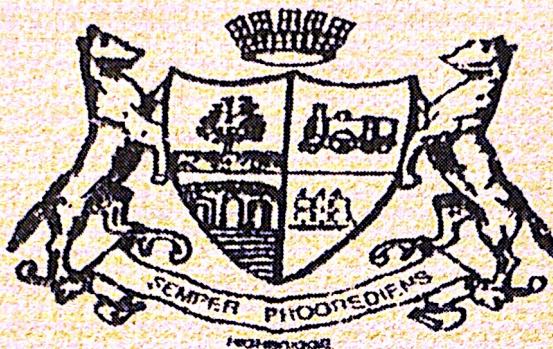


FB

Ken & Fay Burslen
39 Saxondale Ave



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September-----October
MAGAZINE
2006

ISSUE NUMBER 30

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 Tittford	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
Gardening Group	Carole Loveridge	01278 780060
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

Who hit the "Fast Forward" button in June? July and August both shot by so quickly it's not easy to remember what happened.

There was a new venture in July, a Cream Tea. We had received reports that a farm at Lympham laid on lovely cream teas and we thought why not give it a try. If the lovely weather holds out we should be able to capitalise on it and have an enjoyable afternoons relaxation.

Early in the July (11th) there was visit to Beaulieu and Bucklers Hard, many had planned to visit the Motor and Maritime Museums, this they did and with it being a glorious sunny day we made the most of it. Tours around the Abbey and Gardens at Beaulieu were followed by a cooling boat trip up the river at Bucklers Hard; this wound things up nicely as did the run back through the New Forest.

Reports on the Cream Tea, American Picnic and trip to St. Fagans are given later in the magazine, plus photographs taken at the first two. On the trip to Heligan Pat Gray took some photos and these are also on the 'Picture Pages'.

Thank you ladies for providing the write-ups, they are excellent and I am most grateful to you all. I promise not to bother you again just yet but because you have made such a good job of providing good accounts of our days out, I may look to you again at some future date.

The Speakers Corner in July was presented by Alan Gibbs and covered 'An Introduction to Heraldry'. Thank you Alan for a very informative talk I am sure we will now look at Coats of Arms in stately homes/castles in a different light. It is now easy to appreciate why knights/warriors needed to be identified; very necessary when you could not tell friend from foe in battle, they all look alike when wearing armour/chain mail.

Editorial (contd)

Changing the subject. Do you happen to suffer early in the mornings? Say—from a touch of Rheumatism or Arthritis? Well we might have something that could produce a little relief. For the past 4/5 years a friend of mine from my working days visits us for a short break and he has suffered from such aches and pains. Norman is in his seventies and has had problems raising his arms to shave and comb his hair, or to bend down to tie his shoes, jobs that usually come naturally; he was in agony. An elderly acquaintance of his seeing he was having problems recommended a diet that he swore would help solve his ills. It is a twenty-week course and is **“guaranteed to relieve the suffering or achieve significant improvement through diet”**. *(Norman said it was worth a try, anything to help relieve the pain. It did work and he is a changed man, his pain was greatly relieved within just 10 weeks and he is still improving).*

If you would like to receive a copy please let me know.

Also, The Third Age Trust is offering to supply members with packs containing advise on making out a Will. Again, contact me (Ken) if you would like a copy.

Would you like to buy a **U3A 2007 Diary**?

I now have a supply, they cost **£1.85** and are very good value, not too large (should fit a handbag easily) they have a seven-day page plus a facing page for notes.

Late News

We will again be organising a trip to the Wells Cathedral for their Annual Carol Service and are hoping to solve the problems experienced by members when attempting obtain something to eat following the service. We have found an inn that is prepared to serve lunches at a reasonable price, it is the Camelot Inn at Polsham, 4 miles back towards Street. If you talk to Vi and Roy nicely you might persuade them to stop in Street for a spot of shopping on the way back.

Group News

Card Making Group

Don't forget! the classes start again on Wednesday 20th September at 2.00 pm.

Family History

This Workshop re-starts at 10.00 a.m. on Thursday 5th October Have you genealogists made any progress on your research?

