

The background of the entire page is a photograph. On the left, the dark, curved hull of a boat is visible, with a wooden mast or pole running vertically. To the right, a building with a red-tiled roof and white walls is partially visible. Two people are standing in a gravel area between the boat and the building. The sky is clear and blue.

u3a

Shepton Mallet News

October 2023

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U3a is a UK wide collection of over 1000 charities that provide the opportunity for those no longer in full-time work to come together and learn for fun. Explore new ideas, skills and interests with your local Shepton Mallet u3a.

FROM THE CHAIR

Hello everyone,

Another summer over, and it's that time of year again – dealing with the mellow fruitfulness by pickling, bottling, jam-making, or maybe just swearing at the mountains of prunings to be got rid of! Another AGM on 5th October, and a look back at the past year. See you there!

Our display in the Market Place gained us quite a few compliments, and hopefully some new members. It was originally planned to coincide with National u3a week but in fact, as you see from the recent National Newsletter, that was a week later. I hope you were able to watch the new films mentioned there. I've just read an article in the press about the trend towards solo holidays. Apparently, more and more people are holidaying alone, often from choice. There are many advantages – you can do exactly what you like, when you like, without having to get the approval of another person. You notice more in your surroundings without a companion claiming your attention, and you are more likely to get into conversation with local people. Restaurants are much better nowadays at coping with the solo diner, and you'll be fine with a book, Kindle or newspaper. Or you could just do some people-watching! Solitude in the country or on the beach is peaceful; you are more likely to see wildlife and hear birdsong. And there's a sense of adventure in going it alone!

Of course, some people hate the idea of being alone on holiday, but feel they "have no-one to go with". There are now many holiday companies catering for single travellers – Just You, Saga, Exodus, One Traveller, to name a few. With these you have the company and security of a group, but your own room and the option of time by yourself if you want it. It's a bit more expensive, but you don't have the hassle of booking flights, accommodation etc. So there's no need to miss out on a holiday because you are on your own, for whatever reason. Give it a try!

I'm sorry to have to tell you that this is our last newsletter edited by Kevin Hoole, who has resigned from the Committee. We are very grateful to him for taking over from Julia Goddard just over a year ago, and thank him for all his good work, producing something with a different look. We are now seeking a new editor and committee member.

Best wishes,
Janet S

Upcoming events

Thursday 5th October Speaker Meeting and AGM

Friday 13th October 2pm North Somerset Association Quiz in Burnham. Please speak up if you would like to take part! No cost to team members.

Tuesday 24th October Visit to Earth Science Centre, Stoke St Michael – spaces available, £10 donation per person.

Monday 30th October Visit to Westonbirt – minibus full, possible to go by car

Wednesday 13th December Christmas Lunch at Mendip Golf Club – menu tbc

Best wishes,

Janet S

WHAT'S ON

Shepton Mallet u3a Speaker Meetings

From 10.00am til 12.00 at the Salvation Army Hall.

A cuppa, friendly company and an hour or so of discovery. Entrance is £2 members, £3 non-members, including refreshments. Other Thursdays SMu3a coffee morning – from 10:30am in Dobbies Café.



Come along and discover some local history this month.

Thursday 5th October – Darshill and Bowlish Heritage Project

The Shepton Mallet hamlets of Bowlish, Ham and Darshill lie on the west side of the town, nestling in the valley of the river Sheppey. The Sheppey was once the 'powerhouse' for the cloth making industries which thrived in Shepton Mallet in the 15th – 19th century (wool) and 19th – 20th century (silk). Remnants of the

buildings used by those industries can still be seen in Bowlish, Ham and Darshell and our speaker, Ian Keys, will guide us around the stories, families and history of the area. Ian first spoke to our u3a in 2019 and now he returns to update us on the Heritage Project and its' findings to date.

Our September meeting – Stothert and Pitt Crane Restoration.

An interesting insight into restoring an historic crane back to where it was first made. The same company made treadmills for many Prisons, including our own here at Shepton Mallet.



Remaining 2023 Speaker events are:

2nd November – Life on the International Space Station	7th December – Christmas Themed Quiz
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Please ask if you need a lift to get to groups and events and any willing driver's please make your offers of lifts known to group leaders and fellow members!

