research our families and has done a lot of research for us and we all greatly appreciate his expertise in finding the elusive detail about our ancestors. The Workshop is to continue in the autumn and the dates for the next sessions (through to 2007) are given.

2006 October 5 th	}	On the first Thursday
.. November 2 nd	}	
.. December 7 th	}	of every month at 10.00 am
2007 January 4 th	}	
.. February 1 st	}	
.. March 1 st	}	at Southwell House
.. April 5 th	}	
.. May 3 rd	}	
.. June 7 th	}	cost £1.00

Group News (continued)

Art Groups

The members of both the Tuesday and Thursday classes are, hopefully, about to produce their own "works of art" for the forthcoming two shows.

Firstly there is the:

East Huntspill Annual Show on Saturday 5th August, At the East Huntspill Village Hall

Entry schedules are available; the classes cover not only art but also many others for wines, photography, floral art, honey, crafts and the usual garden and domestic produce.

The second is a fortnight later and is:

West Huntspill Horticultural Society Annual Show on Saturday 19th August, at The Balliol Hall

This also includes a Car Boot Sale from 2.00 pm

Entry schedules are available for this show; classes are generally similar to those above.

Anyone wishing to enter should ask Phil Lyes or Ken Burston for a copy of the schedule and/or entry form. (P.S. Thursday class now FULL)

Social Group

The trip to the "Lost Gardens of Heligan" early in June was blessed with a lovely sunny day; Pat Gray has done a write-up see Page 9

Skittles

The Royal Artillery is under new management and it is likely that the premises will have a complete overhaul; the new people do appear to be very keen to get the pub thriving again. We will support them in their endeavours and look forward to the alley being "re-shod"?

Keep fit and Board Games

This group was set up when the Club was first formed and is still going strong. Joyce and Betty have maintained good support throughout and deserve not only our thanks but also our congratulations. Thank you both for your sterling efforts.

Speakers Corner

At

Southwell House

Monday 17th July 2006--10.00 to 12.00 a.m.

Speaker: Allen Gibbs

Admission: £1.00

The subject will be: "AN INTRODUCTION TO HERALDRY"

No doubt many of you have visited stately homes and castles over the years and may have wondered whether there was any meaning to the Coats of Arms and Crests that you have seen. Allen is well versed in this subject and has offered to tell us 'how and why' they came about and their development up to the present day.

It is hoped that by giving you a basic knowledge of the heraldic systems it will make visits to these places of interest a bit more pleasurable and may help make the investigating of family names or arms more interesting.

Please try and support this activity, I know that there are some very good speakers and subject available, it would be great to get Speakers Corner going again.

P.S. I came across Jack Foster's list of speakers the other day and was amazed at the number of subjects that are available. Subjects such as: - "The Workings of Magistrates Courts," "Landfill And Waste Disposal," "Wildlife" by Secret World, "Local Dialects," "Community Policing," "Contoc Christmas Concerts" "History of West Somerset Mineral Railway" "Russian Convoys", the list is endless.

oooOOOooo

On Friday 12th May the Strollers, (12) took in the delights of Mark, it was a lovely warm morning and, setting off from the car park at the White Horse Inn, they headed toward the church. Turning right through some 'kiss-gates' open country was ahead. Progress was casual, too nice a day to hurry. Coming across a farmer examining and marking his sheep we thought we would need to do an about turn, but no, he opened another gate and let us through.

Out onto the Mark/Wedmore road for a short distance, then via a bridle path and through an orchard (public footpath) around part of someone's garden; (F.P.) we eventually came



out

onto the main road. A short circular route around some houses brought us back at the Inn without having to use the main road. Thirsts were quickly quenched before returning home. If only strollers' weather was always like that.

It is not: -



On May 25th the weather was atrocious, rain, rain and more rain. Some regulars had already cried off and at the allotted start time (10.30) there were just three of us. Two more arrived five minutes later, but by then it had been agreed we call it off. To walk across fields was out of the question; the grass was too long and to walk along the lanes is not very exciting—so we went home.

Friday 23rd June was another good day, warm and bright, Cheddar was the venue. Thirteen arrived at the car park near the cemetery and took a walk up the old Strawberry Line. It was a pleasant casual stroll; dappled shade kept everyone cool and the five dogs that were present enjoyed running free. We returned to the car park with a stroll around the reservoir, which, for once, was not swept by a chill wind. The new Cheddar Garden Centre then had the pleasure of our custom for coffees.

"Lost Gardens of Heligan"

On June 8th we had another enjoyable day trip organised with the usual care and thought by Vi Chick and Roy Bryant of our Social Committee.

We left Highbridge Car Park sharp at 8.30 a.m. the weather was very good and everyone was looking forward to a good days outing.

