

learn, laugh, live!

**u3a**

# **u3a Shepton Mallet Newsletter September - October 2025**

## **WELCOME**



## Editor's Notes

Editor: Tina King, [harribest@yahoo.com](mailto:harribest@yahoo.com)  
Co-Editor: Jim Morrison [jimbo.morrison@sky.com](mailto:jimbo.morrison@sky.com)

Hoping you find this newsletter, informative, fun, useful and interesting.

The newsletter is currently being produced every 2 months.

Inputs to the next newsletter are welcome from all, especially those that showcase u3a group activities.

Please email articles, information, photos etc... as soon as possible to both the editor and co-editor above and before the input **deadline of the 20th October 2025**.

## Useful Links











The Shepton Mallet u3a website can be accessed with this link,  
<https://sheptonmalletu3a.org.uk/> or with this QR Code >.....>



Past and current newsletters are available on the u3a webpage under SMu3aNews and can be accessed with this link,  
<https://sheptonmalletu3a.org.uk/newsletters/> or  
with this QR Code

Note: Printed copies of the Newsletter are also available to purchase at Speaker meetings or from the Chair.

## Shepton Mallet u3a Committee

POSITION	NAME	EMAIL	ELECTED	
Chair & Outings	Janet Sherwin	<a href="mailto:sherwinj@outlook.com">sherwinj@outlook.com</a> PHONE 01749 344627	01/10/2021	
Groups	Barbie Bradbury	<a href="mailto:smu3agrpscoord@gmail.com">smu3agrpscoord@gmail.com</a>	Co-opted 02/04/2025	
Secretary	Carole Mullender	<a href="mailto:cmullender56@yahoo.co.uk">cmullender56@yahoo.co.uk</a>	01/10/2022	
Treasurer	Jane Burman	<a href="mailto:jane.burman@btinternet.com">jane.burman@btinternet.com</a>	01/06/2018	
News Editor	Tina King	<a href="mailto:harribest@yahoo.com">harribest@yahoo.com</a>	30/11/2023	
Membership	Josh Hartley	<a href="mailto:joshhartley08@gmail.com">joshhartley08@gmail.com</a>	Co-opted 21/11/2024	
Vice-Chair	Sue Dickerson	<a href="mailto:sue.dickerson@outlook.com">sue.dickerson@outlook.com</a>	23/03/2023	
Speakers	Jane Morrison	<a href="mailto:janec.morrison@sky.com">janec.morrison@sky.com</a>	01/10/2022	
Health & Safety Rep	Paul Roberts	<a href="mailto:paulroberts@gmx.us">paulroberts@gmx.us</a>	Co-opted 21/11/2024	
Committee	Liz Nash	<a href="mailto:lizeenash@hotmail.com">lizeenash@hotmail.com</a>	01/05/2017	

I used to be in a band, we were called 'lost dog'. You probably saw our posters.

## From the Chair



Hello everyone! It's a hot August day and I'm rather looking forward to the gentler warmth of September, my favourite month.

I hope you have had a pleasant summer and been able to do at least some of the things you like doing. Our u3a activities have kept going despite reduced numbers because of holidays etc, and we have in fact gained a few new members so that we have almost reached the magic 200! A huge welcome to all newcomers and I hope you will very soon feel at home with us, and get involved in a few things.

It's so good to see the **Amulet** being revived (the Brutalist building in the Market Place, in case you don't know) with lots going on there and funds accumulating towards community purchase, for community use. We're hoping to have an exhibition there 20th to 21st September and will let you know details as soon as we can. Shepton really needs a place like this so please support it in any way you can. The website is <https://buytheamulet.org.uk>

Our constitution stipulates that officers on the committee (Chair, Secretary and Treasurer) can only serve for 3 years, and so I will be **standing down as Chair** at the AGM in October. I have really enjoyed doing this, have learned a lot and met so many lovely people, but now it's time to give somebody else a go and we have plenty of suitable candidates! So please think about nominating someone, or ask a friend in u3a to nominate you. We will also be needing a new Secretary and Treasurer soon. Please, if you have a little bit of spare time, consider volunteering for one of these roles. U3a cannot run without them.

