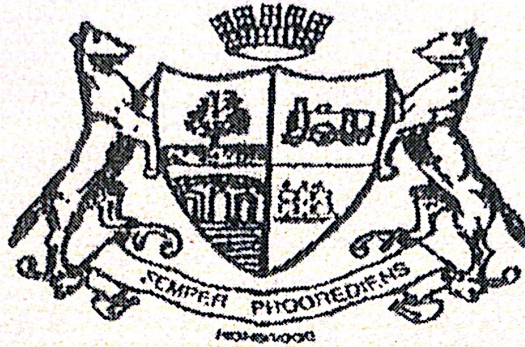


Faye KenBurston
39 Saxondale
Ave



of

HIGHBRIDGE

July-----August
MAGAZINE
2008

ISSUE NUMBER 41

2
WHO'S WHO
2006/2007

Members of the Committee

Chairman	Tony Webb	01278 787483
Vice- Chair	Fay Burston	01278 782529
Secretary	Ken Burston	01278 782529
Treasurer	Pauline Chapman	01278 785163
Membership Secretary	Fay Burston	01278 782529
Committee Members	Roy Bryant	01278 783780
	Beryl Bryant	01278 783780
	Carole Loveridge	01278 780060
	Phil Lyes	01278 784629
	Ray Reddish	01278 785411
	Jean Williams	01278 785240

Co-ordinators

Art I	Jean Berry (Tutor)	01278 785840
Art II	Phil Lyes (Tutor)	01278 784629
Card Making	Rose Bateman	01278 795906
Family History	Roger Ouston	01278 795007
Floral Art	Jean Williams	01278 785240
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**Final Reminder—Please Note: -**

**There will NOT be a Coffee Morning on Wednesday 16th July—
Blood Donors only on that day.**

Over 30% of the membership attended the A.G.M that was held on Wednesday 21st May a very good turn out and a successful meeting. The reports by the Chairman, Treasurer and Secretary were brief, that is how it should be.

Chairman's Report We are beginning another year and may the U3A of Highbridge continue to be a Club of friendly fellowship. Our membership continues to be around 160 this helps us to ensure that this fellowship will be maintained. Our Groups remain at 16 and it would be good if we could get one or two new ones started during the coming year. If you have any ideas please see Ken or me.

The Wednesday Coffee Morning attendances continue to average about 50 each week, it is good to see the familiar faces appearing each week but we must guard against getting cliquey. We must always be on the look out for new faces in order to ensure that they are made welcome. With the attendances at 50ish there should not be a problem obtaining volunteers to help in the kitchen because that would mean each of us helps just three times a year, if we all play our part. The rosta board is always on display in the kitchen.

Finally the Social Group, it is not really a group BUT just Vi and Roy working hard arranging all the many outings—a very big thank you to them both.

Pauline Chapman Our Treasurer's report confirmed that the Club was financially sound; it has always been our practice to use the funds for the benefit of the membership; after all it is your money. We always subsidise the annual lunch and have purchased some items of equipment, (an amplifier etc.) in an attempt to make life a little easier. You will be pleased to know that the membership fee remains unchanged for 2009/10.

Ken Burston The Secretary thanked all for their continued support and made a plea asking members that go on trips to please provide him with write-ups for the Magazine. It was frequently a struggle to obtain copy/information and a few write-ups, poetry, short stories or anything you feel may be of interest, would be welcome.

With the formalities out of the way we discussed the proposal raised by Tony Webb (our Chairman); e.g. "That the members elect the Chairman at the Annual General Meeting". Apparently some Clubs do this. There was a short discussion relating to this proposal but the general census of opinion was that our Constitution should remain as it is. This was passed unanimously. The meeting closed at 11.15.

Editorial continued

At their first meeting the Committee elected the Officers for 2008/9 who are: -

Chairman: -----Tony Webb

Vice Chairman: -----Fay Burston

Hon. Treasurer: -----Pauline Chapman

Hon. Secretary: -----Ken Burston

Membership Secretary: ---Fay Burston, Fay offered to act as Membership Secretary on a temporary basis and will be assisted by Carole Loveridge.

The remainder of the Committee comprises: - Beryl and Roy Bryant, Phil Lyes, Ray Reddish and Jean Williams.

Brief biographies of the Committee members were given some time ago the two new officers are given below.



