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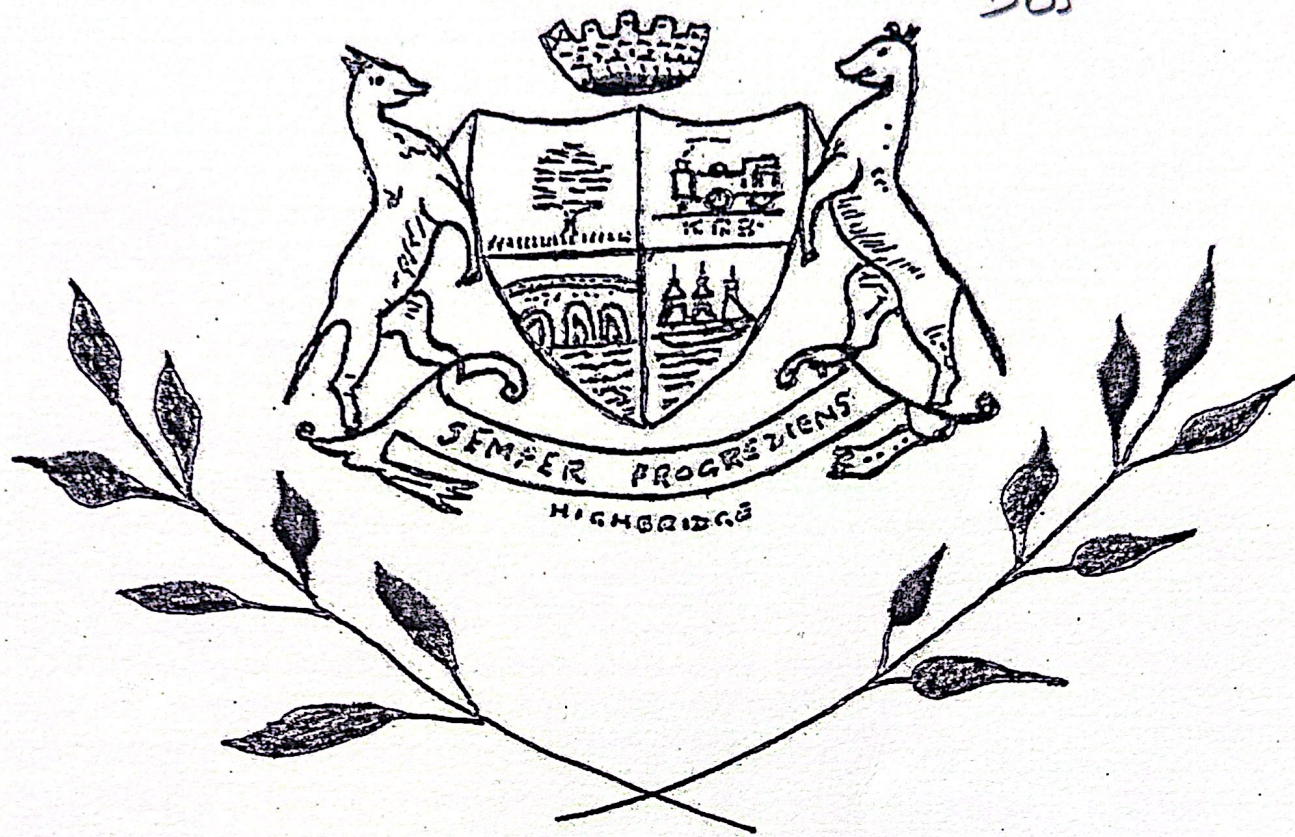
Ken & Fay BURSTON



THE UNIVERSITY OF THE THIRD AGE

39 Saxondale Ave

Bos



of

HIGHBRIDGE

MAGAZINE

September-----October

2013

ISSUE NUMBER 72

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WHO'S WHO
2013/2014

Members of the Committee

Chairman	Tony Webb	787483
Vice-Chairman	Bernard Martin	787230
Secretary	Ken Burston	782529
Treasurer	Carole Loveridge	780060
Membership Secretary	Jean Williams	785240
Assistant to Secretary	Barbara Croker	780260
Committee Members	Fay Burston	782529
	Pat Clipstone	788128
	Billy Conibeer (Co-opt)	792311
	Pearl Price	793954
	Ray Reddish	785411
	Sally Williams (Co-opt)	787274

