

University of the Third Age Newsletter November 2018

Issue 11

sheptonmalletu3a.org.uk



Contents

1. **Chat from the Chair**
2. **What's On**
Events, speaker meetings,
coffee mornings, outings, reports
3. **Members' Corner**
Local interest and activities, articles,
reminiscences, photographs
4. **U3A Regional and National News**
5. **Group News**
Monthly activities, featured groups,
contacts
6. **Committee Members**

1. Chat from the Chair

Last month I wrote 'Our U3A needs you and your support' at the end of my item. Little did I know at the time, how true this would become! Those of you who came along to the Speaker meeting on 4 October knew that our advertised guest Speaker, Mrs Anne Maw, Lord-Lieutenant for Somerset could not attend. In order not to disappoint all those who like to meet up on these social occasions, one of our members Mr Jonathan Fowle, offered his services and presented a talk entitled 'Packaging-Nuisance or Necessity' which was well received and much enjoyed. How lucky we were that Jonathan had the knowledge, skill and good humour to really engage us in something that is so topical and thought provoking. This is something we all have to share, whether it is practical, intellectual or just the ability to be happy and friendly. We always have opportunities within SMU3A for you to make a real difference, whilst still having fun. Do think about this please-we are not expecting you to make a professional presentation like Jonathan did, but if you really want to.....



The people, who organise and lead our groups, are the very ones I describe above and hold their groups in various venues in and around Shepton Mallet. Some incur a cost, either as a room hire charge or by the purchase of a tea or coffee in support of the businesses, that provide the meeting space. It is always helpful (and a courtesy) for Group Leaders to know if you are attending and a quick email or message, to excuse your absence would be much appreciated.

Please read your newsletter to find out where to go and what other things you might enjoy doing during the short, dark days of November, latest membership figures show that there are 175 of you out there and last but not least, a huge 'thank you' to Jonathan!

Liz

Can you help?

Our U3A needs you and your support. If you would like to find out more about any of our situations vacant below please contact a member of the committee or any group leader. No experience needed as these do not involve committee attendance or major responsibility but are a way to help share the workload amongst us all.

Meeters and Greeters for our monthly Speaker Meetings

We would welcome one or two people to direct new members to refreshments and answer questions. You would be needed by the door, just inside the Council Chamber, for 15 minutes or so before the talk begins.

Strollers Group Coordinator for 2019

Lesley has relinquished her position after setting up and running this group for several years. Lyn Hook has kindly offered to take up the reins. Strollers meet, once a month between March and September.

Website Assistant

We are hoping to find a computer literate person to learn all about our SMU3A website and help Keith to keep it updated and informative also to showcase what SMU3A is all about to the many visitors who view it every month.

Researcher for Speaker Meetings

Pete, our excellent Speaker Meeting organiser would like help in seeking out interesting and lively speakers for our meetings. Access to internet and an enquiring mind are all that is required.

Venue and Facilities Finders

If you know the halls, rooms and fees which are available for hire in your neighbourhood or village let us know! If you know people with a talent or skill they could share with us, let us know. We need more sites for our posters advertising events. Information of this type will help enormously in starting up new groups and finding suitable places to meet. Hope to hear from lots of you soon!

2. What's On

SPEAKER MEETING

Speaker Meetings are held on the first Thursday of the month from 10.00 until 11.45 in the Council Chamber, Mendip District Council Offices.

FREE tea and coffee available at every meeting

Entrance fee £1.50 for U3A members, £2.50 for guests. To avoid delays at the door, please have the correct money ready for collection, thank you.

1 November

DAVID SUTCLIFFE will give us a history of various wintertime celebrations entitled **WINTER CUSTOMS**

6 December

A wintery talk on **SPITSBERGEN AND THE HIGH ARCTIC: history, scenery and wildlife** by **SARAH BUTTENS**

October Speaker Meeting

SMU3A member, Jonathan Fowle stepped into the breach to present an interesting talk on plastics and packaging entitled, *Packaging-Nuisance or Necessity?* to summarise: the 4Ps- Pack, Preserve, Present, Promote. Without good packaging food would deteriorate quickly. Shelf life, to keep products in optimal condition, is governed by combining appropriate food and packaging technology. Oxygen is the main deteriorating factor. The plastic industry employs more than 170,000 in the UK and has myriad uses other than packaging. The calorific value of plastic is higher than coal. Therefore, incineration of discards is an ideal and clean way of heating, as employed for decades by Scandinavians.