**Membership Renewal** is due in September. You can do this online (preferred) or in person at the Speaker Meeting on Thursday 4th September, paying £14 cash. You don't need to fill in a form if nothing has changed.

**AGM 2nd October** - we have arranged to hold this in the **former council chamber at Shape**. We used to have our speaker meetings there, before Covid, and want to try it again as it's free and bigger than the Salvation Army hall.

Yours,  
Janet

Laughing stock - cattle with a sense of humour?

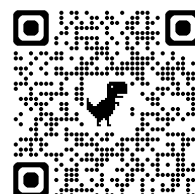
# AGM and Committee Nominations

## AGM

Another year has gone by and the Shepton Mallet u3a Annual General Meeting (AGM) is to be held immediately prior to the start of the speaker meeting on Thursday 2nd October 2025. This will be held at the Council Chamber of the former Mendip District Council (Shape), Cannards Grave Road, Shepton Mallet.

The AGM and associated information is available on the u3a website under 'AGM 2025', link & QR code below:-

<https://sheptonmalletu3a.org.uk/agm-2025/>



## AGM Agenda

The agenda for the Shepton Mallet u3a Annual General Meeting can be found on the u3a website under 'AGM 2025', agenda link below:-

<https://sheptonmalletu3a.org.uk/wp-content/uploads/2025/08/AGENDA-2025-without-committee.pdf>

## Committee Nominations

**At the AGM nominations for a new Chair and nominations for any other committee positions will be considered eg Secretary and Treasurer. Please complete the nomination form and submit by email, post or hand to the Secretary by 17 September 2025. Nomination form link below:-**

<https://sheptonmalletu3a.org.uk/wp-content/uploads/2025/08/Nomination-form-2025-1.pdf>

A guide for the Chair role is provided on the next page.

## Items for Consideration at the AGM

If you wish an item to be considered at the AGM then ***formal, written proposals must be received by 25 September 2025*** - either by email or by post to: The Secretary SMu3a, details are on the AGM Agenda.

The other line always moves faster... until you get in it.



# U3a Chairperson Role

## Shepton Mallet u3a needs a new Chairperson...could it be you?

The Chairperson is a vital role that brings a u3a to life and provides direction and support to all members.

This involves ensuring the u3a's aims and principles are upheld, chairing meetings, liaising with other committee members and organisations, and safeguarding Shepton Mallet u3a's good name.

Shepton u3a committee is made up of people just like you who thought they would give it a go and see what happens. What happens is friendship and support, ideas and creativity and a sense of building a u3a that is thriving.

A few hours per month for committee meetings, held at the Shrubbery, and as much or as little else as you are able to give.

Here is a description of a u3a Chairperson role – sounds stuffy but it's not really!

A u3a Chairperson's responsibilities:

- The Chairperson leads the committee, ensuring all members have a voice and the opportunity to participate in U3A activities and that decisions are made collectively.
- Ensures the committee fulfils its responsibilities.
- Ensures the u3a operates within its governing documents and complies with charity law and other relevant legislation.
- Ensures the organisation's core values and principles are maintained.
- Chairs general meetings, committee meetings, and the AGM ensuring meetings run smoothly and efficiently, and facilitate constructive discussion.
- Guides the committee in making decisions and ensures those decisions are carried out.
- Promotes the u3a within the local community and beyond.

Other Key Responsibilities:

- Safeguarding: The Chairperson is alert to any safeguarding issues and ensures appropriate action is taken.
- Delegation: The Chairperson may delegate tasks to other committee members as appropriate.
- Committee Membership: The Chairperson is a member of the committee and, together with other committee members, is a trustee of the U3A.

If you wish to be nominated or want to nominate someone else then please complete a nomination form which are available on the Shepton Mallet u3a website. The completed forms need to be submitted 17th September 2025. Nomination form link below:

<https://sheptonmalletu3a.org.uk/wp-content/uploads/2025/08/Nomination-form-2025-1.pdf>

Note: If you need a printed copy of the nomination form then please contact a committee member.