After a slight detour (the driver thought we were going to the Eden Project) Heligan was reached safe and sound; Roy collected our tickets (stickers) so that we could gain admittance. First a comfort break plus a cup of tea, then a look round the shop; this is a must for those with money to spend otherwise it burns a hole in their pocket.

Access for those with special needs and baby buggies was well catered for although access to some of the sites was not practicable; it was fairly obvious that they would have experienced difficulties.

Heligan is a garden for all seasons; the Northern Gardens comprise a series of small gardens within the large garden; the Alpine Crystal Grotto, New Zealand Garden, Italian and Sundial Gardens plus the Northern Summer House Garden. There are large produce gardens for vegetables, a walled garden with peach, vine, citrus and melon houses, pineapple pits, beds of herbs and also annual flowers.

The Jungle and Lost Valley lie south of Heligan House; a Subtropical jungle overflows with tree palms, giant gunnera, and bamboo thickets and many exotic trees, shrubs and marsh plants. There were masses of wild flowers and ferns around lakes and ponds; the going in some places was tough but well worth the effort when you experienced the beauty and calm. I felt this was my favourite place.

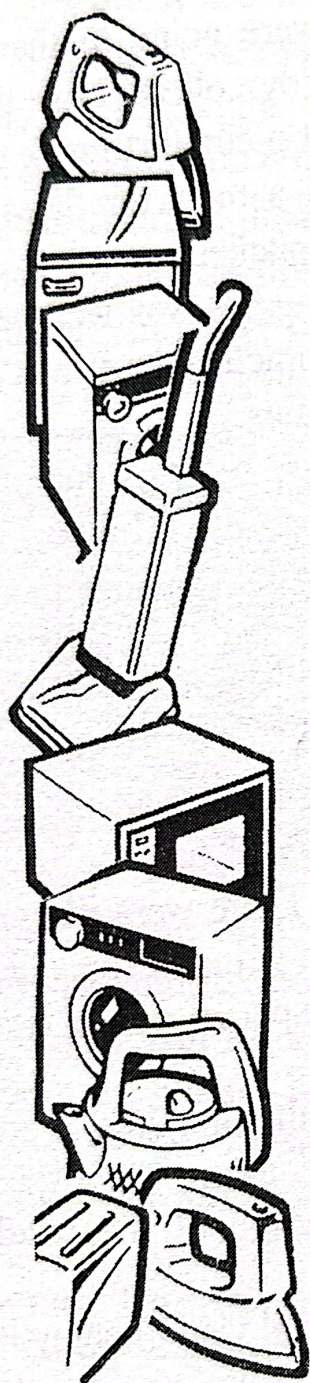
Heligan Home Farm was opened to the public for the first time in 2000. Two hundred acres are now being farmed once again, with special attention to the welfare of the stock and protection of the wildlife habitats enclosed within the area.

There was so much to see, you would need a personal visit to enjoy it at your leisure, especially the Garden for all seasons. I am sure everyone enjoyed the day, the weather was great and the company, as usual, was too.

After a warm and long day tiredness set in and many dozed on the way home. Thank you Vi and Roy and our coach driver for a great day.

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New Groups?

We are often bemoaning the fact that new groups are like dead donkeys, rare! However, we can now announce that there is a strong possibility that we may have one or two, perhaps even THREE.

Firstly: Spanish Language Group.

Sallie Park has offered to take a beginners class for those wishing to learn to speak a little Spanish. Sallie very kindly organised a crash course for those of us that went to Spain last year and we managed adequately. The course will teach you the basics, enabling you to order a drink or light meal or find your way around without too much of a problem.

Sallie wishes to hear from interested members by not later than the end of July so that she can set things up, i.e. venue, times, and prepare a suitable course. Ring her on: - **788640**

Second: Gardening Group.

A preliminary notice has been displayed for a few weeks but now it is official. Carole Loveridge is prepared to run the Gardening Group for those who wish to learn about their plants and gardens. Carole has a good knowledge of plants and horticulture in general and is prepared to impart this to you should you need help. Some of your favourite flowers may not grow in your garden; Carole with her knowledge may be able to resolve the problem. I believe she has a programme set up and is ready to get started.

Please ring her on: - **780060** by the end of July

Thirdly. A Relaxation Class

One of our members has advised that she would like to help those who find it difficult to fully relax, either after a stressful day or an illness or for some other reason, and would like members who are interested to contact her on: - **773920**. It is proposed the class would be for **1 hour at the Highbridge Community Hall Room 2 on a Thursday afternoon commencing September**. She would also like to be advised before the end of this month.

In each case please contact the person direct, this will enable her to let you know, over the phone, what they have in mind and find out from you what your need is.

Healthy Communities Collaborative

On Saturday 13th May The Somerset Coast Primary Care Trust's Healthy Communities Collaborative held an open day at the Highbridge Community Hall. Regrettably, it was not very widely publicised so you may not have been aware that it was on.

