

KEN & FAY BURSTON

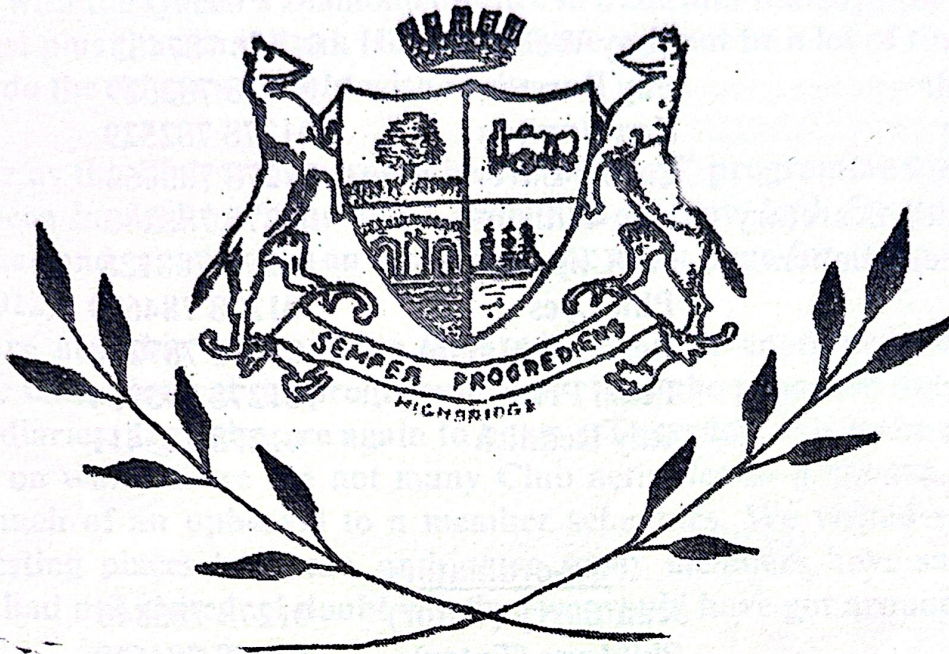
THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

39 SAXONDALE AVE

BOSEA



of

HIGHBRIDGE

MAGAZINE

March-----April

2012

ISSUE NUMBER 63

WHO'S WHO 2010/2011

Members of the Committee

Chairman	Tony Webb	01278 787483
Vice- Chair	Fay Burston	01278 782529
Secretary	Ken Burston	01278 782529
Treasurer	Carole Loveridge	01278 780060
Membership Secretary	Jean Williams	01278 785240
Committee Members	Pat Clipstone	01278 788128
	Phil Lyes	01278 784629
	Bernard Martin	01278 787230
	Pearl Price	01278 793954
	Ray Reddish	01278 785411

Co-ordinators

Art I	Jean Berry (Tutor)	01278 785840
Art II	Phil Lyes (Tutor)	01278 784629
Away Days	Vour Orchard	01278 788984
Calligraphy	Ron Turner	01278 787231
Card Making	Rose Bateman	01278 795906
Creative Writing	Sylvia Shepherd	01278 780377
.. ..	Kathy Taylor	01278 780171
Crochet & Knitting	Lorita Gainford	01278 789374
Genealogy	Roger Ouston	01278 795007
Floral Art	Jean Williams	01278 785240
Keep Fit	Joyce Beard	Ex directory
Kurling	Stan Vousdon-White	01278 781567
Mosaics	Alison Joyce	01278 784633
Patchwork/Quilting	Ann Lismore	01278 787607
Scrabble/Board Games	Betty Worthy	01278 795823
Skittles	Ray Reddish	01278 785411
Somerset Villages	Bernard Martin	01278 787230
Strollers (self –regulating)	Contact No	01278 782529

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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

I hope you all had good Christmas and a Happy New Year? Now that the festivities are over we are now able to look forward to, what we hope will be, a healthy and prosperous year. It is going to be fairly busy for some, what with the Queen's Diamond Jubilee in June and the Olympic games in August plus the usual Bank Holidays, there will not be a lot of time left for us to do the things we might wish to do.