Outings

Skittles and Lunch

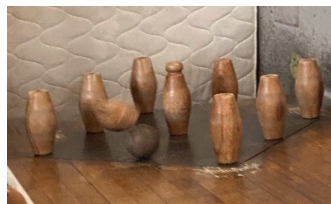
*Provisional date for the next Skittles and Lunch - **Wednesday 11th October***

The Horseshoe Inn, Bowlish, Shepton Mallet BA4 5JG

12 noon til 2.45pm. £5 per person.

This includes Skittles and a lunch of Quiches, salad and chips.

Look out for an email nearer the time!



Please ask if you need a lift to get to groups and events and any willing driver's please make your offers of lifts known to group leaders and fellow members!

Coffee Corner.



Mells Village shop and Café is a lovely place to take a moment and enjoy a Coffee and a delicious cake after a stroll around the village. The Chocolate brownie was delicious! <https://www.mellsvillage.co.uk/mells-cafe/>

Lievito's Bakery – The Old Cheese Dairy, Lovington. An artisan bakery with bread, your coffee, pastries and cake needs and then take some bread home for lunch! Tell them Shepton u3a sent you!



<http://www.lievito.co.uk>

Visit to Avalon Archaeology – 5th September

Several members of Wells u3a joined us on a beautiful sunny morning for this fascinating visit. The Archaeology site is part of Avalon Marshes, near Westhay, and is very attractive, with a lovely shop and pleasant cafe.

We were given a guided tour lasting nearly two hours, by the very well-informed Richard Brunning, who showed us the Iron Age roundhouse, Roman Villa and Saxon Longhall, which have all been reconstructed by volunteers over the last few years. We learned all about the building materials and methods of construction, absorbing some idea of what it was like to live in these buildings. The Roman Villa was voted the most comfortable as it was the only one with heating! That expertise was sadly lost for hundreds of years after the Romans left



Finally we had a close look at the Viking ship reconstruction. The Walrus was built of oak by a team of Danish boatbuilders and was originally displayed in the Maritime Museum in Falmouth. These ships had one large sail and could cover great distances. It seems the word "starboard" for the right side of a ship comes from "steerboard", a piece of wood attached to one side at the back, for steering!

Janet S.



Liz Nash took this photo
At Dobbies garden centre at
midday on Monday 21st
September.

Image rights were negotiated
with the hedgehog's agent,
Basil Brush.

GROUP ACTIVITIES

The table below represents the usual meeting dates for groups. The actual dates may vary. Coffee mornings every Thursday at Dobbies, except when there is a Speaker Meeting on the first Thursday of the month.

	1st	2nd	3rd	4th
Monday	Walking	Discussion 10.30am Art 2-4pm	Walking Woolcraft 2pm	Art 2-4pm
Tuesday	Book Group 10.30am Photography 2pm Bridge 2pm Table Tennis 2pm	Collectables 10.30am Table Tennis 2pm Bridge 2pm Needlecraft 2pm	Bridge 2pm Table Tennis 2pm	Table Tennis 2pm Bridge 2pm Needlecraft 2pm
Wednesday	French conversation 10am Short Tennis 4-5pm	Play-reading 10.00am Short Tennis 4-5pm	French conversation 10am Short Tennis 4-5pm	Short Tennis 4-5pm
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	Table Tennis 2pm	Munch Club Table Tennis 2pm	Singing for Pleasure 10.30-12 Table Tennis 2pm

Insurance reminder

Members of Shepton Mallet u3a are reminded that the Trust arranges Third Party Liability and Product Liability Insurance on behalf of the affiliated u3as. The cost of this is included in the annual subscription fee that SMu3a pays to the Trust. It should be noted that there is no personal accident insurance included in this arrangement. Members of SMu3a join in activities at their own risk and, should they feel they wish to be covered for personal accidents or personal property, it is necessary for them to make their own private arrangements.

NOTICE is hereby given that the 12th Annual General Meeting of SHEPTON MALLET u3a will take place in

The Salvation Army Hall, Shepton Mallet on Thursday 5th October 2023 at 10am

AGENDA

1. Apologies
2. Acceptance of Minutes of AGM 2022 held on 6.10.22
3. Matters Arising
4. Reports:
 - Chair
 - Treasurer
 - Group Leaders
6. Items for consideration*
7. Election of officers to committee (nomination form attached)
8. Acceptance of existing committee members standing for a further year
8. AOB

* formal, written proposals must be received by 30 September 2023 – either by email: info@sheptonmalletu3a.org.uk or by post:
The Secretary SMu3a, 19 Garston Street, Shepton Mallet BA4 5NW.