If it weren't for electricity we'd all be watching television by candlelight. - George Gobel

# From the Groups Coordinator

## New Groups:

A NEW **Quiz Group** starts in September and then every 1<sup>st</sup> Friday monthly thereafter if you're all keen!

The format will be discussed at the first meeting between all of the group members.

Each month, it is hoped, the quiz questions will be prepared by a rota of Group volunteers, resulting in the question topics being both varied and interesting.

Most would probably include a general Knowledge round, but even the way these are presented can be very different.

The range of questions will provide for all levels of quizzers to enjoy themselves and to have fun together.



Our NEW **Chair Yoga Group** will take place every 2<sup>nd</sup> Friday monthly.

The focus is on a low impact, gentle and age-appropriate exercise.

This has many benefits including increased flexibility, strength, balance and posture. It is said to also reduce stress and anxiety, enhance circulation and promote better sleep.

All this whilst being with your u3a friends too!

A NEW **Craft Course** starts on the 1<sup>st</sup> of September then every 1<sup>st</sup> and 3<sup>rd</sup> Monday each month. It is a friendly and interesting course for like-minded crafters.

The idea is to sample new crafts and techniques every month learning something new. Then to finish off what was started or add something to the basics learnt in the previous session.

We have a wealth of craft knowledge in our u3a membership but spaces are limited in some of the current Interest Groups. This course is an enjoyable way fill the need for crafts in SMu3a!

If you would like to find out more about the NEW Groups then please contact me, Barbie, at [smu3agrpscoord@hotmail.com](mailto:smu3agrpscoord@hotmail.com)

## Groups Visited:

I have been able to visit more of our Interest Groups during the past couple of months.

I joined our **Singing for Pleasure** – even though I can't sing a note! However, it was a pleasure to be surrounded by and hear everyone else's lovely voices.

Tina doesn't just lead everyone in a chosen song she also mixes things up in a delightful way by singing rounds or in harmony or in other fun ways of singing. Sometimes with a delightful accompaniment by piano, from another member. In doing so she enables the voices to blend to create the most beautiful sound in the hall.

I had read **Book Group's** chosen book 'The Keeper of Stories' by Sally Page before joining the meeting.

There was a very interesting discussion about the novel which is a fictionalized biography of the German writer Thomas Mann. It turned out to be a bit of a Marmite book!

It was good to hear everyone's views and I look forward to the next meeting with The Keeper of Lost Things by Ruth Hogan. Maybe you have already read it?

I went on a nature filled walk around Compton Dando with our **Walking Group**.

It was a well organised walk taking in lanes and fields through undulating countryside.

There was a plethora of wild flowers including yellow and birds foot trefoil. Lots of bird song and butterflies including, would you believe it a Gatekeeper butterfly by a gate! We passed through wheat, barley and even a broad bean field on our way back for a pub lunch, for some, at The Compton Inn. This is the sort of walk that would raise anyone's spirits!

Two parrots on a perch. One says: "Can you smell fish?"

# From the Groups Coordinator Cont...

## Groups Visited Continued:

Our **Embroidery Group** is every 2<sup>nd</sup> Thursday morning monthly. I brought along a wee cross stitch kit. I had no idea where to even place the 1<sup>st</sup> stitch. Fortunately, Doreen guided me and showed me some tips along the way too.

A good cuppa, good conversation and a good outcome as I left the morning with the satisfaction of knowing exactly how to complete the x stitch.

Next, I joined the **Shorter Walks Group** in Shepton for a very informative walk around the fields and back down to Bowlsh- followed by a most welcome drink at The Cheeky Bean.

Apparently, Bowlsh House has a small spring beneath the cellar which during WW2 filled up and the servicemen used to have ducks on it! Fresh dinner of duck meat or just an old wives tale?

At **Bridge Group** I met lots of new, to me, u3a members. I was made to feel most welcome and it was suggested that I watch the start of a game.

It is a fascinating game that requires strong logical thinking, memory and concentration. I was in awe at the speed they played!