Carole Loveridge

Carole was born in Bleadon, (which was then in Somerset) and moved to Highbridge forty years ago and has lived in West Huntspill for 12 years. She worked at Westlands for 24 years taking early retirement in 2002; now her main passions are her garden and her four grandsons.



Jean Williams

Jean was born in South Africa, moved with her parents to Northern Rhodesia when 15. Came to U.K. for 6 months to learn Comptometer operating.

Went back to Rhodesia working as Comptometer operator until she married her husband Warwick. She then learnt floristry and flower arranging. They went into farming, firstly in partnership and then bought their own farm, also opened a shop in their nearest town, Chingola, where she did floristry. Their shop sold poultry, eggs and dairy produce plus fruit and veg. They left Northern Rhodesia (it had become Zambia) in December 1977 and lived in Bedfordshire on a L.S.A. holding growing flowers, bedding plants and doing floristry. They semi-retired and moved to Somerset (East Huntspill) which is so beautiful and better than Bedfordshire! Warwick (who was a member of our Art Class) died of cancer two years ago and since then Jean has done as much as possible to fit her life around her changed circumstances.

Editorial Continued

Finally I must, on behalf of the other Committee members, thank Vi Chick, Joyce Curtis and Margaret Wall for their help and support whilst they served on the Committee. Thank you ladies for your commitment to the Club.

ooOOOoo

Club News

Art--Tuesday & Thursday

The members of these Classes having already competed in two shows this year and now find there are two more coming along, the first is on 2nd August at East Huntspill's Annual Flower Show followed two weeks later by the West Huntspill Annual Show on 16th August.

Card Making

Rose Bateman has kindly agreed to take over the 'leadership' of this Group; Rose has been making cards for some time and is very experienced.

Meeting dates for the next two months are: -

Monday 7th July---10.00 to 12.00a.m. Wednesday 16th July---2.00 to 4 .00 p.m.

Monday 4th August--10.00 to 12.00 am Wednesday 20th August 2.00 to 4.00 p.m.

Strollers

The experiment regarding the pre-planned strolls has started well; the first around Highbridge provided a view of the amount of development that is going on, the second was around the village of Shapwick. The third, starting at Ashcott Corner took members along the old Highbridge/Glastonbury railway line to



Sharpam Crossing where the little Tea Rooms provided welcome refreshments before members returned to the cars. The final one was to Lady Bay at Clevedon and in view of the distance a picnic lunch was taken. (A report to follow next issue.)

See Page 14 for the next suggested strolls.

Members' Contributions

Following my request for write-ups I find that suddenly I am spoilt for choice having received three, thank you ladies for providing the following.

The Lake Garda Trip

One Saturday morning, cold, dark and wet,
Our group near the Highbridge Church met,
And, four-thirty prompt, our coach arrived,
Luggage was stowed and off we set.
We travelled miles on wheels and water
Rain drizzled down; it didn't matter
For we were dry and cheerful too
With frequent coffee—and many stops for the loo!

Through France and Germany, Austria as well
Our drivers drove on (as they had many times before—you could tell)
Pointing out things that we should not miss
“There! Over there! Quick, look at this”

The views got better as the miles sped by
Snow-capped mountains reaching up to the sky,
Beautiful water, rivers, lakes and falls,
The colour soft green with pure white foam
Like you'd never, ever see in Burnham back home.

After two whole days travelling, we got there at last!
Italy! Sunshine! And vineyards flash past
And more vines, and more! On each strip of ground
Whether terraced or flat, more vines could be found.
Amazing Lake Garda! What we'd come here to see.
We got to the boat and the rain drizzled down
So we peered through the misted glass, but with never a frown.
We gazed up in wonder at the peaks and the snow
And down into the water, such great depths below.

Then the weather improved with each passing day
Verona! Then Venice! Well what can one say?
Those beautiful bridges and buildings so old
Our gondolas gliding, black lacquered and gold.
What experts they are, those gondoliers all
As they skilfully manoeuvre us 'twixt towering walls.

That day was so lovely and the sun quite hot
 Some fair skins got pink! (Sun and wine, what d'ya think?)
 As we stored up our memories of all that we'd done
 And prepared to leave Italy for a two day long run
 Back through France, then ferry to England and home
 Back to the cooking and gardening and the washing to be done.