Prefix all telephone numbers with STD code 01278

	<u>Co-ordinators</u>	
Art I	Maureen McLaren	773804
Art II	Jean Berry	785840
Away Days	Vour Orchard	788984
Barn Dancing	Dave Napper	792371
Beading	Jessie Maddox	782786
Board Games/Quiz	Betty Worthy	795823
Calligraphy	Ron Turner	787231
Card Making	Rose Bateman	795906
Creative Writing	Linda Knight-Rees	783081
Crochet & Knitting	Lorita Gainford	789374
Genealogy	Roger Ouston	795007
Floral Art	Jean Williams	785240
Kurling	Stan Vousdon-White	781567
Luncheon	Pat Clipstone	788128
Mosaics	Alison Joyce	784633
Patchwork/Quilting	Ann Lismore	787607
Photography	Kevin Gainford	789374
Skittles	Phillip Buoy	783647
Somerset Villages	Bernard Martin	787230
Strollers (self-regulating)	Contact No	782529
Theatre }	Diane Barnard	781009
Holidays }	Brenda Clapp	787963

Coffee Mornings are held every Wednesday at The Highbridge Community Hall from 10.00 am to 12.00 am. All are very welcome to join us.

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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

"Good things come to those who wait" we have, at last, had a 'summer'. Hope you were all able to make the most of it, the sunny and warm weather certainly put smiles on a few faces, hope you enjoyed it whilst it lasted, a touch too hot at times though.

July was a busy month; we had an American Picnic, a visit from Burnham U3A's Concert Party, the "Away Day" to Highclere Castle and a very useful talk by the two Age UK representatives.

With just the "Away Day" to Ilfracombe August was quieter.

Highclere Castle?

I think there was a jinx on our wish to visit Highclere Castle; Vour and Carole had tried to arrange a visit last year only to be told 'sorry we are fully booked for 2012'. They re-applied early this year and we were successful, being allotted Thursday 25th July, or so it was understood.

However, when confirmation of the visit was received it said Friday 26th July, so everyone was advised accordingly; luckily Vour rang Highclere a few weeks before our visit to confirm a number of things, only to be told, 'you are not booked in for Friday 26th July, because we are closed on Fridays and Saturdays'.

Panic stations! Vour immediately contacted everyone who had booked advising them the day/date had changed; luckily the majority were able to adjust their arrangements. (It did affect two or three, sorry). Vour also had to check that the coach company could still take us; we were lucky because the schools had started their summer break (it is a school bus) --- panic over!

We have since learnt that the person who sent the acknowledgement is no longer employed by Highclere (no comment).

Still 'all's well that ends well'---we certainly had a very good day.

Now that September has arrived it tends to set you thinking about the evenings drawing in and getting your thermals aired ready for another winter. However, before we go down that road we have a few activities coming up this month and next so we may be rather busy again.

Editorial--- continued

The two events in September are; on Thursday 19th there is the "Away Day" to Cardiff; this will give members the opportunity to visit the medieval castle or do some shopping, or both?

The castle is located in the heart of the city and has a history spanning nearly 2,000 years. At the castle there is an audio guide that provides details of its history and the Norman Keep, there are WWII war tunnels that were used to give protection to residents and valuable artefacts. It is an imposing building and, weather permitting, could provide a very absorbing visit; the gardens may also have ideal sites for picnic lunches.

On Wednesday September 25th we are holding our 'Macmillan Big Coffee Morning' (the official date is Friday 27th September) the proceeds from coffees etc. that morning will be donated to the Macmillan Cancer Funds. To help boost the funds there will be a cake stall and tombola, so come along please and support this charity.

At the end of September, Monday 30th a coach will be leaving Market Street Highbridge at around 9.00 am, to transport members to their holiday hotel in Eastbourne. Diane Barnard and Brenda Clapp will be giving the holiday makers all the relevant information as and when it arrives.

Have a great time, enjoy!

Urgent Request!

Coffee Morning on Wednesday 2nd October: With regards to the above holiday, it is noted that the majority of the Committee will be on holiday in Eastbourne plus many of the Coffee Morning regulars. Regrettably this means the attendance that day will be greatly affected; may I request that those who are present give as much help as they are able to ensure the morning runs smoothly.

Your chairs, the book table and notice boards will need to be put away as usual when you pack up; there is no need to remove the tables because John, the caretaker, kindly does that. Jean Williams, Ray Reddish and Pearl Price will welcome all the help they can get, we greatly appreciate your co-operation.

Finally, don't forget our Open Day on the 15th October---see page 17

During July members experienced something different to the usual 'run-of-the-mill' social get-togethers; on Wednesday 24th Tony our Chairman welcomed the Burnham U3A Concert Party who had afforded to entertain us with their repertoire of songs and monologues.

Their programme was interspersed with solos from Wendy, Eunice, Nancy and Daphne, and their male soloist Dennis who sang 'On the street where you live'. There followed sketches from members of the group.