New members are very welcome but an ability to play is important as this is not a beginners group.

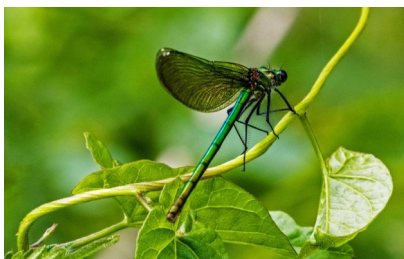
The **Munch Club** meets regularly on the 3<sup>rd</sup> Friday monthly. I joined everyone at The Bell Inn, Evercreech for lunch.

I noted that everyone was given substantial portions to devour. The conversation around the table was very friendly and enjoyable.

This is a great group as your lunch and venue is chosen for you each month by Sue, who is the good Munch Club coordinator.

Our **Photography Group** is ably run by John every 1<sup>st</sup> Tuesday monthly. We are lucky to have such a talented photographer to lead this popular group. It has affiliate members from several other u3a's and between them they produce some amazing pictures.

Here is a very small selection from some of the group's recent photographs. It would be impossible to include them all.



© Mel Malone SMu3a



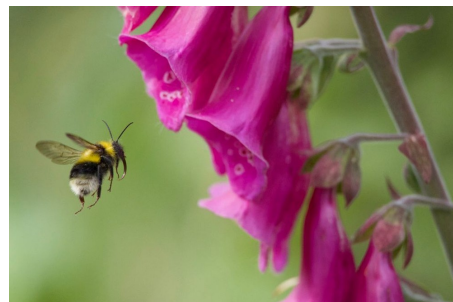
© Beverley Prestidge SMu3a



© Barbara Voules SMu3a



© Cecelia Dargie SMu3a



© Bob Chaplin

**Barbie Bradbury**

The guy who fell onto an upholstery machine was fully recovered.



# NEWS AND VIEWS

## Members can help each other out!

We have a varied membership in our u3a. Some have a car and are able to drive, whilst others struggle to get to groups and venues.

If you need support then please don't be shy and ask if you need a lift to get to groups and events.

Also any willing driver's please make your offers of lifts known to group leaders and fellow members!

Does anyone recognise this photo?!



## Skittles Lunch Dates at The Horseshoe Inn, Bowlish

Wednesday 24th September, 15th October, 19th November  
@ The Horseshoe Inn, Bowlish, Shepton Mallet BA4 5JG

Skittles is open to all Shepton u3a Members and the Horseshoe Inn opens especially for us to play and have a light bite lunch. It is very sociable with no particular skill needed just enthusiasm and a sense of fun. Come and have a go!

**Look out for the invitation email at the beginning of the month and then book your place!**  
**(Places are limited to 18 maximum)**

*Jane Morrison*



## For Sale / Free

A slot for an item that you don't need anymore and that you think may benefit others.

### **Highchair (Free) - Still Available:**

We have a wooden highchair no longer required as grandchildren have grown out of it.

**Free** to a good home. The highchair folds down to a lower level.

Malcolm & Liz. Contact by email - [lizandmalcolm.weeks@gmail.com](mailto:lizandmalcolm.weeks@gmail.com)



A little boy asked his father, "Daddy, how much does it cost to get married?" And the father replied, "I don't know son, I'm still paying."



# NEWS AND VIEWS cont...

## National U3a Week

National u3a week is taking place between **20th to 28th September** and there is a programme of online events focussing on positive ageing.