I cannot sign off without making it clear
 That three special people need a-mentioning here.
 Our two super drivers, Ian and Robin by name
 Made the holiday great, we all say the same
 They amused us, instructed us, helped us along
 When it was needed they carried one whose legs aren't too strong.
 Picked her up like a baby for boarding the boat
 So soon the whole party was safely afloat.
 (Ian and Robin! How grateful we are-
 That YOU were our drivers on that journey so far!)
 And one special lady! I won't say her name
 She was known as "Momma" by some who came
 She let nothing beat her, no experience pass by,
 And tackled it all with a smile---but that's ###!!
 She deserves a medal, between you and me
 I think it would be appropriate to say a VC!

Thank you I.T. for your 'report'.

----ooOoo----

Have Bus Pass will Travel-----or -----Life begins at 60

On Monday 12th May Sally Williams and I left Bridgwater Bus Station by National Express coach bound for Windermere in the Lake District. It was a lovely day and the journey was very pleasant, with an hour stop to change coaches at Birmingham. On arrival in Windermere we made our way to our B & B which was excellent having all the comforts of home. After an evening meal at one of the local hostleries it was time for bed.

The following morning, Tuesday, after a sumptuous breakfast we made our way to the Tourist Information Office to obtain local bus and ferry timetables. Over a cup of coffee we browsed leaflets of things and places to see and worked out what we both wanted to do. We walked to Bowness, one and a half miles, passing lovely little shops and many restaurants and caught a ferry to Lakeside. The air was so clear and the sky so blue. Ducks and swans were in abundance, being fed by the visitors. On landing at Lakeside we walked to Finthswaite, an extremely pretty village with a beautiful little church in valley setting.

It was very peaceful with only the birdsong to be heard. The gardens were ablaze with colour from azaleas and rhododendrons. We returned to Lakeside for refreshments and caught the ferry back.

It was very peaceful with only the birdsong to be heard. The gardens were ablaze with colour from azaleas and rhododendrons. We returned to Lakeside for refreshments and caught the ferry back.

Wednesday: We took the local bus to Brockhole to visit the house and gardens belonging to the National Parks. There was no entry charge and the bus fare was free with the OAP bus pass. The house is lovely and overlooks the lake; after spending the morning there we took another bus to Coniston Lake, this is where Donald Campbell broke the world water speed record in *Bluebird (and later died attempting to better it)*. It was so peaceful there with a nice picnic area and café; there were plenty of inlets around the lake to sit and enjoy the scenery. We also saw the John Ruskin Museum and his grave in the churchyard there.

Thursday: We took to the water again and visited Hill Top Farm, near Sawrey, where Beatrix Potter lived and wrote her books. A little bus called the *Mountain Goat* takes you there from the ferry landing and the journey takes you through narrow lanes edged by dry stonewalls. The fields are like patchwork filled with sheep, including the famous Herdwick breed by Beatrix Potter. The lambs are born black and turn to grey/white on maturity.

Hill Top was very homely and it was delightful to see all Beatrix's things just as she had left them; one could imagine Peter Rabbit hopping around the garden and helping himself to carrots and lettuce. On leaving the farm we walked around the village and found Mrs Tiggywinkles Tea Rooms where we sat on the terrace with a teacake and a pot of Earl Grey, admiring the view. I cannot begin to describe the scene; you really need to be there to appreciate it.

Friday: This time by bus to Levens Hall a house owned by the Baggot family, and is famous for its topiary and deer park. Although we managed to see the deer we were unable to visit the house---not having read the small print we did not realise it was closed on Fridays and Saturdays. Oooops!

Perusing the timetable we found that there was a bus to Lancaster in an hour, so after taking some photos of the deer park we made our way to the bus stop. The bus was on time, we were too, and we sat upstairs to get a good view. Sally and I were disappointed with the city; we felt it was a bit run down. Never the less we had a good look round, some lunch and then returned to Windermere.

Saturday: A ferry to Grasmere to visit Dove Cottage, the home of William Wordsworth. As with Hill Top the house was just as he left it with personal and family effects in situ. We then walked to Ambleside, another picturesque village, which was full of colour from its gardens. We enjoyed a walk along the river, exchanging the time of day with other visitors. We travelled back by bus passing through the village of Hawkeshead.

Sunday: By bus to Hawkeshead again where we witnessed the local marathon and clapped along with the locals to encourage the runners! We paid a visit to the oldest school in the Lake District. William Wordsworth was taught here and we saw his actual desk! There were originally one hundred pupils who began their day at 6.30 a.m. with three hours of religious studies, followed by breakfast and then Latin and other subjects for the rest of the day. The school day finished at 6.00 p.m. –can you imagine today's children doing that?