Art Groups

As you are aware the Club runs two art classes a week on the afternoons of Tuesday and Thursday, both are fully subscribed and produce some excellent pictures. Recent successes by the members has proved this; at the East Huntspill Show on Saturday 5th August 1st prize went to Chris Winter, 2nd to Rita Cogger and 3rd to Kay Lloyd.

Then at the West Huntspill Show on Saturday 19th August the awards were 1st prize to Pam Thorne, 2nd to Ken Burston (he did the painting Fay Burston was accredited with it) and 3rd to Rita Cogger. Didn't she do well! They are all from the Thursday class and their successes can be attributed to their tutor Jean Berry who has patiently shown them how to get the best from their abilities. Thank you Jean.

Social Group

You will note from the 'Social Events' (page 24) that our theatre trips and days out are drawing to a close. We have done very well this year; the weather has been kind to us throughout for all outdoor events. Roy and Vi are preparing details for 2007 and will be introducing some new ideas re-bookings.

The general format will be very much the same, i.e. the total cost will include admission to venue, coach fare and drivers' gratuity. Next year we may be introducing a 'booking form' that will enable members to see what the event is, theatre/trip, pick-up points, etc. and will, in turn, help the 'Group' to record more easily all the relevant particulars.

Group News (continued)

Keep Fit and Board Games

On Tuesdays Joyce Beard attempts to keep her 'team' on their toes and physically fit, after a break for a cup of tea Betty Worthy makes sure they are mentally 'on their toes' with the Board Games.

Gardening Club

Carole Loveridge held her first meeting on Thursday 24th August at Southwell House. This was mainly a plant swap session and discussion; members asked questions re their plants and any problems that they had. With the 'growing season' coming to an end it is possible the next gathering of the gardeners may be in the spring. In the meantime should you have any problems with your plants no doubt Carole will be able to give advice.

Spanish Language Group

Sallie Park is looking for a few more members to make it a worthwhile project. At the end of July she had received about 4 names, another 4/5 would make a good class, give it a try.

Luncheon Club

16 members had an excellent meal when the Luncheon Club visited to the "White Horse Inn" in Mark on Wednesday 2nd August, unfortunately it clashed with holidays and numbers were slightly down. The next lunch is, unfortunately, today—Sorry. Another is planned for 18th October at the 'Red Cow'—so watch for the notice.

Skittles

Attendances vary somewhat; the new owners have yet to smarten up the alley where the surface is still uneven. We do get some good scores occasionally but this is more by luck than by skill. Betty Worthy and Ray Reddish run a raffle once a month the profit, I understand, is to help fund the Xmas Buffet.

Speakers Corner

At

Southwell House

Monday 9th October 2006--10.00 to 12.00 a.m.

Speaker: Mick Brown

Admission: £1.00

The subject will be: "The Workings of a Magistrates Court"

Mick Brown is a Councillor representing Highbridge on the Somerset County Council and has been a Magistrate for seventeen years (*He is also a Club Member*)

I believe the nearest Magistrates Court to Highbridge is the one recently opened at Worle, it looks a very modern building.

From what I know about these things criminal proceedings start either with a person's arrest and charging by the police or with the issue of a summons to appear in a magistrate's court. Someone who is accused in either way has to work out how best to defend him/herself, or at least ensure the most lenient penalty.

Offences can be dealt with by a magistrate or by a judge and jury in a crown court. Depending upon the seriousness of a case it is then decided what further action is necessary, what type of court, how to plead, etc.

Mick will tell us how it all works and what happens once the wheels are set in motion. This could be a very absorbing subject and I am sure we will learn a lot about the judicial system.

With regard to Speakers Corner in general there are some good subjects lined up for the winter months so please give us some support and encouragement. It is appreciated that a Monday morning is not very convenient to some and we are attempting to find a more suitable day.

Cream Tea

This was held on the 26th July, it was an absolutely glorious afternoon, 25 members went to Wick Farm at Lympsham for a nice cup of tea and a sit down. It was very hot and we wondered if we would melt under the sun but the tables had been laid under a huge willow tree in the garden. The tea was delicious with jam and cream followed by scrumptious cakes all washed down with refreshing cuppas! What an ideal setting for friends to meet and exchange news, many thanks to Fay for making all the arrangements. (Photos on Picture Pages)

Ann Smith

American Picnic

Bit of a wet start on our drive to Langport for the picnic but we kept our fingers crossed for the sun to come out. We drove through some lovely parts of Somerset down narrow and twisting lanes and small villages. Arrived at Langport, which is quite an old town with lots of history, and to our surprise it has a 'Free Car Park', you don't find those very often.