These events are all exclusively open to u3a members and their friends, to help us spread the word about the benefits of being in the u3a movement. Here are the events taking place throughout the week:

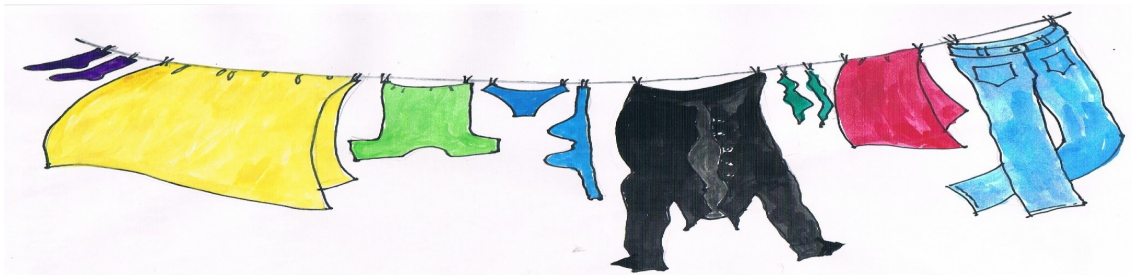
- *Age Without Limits: Celebrate Ageing with the Centre for Ageing Better*
- *Eating Well for Health and Vitality in Later Life*
- *What do official statistics reveal about positive ageing? with the Office of National Statistics*
- *My gardening life: decades on the plot, page, screen and airwaves with Barbara Segall*
- *Still Got It: Positive Ageing photography with photographer Mike Longhurst*

Book your place on the u3a week page:-  
<https://www.u3a.org.uk/events/u3a-week>



## MY WASHING LINE

(or: Pride goeth before a fall)



I love to see my washing line, stretched tight above the emerald grass,  
Flaunting an eclectic mix of towels, sheets, jumpers and knicks,  
When for a change the weather's fine—a choppy breeze, a sun like brass!

The sparkling whites and coloureds bright, thanks to my lovely wash machine,  
They twist and flap, they rise and fall, billow and strain—the prop is tall  
And hoists them up to dizzy height, rejuvenated, fresh and clean.

No need today for tumble drier. Since yesterday we've had no rain  
Just sun and wind, that's all it takes. But suddenly the old line breaks!  
My pristine laundry's in the mire! I'll have to do it all again!

© Janet Sherwin

Tell a man that there are 400 billion stars and he'll believe you.  
Tell him a bench has wet paint and he has to touch it.

# Meet The People

## Sue Dickerson

It was a real pleasure to spend time with Sue, learning about her life and interests - such a lovely, kind and fascinating person.

She was born in Ealing and went to school and worked in Twickenham. She still likes to think of herself as Middlesex born and bred. She studied music at the Royal Manchester College of Music and then taught the subject for over twenty years. Her son, Rupert, is also a musician, based in Camberley, and is a professional organist and choral conductor. Keeping music in the family Sue's granddaughter is a trumpeter in the Royal Marine's Band Service.



After the death of her second husband, Sue retrained as an Occupational Therapist, working in a hospice in Woking caring for terminally ill patients and their families. To add to this rewarding experience her collie dogs were also involved in her hospice life and she had further training as an animal assisted therapist. The nearby petting farm happily supplied an interesting range of animals to add to the fun!

Sue has many interests and amongst these is her volunteer work as a Riverfly Monitor. Once a month you will find Sue in her wellies in the River Sheppey monitoring the number and type of riverflies. (For your information, the more the better!) Low readings have triggered Environment Agency investigations into polluters within Shepton.

The u3a is very important to Sue. She has been a member for eight years and is currently our Vice Chair. She leads the Munch Club and enjoys the Book Group, Shorter Walking Group, Solo Group and many of the coffee mornings. She appreciates the friendships she has made and feels that friendship is indicative of Shepton itself. Sue feels very comfortable in Shepton and would like to see boarded shops open up to make it an even more vibrant place. Sue is very glad that Rupert's time at Wells Cathedral brought her to the town, and her happy places in it - Darshill and Bowlsh and Sweet 11 in the Market Place!

*Tina King*

### NAKED SOUL

Exposed to the world, cold and bare.  
Wild, alone - no one there.  
Empty heart, dark as a black hole.  
The flesh cries out for the naked soul.  
Let me in to take your pain  
Away from your soul with no name.  
I'll relieve the anxious and the stressed  
Just lay your head upon my breast.  
  