Gail and Carl (Ann and Joe) gave their 'Two Brummies' at Bus Stop' sketch, adding some local flavour; Nancy, suitably attired in her Edwardian costume, sang "Dear John" (a few of us knew the words). The "Two Country Yokels" (Barry and Joe) shared with us life's problems ; Ann and Jean then sang their 'Fred and Judy' adaption of "We're a Couple of Swells".

Joe Tohill, their MC joined with Dennis to give a Flanagan and Allen medley. Finally Pearly King and Queen Nancy and Bette sang a medley of 'London town' favourites.

Tony thanked the entertainers saying we had been 'royally' entertained, members had greatly appreciated the visit by the Burnham U3A Concert Party; it had certainly been a very different Coffee Morning.

On Wednesday 31st we were visited by the Age UK representatives, Fay Burston had recently attended a talk at the Burnham Community Centre on the subject of 'Planning your future care'. She felt that our members would benefit from a similar talk, so had arranged for Age UK to visit us and give a similar presentation.

Charlie Thorne (who visits us regularly) was accompanied by his colleague Nick Greenhalgh. Nick, who is mainly concerned with administration at their Taunton office, gave us a brief rundown on their organisation, how it came about and what they can do for us! Their staff is able to help with 'form filling' should you need advice and to explain some of the jargon that is used. Unfortunately it took Nick rather longer than he had anticipated to provide a complete picture of the facilities available; this meant that the time needed by Charlie was very limited.

However, Charlie will be with us again on Wednesday 21st September when he will attempt to answer any queries that you may have.

(See page 7)

Group News

On Thursday 10th October there is the North Somerset Association of U3A's Study Day at Draycott Village Hall.

Subject: "The Somerset Levels"

The day starts at 9.00 am, will cover the Somerset Rivers and the Somerset Levels from Prehistoric to Medieval Period and the Avalon Marshes, etc. Tony Webb is not able to attend and has two tickets available, see Tony.

The Genealogy Group, members of this Group please note that it will restart on October 17th NOT on the 3rd October as originally intended. This is because some members of the group will be on holiday in Eastbourne and the following week clashes with the Study Day. We will return to meeting on the 1st Thursday of the month from November.

Barn Dancing

Don't forget our new Barn Dancing Group meets at the Methodist Church in College Street Burnham on the 2nd, 4th and 5th Thursdays at 2.00 pm. On Thursday 8th August some members did attend the session and enjoyed the experience. Dave, the 'Caller' will certainly be glad to see you!

Beading

This Group will be re-starting again in September on the 3rd Monday, to find out where please ring Jessie on 782786, the venue has yet to be decided. Jessie says it depends upon how many people wish to attend, where the meeting is held.

Card Making

From this month (September) the Group returns to its original programme of meeting on the 1st Monday and 3rd Wednesday of each month. Monday meetings will be from 10.00 am until 12.00 am; and Wednesday meetings from 02.00 pm until 04.00 pm

Calligraphy

In response to the Group members' request they will now meet twice a month on 4th Monday as well as 2nd Monday; as from 26th August.

Singing?

A little bird tells me that following the visit of the Burnham U3A Concert Party some of our members have shown an interest in forming a 'Sing for Pleasure' Group.

(See also Page 7)

Group News (continued)

Further to the idea that some members may wish to form a Singing for Pleasure Group, we have received an offer from a member to re-introduce our Keep Fit Group. He is a fitness trainer having been associated with the training of boxers, including youngsters, and says they would not be strenuous exercises; just those that help to keep one active.

The venue for the Keep Fit Group would be local to Highbridge and is soon to be checked out to confirm its suitability.

If you are interested helping to set up either of the suggested Groups please let a Committee Member know?

The Creative Writing Group, as you are aware, has, over the past weeks been writing a play that will be broadcast on local radio, and will also be put on a CD.

I have heard that the project is proceeding very well and visits to the studios and radio station are on the cards.

Somerset Films and Videos have provided help and advice, not only to the Creative Writers with the play but also to the Photographic Group in their project to photograph and record all the U3A of Highbridge's activities. Now that both Groups are reaching the point where their projects will come to fruition I think we are going to have a very interesting time during the Open Day.

Re the visit of the Age UK representatives, they referred to the Age UK LifeBook and Charlie attempted within the time he had to explain a little about it. Not wishing to bore you, I can give a little information about its content should you be interested in knowing beforehand.

The various headings include: -

Personal Information, this enables you to include details about your family, closest friends and pets.

Life contacts, this covers friends outside your immediate circle, work colleagues, clubs you belonged to, your doctor as well as gas, electric and water suppliers.

Financial, here you can give details of where you bank, your credit cards, insurances etc.

Documents, here you can record the existence and location of important documents such as a will.