As far as the Club is concerned the "Away Day" programme for the year has been booked by Vour and Carole and we now look forward to fine weather and many bums on seats. (See the back page for the programme for 2012)

We are not able to run these trips without your continued support, so please take a look at the programme and check the proposed dates against your diaries. The trips are again to be on a Thursday, this is the day of the week on which there are not many Club activities so it should not cause too much of an upheaval to a member's schedules. We visited some very interesting places last year, and, as so many members have said 'if the Club had not visited...I doubt whether we would have got around to going there'.

The other day some members told me how much they had enjoyed the visits to Morwelham Quay and Slimbridge.

Sadly, a visit to Highclere Castle where the ITV Drama 'Downton Abbey' is set will not be possible this year, when Vour tried to book a visit she was told "Sorry we are fully booked for 2012". Due to the popularity of ITV's Drama "Downton Abbey" it appears everyone wants to visit this now famous castle in Berkshire.

The ANNUAL LUNCH is advertised on Page 9 and Fay Burston is taking orders and providing tickets for this social get-together, we are again holding the event at The Beachcomber Inn at Brean. This has proved to be a popular venue for us, the food is excellent and we are always very well catered for, we look forward to seeing you on Wednesday 14th March!

"The time has come the Walrus said"-----

(With apologies to Lewis Carroll)

To renew your membership for 2012/2013

The "Application for Membership" Form is on Page 12, we enjoyed your company last year and look forward to seeing you again this year.

The Membership Fee is unchanged at £7.00.

Editorial (continued)

Still on Membership issues; you will note that on the revised Membership Form there is a comment regarding the Club magazine. Because the U.K. postal charges have increased so much it is felt that if a member requires their magazine to be posted to them we should now ask them to pay an extra £2.00 to cover postage.

Magazines, as you know, are issued bi-monthly and are available for collection on the first Wednesday of the month at the weekly Coffee Morning. The majority of you collect your own magazine plus those for friends/neighbours; we also have a group of distributors who deliver copies to those members who cannot get here on a Wednesday; to them we offer our sincere thanks.

Creative Writing Group

I have received very encouraging information from this Group to the effect that they plan to meet on the last Monday of every month at: -

Kathy Taylor's home in Burnham from 02.00 pm to 03.30.pm

"We are a small friendly group who meet to share and enjoy Creative Writing.

You don't need to be in perfect health, or physically fit. You don't have to be clever or even be good looking or smart. You don't have to be a certain age or a certain social class. Writing is completely democratic. You just need to have something to say, a pen and some paper and somewhere to go. So please come and join our group.

We write Stories, Poems, Letters and Articles etc; usually no longer than 500 words, listen to our fellow contributors, share hints and tips for good practice and details of any competitions, in the hope that maybe we can improve our skills and learn from each other."

Our proposed Programme for the first six months is: -

January 23 rd	"A fresh Start"	<i>(This class has obviously been held)</i>
February 27 th	"A Romantic Encounter"	<i>(and this one)</i>
March 26 th	"Where you live"	
April 23 rd	"An Easter Tale"	
May 21 st	"Animal Magic"	
June 25 th	"A Wedding Celebration"	

NB In line with the Data Protection Act we cannot give details of Kathy's address, so if you wish to join the Group please ring her on 01278/780171 for further information.

Group News

Crochet and Knitting Group are to take an enforced rest for a few weeks because Lorita, (their leader), and her husband Kevin, has gone on holiday and will be enjoying the sunshine somewhere or other; the class will therefore restart on the 21st March.

The Crochet Class had reached a point where its members were getting very proficient and Lorita had considered holding the class just once a month. However, following the success of our Open Day and the influx of new interest Lorita has been encouraged to add Knitting to the groups' activity; and the class is now held weekly again.

Skittles Group has also increased its membership; the group that meets at the Crossways Inn, West Huntspill, on alternate Fridays, has, per Ray Reddish, a few more members turned up to play recently.

Genealogy Group researching ones family history tends, on occasions, to be a bit frustrating because you sometimes find that there is one person in your family's past that cannot be found. I have been going through my parents' families and have, after many hours spent checking, found a long last Aunty. Two new members of the group have brought to us renewed interest in that they have recently found out more about their ancestors. This gives the rest of us added interest and some incentive to press on with researching our family roots.