I'll caress your skin so tanned and warm,  
Though shivering inside, stretched and torn  
Crying out for comfort and for love.  
Who will give you this my dove?  
The pain inside your head must ache  
With torment and alone you must make  
The best of life within your scope.  
Keep smiling, be beguiling and have hope.

Let me in, don't shut me out.

I think you'll need me - one day - no doubt!

Don't encase yourself in tombs of steel  
Just breathe and know the world is real,  
The soul, the wounds and hurt must heal.  
Let me in to touch, to love, to feel.  
The warmth is there, but buried like a mole,  
let me soothe your aching heart and clothe your  
naked soul.

© Jane Webber

I'd give my right arm to be ambidextrous

# A Personal View

## We're all going on a summer holiday....

Well, I expect you've already been. Now that school is out you're either looking after grandchildren or avoiding public places where young people congregate. If you're sensible, you will have booked somewhere exotic or culturally satisfying in September - not too hot and not too loud!

I'm not sure holidays are good for us. The stress of booking (Hays is excellent if you want to avoid technology!), the collation of documentation (is my passport in date? Do I need a visa? Have I got the best insurance deal? Have I sorted parking? Where shall I put the tickets? Have I sorted the money? And so it goes on). And don't mention the packing....

Have I got enough hot weather clothes, wet weather gear, warm jumpers, enough pairs of shoes, serious amounts of toiletries? Will it all fit in my case... IS MY CASE TOO HEAVY?

Travelling to your holiday destination is extremely tedious, especially if you are flying. Airports are noisy and crowded, (why do the people walking in front of you suddenly stop?), not enough leg room even for shorter people and there is always a queue for the loo.

However, once there, all is well. The room is clean. The food is good and the weather is lovely. It was all worth it, wasn't it? Try hard not to think of the journey home.

I have two very close friends who really enjoy going away on holiday. Since I have known them, each time they have gone away, one of them has fallen over, caught some horrid virus, had to go to hospital...I wait with real terror each time they leave. And yes Barbara and Barry, you know who you are!!

So why do we do it? Why do we put ourselves through this nightmare? Well, what else are you going to talk about for the rest of the year? Or until you book the next one?

*Tina King*

### ESCAPE! OR PLEASE RELEASE ME!

As I fight my way through traffic and fumes  
My ordinary day in the office looms  
Paperwork, files, computers too,  
Clog up my space thro` and thro`,  
There`s hussle, bussle and street congestion  
This causes headaches and indigestion!  
The trains are late and awfully smelly  
And all I want is to get to the Deli!

Reports and typing for many an hour,  
All this for those who control the power  
Theres gotta be more in the world out there  
Than 9 to 5 and pulling out my hair!

Seduce me with the open road  
Let me switch off from the office mode  
Find me a cottage in field of rye  
With stone walls and beams so high.  
And log fires burning in the grate  
And home cooked food upon my plate

No noisy neighbours with music loud.  
Just let me relax and float on a cloud!  
Believe in your dreams, they may come true  
They can - but then, its up to you!

© Jane Webber

Sign between a ladies and gents toilet doors:  
"MEN to the left because WOMEN are always right!"



# 7th August 2025 Speaker Meeting

## Happy Landings Animal Shelter



Linda and her colleague Natalya gave us a very interesting talk about the well-known animal shelter facility at Pylle. We were hoping they would bring one or two of their four-footed guests but in this we were disappointed.

However, Linda told us the back stories of some of the dogs they have rescued and rehabilitated, like Coco, shown on the right, a pair of gorgeous but gormless "bully dogs" and a central European mountain dog nearly as big as a pony! Dogs often arrive in a very poor state and it takes a great deal of time and patience to restore their health and their trust in human beings.

Unfortunately the shelter is being asked to take more and more animals as people find they can't afford to keep them, and even though most of the staff are volunteers, this is a very expensive business, with the cost of food and vets' bills. Every animal has to be micro-chipped, neutered and vaccinated, and may well need medications. Many of them are referred by the RSPCA, having been badly treated.

Although the shelter mainly deals with dogs, there are quite a few cats and occasionally something more exotic, like a chinchilla or a ferret, is brought in, as well as birds.