Possessions, this covers items ranging from home to car, plus significant possessions or valuables e.g. jewellery.

Final wishes, obviously self-explanatory, funeral arrangements, etc.

American Picnic at Lower Maunsel Lock

What a great day out, as Wallace and Gromit would say!

The Strollers arrived early and had their gentle stroll along the canal tow path toward Bridgwater, they a good view of the *Newt Beer Fest* field where, for three days every year, the campers and caravan stayers enjoy live music; like a mini Glastonbury.

After their stroll the group returned to the canal café site to set up the picnic feast ready for the late comers. Most sat in the shade, but a few of us braved it out in the sun, hats on. I might add! There was plenty to eat, both savoury and sweet.

We were not the only group there; some people from a Clevedon Art group were sketching the lock area. Also, a party of cyclists stopped for refreshments whilst taking part in a sponsored ride for Macmillan cancer Care. We had to admire them for their efforts, especially as it was a very hot day; they were rewarded with donations from our group.

After we had eaten and had a coffee plus ice cream from the café, thirteen of us boarded the canal barge for a trip along the Bridgwater and Taunton Canal. It was gloriously quiet and peaceful. We saw three buzzards, dozens of dragonflies, some yellow lilies and many wild flowers during our cruise. Even a heron posed for its photo!

It was fascinating to watch the lock-keeper operating the lock gates and sluices; it's nice to see that 'manpower' has not been totally eradicated. On our return those who had not gone on the trip gave us cheery wave to welcome us back.

Everyone agreed it had been a super day; we had had a good time in ideal weather. We offer a big thank you to Fay and Ken for organising the afternoon.

Vour Orchard

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A new Trader for your list

Plasterer	Larry Prout	784495	All aspects of plastering & pebble dash rendering
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Group News –continuedSocial Group---Travel & Theatre & Holiday“Away Days” for 2013

Thursday 19th September—Cardiff Castle & Shopping

Cost: - £9.00

Thursday 21st November----Gloucester Quay & Christmas Market

Cost: - £8.00

Bookings for these remaining trips are being taken now, do not delay.

Holidays

Monday 30th September to Friday 4th October---Holiday at Eastbourne
Fully booked.

Monday 3rd February to Friday 7th February 2014--- Holiday at
Newquay, Cornwall

Available: - Rooms available: - 1- Single room and 3 double/twin rooms.

Contact Diane Barnard (781009) or Brenda Clapp (787963)

Theatre“Anything Goes”Musical with music and lyrics by Cole Porter.

Date: 2nd November 2013

Cost: £18.00 covers circle seat, coach and driver's gratuity.

Coach will leave Market Street Highbridge at: 12.45 pm

Fully booked

This show's story concerns the madcap antics aboard an ocean liner bound from New York to London and the love of a stowaway for a wealthy passenger. It was first performed in 1931.

GROUP ACTIVITIES

Calligraphy

At:
Times:
Facilitators:

Second and Fourth Mondays
Southwell House
10.00 am to 12.00 am
Ron Turner (787231) & Ken Burston (782529)

Card Making

At:
Days/Times:
Contact:

First Mondays and Third Wednesdays
Southwell House
Monday 10.00 'til 12.00 a.m. & Wednesday 02.00 'til 4.00
Rose Bateman (795906)

Kurling

At: -
Time: -
Contact: -

First and Third Mondays
Highbridge Community Hall
02.00 p m. to 03.30 pm.
Stan Vousden-White (781567)
Sybil Tilley when Stan is away (787054)

Beading Group

At: -
Time: -
Contact: -

Third Monday in the month
To be advised-Please contact Jessie
10.00 am to 12.00 am
Jessie Maddox (782786)

Creative Writing

At: -
Time: -
Facilitators: -

Last Monday in the month
Smurl Lane
02.00 pm to 03.30 pm
Linda Knight-Rees (783081)

Mosaics

At: -
Times: -
Facilitator: -

First and Third Tuesday
Highbridge Community Hall (Room-4)
02.00 pm. to 04.00 pm.
Alison Joyce (784633)

Art-1

At: -
Time: -
Facilitator:-

Every Tuesday
Southwell House
02.00 pm to 04.00 pm
Self-regulating (Maureen McLaren 773804)

Floral Art

At:
Date/Times:
Facilitator

Fourth Tuesday in the month
Southwell House
10.30 am. to 12.00 am.
Jean Williams (785240)

Patchwork/Quilting

At:
Times:
Facilitator:

Every Tuesday
Church Close, East Huntspill
10.00 am. to 12.00 pm. &/or 2.00 pm. to 4.00 pm.
Ann Lismore (787607)

Board Games & Quiz

At:
Time:
Group Leader:

Every Tuesday
Gospel Hall, Old Burnham Road.
2.15 until 5.00 pm
Betty Worthy (795823)

Crochet & Knitting

At: -

Time: -

Contact: -

First and Third Wednesdays

Highbridge Community Hall (Room 4)

10.00 am. to 11.00 am.