Annual General Meeting---Wednesday 16th May 2012

Yes, the time has again come around for us, the Committee, to think about what will be discussed at the next meeting. At a recent Committee Meeting we discussed the possibility that the members could decide to put forward nominations for some new committee members. In the past we have experienced difficulties in finding members willing have their names put forward.

However, many of you have been with us for quite a few years and must know your fellow members pretty well and, as a result, might feel that there is someone who could do a good job on the committee. Last year the Committee welcomed Pat Clipstone, Pearl Price and Bernard Martin into the fold and they have settled in very well.

So please have a look around your colleagues, have a word with them and see if you can persuade someone to have their name put forward. Nominations forms are available if you do strike lucky.

Xmas in Splendid Isolation-----Janet Raine

Well, actually the cholera isolation hospital built in 1833 and now derelict, was right next-door to the comfortable, refurbished farmhouse on Flat Holm Island in the Bristol Channel where Janet (Holderness) and I spent Xmas.



Left--The Farmhouse accommodation on Flat Holm

We were just 4 guests, all of a certain age: Lesley, a substance abuse councillor from Cardiff and Gerry, a retired lighthouse keeper, who worked on the island in the 1970's when it was still manned. The

warden, Matt and his volunteer helper, Sophia, were young of course, but totally dedicated to the island's maintenance, conservation and care of its animals and wildlife (they reckon 2,000 rabbits burrows and list the bird life daily-I was thrilled to spot a greater black backed gull and the peregrine falcons that nest there).

Every morning Sophia would take one of us to help feed the chickens, ducks and sheep, also to record weather readings from their station. I was fortunate to see a glorious sunrise when the sky turned pink through all the shades of red to crimson, on the morning of my turn, but sadly no sunsets were visible during our stay as the weather was pretty overcast and mild.

Our holiday had been in doubt until the day before we left as high winds might have made the crossing too choppy. The rain sheeted down as we drove over the Severn Bridge but fortunately abated before we embarked on our very smart speedboat that was loaded down with food and goodies for the island. The crossing was great fun (about 20 minutes) and we appreciated our waterproofs as the sea spray gave us a good bath.

(Continued on Page 7)

Continued from Page6

We landed on the beach beside the jetty and I managed to jump into the sea with ordinary shoes on getting wet feet for starters which may have been the cause of the cold that developed at the end of the holiday. We both managed to disgrace ourselves: Janet was nicknamed Alice after falling down a rabbit hole and I had an embarrassing wardrobe malfunction whilst collecting driftwood.

We had a couple of beautiful starlit nights when we appreciated the lack of pollution but another night the wind was howling. Still we were comfortable and warm in our dormitory, which overlooked the helipad and Cardiff lights on one side and the open Channel on the other.

On our first morning after a superb cooked breakfast, Matt took us on a guided tour of the island, giving us some history and pointing out the remnants of WWII Nissan huts, train tracks, searchlight stations and command posts as well as the Victorian Barracks, ammunition stores and battery remains. The Barracks have been wonderfully restored and now house classrooms, a museum, shop, and The Gull and Leek pub which, naturally, we frequented. We collected driftwood from the beach to fire the boiler in the afternoon and were rewarded with a delicious meal of vegetable soup followed by trout.

Xmas Day was a continental breakfast followed by vegetable preparations, then we left Matt to cook the Xmas dinner whilst we women went out to weed the wildlife garden! After a couple of hours we appreciated the mulled wine Lesley had brought with her and the wonderful meal that followed.

A stroll up to the pub was the evening entertainment and we were thrilled to see the interior of the Victorian Barracks not to mention sampling excellent Welsh beer and cider. More walks, some work, wonderful food and excursions to the pub completed our stay. Gerry also giving tours and information about the lighthouse first lit in 1737 and the foghorn station opened in 1908 and in operation for 80 years.

We were sad to leave the freedom of the peaceful island and take the speedboat back to Cardiff but the night ride was rather exciting as one could imagine smugglers entering their caves some 150 years before.

We recommend a U3A day trip to the island in Spring/early Summer when bluebells and wildflowers are in bloom. Boats will travel from Weston but there are many steps up from the jetty before one reaches the flat island, which has a fascinating history, and much to recommend it to the visitor.