The village was also the home of William Hellis, husband of Beatrix Potter. His office and home now belong to the National Trust, as do forty other properties purchased and bequeathed to the Trust by Beatrix. It was well worth the visit as was her gallery that contains the original paintings and sketches for her books.

It was a wonderful holiday and the photos we took do not do the place justice; I will treasure the memory and hope to return again. It was good to be able to roam around as we pleased; the weather was glorious and the accommodation excellent.

Here's to the next time when we can use our trusty bus passes!

Vour Orchard

Compton Acres

After glorious weather all week the day of our trip to Compton Acres dawned dull and overcast. What a disappointment. However, this proved to be the only negative in a day that was full of superlatives. We arrived at Compton Acres in time for the coffee that was very welcome after the journey. Maps were issued and off we set. The paths were well signposted and easily accessible for the less agile. Fortunately although dull the rain kept off and so didn't intrude into the enjoyment of the visit.

The flowers were wonderful; luckily I was walking round with Betty L. who had a far superior knowledge of plants and flowers than myself so kept me up to scratch identifying all the wonderful shrubs and plants. It is always the unexpected that

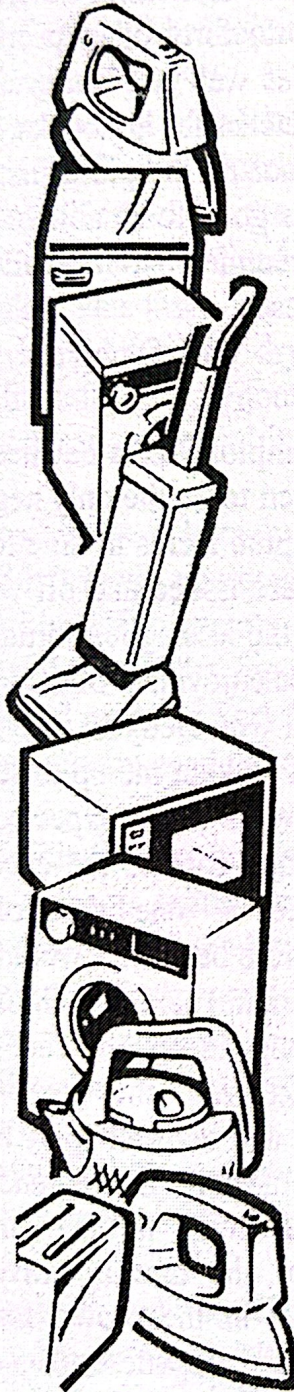


pleases and catches the eye. The sculptures in one part of the garden were beautiful (would love one for mine) and the children's area along the woodland walk was great from the giant floor draughts and connect four, to the quiz identifying leaves and the wonderful tiger lurking in the forest for the unwary traveller! The jewel in the crown for me was the Japanese garden.

Wonderful from the tricky stepping-stones across the ponds that were full of carp (I think that is what they were) to the pagodas. There was so much to please the eye. The inevitable gift shop was full of very desirable objects at reasonable prices, very tempting, so much so I was so spoilt for choice I didn't actually buy anything. Obviously I will need to make a return trip.

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On now to Bournemouth for the boat trip along the coast towards Swanage and the tour of Poole Harbour. Consternation on the quayside when we realised there was no disabled access. Oh dear, what are we going to do? Luckily two very young strong handsome sailors helped Vi down the steps and onto the boat. Well done all concerned.

All aboard and off we went! It was a bit breezy and cold but Betty and I were undeterred and spent the entire trip up on deck in the bracing air. What a view we had. To be honest boats are not my favourite mode of transport and it was choppy but just bearable! Along the coastline we went looking at wonderful properties and the hundreds of beach huts that line the route. Eventually into Poole Harbour which was huge, absolutely huge! Lots of interesting information came from the bridge, even down to who lived where. The Brittany Ferry making its way to France eventually chased us out of the harbour. Gosh it's huge too! Soon we were back at Bournemouth Pier; the trip took 2 hours but it just flew by. Just in time for a loo visit and to pick up a hot drink then onto the coach and home we came.

Thanks Vi and Roy for organising this excellent trip that went without a hitch. A brilliant day, I can't wait to go back.