Lorita Gainford (789374)

Photography

At: -

Time: -

Contact: -

Second Wednesday

Highbridge Community Hall (Room 1)

10.00 am to 12.00 am

Kevin Gainford (789374)

Art-2

At:

Time:

Tutor:

Every Thursday

Southwell House

1.30pm to 4.00pm

Jean Berry (785840)

Barn Dancing

At: -

Time: -

Leader: -

Second, Fourth and Fifth Thursdays

Methodist Church, College St Burnham

2.00 pm to 4.00 pm

David Napper

Genealogy

At:

Time:

Facilitator:

First Thursday in the month.

Room 1 at Community Hall

10.00 am. - 11.00 am.

Roger Ouston (795007)

Skittles

At:

Time:

Leaders:

First and Third Friday in the month

Crossways Inn-West Huntspill

11.30am to 1.00pm

Betty Worthy (795823) and Phillip Buoy (783647)

Strollers

At:

Time:

Self-regulating

Second and Fourth Friday in the month

Start from Bank Street Car Park

10.00 a.m. Stout footwear is recommended.

Contact No 782529 in event of a problem

Somerset Villages

At: -

Time: -

Facilitator: -

Fifth Friday in the month

Start from Bank Street Car Park

10.00 am

Bernard Martin (787230)

Luncheon Group

At:

Time:

Group Leader: -

Various local hostelrys (usually a Thursday)

See Notice Board for details.

Pat Clipstone (788128)

"Away Days"

Organiser:

Various destinations. (usually a Thursday)

Vour Orchard (788984)

Theatre Visits & Holidays

Organisers: -

See Notice Board for details

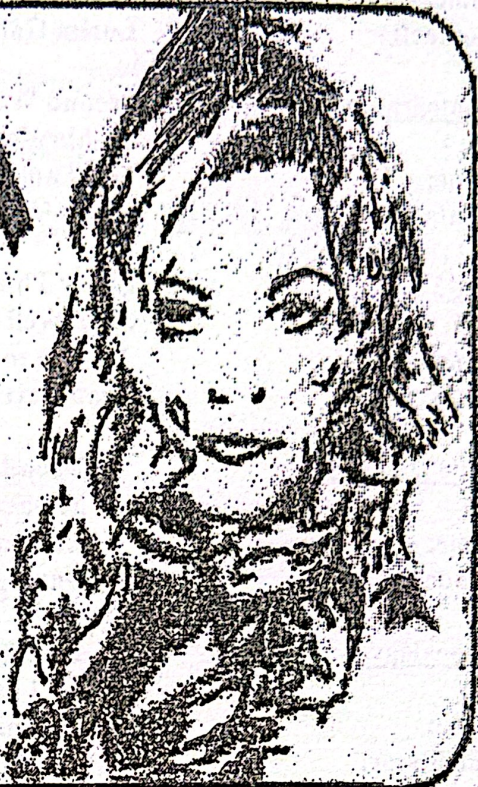
Diane Barnard (781009) & Brenda Clapp (787963)

Sandra

Hairdressers

We welcome O.A.P.'s

3 Market Street
Highbridge, Somerset
TA9 3BW
Tel: 01278 784950



A Health Tip- - - -Heart Attacks and Water?

The recent hot weather has probably prompted some of us to drink more water, apart from being refreshing and helping to keep you cool it is advisable for another reason and this is something you may wish to know:

Question: Why do people (often the elderly) urinate more at night time?

Answer: Because gravity holds the water in the lower part of your body when you are upright (legs swell); when you lie down the lower body (legs, etc.) are level with your kidneys, this is when the kidneys remove water because it is then easier.

You need a minimum of water to flush toxins from your body.

So, to gain the maximum effectiveness for your body:

Drink:

2 glasses of water when you get up—it helps activate internal organs

1 glass of water 30 minutes before a meal—it helps your digestion

1 glass of water before taking a bath—it lowers the blood pressure

1 glass of water before going to bed—it avoids strokes or heart attacks

Also, water at bed time helps to prevent night time leg cramps because your muscles need hydration.

Strollers Programme

The strolls selected by the group for the next two months are: -

September 13 th	Stockhill Forest, Priddy
September 27 th	Mark Village
October 11 th	Lilstock -- Church & Waterfront
October 25 th	Puriton Village

The Stroll on July 12th was incorporated into the trip to Lower Maunsel Lock for the American Picnic; Vour Orchard has provided her comments on their walk up along the canal tow path.