Skittle Group Christmas Party

Betty Worthy

On Friday 16th December 2011 nineteen group members held their Annual Christmas Party at the Crossways Inn, West Huntspill. As usual we played Skittles first, this was for a cup that is presented every year at this time, it being won by Mary Akers, she also won the year cup for the highest aggregate score for 2011. (Get cleaning Mary)

We also held a Christmas Hat Competition, with many entries; this was won by Beryl Hearn whose hat was 'A Wonderful Creation' there was also a Tombola where everyone won a present.

We then had a dinner that was very tasty, turkey, roast potatoes and all the trimmings; followed by Christmas Pudding and Brandy Sauce or Trifle.

It was a lovely day, we all went home very full and looking forward to doing it all again in 2012.



The Skittles Christmas Hat Competitors comprising Betty Worthy, Brenda Hooper, Paddy Shinn, Beryl Hearn-the winner, Dee Berry, Pete Worthy and Ray Reddish.

Trade Directory: -

Aerial & Satellite Aerial Specialist 'RKAERIALS' 01278/786553

or Mobile 07843 048301

Name -Russell---Recently recommended for his efficient and good service.

Please delete Alan Bezzant---Painter-----He has now retired.

ANNUAL LUNCH

at

Beachcomber Inn, Brean

on

Wednesday 14th March 2012

Menu

Traditional Roasted Topside of Devonshire Beef Local Roasted Somerset Turkey

All served from the renowned carvery with a selection of freshly cooked seasonal vegetables and potatoes together with the usual accompaniments

Vegetarian Nut Roast

Served with a terrine of chopped vegetables, herbs, nuts and couscous.

Followed by

Traditional Deep Filled Apple Pie served with Devonshire custard

Banoffee Cheesecake with toffee swirls served with cream

Fresh Fruit Salad a medley of fresh seasonal fruits with double cream

Cheese Platter Tasty Cheddar & Brie with a selection of biscuits

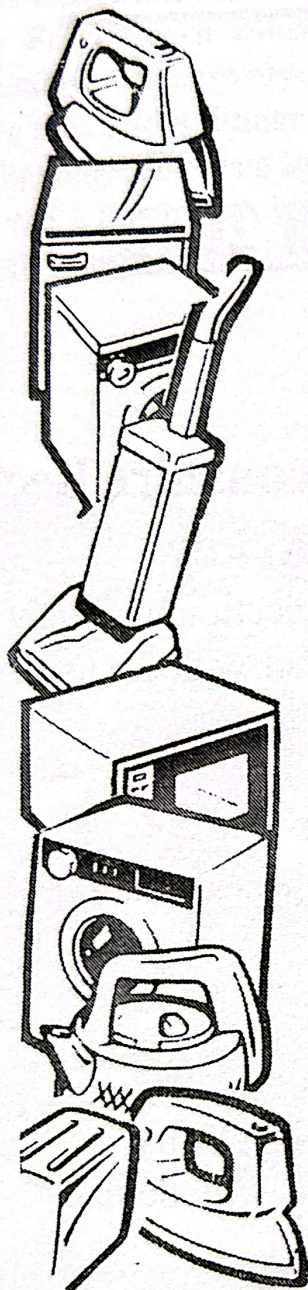
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11
To a Garden

Now enters March; the Gardeners' year begins,
yet Winters frost still lingers with its chill,
made worse across the frozen heath the winds
send shivers round each trembling daffodil.

But soon, I know and see with inward eye,
the promise e'en a lazy spring can give.
As warm Earth stirs and Wintry gusts must die,
each plants' rebirth—a promise it will live.

With watchfulness and tender, loving care,
I give my troth, that I will do my part,
when roses bloom and honeysuckle fair,
their fragrant scents forever in my heart.
Though simple flower, or wond'rous plant so rare,
What else has such fulfilment to impart?

Sylvia Shepherd who is a member of our Creative Writing Group wrote this Sonnet. Following her return to the U.K. and relocation in West Huntspill Sylvia has been instrumental, with Kathy Taylor, in resurrecting our Creative Writing Group. Details of the Groups Meetings etc are on Page 5.

Sandra
Hairstressers
We welcome O.A.P.'s
3 Market Street
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Tel: 01278 784950



University of the Third Age

The U3A of Highbridge

Membership Application

I wish to enrol as a member of the U3A of Highbridge.