Ann Smith

An American Picnic

Monday 11th August meet 9.30 a.m. Bank Street Car Park

The venue is Cleeve Abbey, Washford approx. 25miles from Highbridge and directions will be available if you have not been there before; passengers will be expected to give their driver a 'donation' toward expenses. An American Picnic, to the uninitiated, it a picnic where you take food and drink as usual but not specifically for yourself; persons attending provide a varied selection of food/drink –sausage rolls, ham/cheese sandwiches, fancy cakes and soft drinks. Then, on the day, all food is spread out and everyone helps themselves-buffet style.

Don't forget your plates/knives/forks/spoons/cups etc.

The education room at the Abbey has been booked for what is termed an educational visit so we all get in free, the room will be available from 11.30 until 1.00 p.m. The picnic will be on the lawns if it is dry, but in the booked room if wet.

There are toilets also ice creams/gifts.

After the picnic the following options are available: -

1) Visit Washford Station and Railway Museum with its model of the 7-platform Highbridge Station.

2) Visit Washford Mill, the Exmoor County Store, it is a bit like Clarke's Village.

3) Visit the Cider Mill where they have cream teas.

4) Catch a train to Minehead (20 min journey) 13.28 return at 15.00 or 16.00

5) Catch train to Bishops Lydeard (1 hr journey) 14.27 return at 16.00 or 16.45

6) Walk through the woods

7) Return home.

Finally, because this is an 'educational' visit there will be a questionnaire to fill in during your tour of the Abbey, English Heritage will expect us to comply. Please see Page 14

The Social Scene---Programme for 2008-continued

The next trip is on 17th July to **Knightshayes Court** this is a National Trust property near Tiverton, Devon. Approximately 45 minutes down the M5.

The Court is a Victorian Country House with rich decorated interiors and garden with an outstanding plant collection. The newly restored kitchen garden displays a vast range of unusual culinary and herbaceous plants.

A week later on the 24th July we go to **Warwick Castle**. A number of members are looking forward to this trip; this majestic 14th century building standing above the River Avon has a place in the history of England.

On Wednesday 30th July there is a trip organised to Bristol Hippodrome to see that Tim Rice and Andrew Lloyd Webber hit show "**EVITA**" tickets are £21.00.

The show tells the story of Eva Peron the wife of Juan Peron the former Argentinean Dictator. Louise Dearman plays her and Seamus Cullen, who, some may remember, was a finalist from the "Any Dream Will Do" programme on B.B.C, plays Che.

Between December 12th and January 11th Bristol Hippodrome has the Christmas Show "**Cinderella**" we have a few tickets reserved for us, if interested please contact Roy or Vi soon. Details regarding the 'stars' are not yet available but we will let you know when we know.

I have been asked to sound you out regarding the possibility of the Club organising a "Tinsel & Turkey" holiday around the end of November. I have no idea where they intend to go—perhaps they are looking for some suggestions?

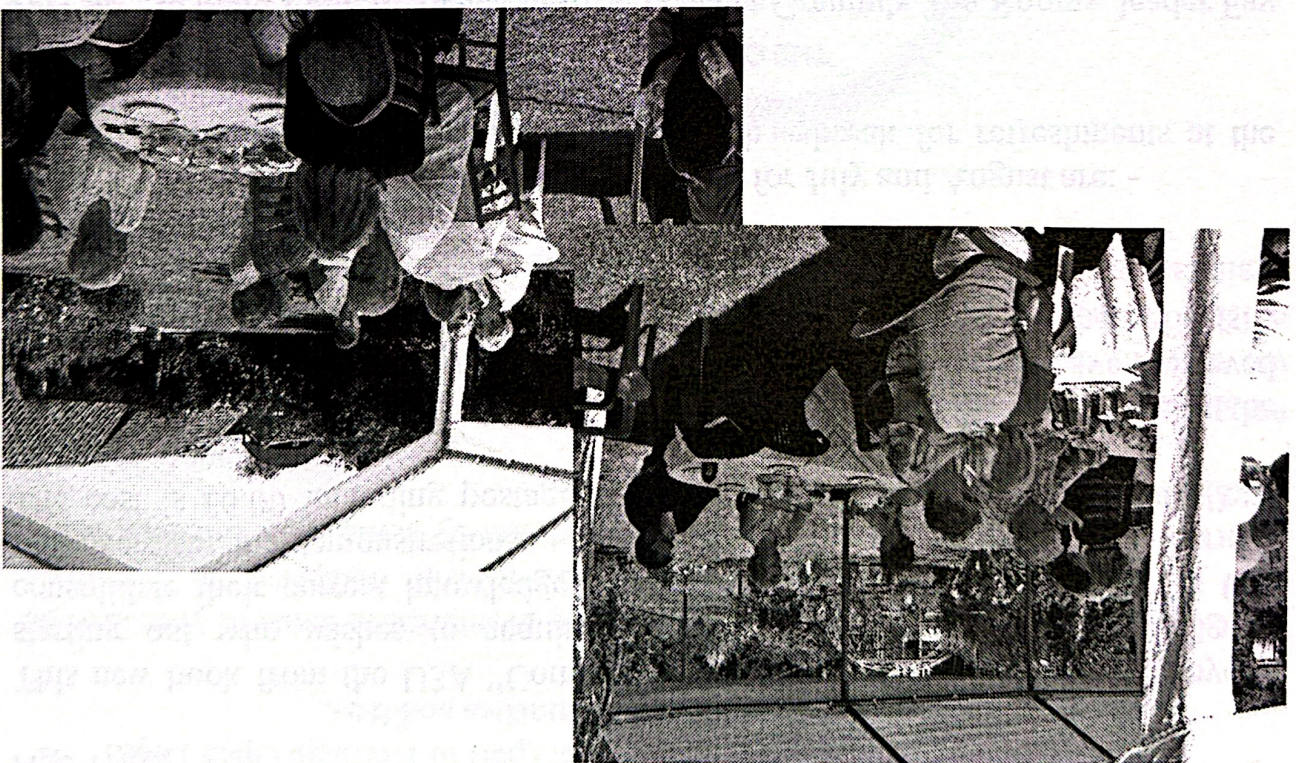
Have a word with Vi or Roy or both and give them some encouragement if you are interested. When this sort of event has been run in the past it has been on the back of one organised by Axe Vale or Baker Dolphin or similar.