On the 26th July there was a Stroll after all because, as you now know, Highclere "Away Day" was on the Thursday. We went to Steart Nature Reserve, it was a hot day and the trek out to the 'hide' was exhausting, but we made it. A number of the Group had not been there previously so it was a new experience for them.

Although holidays etc. tend to deplete our numbers on August 9th eight members visited the Strawberry Line at Yatton; that is the 'top; end. It proved to be a very interesting morning, quite a study in nature, the path runs alongside a Site of Scientific Interest which resulted in a lot of time being spent with discussions on what some wayside plants might be. We may have to consider taking a book on the countryside with us in future if it is our intention to 'look' more closely at nature during our strolls.

Membership of the Somerset Villages Group is comprised mainly by Strollers who have, in the past, visited villages on the fifth Friday in the month, of which there are only four per year. The visits have proved to be so popular that they are now considering changing their visits to a Saturday a) this means they may go more often and not stick to just four a year, and b) make it possible for other to join them, those who may have been doing other things on a Friday.

For Sale

We have for sale a Compact High Quality Mono Laser Printer.

It is a Brother HL 2035 complete with drum and toner.

It has not had a lot of use and is available for £35.00 ready for collection

Highclere Castle

"Didn't we have a lovely time the day we went to Highclere", ### our trip to Highclere had been fully booked for many months and we were, at last, about to set off. Thursday 25th July dawned warm and dry and we departed Highbridge promptly at 9.50 am, on arrival at the castle we were keen to view, what we have all come to know as "Downton Abbey".

This family home of the Earl and Countess of Carnarvon does look a little like a castle but, being designed by Sir Charles Barry it does tend to look more like the Houses of Parliament, of which he was responsible. With about 4 hours to fill the plan of action for most was to first have lunch, either your own picnic or that from the numerous catering facilities. Apart from the house there was the Egyptian Exhibition.

The 5th Earl of Carnarvon and Howard Carter had discovered, in 1922, the tomb of Tutankhamun and displayed in the cellars of the house are a vast quantity of artefacts collected during the excavations. Egyptologists must have had a field day studying all the exhibits, although it did tend to be a bit claustrophobic down in the cellars.

Devotees of 'Downton Abbey' were keen to see where the 'action' takes place, e.g. the drawing room, library and saloon; space appears to be limited, a matter of camera angles I suppose.

We all took advantage of the warm weather, the Monk's and Secret Gardens being popular places to visit and relax. All too soon the time came to consider having a cup of tea before the journey home; a great day; thank you Vour and Carole.

Apologies to the 'Fiddlers Dram' folk group who had a hit in 1980's with their song "Didn't we have a lovely time the day we went to Bangor"

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Membership

This may be a good time to remind all Group Leaders and Facilitators to check that those who attend their Group's activities are fully paid up members. Non-Members are permitted to visit a Group TWICE but thereafter must join the U3A if it is their intention to continue taking part in that particular activity; if they are that interested in what we do, it is about time they joined us.

It must be stressed that Non-Members are not covered by The Third Age Trust Insurance should a mishap occur.

YOUR Community Hall

The Highbridge Community Hall is NOT, contrary to many people's impression, owned by Sedgemoor District Council; they have no control whatsoever in the way these premises are used.

The Highbridge Community Hall Trust (Registered Charity No 1050379) is responsible for the day-to-day running, maintenance and general up-keep of the hall. The members of the Trust Committee are all local residents; the majority live in Highbridge, and were elected at the Annual General Meeting by local people.

As a matter of interest, the next A.G.M. is on Tuesday 26th November at 7.00 pm. when the Committee for 2014 will be elected. All local residents are invited to attend this meeting and if they are interested in keeping the Hall available for community activities, put their names forward for election to the Committee. It is your Hall, so why not get involved?

The Trust is looking for new 'blood' you will be welcomed with open arms.

History Note

The Community Hall (Town Hall) was originally the heart of Highbridge, no matter what it was all functions were centred on this building. The original hall, which was erected in 1885, was paid for by the Highbridge Market House Co. the first meeting of the Somerset County Council was held here in 1894.

The Town Hall was used frequently for boxing matches, annual dinners, private parties, all sorts of events; it was a hive of activity. The original Highbridge Festival of the Arts contests were held here.

In 1982/3 angry residents and local council officials voiced their opposition to the District Council's decision to demolish the old Victorian Hall; admittedly it needed some new facilities, kitchens and wheelchair access, etc. and, regrettably, a new roof. It was all to no avail because in 1984 the Sedgemoor District Council demolished it.