I understand that my membership will run from 1st April 2012 until 31st March 2013
and that the membership fee is £7.00

(This may be paid by cash or cheque, made payable to the 'U3A of Highbridge')

Name (Mr/Mrs/Ms).....

Address.....

.....

Postcode.....Telephone No

New Member.....Renewal.....Previous Membership No.....

Hobbies and other interests.....

Signature of Applicant.....Date.....

Are you a fully paid up member of another U3A? Yes..... No.....

Please return this completed form with subscription to the Membership Secretary

Data Protection Act 1998

- a) I understand that the above data will be held in a computerised database and will be used solely for U3A business and communications.
- b) I may, upon request, see any such information about me held on computers controlled by authorised members of the Committee.

The club produces 6 bi-monthly magazines per year and these are supplied free of charge to members and may be collected at the Coffee Morning held every Wednesday at the Highbridge Community Hall from 10.00 am to 12.00 am.

(Magazines are issued at the start of: - Jan/Mar/May/July/Sept/Nov.)

N.B. Should a member not be able to collect their magazine or have it collected for them, and wishes the magazine to be posted to them, an extra £2.00 is required to cover postage.

Strollers Programme

So far this year we have managed to hold most of our proposed Strolls without too much bother, however when we feel the weather is not suitable for strolling we would adjourn to Wetherspoons or similar. Here we enjoy a coffee and 'put the world to rights'.

The suggested strolls for the next two months are: -

- | | |
|------------------------|--|
| March 9 th | Pawlett area. |
| March 23 rd | Combwich village and riverside, refreshments at Globe Inn Cannington |
| April 13 th | Cossington village. |
| April 27 th | Sand Bay area, refreshments at The Commodore. |

Strollers leave the Bank Street Car Park in Highbridge at 10.00 am.

The weather on the day we went to see the starlings was not ideal but they did see the birds, the stroll along the Bridgwater Canal did not take place because it was very wet and cold; Wetherspoons was the final destination.

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Saturday 2 June & Sunday 3 June 2012 10:30 ~ 16:30

Contact
Rita
01278 760486

a family fun charity event for Dorset & Somerset Air Ambulance & other Moose welfare charities

reiki, aromatherapy,
Indian head massage,
crystals, reflexology,
crystal healing,
natural remedies, facials,
aura photography, clairvoyance



jewellery, beauty therapies,
forever living products,
Swedish massage, crafts,
angel items,
drinks, hot/cold food,
many other variety of stalls

w w w . h o l i s t i c w e e k e n d . c o . u k
Mooseheart Winscombe Somerset BS25 1BB

The Holistic Weekend

We invite all members and friends to come along and join us at our fun, relaxing weekend and help us raise the much needed funds for the Dorset and Somerset Air Ambulance and other welfare charities.

It is set in beautiful grounds at Mooseheart Winscombe and is the ideal place for bringing a picnic or buying food provided by Lynda's Loaf.

This will be our third event. We look forward to meeting you all and trust you have a good time.

Thank you Rita Harris & Moose International,

Burnham-on-Sea Lodge 123

Visit to Ham Wall---The Starlings at Roost

We met at 1 pm in Highbridge Car Park before setting off in convoy for Sweet's Café out on the moors, where we all tucked in to various dishes of lunch. The storms that we had whilst eating made some of us decide to return home rather than wait to see the Starlings at Ham Wall. Those of us that risked the elements managed to park, in what was a very crowded car park, were not disappointed.