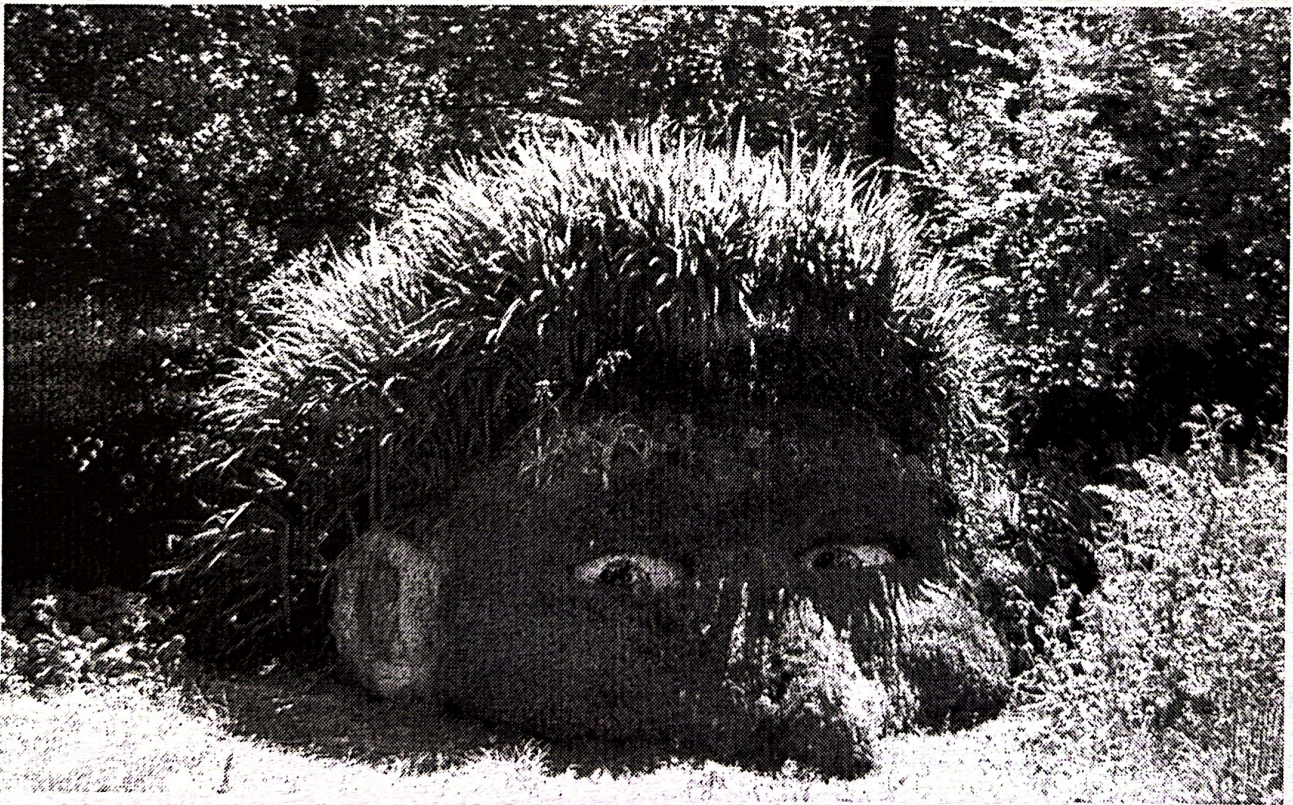
The picnic area was very special with the river near by and lots of lovely trees, there were many walks along the riverbank. Between us we soon had all the food spread on the table and what a choice we had; there was pork pies, pizzas, sausage rolls, sandwiches and salad. Sweets included apple and cherry tarts with cream, chocolate cake and American cookies; a great spread. So anyone who didn't come remember to book it in your diary for next summer, to top it off the sun did come out and it finished off a perfect American Picnic. (Photos in Picture Gallery)

Beryl Hearn

Gatherings organised by the Club always have a very social atmosphere, there is something about a group of U3A of Highbridge members, I don't know what it is, but when they get together they create a good feeling amongst each other. It must be something to do with the air of Highbridge and Somerset.