However, there followed between 1984 and 1986, many public meetings concerning its replacement and, following the formation of a Steering Committee sufficient funds were raised to make that possible. In 1986 the Constitution for a Highbridge Centre Community Association was adopted and in 1988 building commenced, in 1994 the Official Opening of the new hall took place.

The people of Highbridge paid for the Hall, it is yours, so don't get the idea that Sedgemoor District Council owns it, because it doesn't; it is yours.

The Highbridge Community Hall Trust meets in Room 1 upstairs every other month and is hoping some 'younger' residents will join them, I don't think they will mind me saying, we are all getting a 'bit long in the tooth' (I'm one of them). Why not come to the next meeting on Monday 16th September at 7.00 pm and give it the once over?

My own little travel 'Experience'

I have read with interest and amazement of the holidays undertaken by our U3A members and realise what a dull life I lead by comparison. My only event for this year has been a stay in hospital; how I ended up there was odd, so I won't dwell on that. I did pick up some useful tips on the way and I would like to pass these on to fellow members who may, like me, be new to this 'adventure'.

Firstly, do not take it for granted that passing on details like your name, address, next-of-kin, doctor and the allergies you may have, also the colour of your eyes to a medic; excellent people by the way, that you may then be in the clear. Even in this age of the computer you will be asked the very same questions at least half a dozen times as you are moved from bed to bed, department to department, and that is in the first hour. They will then want to know what medication you are on, difficult when you can remember only two.

Do try to arrange to be picked up from your home and not from a car park as I was. Also, preferably have your next-of-kin mobile phone number tattooed on your body somewhere; it does lead to delay if you can only remember their home number, especially if they are never at home.

My real memories of hospital are from when I was a 10 year old; after a week I had sorted out who were the matron, sisters, staff nurse, nurses and probationers, by their uniforms and by the size of their headgear and different belts and buckles. I knew when to lay to attention when the matron did her rounds---her hat looking like a ship in full sail, and of course you knew who the doctors were.

Now that they wear boilers suits I couldn't distinguish sisters from cleaners; and as for doctors, my advice is to look for the stethoscope hung round their neck, it stops you from asking what school they go to.

I think hospital food may be better---they ask you what you want from a printed menu; it brightens the day when it arrives and you try to guess what it is and if it was what it is supposed to be. At breakfast time they ask "what do you want for breakfast"? Don't make my mistake and ask for a "Full English". You will be met with a long face and offered 'Brown toast' or 'White toast' or cereal ---no sense of humour! There is very little difference between Brown and White anyway.

Continued on Page 17

Monthly Draw

June	No 44	Carole Loveridge	No 44	Gwen Farler
May	No 15	Diane Elsmore	No 15	Gloria Brown

Each received £20.00

Editor: Ken Burston & Fay Burston

Printed and Published by: - Burnham Printers & Stationers

45 Victoria St, Burnham-on-Sea TA8 1AW

Distribution: Ann Smith (West Huntspill), Fay Burston, Thelma Tripp,
Phyllis Walsh, Mary Akers, Chris Winter, Derek Hand,
Oliver Cox and Marion Wright

My own little travel 'Experience'. Continued from Page 16

A useful tip if you are confined to bed and have the slightest reason to think you may need the toilet facilities within the next half hour or so, is ring the bell immediately, by the time it is answered, your need will be desperate.

Finally when they say you can go home tomorrow, don't rejoice out loud, because they will find an excuse to keep you there another day. I am not confident that I won't have to go into hospital again; I am therefore signing this 'Anon'

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Open Day

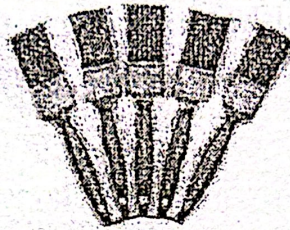
On Tuesday 15th October we are holding another 'Open Day' starting at 10.00 am. if you able to give us a little help to set up, please advise.

We would like all groups to provide samples (if practicable) of their activities. Pearl Price is again organising the event and will be contacting Group Leaders (if she has not already done so) to discuss with them what they intend to display and how much.

The last Open Day was a great success; interest in the U3A of Highbridge received a boost as did membership

PETE THE PAINTER

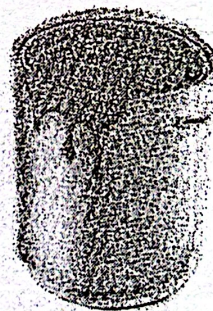
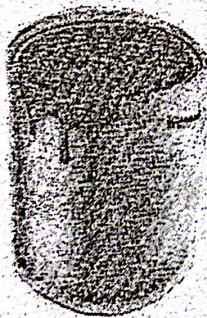
DARREN THE DECORATOR