However, there were a number of groups in attendance whose purpose in life is to provide advice health, community policing and fire prevention plus information on healthy eating all for the benefit of local families and to the elderly. We know that U3A members do not consider themselves 'elderly' but the information available on the day may probably have been of interest to some of you.

The following was made available to us, so we pass it on.

SCHIP----"Somerset Coast Home Improvement Programme"

This organisation helps those in privately occupied property—Owners or Tenants/Landlords who are: - People over 60

They give advice on: - Disabled people.
 Suitable tradesmen for a variety of work
 (We do that—see our Traders List)
 Help organise and monitor repairs and adaptations
 Give advice on repairs, energy saving and home maintenance
 Make referrals to various schemes
 Help find funding for essential works
 Help people claim benefits to which they are entitled
 Give advice on sources of assistance and support

How much will the service cost?

Nothing to ask for help
 Local Authority may cover fees * Where applicable
 There is a sliding scale of fees for work paid for by Client
 No Fee charge for charitably funded work
 No charge for first visit.

Local Caseworker is: - Annabel M Gregory

10 Angel Crescent. Bridgwater, Somerset TA6 3EW
 Direct line 01278/442402 or ring 01278/444815

Leaflets available at Coffee Morning

Forthcoming Attractions

On Wednesday 26th July at 3.30 pm there is to be a: -

Cream Tea at Wick Farm, Lympsham. Price £3.75

The Cream Tea will comprise; -

Tea + 2 - Scones with cream and jam plus a piece of cake.

This is a Club event, organised by Fay and all members are invited.

Members wishing to attend please let Fay know **before** the Wednesday 19th July by ringing 782529.

Also please advise if you will need a lift or if you can give a lift.

It is proposed we leave Bank Street Car Park at 2.30 pm.

On Monday 7th August there is to be an: -

American Picnic (Riverside) at Langport.

Cars leaving Bank Street Car Park at 11.00 am

Weather permitting there will be time for a stroll along the riverbank or perhaps a look at the shops in Langport.

Again, if you wish to attend please let Fay know by 2nd August ring 782529, so that decisions may be made regarding the food, etc. Don't forget knives, forks, spoons, glasses, etc

Also please advise re transport as above.

Sandra

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The Pensioners Tea Dance

Its Sunday Tea Dance
They'll all be here today
Aches and pains forgotten
As they dance the time away.
Foxtrots, Quicksteps, Waltzes,
Some are slow, but some still nifty
With memories of how it used to be
Way back in nineteen fifty.

Norman's in the toilet
He's struggling to pee
Got trouble with his prostate
He'll likely miss his tea.
Eddy's got a new love
They met in Thornton Heath
She does a lovely Tango
But hasn't any teeth.

Eddy's latest fancy footwork
Nearly broke his partner's neck
She mistook his outside swivel
For a travelling contracheck.
Ida's had her hair done
She's ready for the Saunter,
She had a vindaloo last night
It's coming back to haunt her.

Florrie's mini-skirts' revealing
When she's spinning in the jive
She shouldn't really wear a thong
When approaching eighty-five.
They've had their tea and biscuit
Enjoyed a little laugh
And gamely rise with creaking knees
To face the second half.

Norman's made it back in time
For Rumba number one
His Cucaracha's very neat
But he's left his flies undone.
Vera's fallen over
In a massive crumpled heap
Bert's got indigestion
Mabel's fast asleep.

It's last waltz time and up they get
For Humperdink's old tune
Then "Goodbye, Good Luck, Take Care
God willing, Hope to see you soon"!!

oooOOOooo

Coals to Newcastle?

Recently a member of the Card Making Class needed a Birthday Card for a grandson and when attending the class, looked for help/suggestions from other members on what form it should take. After examining all the options she chickened out and went to a local shop to buy one.

Luncheon Club

On Wednesday 21st June the Club lunch was held at the Watchfield Inn. 20 members attended and were served with roasts of pork or beef with a good selection of veg, alternatively there was lasagne and salad, the desserts looked very tempting and a few did ignore their diets and sampled them. Sallie Park had organised this outing—thank you Sallie.

You may have noticed that there is to be an American Picnic in August, this Fay is organising. We are continually looking for volunteers to arrange the lunches, it does not take a lot of effort, any typing for notices we can easily arrange if you are not able to arrange this. We are certainly lucky around here for eating places; we have a very wide choice, from the very cheap to the rather expensive. All are in a short travelling distance of Highbridge.

U3A 2007 DIARIES

These will soon be available and will cost the same as last year...£1.85 each.

If you would like to receive a diary please contact Ken Burston either at the Coffee Morning or ring 782529.

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.