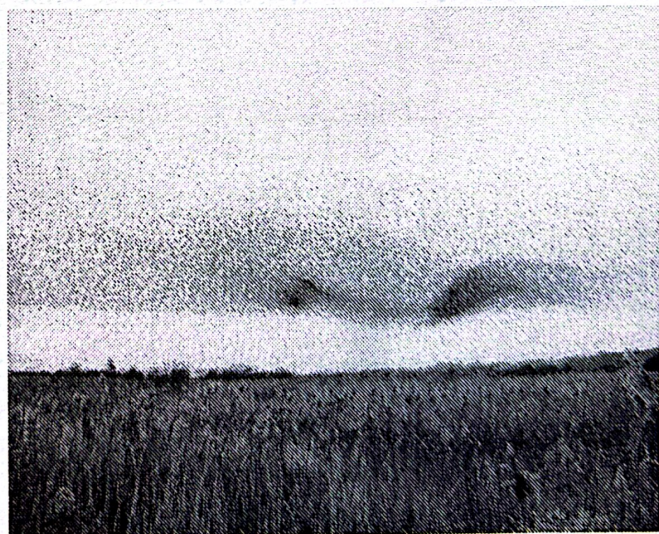
We had to wait for dusk but whilst waiting for the 'stars' to appear the supporting acts were equally as good. From Harries, Herons, the Large White Egret to majestic Swans and the humble Coot, they all put in an appearance for us and made our wait worthwhile.



Eventually the Starlings started to fly in; high above us the endless stream of birds flowed. With the naked eye the sky appeared black at times and the 'ballet' took place. They didn't perform for long before going down into the reeds, this, we think, was because of the weather. They rose and fell back into the reed beds for quite a

while; each rise bearing like a black wave and the noise they generated was unbelievable.

Through binoculars you were able to see the masses of Starlings in the reeds, there were thousands, I personally, had never seen so many birds gathered together in one place, one had to wonder just where they had been all day? The R.S.P.B. representative had told us that he had watched them rise that morning from this selfsame spot.



Just spectacular. A great afternoon/evening of nature at its best.

Carole Loveridge

NB. These images were taken during a previous visit when the weather conditions were a lot better, not the recent visit by our members.

Surviving Winter

Age UK Somerset has advised Groups in Somerset that it is working in partnership with Somerset Community Foundation to distribute money raised by the 'Surviving Winter' Appeal to those most in need of support.

If you can answer 'Yes' to all the following questions you are eligible for a Surviving Winter grant.

'Are you over 60 and living in Somerset?'

'Are you struggling to afford to heat your home this winter?'

'Do you rely on the state pension as your only source of income?'

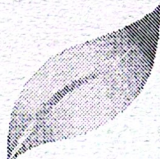
If you answered 'Yes' then please contact Age UK Somerset by calling the following number to set the ball rolling. 0845 643 4709

If you are not eligible but know others who may be, please pass on this information to them.

Age UK Somerset, in their recent 'Winter News' publication have given advice on keeping warm: -

It is recommended that your main living room temperature is around 21oC (70oF) and the rest of the house should be at least 18oC. For more information about their campaign and to obtain a Winter Wrap Up Guide ring the above number, the pack includes 2 (two) free thermometers.

By the time you get this Magazine it is hoped the worst of the weather is over but we suggest you keep the above details and Phone No handy for future reference.

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Somerset Villages Group

Stogursey is to be visited on Friday 30th March. This village is about 15 miles west of Highbridge and lies 3 miles from the A39. According to the Internet it has a fantastic church, a castle with mote and two pubs, plus a lot of history. Apparently the village is recorded in the Domesday Book and was given to a William de Falaise by William the Conqueror in reward for his faithful service.

On Friday 30th March we will meet in the Bank Street Car Park as usual and, if the weather is good, leave at 10.00 am to 'discover' Stogursey; we will endeavour to see as much as we can of this corner of West Somerset. So come prepared to do a bit of investigating into old Somerset, it is a fairly large village and, from the information we have, is spread out a bit. As a matter of interest the Lord Lieutenant of Somerset Lady Gass, lives in the village.

Monthly Draw

December	Wendy Hughes	No 38	Pam Gass	No 38
January	Verna Rydon	No 46	One sheet only	
Each received £20.00				

Editor: Ken Burston
Production: Fay and Ken Burston
Distribution: Ann Smith (West Huntspill)
Mary Akers, Fay Burston, Pat Gray, Pearl Price, Thelma Tripp, Phyllis Walsh, Chris Winter, Betty Worthy, and Marian Wright

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GROUP ACTIVITIES

Calligraphy 2nd Monday in the Month
At: Southwell House
Times: 10.00 am to 12.00 am
Cost: £2.00
Facilitator: Ron Turner 787231 & Ken Burston (782529)