Any Painting or Decorating Job

No Job Too Small

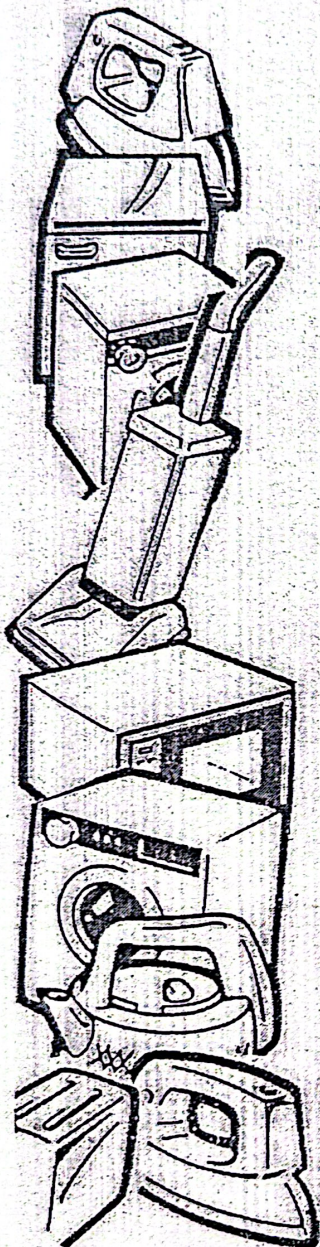
Friendly Service



07769322970 or 07773010873

Dople's

DOMESTIC APPLIANCE REPAIR SERVICE



- REPAIRS TO MOST MAKES OF WASHING MACHINE, VACUUM CLEANER, TUMBLE DRYER, FRIDGE, FRIDGE-FREEZER, TWIN-TUBS, DISHWASHER.
- AN EXTENSIVE RANGE OF VACUUM CLEANER BAGS AND SPARES
- A WIDE RANGE OF NEW AND RECONDITIONED WASHING MACHINES
- A RANGE OF KETTLES, IRONS AND TOASTERS.
- REPAIRS TO SMALL DOMESTIC APPLIANCES (KETTLES, IRONS, TOASTERS)
- PANASONIC SERVICE CENTRE
- REPAIRS TO MICROWAVE OVENS
- A RANGE OF NEW MICROWAVE OVENS IN STORE
- SUPPLY COOKERS, HOBS, FRIDGES, FRIDGE-FREEZERS AND DISHWASHERS.
- SERVICE AGENTS FOR VAX, DAEWOO, SAMSUNG

16 Abingdon Street • Burnham-on-Sea
Somerset • TA8 1PH

Tel: 01278 780486

**NOTE: - NOW SITUATED AT: -
27 VICTORIA STREET~~~BURNHAM-on-SEA**

Social Activities---2013

“Away Days”-- 2013

Cardiff Castle & Shopping

Date: - Thursday September 19th 2013

Cost: - £ 9.00

Gloucester Quays & Christmas Shopping

Date: - Thursday November 21st 2013

Cost: - £ 8.00

Pick-up points for all trips are:-

Berrow: - Triangle

Burnham: - Morrisons, Pier St

Highbridge: - Alpha House, Market St

Times of Pick-ups for all “Away Day” trips will be advised when making a booking and are given on the ‘Payment Receipt’, if in doubt PLEASE check with Vour or Carole well before the trip.

Cheques to cover payments for all “Away Days”, Theatre trips and Holidays must be made payable to “U3A of Highbridge Social Account”

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 you can be notified quickly.**

Macmillan Coffee Morning **Wednesday 25th September**

We are holding the above event again and look forward to the usual support from all members.

There will be a Cake Table; Coffee and Cake will be available for £1.00 (that morning only).

Ros Thompson and her team have volunteered to organise the stall and sell the cakes, they look forward receiving cakes from members who are prepared to donate something for the stall.

There will also be a Raffle, if you are able to donate an attractive useful prize it would be appreciated.

We again look forward to your support, knowing the wonderful job the Macmillan Nurses do.

Pearl Price.

U3A of Highbridge

OPEN DAY

Tuesday 15th October 2013

10.00 am until 2.30 pm

We have many Groups and with everyone's support and participation we can make this event as successful as that held in 2011.

We wish to again have demonstrations, displays and information from each Group where this is applicable; and you may wish to sell some items.

Would Group Leaders please let me know what tables; etc. you will need.

There is a shortage of display boards for the tables, so if you are able to supply your own that would help or should you know anyone who would loan us a few it would be appreciated.

Light lunches will be available e.g.

Soup, Ploughman's, Tea, Coffee, Cake etc.

As fund raisers we will have Tombola and Cake Stalls, etc. so donations for these would be gratefully accepted.

Contact Pearl Price on 01278-793954 for information