Current committee members/roles and vacancies:

Janet Sherwin	Chair
Sue Dickerson	Vice chair
Jeanette Marsh	Groups
Jane Burman	Treasurer
Carole Mullender	Secretary
Jane Morrison	Speaker meetings co-ordinator
Keith Taylor	Website/Beacon/Membership
Janet Murray	Trustee
Liz Nash	Trustee

Committee vacancies for 2022-2023

Publicity officer

Newsletter Editor

An occasional stand in Secretary is sought
for when current Secretary is absent



2 COURSE £26

3 COURSE £32



Christmas Menu

STARTER

Roasted butternut squash soup, warm ciabatta

(V / GFO / DFO / VGO)

Ham hock terrine, garlic & herb crostini, chutney

(GFO / DFO)

Crayfish & prawn cocktail, Marie Rose, granary bread

(GFO / DFO)

MAIN COURSE

Turkey roulade, pigs in blankets, pork & sage stuffing, gravy

(GFO / DFO)

Christmas Nut Roast, mushroom gravy

(V / GFO / DFO / VGO)

Served with, rosemary & sage roast potatoes, roasted sprouts, swede mash, festive braised red cabbage, cauliflower cheese

honey roasted carrots, parsnips, Yorkshire pudding

(GFO / DFO / VGO)

Herb crusted hake, buttered baby potatoes, ratatouille

(GFO / DFO)

DESSERT

Christmas pudding, brandy cream **(GFO / DFO)**

Lemon tart, Chantilly cream, coulis **(GFO / DFO)**

Chocolate & clementine sponge, clotted cream ice cream **(DFO)**

GFO - GLUTEN FREE FRIENDLY OPTION AVAILABLE UPON REQUEST

DFO - DAIRY FREE FRIENDLY UPON REQUEST

VGO VEGAN FRIENDLY UPON REQUEST

V - VEGETARIAN

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGENS OR DIETARY REQUIREMENTS, WE WILL DO ALL WE CAN TO CATER FOR THEM. WE CANNOT LIST EVERY INGREDIENT IN OUR DISHES AND ALTHOUGH EVERY CARE IS TAKEN, DUE TO THE BUSY NATURE OF OUR KITCHEN, WE CANNOT GUARANTEE THE ABSENCE OF ALLERGENS.

GROUP NEWS

Xmas Lunch

We have now received the menu for lunch at the *Mendip golf club on Wednesday 13th December*. Please let Janet Sherwin know by the end of October if you would like to come, and your menu choices.

Payment is required in advance please, preferably by BACS to the usual account –

If you need to pay by cheque please add 50p and give it to any committee member. Don't forget to write "Christmas Lunch" on the back; this is also the reference for BACS payment. The meal, service and ambience there were really good last year, so do join us!

Shorter walk group



Calm after the Storm

On Thursday 21st September the Shorter Walks Group took advantage of a clear and sunny autumn morning. Twelve of us walked from Dulcote along a section of the Strawberry Line to the Bishops Palace where we had coffee. Then we ambled back across paths and fields – feeling pleased to have missed the biblical winds and storms of the previous day.

Alison Tonkin

The Walking Group

The walk on 18 September had a good turnout with 16 of us taking our chances with the weather, which was kind to us. We set off from Dinder, climbing 300 ft, and from then it was all level or downhill. We went through King's Castle Woods and down to Wells Golf Course and at this point encountered some deep puddles.

Those wearing wellies definitely made the right footwear decision!

A brief visit to Wells and across Palace Fields before the final section through fields and back to Dinder. Eleven of us enjoyed lunch at The George Inn in Croscombe.

Janis Thomson



Come and join us

No longer working full-time? Children grown up? Join your local **u3a** to meet new people and explore a wide variety of interests. Make the most of life for annual membership of only £12.

Contact **Janet Sherwin** 01749 344627

or email info@sheptonmalletu3a.org.uk

or just come along to this month's Speaker Meeting (see What's On section).

USEFUL LINKS

www.u3a.org.uk

Shepton Mallet u3a local website

www.sheptonmalletu3a.org.uk

Dear members,

Several of us, including myself, attended Lyn's funeral at Mendip Crematorium, along with a large group of other friends and family. The service, conducted by a celebrant, was very moving, and it was lovely to see a selection of photos of Lyn on the screens, accompanied by one of her favourite songs, Dancing Queen by ABBA.

Shepton Mallet u3a made a donation to the Richard Bright Renal Service at Southmead Hospital.

Janet Sherwin



Lyn Hook