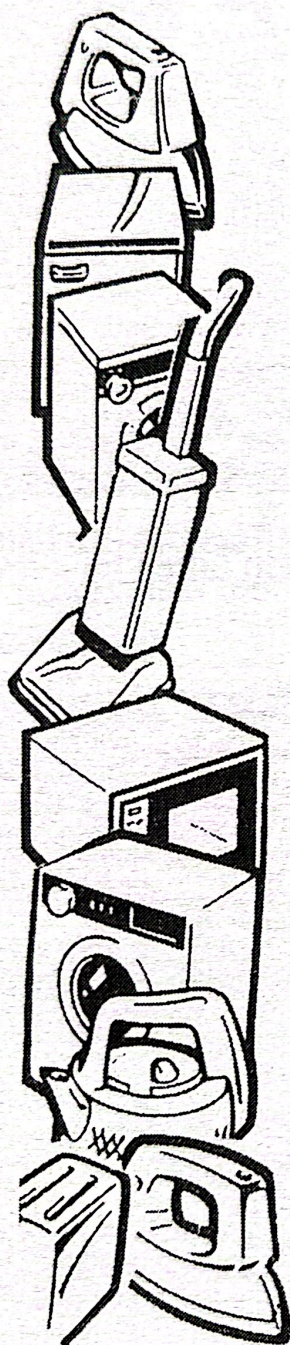
**Photographs of “Lost Gardens of Heligan “ trip taken by
Pat Gray**



“Wot! Quick sand ”

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NEW ACTIVITY--Relaxation Class

Last month it was announced that we would hold a class giving members an opportunity to benefit from a spot of relaxation under supervision.

Jo Osmond will run this first **TASTER CLASS** for members on:-

Thursday afternoon September 14th from 2.00.pm until 3.00 pm in Room 2 at the Highbridge Community Hall.

If you feel that you might obtain benefit from such a class please turn up at the appointed time. If it is successful we will run another.

All you need to take with you is an exercise mat or towel on which to lie. The charge (to help cover the rent) is £1.00

A REPEAT PERFORMANCE:

It has been suggested that we hold another **BAZAAR**, generally similar to that held on Saturday 26th November last year. It has been agreed that this one would be held on Saturday **28th October.2006 from 10.00 am to 1.00 pm.**

The format will be very much as before, comprising stalls demonstrating what we in the U3A do e.g. Art and Card Making and general information about the Club. There will again be a Cake Stall and stalls for other items- perhaps a "Tombola", and of course the usual raffle with attractive prizes. We are hoping to include some stalls from 'outsiders' so that there are a variety of products available for those who can be tempted to spend a little cash. Any profit from the bazaar will be donated to local charities.

We will want volunteers to help look after various stalls etc. and want some good constructive ideas. By the way, **admission will be free.**

Holding the bazaar a little earlier this year may help us avoid the usual 'rash' of similar events held at this time of the year. A notice is given on the centre page, so please drum up some support from your friends and see if you can get some prizes donated for the raffle and "Tombola"

Insurance cover for members

The Third Age Trust has advised that we have an insurance policy with the Ecclesiastical Insurance Group with indemnity limits of £5,000,000 for any one Public Liability event and £5,000,000 for all insured Products liability events in any one period. There is an excess of £250 for third party property damage and a further policy is in force with ACE Insurance raising the overall total of liability cover to £10,000,000.

So all members are well covered, guests/non-members are not necessarily covered and should check their own positions---or become a U3A member!

Short breaks/mini holidays

Early this year, or was it this time last year?

Some of received a copy of the Axe Vale Coach Co's brochure and upon studying it decided on trying short breaks. By coincidence ten members chose the 'Waterways of London' holiday and seven the 'Edinburgh Tattoo'.

Both were very good value for money. The former gave us days at Greenwich where we saw the Observatory and Maritime Museum plus having trips on the River Thames and Regent Canal. A day at Rochester and the Chatham Dockyards were also included.