Brand owners and retailers are pledging to substitute plastic with biodegradable and compostable packaging. The conditions for degrading are poorly understood and unlikely to be fulfilled. Furthermore, such alternatives will contaminate the waste stream if mixed with conventional plastic. UK packaging waste collection, sorting and recovery policies by local authorities are variable. Households are also often unsure what is recoverable. Investment in infrastructure at national and local level is essential. Consumer behaviour should be directed towards "Reduce, Reuse, Recycle" and making informed decisions. Do not be seduced by anti- plastic hysteria. Humans are to blame for their wasteful attitudes.

How green are you? Do you have some recycling tips to pass on? Let us know how you do your bit to save on packaging and waste. - julia

Thursday Coffee Mornings

Dobbies Restaurant, Shepton Mallet 10.30-12

All members and non-members are welcome every Thursday morning, except on the first Thursday when we have a Speaker Meeting. Join in for a coffee and friendly chat on November 8, 15, 22 and 29.

Christmas Lunch and Skittles

I've been in to the **Poachers Pocket** in Chelynch today and booked our **Christmas Lunch and Skittles**. The date will be **Wednesday 12 December 12.15 for 12.30pm**. We will be having a Christmassy Buffet Lunch at £11.25 pp. Also there will be a raffle, so if members can bring something suitable for prizes that would be great.

We will be, again looking for a paid 'sticker up' if anyone knows of anyone available.

For forms and details see Janet's emails. Please contact Janet if you have any ideas for future outings.

Lunch and Fun Skittles

Lunch and Skittles at the Poachers Pocket, Wednesday 26 September, turned out to be another successful day. We had a very good buffet meal for lunch. There were 17 members there, all but 3 played, and my thanks go to Olive for doing the scoring and all the ladies who did the sticking up, a huge Thank you.

Janet Murray



Gelato Ice Cream, Trudoxhill

We had a very delicious taste of Gelato Ice Cream on our outing in October-a perfect day for eating ice cream!

Gelato Ice Cream is made at Pylle Farm Trudoxhill from the milk from the cows on the farm. At the moment it is the only place to buy it. They have an ice cream parlour, where we sat and enjoyed a taste of each of the flavours, about 15 of them with cake, teas and coffees. We watched some ice cream being made and a new flavour being made that day-cheesecake! It was delicious. I for one will certainly be visiting again, at the moment they are open Saturdays and Sundays. Janet Murray



3. Members' Corner

If you would like to contribute to Members' Corner please send your items of interest, articles, reminiscences, local history, photographs etc to the editor by 20th of the month.

2019 U3A Diaries

Please see Maggie Hardy, Secretary to buy your diary at £3 each, thank you.

Wells Cathedral Oratorio Society Concert

Saturday 10 November at 7.00pm to commemorate the centenary of the ending of the First World War, **Wells Cathedral Oratorio Society** presents the cantata **For an Unknown Soldier** by **Jonathan Dove** and **Fauré Requiem**.

For an Unknown Soldier was commissioned by the Portsmouth Grammar School to mark the anniversary of the beginning of the war and the school gave the first performance in 2014 with the London Mozart Players.

The **London Mozart Players** are making their first visit to Wells Cathedral, and will be joining the choir and the Wells Cathedral Choristers for this performance.

Tickets are available from wc.os.org.uk Wells Cathedral shop 01749 672773 and on the door.

Message from the Editor

Please can you send all your items for inclusion in the December newsletter
to Maggie Hardy

The editor is on holiday-yippee! Thank you, Jul

U3A since its inception and the contribution you made when Peter was appointed as our first chairperson.

Shorter Walks



The first shorter walk group halfway round at Castle Cary. Lovely bright autumn weather made for good views and everyone enjoyed the walk and 'après walk' refreshments!

Solo Group Lunch and Coffee Morning

Fourteen members of our Solo Group met at Hartley's Kitchen at Rookery Farm, Binegar for today's Sunday lunch. We all had a very delicious roast, either chicken, beef, lamb or pork, followed by a lovely dessert.



Some of the members of the Solo Group enjoying our monthly coffee morning in the Brasserie. Our next meeting is Monday 19 November, 10.30am, please feel free to join us! If you are on your own in life, and would like to join the Solo Group, please contact me via the contact form on our website
Janet Murray



Walking

On a glorious October morning our walk took us to Priddy where Jane and Alison led us along the old drover trails past a pre-historic burial ground, Nine Barrows to the churchyard of St Lawrence's Church. Inside is a colourful stained glass window by local artist Fran Davies depicting St Francis amongst flowers, animals and birds.