OoooOOOOoooo

Highbridge In Bloom

This Neighbourhood Awards Scheme proposes to provide floral displays around the town in an attempt to brighten the place up a bit. They have already raised £600.00 toward the purchase of troughs, containers and hanging baskets and flowers to plant in them and are looking to local groups to help sponsor the scheme. This Club was approached and the Committee felt, after due deliberation, that we as the U3A of Highbridge should do our bit by assisting them in their efforts by making a donation. We have, therefore, on the Club's behalf made a donation to 'Highbridge in Bloom' of £400.00 this will help to provide the planters/flowers so that the town may present to all a lovely floral display.

We again enjoyed a sumptuous Cream Tea out at Wick Farm, Lympsam on Monday 9th June, this year the weather was good in that it was a warm sunny day. We sat under gazebos on the lawn and were served with lovely homemade scones complete with dollops of farmhouse cream and dishes of strawberry or gooseberry jam. 28 members enjoyed this gastronomic feast that is becoming an annual event.



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Computer Basics Explained

If you read the last issue of the "U3A News" thoroughly, particularly Page 5 will have noted the article under the above heading. I have ordered 4 copies of the book; of these 3 are reserved for members. However, should you be interested in receiving a copy please let me know or you can order a copy direct from The Third Age Trust.

This new book from the U3A "Computer Basics for Seniors" is aimed at anyone starting out who wishes to acquire essential computer skills, or needing to consolidate their current knowledge. An accompanying CD contains all the text plus exercises and demonstrations.

The cost is £6.00 including postage and packing and a CD, this represents real value for money.

Members that have purchased and used the book find it is excellent for the beginner; it explains everything simply and in such a way that they have improved their computer knowledge, now feeling more competent and enjoying their efforts.

Strollers Programme

The suggested strolls for July and August are: -

July 11th to Cothelstone in the Quantocks with a break for refreshments at the Pines Restaurant, leader Janet Holderness.

July 25th to Sand Point or Beach, refreshments at Granny's Tea Rooms, leader Fay Burston.

August 8th a more local stroll, this time to West Huntspill and the sea wall with a stop at Laburnum Hotel for a thirst quencher after.

A shorter stroll has been suggested because on the following Monday 11th August we hope to hold our American Picnic at Cleeve Abbey.

August 22nd another long day stroll is suggested this time to the Wellington Monument. Sally Williams who knows the area will lead the stroll; again it is possible a picnic lunch may be recommended but details will be provided nearer the date.

xxxXXXxxx

An American Picnic

We are holding this year's event on Monday 11th August; please see Page 11 for details. If you are interested please add your name to the list on the Notice Board or ring Fay on 782529.

U3A Diaries for 2009 are due later this month and will be available at the usual price of £1.90.