Our holiday in Scotland was also blessed with great weather, not cold and no rain. We had a day in Glasgow visiting the Museum of Transport and tour of the city followed by a day in Edinburgh again sight seeing and then in the evening the Tattoo. This was as spectacular as it looks on television, a great show. Our final day was a lovely run down the Clyde Valley to Peebles.

Knowing we were U3A of Highbridge members Axe Vale kindly put us all together on the coach, in London we sat where we liked for meals but in Scotland we all sat together. Being with friends made the holidays very social and thoroughly enjoyable.

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U3A of Highbridge
Autumn Bazaar

TO BE HELD ON

SATURDAY 28th OCTOBER

AT THE

**HIGHBRIDGE
COMMUNITY HALL**

10.00 a.m until 1.00 p.m

**COME, TAKE A LOOK AROUND AND ENJOY
A COFFEE OR TEA WITH FRIENDS**

**CRAFTS to view and to buy
STALLS selling products including CAKES,
TOMBOLA, a RAFFLE and other surprises.**

ADMISSION FREE

A little light relief

Shock tactics

An elderly lady upon visiting her doctors was shown into the surgery of the new young partner, after being with the doctor for only a few minutes she suddenly emerged in quite an agitated state. The older doctor upon hearing the fuss left his room and, managing to stop her, asked what was the problem?

He calmed the old lady down then charged into the young doctors room demanding to know what he had done. "Mrs. Rogers is 78 you know and has been a patient with me for longer than I care to remember; She has four children, seven grandchildren and a great grandchild and you have the nerve to tell her she is PREGNANT! What is the meaning of this?

The young doctor calmly carried on writing his notes and, without looking up, said, "Does she still have the hiccups"?

A Sat/Nav problem?

A salesman was returning from a very successful meeting and with time to spare thought he would have a bit of fun with his new satellite/navigation system. He knew the area very well and decided to leave his normal set route and go home a different way; anxious to see how the system would react.

The female giving the instructions on the tracking system started getting very annoyed with him and kept telling him he was on the wrong road, much to his amusement. Upon reaching a Service Station he decided to visit the toilet and not wanting to have the system stolen, put it in his pocket.

In the toilet he found he would have to stand between two men. Whilst doing what was necessary, a female voice (from his pocket) said, "Isn't it time you turned round"?



Photographs of Cream Tea at Wick Farm, Lymsham by Ann Smith





**Photographs of the
American Picnic
At Langport**



Trip to St. Fagan's--National History Museum

Thirty-three members gathered at Bank Street Car Park to catch the coach for a trip to St. Fagans on Tuesday 15th August.

This was Fay's fourth visit and Vour's third, but for many it was their first experience of this marvellous museum of Welsh life. Soon we were all aboard, Viv's scooter was safely in the boot and we were off. It was a pleasant journey over the Second Severn Bridge with lovely views of both the English and Welsh coasts, Flat Holm and Steep Holm were plain to see.

On arrival at St.Fagans everyone headed for the café in the very modern building to have a coffee/tea and a piece of Welsh cake. After refreshments we headed out to take a step back in time. There were wonderful old cottages and houses from all over Wales, dismantled brick by brick and rebuilt in this lovely valley setting. One of the museum guides informed Sally that a family of eleven had lived in one of these tiny two up and two down houses, no electric or running water. Can one imagine living under circumstances like that today?

Sandra

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As we wandered around these dwellings you could hear "Ooh, I remember those" and "My Grandma used to have one of those". The homes were full of nostalgia, bringing back so many memories.

We met Fay and Ken in the Red Farmhouse garden discussing the plants that were there; Ken had asked the gardener what some of the unfamiliar plants were and had been told that one was an Asparagus Pea, we had never heard it. He recalled that his parents had lived in a prefab similar to that at St Fagans.

The Gwalia village shops were an Aladdin's Cave of bygone groceries, the supermarket of their day, selling everything from a packet of tea to chamber pots or a tin bath.

After a lunch of "Fish & Chips and a glass of wine, we continued our journey into the past; the tiny school and a Church, recently rebuilt, that was being decorated by an artist who was painting the saints on the walls. It was good to see so many old skills being used today, the dry stonewalling and carvings etc.