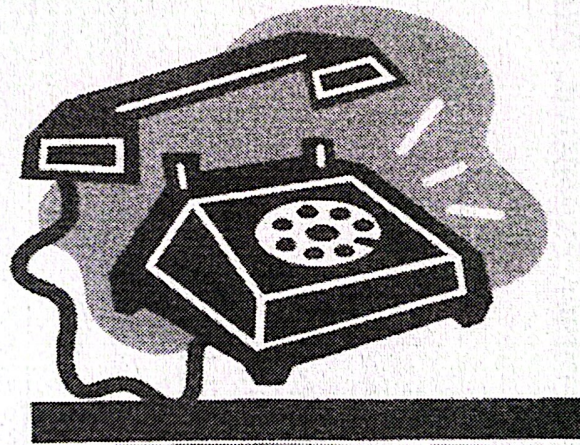
This booklet, containing twenty-one poems, has been published for the purpose of Raising funds for ContoC. The cost is £2.50 plus 30p Postage.

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

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Planning ahead?

I am afraid this came to my attention too late for Christmas 2005, but it may be useful for 2006.

Christmas Cake Recipe

Ingredients:	1 cup water	1 tsp baking soda	1 cup sugar
	1 tsp salt	1 cup brown sugar	lemon juice
	4 large eggs	1 bottle Vodka	nuts
	2 cups of dried fruit		

Sample the Vodka to check its strength and quality

Take a large bowl, check Vodka again, just to confirm it is of the highest quality, pour out one level cup and drink. Repeat at regular intervals.

Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar; beat again.

At this point it is best to make sure the Vodka has not lost its strength; check it again just in case.

Turn off the mixerer thingy. Break 2 eggs and add to the bowl and chuck in the cup of dried fruit. Pick the fruit up off the floor and try again. Mix on the turner. If the fried druit get stuck in the beater just prise loose with whatever is handy.

Sample the Vodka to check its tonsisticy.

Next sift 2 cups of salt, or something, it doesn't matter what.

Check Vodka again.

Now shift the lemon juice and strain your nuts. Add one table also add a spoon of sugar or somefing-whatever is left on the table. Grease the oven. Place the smixture into a sorcepan- it looks like a phlyingpan but with high sides. Turn the sorcepan 360 degrees and try not to fall over. Don't forget to beat off the turner.

Finally throw bowl through the window; finish off the Vodka, fall over. .

Cherry Mistmas.

Monthly Draw

April	Viv Wyatt	and	Viv Wyatt	No 8
May	Vi Chick	and	Margaret Paul	No 20

All received £20.00

Editor: Ken Burston

Production: Fay and Ken Burston

Distribution: Ann Smith (West Huntspill)

Mary Akers, Pat Gray, John Grigsby, Anne Lismore,
Betty Pocock, Thelma Tripp, Phyllis Walsh,
Betty Worthy and Marion Wright.

GROUP ACTIVITIES

Card Making Now having a summer break, for new dates see Page 5

At: Southwell House

Times: See schedule.

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

Please keep an eye on the Notice Board for the date of any future meeting, it is not always possible to put a mention in the Magazine.(See Page 15)

Speakers Corner

Monday 17th July at Southwell House. See page 7 for details

Please try to support this revived activity, the last one was very successful and the next one covers an interesting subject. I have a feeling it will create a –‘not a lot of people know that’ comment.

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: To be advised
'Producer': Tony Webb (787483) New members welcome-especially men

Family History Tutorial Workshop
At: Southwell House
 Now having its summer break after a very good series, dates for the next series have been agreed, please see details on page 5.
Facilitator: Roger Ouston (795007)

Strollers 2nd and 4th Friday of the month
At: Start-Bank Street Car Park
Time: 10.30pm
Stroll: Local area, stout footwear is recommended.
Group Leader: Fay Burston (782529) or Ray Reddish (785411)

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

Social Events

JULY 19th "ANYTHING GOES"

At: Bristol Hippodrome Matinee Performance
Meet: Bank Street Car Park, coach leaves at 12.30pm
Price: £19.50

DECEMBER 20th "PETER PAN" (With Joe Pasquale)

At: Bristol Hippodrome Matinee Performance
Meet: Bank Street Car Park, coach leaves at 12.30pm
Price: £20.00

Payment for a show is needed EIGHT weeks before the show date.
This is 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.

.....

Forthcoming Trips

July 11th Tuesday "Beaulieu Motor Museum" plus the "Maritime Museum" at Bucklers Hard

Price: £19.50 Plus £2.50 for Bucklers Hard (Based on 35 seat coach)**

August 15th Tuesday "St Fagans Rural Life Museum"

Price: £10.00

September 7th Thursday "Eden Project"

Price: £20.00 (Subject to minimum of 30 passengers)

**** Meet: Bank Street Car Park. Coach leaves at 9.00.a.m. for all except for St Fagans when it leaves at 9.15 a.m.**