Local Forthcoming Activities: -**Banwell Caves**

Joyce Beard advises that the Banwell Caves are having "open days" with free admission, (donations toward their upkeep if you are so inclined)
 on : - Sunday 3rd August 2 p.m. to 4.30 p.m. with tea and cakes
 Saturday 13th and Sunday 14th September (part of Heritage Open Days)
 10.30 a.m. to 4.30 p.m. with Cavemen's lunches and teas.

"An Evening with Fred Wedlock" this may be of interest to some of you, is to be held in the Community Hall in September. It will comprise an evening's entertainment that will also include a demonstration by some Irish Dancers. More details will be advised when available.

"Volunteer Fair" this was held on Saturday June 7th in the Community Hall and we wish to thank the ladies from this Club who came along to serve teas and coffees to the people that attended. Food was also available all free. Thank you again ladies for volunteering—that is what the day was all about.

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Public Health

We have learnt lately a little more about what has been generally known as the "NORO VIRUS" this is the outbreak that caused vomiting and affected many hospitals. Wards were very often closed; the outbreaks also affected nursing and care homes.

The virus was extremely contagious and caused real problems because it is very difficult to get rid of and at one point some hospitals needed to refuse admissions. One hospital, namely Musgrove Park at Taunton, advises that it is now completely clear of "NORO".

They carried out an analysis of instances of the Noro virus and came to the conclusion that a visitor who attended the hospital whilst suffering with symptoms of vomiting and diarrhoea introduced it. The visitor inadvertently passed it onto a patient and the outbreak spread.

Regrettably some people who had symptoms of the virus, when asked not to attend the hospital—refused!

The hospital now strongly discourages anyone suffering from diarrhoea or vomiting in the previous 48 hours to STAY AWAY. This also applies to staff.

May we through this magazine request anyone who is suffering from diarrhoea or is vomiting to **please stay** away from **any** hospital whether it is for treatment or to visit someone. If it is for you, ring the hospital and obtain their advice, if to visit someone DON'T. You are putting yourself, your friend and all the other patients at risk.

.....

Monthly Draw

April	Fay Burston	and	Phil Lyes	No 4
May	Ann Smith	and	Sandy Martin	No 42
All received £20.00				

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

Scambusting a brief guide to beating the Scammers.

As mentioned in the last issue The Third Age Trust has produced information taken from the Office of Fair Trading's publication/website.

Letters predicting the future (yours), this is one of the most common direct mail scams. Letters from so-called psychics or clairvoyants promise to make predictions that will change the course of your life forever—for a small fee of course.

Sometimes these mailings are aggressive in tone saying something terrible will happen to you if you do not send them some money. Although sent out in their millions they appear to be personalized to look as if you have been specifically chosen.

Don't get involved, don't send any money otherwise you will be bombarded by further scams because they will add your name to the "Suckers" list.

You can protect yourself by registering with **Mailing Preference Service** or ask for advice by calling **Consumer Direct on 0845 04-05-06.**

Pyramid selling and free gift schemes.

Pyramid schemes are illegal. They are 'money making' clubs that promise you can earn large amounts of money once you have joined. Only those who set it up and are at the top of the pyramid win anything that is why they were first in. The schemes usually crash after a while because no one else is stupid enough to join.

'Matrix' schemes offer free gifts like an MP3 player, but first you have to buy a low value item like a mobile phone signal booster. If you join you are put on a waiting list of 100's where only the person at the top gets anything.

Top tips to remember: -

Avoid plans that offer commissions based on solely recruiting new members.

Be cautious of claims that you will make money through continuous growth or commissions on sales by your recruited distributors instead of sales you make.

Be wary of fake testimonials. These are produced by people paid to say these things.

Don't ever hand over any money or sign a contract to take part in any marketing plans, take independent professional advice.

If it sounds too good to be true, you can bet it is.

Next issue: -

Lotteries, sweepstakes and competitions.

As always: - If in doubt ---ASK someone you can trust!