All too soon our departure time came, not before first having another cup of tea, weary members boarded the coach for the journey home to Highbridge. Everyone appeared to have enjoyed the day and we had had many a laugh, and giggle (especially after the glass of wine).

St Fagans had been a wonderful day out and for a while it was like being in Dr Who's Tardis, walk through the door into another world, the world of yesterday.

Thank you Vi and Roy for organising this trip for us.

Vour, Sally, Jean, Brenda and Sheila.

ooOOOoo

Get well wishes

Anne Smith, of *Berrow* (a member of the Thursday Art Class) has recently had a heart problem corrected following a spell in both Weston and the B. R.I. She is now home and has asked me to send a big 'thank you' to all her friends in the U3A of Highbridge for their good wishes. She is hoping to be back in circulation by the time you read this.

Barbara Palin is also making a marvellous recovery following her operations and we send to her our very best wishes for a continued improvement in her health.

We also extend to all members who may be under the weather our best wishes for a speedy return to good health. It is difficult to keep up with all who may be sick—but we do try.

We are reliant on members keeping us informed about their fellow members, if you know someone is ill please pass on the details to a Committee Member so that we can provide our sick friend with help should they need it. Please keep us informed.

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
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Unplanned !

1) Its easy to find," says yours truly! But we didn't approach the farm from the same direction. Result? I overshot and with a 'convoy' of four cars it was difficult to find somewhere to turn around to go back for our Cream Tea. Sorry!

2) Having had a good day at St Fagans and being very tired Vour 'crashed' when she went to bed only to wake in the early hours. Not being able to sleep she tried reading, but no luck! *Thinks! What about that write-up we were asked to do? It's going round and round in my mind, perhaps it's that that's keeping me awake. I'll get it down on paper now.* So, at 4.00 am Vour sets about writing the very good report given in this magazine, then drops off again.

3) When you are staying at a hotel that has recently opened a new Leisure Facility,— pool, spa, sauna, exercise machines, the works! it is very tempting not to miss out. So thought some of the members on the recent trip to see the Edinburgh Tattoo, result? an afternoon in nearby Glasgow buy on 'bathers' so that they could use the first class facility, being residents it was free!

4) Recently, when a coach driver gave an announcement re a comfort halt, for how long etc. someone suggested he told her handbag; because that was where the hearing aid was.

Monthly Draw

June	Grace Galton	and	Tom Thackstone	No 15
May	Pam Gass	and	Janet Hills	No 35

July

All received £20.00

Editor: Ken Burston
 Production: Fay and Ken Burston
 Distribution: Ann Smith (West Huntspill)
 Mary Akers, Pat Gray, Anne Lismore, Betty Pocock,
 Thelma Tripp, Betty Worthy and Marion Wright.

GROUP ACTIVITIES

Card Making

At: Southwell House

Times: Re-starts Wednesday 20th September at 2.00 pm 'til 4.00 pm

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

The next lunch is today 6th September (*but is fully booked*) sorry!

Ann Smith has made a provisional booking for the next to be at the 'Red Cow' Brent Knoll on Wednesday 18th October. Watch the Notice Board for a formal notice.

Speakers Corner

Monday 9th October at Southwell House at 10.00 am.

This session will, I believe, be of general interest. Member Mick Brown has been a Magistrate for seventeen years and is going to fill us in on the workings of the court.

If you have never been involved in the court proceedings this could, quite easily, be an eye opened for you. Try to come along---all are welcome.

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
 Re-starts on Thursday 5th October at 10.00 am and every first Thursday until June 7th
 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

OCTOBER 11th "LORD OF THE DANCE"

Regrettably this trip had to be cancelled due to lack of interest,
following short notice.

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

2007

March: Chitty Chitty Bang Bang

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

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.

December 13th Wednesday "Wells Cathedral Carol Service"

Price: £8.00

Meet: Bank Street Car Park, coach leaves at 9.30 am.

The service is from 11.00 am to 12.00 am; following which it is proposed the coach re-loads and takes everyone to the Camelot Inn about 4 miles back towards Street where we hope to arrange for all to obtain a lunch at a reasonable price, thus avoiding the usual rush to find a lunch in Wells. Payment required no later than 8th

November