On a not so glorious day we braved the rain and wind along Corton Ridge on a five and a half mile walk from South Cadbury and back. We were lucky enough to enjoy the splendid views across Somerset and Dorset before the rain began. We all agreed it would be a great walk to do again...in the summer.



Monthly Activities

	1st	2nd	3rd	4th
Monday	Walking French Intermediate 2-3pm Beginners 3-4pm	Discussion 10.30am Bowls 11am Art 2-4pm	Walking French Intermediate 2-3pm Beginners 3-4pm Woolcraft 2.30pm	Bowls 11am Art 2-4pm
Tuesday	Book Group 10.15am Bridge 2pm Table Tennis 2pm Flower Club 2pm	Collectables 11am Table Tennis 2pm Bridge 2pm Needlecraft 2pm Recorder Playing 2pm	Family History 1 10.30am Bridge 2pm Table Tennis 2pm	Family History 2 10.30 Table Tennis 2pm Bridge 2pm Needlecraft 2pm Recorder Playing 2pm
Wednesday		Music Appreciation 2pm		
Thursday	Speaker Meeting 10.30am	Coffee 10.30am Scrabble 2pm	Shorter Walks Coffee 10.30am Strollers 1.30pm	Coffee 10.30am Scrabble 2pm
Friday	Table Tennis 2pm	Singing 10.30am Table Tennis 2pm	Munch Club Table Tennis 2pm	Singing 10.30am Table Tennis 2pm

The table above represents the usual meeting dates for groups. The actual dates may vary. Writing for Pleasure meets fortnightly at 2pm on a Thursday. They do not appear on the above chart. You should contact group leaders for confirmation of dates. For more information on any of our groups visit the website www.sheptonmalletu3a.org.uk or contact the individual group leader below.

Group Contacts

Art	Gill Davies
Books	Sue Dunne
Bowls	Frank Booth
Bridge	Graham McCartney
Collectables	Liz Nash
Discussion	Malcolm Weeks
Family History	Keith Taylor
Flowers	Freda Briars
French	Valérie Delaittre-Smith
Munch Club	Maggie Fowle
Music	Derek Hiller
Appreciation	
Needlecraft	Di Gommo Liz Weeks
Recorders	Sandra Morris Julie Newman
Scrabble	Di Gommo
Singing for	Alison Howells
Pleasure	Catherine Wylie

Shorter Walks	Jenny Wehrfritz
Solos	Janet Murray
Strollers	Lyn Hook
Table Tennis	Pam Mitchell
1 and 2	Peter Howell
Walking	Liz Weeks
Woolcraft	Pam Mitchell
Writing for Pleasure	Catherine Wylie

6. Committee Members

Meet the Committee

My name is Maggie Hardy and I am the secretary of Shepton Mallet U3A. Unlike previous members of the committee who have appeared in the newsletter recently, I am fairly new to Shepton and to the U3A. We moved here in the summer of 2017 and, having almost finished the building and decorating, I decided it was time to get out into the community and became a member of the U3A last spring. I was somewhat surprised when Malcolm Weeks asked if I would be interested in joining the committee as secretary (but secretly quite chuffed!). There were problems in trying to get people to stand for election-as so often happens-and if we couldn't get a full committee together then the U3A would have to disband. I couldn't let that happen so volunteered though I was rather nervous as it had been sometime since I'd served on a committee. I won't go into all the details of the position as Liz Nash covered that so well in the June issue.

Now I've done my fourth meeting I'm beginning to feel more confident and I'd like to take this opportunity to thank all the members of the committee for their help and support but especially to Liz for her unending patience and to Keith Taylor for his outstanding patience.



Chair	Liz Nash
Vice Chair and Publicity	Derek Hiller
Secretary	Maggie Hardy
Treasurer	Jane Burman
Groups Co-ordinator	Sue Dunne
Membership Secretary	Maggie Fowle
Newsletter	Julia Goddard
Outings	Janet Murray
Speakers	Pete Norman
Website	Keith Taylor

Thank you to all our contributors this month. **Please send all your items for inclusion in the Christmas edition to Maggie Hardy** by 20 November.