GROUP ACTIVITIES

Card Making 1st Mondays and 3rd Wednesdays

At: Southwell House
 Dates: For details see 'Group News'
 Cost: £1.50
 Contact: Fay Burston (782529)

Floral Art 4th Tuesday

At: Southwell House
 Time: 10.30 a.m. to 12.00 a.m.
 Cost: £1.50
 Group Leader: Jean Williams (785240)

Art Every Tuesday

At: Southwell House
 Time: 1.30 pm to 4.00 pm
 Cost: £1.50
 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 until 5.00 p.m.
 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 On dates to be advised

At: Local hostelry
 Time: 12.30 p.m. for 12.45 p.m.
 Facilitator: See Notice Board

Art Every Thursday
 At: Southwell House
 Time: 1.30pm to 4.00pm
 Cost: £1.50 Tutor: Jean Berry (785840)

Skittles 1st and 3rd Friday in the month
 At: Royal Artillery Inn
 Time: 11.30am to 1.00pm
 Group Leader: Ray Reddish (785411) and Betty Worthy (795823) Lunches available

Play Reading Fourth Friday in 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 on first Thursday in the month
 At: Southwell House
 Time: 10.00 a.m.
 Facilitator: Roger Ouston (795007)
 Note: - Now on a summer break, re starts 2nd October

Strollers 2nd and 4th Friday in the month
 At: Start-Bank Street Car Park
 Time: 10.00pm
 Stroll: 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

2008

N.B. Prices quoted for all days out are subject to a minimum of thirty seats being occupied on the coach.

July 17th Knightshayes House, (National Trust)
Meet: - Coach will leave Bank Street Car Park at 9.00a.m.
Price: - Coach---£7.00 Entry to House---£6.50 Non N.T.
If member of National Trust---Free

July 24th Warwick Castle
Meet: - Coach will leave Bank Street Car Park at 7.30 a.m.
Price: - £23.00

July 30th "Evita"
At: - Bristol Hippodrome, Matinee Performance
Meet: - Bank Street Car Park at 12.30 p.m.
Price: - £21.00

December 12th to 11th January

"Cinderella" at the Bristol Hippodrome, on 2nd May tickets became available so Roy wishes to know if you are interested, if so please let him know because reservations can now be made.

Further details of the above events are included in this issue of the magazine.

Please note the NEW booking arrangements

Cheques must be made out to "U3A of Highbridge Social Club"

For further details of all trips etc. please contact either Vi Chick (784033) or Roy Bryant (783780) or at the Wednesday Coffee Morning.

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U3A of Highbridge TRADE DIRECTORY

Our contact member is MARY BROWN on 01278 787588.

Please feed back comments/queries/additions to her.

<u>TRADE</u>	<u>NAME</u>	<u>TEL.</u>	<u>COMMENTS</u>
Building	Steve Durrant	787327	Expensive but very good
Carpentry/Joinery	Kenny Fisher	794770	Plus kitchens, Very good
	P. Burge	784486	
Carpenter/Joiner	Colin Rufus	789492	Highly Recommended
Cleaning Services	C.A. (S.West)	420716	Good maintenance, plus Windows, carpets.
	J. & M. Services	793405	Two honest/reliable Mature ladies.
CTV Services	Martin Palmer	785492	Repairs/installations TV, Videos, DVD.
Dog Grooming	K9 Klips(Alison)	789102	All breeds welcome
Domestic Help	Sharon	793041	All considered
Domestic Appliances	Roger Pople	780486	Repairs/Supplies
Electrician	R.S.Stevens	782789	
	Neil Mynett	782516	
Felt Roofing	Penarth Drive W.S.M.	811480 (01934)	
Fencing	D.C.Burrow	785335	
	Peter Davey	513868 (01934)	
Gardening, Patios	M.J.Young	787164	Landscaping, odd jobs

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<u>TRADE</u>	<u>NAME</u>	<u>TEL.</u>	<u>COMMENTS</u>
Heating Engineer	Paul Fallows	786325	Gas heating
General Maintenance	F.John & C.Hill	788537	
General Builder	Mark Boundy	421803 (07759)	Any job, hands on Service
Handyman	Dave Lewis	789259	Also gardens
Painter	Alan Bezzant	7993260	Very good
	N.Harvey	785991	
Pest Control Services	I.D.M. Environmental	751287 (01934)	
Plumbers	Vince Davey	005378 (07715)	
	J & R Plumbing & Heating	788553 & 426708	
	Owen Lee	784763	
	S.C.Ward	780678	
	Tony Hayward	781364	
Roofing	Les Fear	426708	
Tiling	Martin	431627(01823)	Wall & Floor Specialist
Tiling		416546 (01934)	
Tree Surgeon	Justin Urch	750606 (01934)	Recommended by Neighbourhood Watch
	A. Birch & Sons	664587 (01452)	
Dead Pigeons	RINGED ONLY	713529 (01452)	