Card Making 1st Mondays and 3rd Wednesdays
At: Southwell House
Days/Times: Monday 10.00 'til 12.30 p.m. & Wednesday 02.00 'til 4.30
Cost: - £2.50
Contact: Rose Bateman (795906)

Kurling 1st and 3rd Third Mondays
At: - Highbridge Community Hall
Time: - 02.00 p m. to 03.30 pm.
Contact: - Stan Vousden-White (781567)

Art--1 Every Tuesday
At: Southwell House
Time: 1.30 pm to 4.00 pm
Cost: £2.00
Group Leader: Phil Lyes (784629)

Floral Art 4th Tuesday
At: Southwell House
Date/Times: 10.30 am. to 12.00 am.
Cost: £1.75
Group Leader: Jean Williams (785240)

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

Board Games Every Tuesday
At: Gospel Hall, Old Burnham Road.
Time: 3.15 until 5.00 pm (After Keep Fit & Quiz)
Group Leader: Betty Worthy (795823)

Patchwork/Quilting Every Tuesday
At: 2 Church Close, East Huntspill
Times: 10.00 am. to 12.00 pm. or 2.00 pm. to 4.00 pm.
Cost: Free of charge at present
Facilitator: Ann Lismore (787607)

Coffee Morning

At: Every Wednesday
Highbridge Community Hall

Time: 10.00am to 12.00am

All welcome, come along, meet with friends and see what we have to offer.

Creative Writing

At: Last Monday in the month
Steart Drive

Time: 02.00 pm to 03.30 pm

Facilitators: - Sylvia Shepherd & Kathy Taylor(780171)

Crochet & Knitting

At: Wednesday -See Notice Board for up-to-date details
Highbridge Community Hall (Room 4)

Time: 10.00 am. to 11.00 am.

Contact: - Lorita Gainford (789374)

Mosaics

At: Every 1st and 3rd Tuesday
Highbridge Community Hall (Room-4)

Times: - 02.00 pm. to 04.00 pm.

Cost: - £2.00 per class

Facilitator: - Alison Joyce (784633)

Art-2

At: Every Thursday
Southwell House

Time: 1.30pm to 4.00pm

Cost: £1.50

Tutor: Jean Berry (785840)

Genealogy

At: First Thursday in the month
Room 1 at Community Hall

Time: 10.00 am.- 11.00 am.

Facilitator: Roger Ouston (795007)

Cost: - £1.00

Skittles

At: 1st and 3rd Friday in the month
Crossways Inn-West Huntspill

Time: 11.30am to 1.00pm

Leaders: Ray Reddish (785411) and Betty Worthy (795823)

Strollers

At: 2nd and 4th Friday in the month
Start from Bank Street Car Park

Time: 10.00 a.m.

Stroll: Stout footwear is recommended.

Self-regulating Contact No 782529 in event of a problem

Somerset Villages

At: 5th Friday in the month
Start from Bank Street Car Park

Time: - 10.00 am

Facilitator: - Bernard Martin (787230)

With all of the Groups 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. Also, please contact a Committee Member if you have any doubts regarding an activity.

“Away Days” 2012

The “Away Days” for 2012 have been booked and are as follows: -

Thursday 22nd March: -Trago Mills and Exeter.....Price £ 9.00

**Thursday 3rd May: - Cockington Court Country Park & Village
and Torquay.....Price £9.50**

**Thursday 7th June: - Tiverton Canal Boat Trip, a relaxing
afternoon on a horse drawn narrow boat.
Price.....£8.00 plus Boat Fee at £11.35**

Thursday 2nd August: - Brixham.....Price £10.00

**Thursday 13th September: - S.S. Great Britain & Shopping in
Bristol.....Price £7.50.....Entrance to ship...Price £7.75**

Sadly, we will not be visiting Highclere Castle (home of ‘Downton Abbey’ ITV Drama this year because it is fully booked for 2012. Vour and Carole will however, attempt to make a booking for next year as soon as they are able to do so.

More precise details for each trip e.g. Times, pick-up points, etc, will be issued as soon as they are available.

Cheques to cover trips costs should be made payable to “U3A of Highbridge”

Please also add your name, address and phone number on the reverse of the cheque, this: -

- a) helps to identify you on the passenger list, and**
- b) if a trip is cancelled we have your details to hand so that you can be notified immediately.**