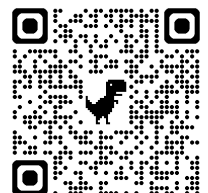
The aim in every case is to find a new, welcoming home for the animal.

Happy Landings desperately needs donations, so if you possibly can, please send something to them.

You can donate online, send a cheque, leave a legacy in your will or take up a bag of dog food, hold a fund-raising event or offer to volunteer. All equally welcome! Information on donations in link below:

<https://happy-landings.org.uk/support/donate/>

*Janet Sherwin*



My wife screamed "You haven't listened to a single word I've said have you?"  
Funny way to start a conversation!

# Quiz

- 1 - What is the yesterday of tomorrow and the tomorrow of yesterday?  
**A Yesterday B Today C Tomorrow**
- 2 - The letters of which of these words are NOT in alphabetical order?  
**A ABHOR B ACCENT C ALLIGATOR D ACCOST**
- 3 - How many times does the letter 'A' appear in the numbers from one to ninety-nine when spelt out?
- 4 - If you go by the second letters, which day of the week comes first alphabetically?
- 5 - Which of these answers has a well-known drink in them?  
**A ROBOT B DALEK C CYBORG**
- 6 - The name of which Italian foodstuff is an anagram of a famous type of Spanish cuisine?
- 7 - A Newspaper has 20 pages. The front cover is page 1 and the back cover is page 20. You read every page. How many times must you turn the page?
- 8 - Which letter of the alphabet is used most often in this question?
- 9 - Which of these is the odd one out?  
**A GOAL B THORN C SHOUT D STEW**
- 10 - What two words replace the question marks in this sequence?  
**April, August, December, ?, January, July, June, ?, May, November, October**
- 11 - If January = 717, March = 5315 and June = 4624, what does August equal?

(Answers on a later page)

## WRITING FOR FUN

### UNA'S HAIKUS

#### CHILDHOOD MEMORIES

##### **Communion Day**

White dress, ballet shoes,  
Excitement, hope and love,  
Pure food for the soul.

##### **Life without Central Heating**

Blocks of ice Tonight,  
Icicles in the dawn light,  
Childhood fifties style.

##### **Play**

Muddy banks and woods,  
A tree that became her house.  
A child free to roam.

#### TRIP TO IRELAND SUMMER 2024

##### **Statues at Our Lady's Island**

Statues of Our Lady,  
The virgin we worshipped then  
And hope to again.

##### **Exhaustion after A Night Crossing**

Lying on fresh grass,  
Clear blue sky with sun blazing,  
Drifting off in dreams.

##### **Time to Reflect**

Trees overshadowing,  
Make this world an enclosed space,  
Allowing time for thought.

© **Una Mckillen**  
**June 2025**

Where do bad rainbows go?  
To Prism.  
It's a light sentence and gives them time to reflect.

## It's All in the Genes! Group

A regular group of Family History detectives building trees and finding stories & tales.

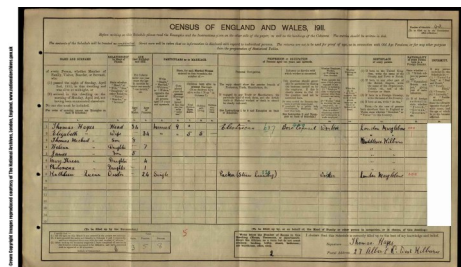
of John and Wm. Dawson, at Tonbridge.—1 month hard labour.  
Henry Anscomb, was indicted for stealing a quantity of hop poles, the property of William Wickham, at Tudely. It appeared that a man named Hodgkinson was watching the stack of the prosecutor on the night of the 30th January, when he saw the prisoner take some poles and took him into custody.—Guilty 6 weeks hard labour.  
Charles Dodd, stealing a faggot, the property of John



Collaborative research, sharing tips, knowledge and skills - helping each other to build Family Trees.

Well so far we have found out about:

- Cousins that we didn't know we had
- Family members 'misbehaving' and Ancestors transported for 'burglarisation'!
- The amount of knowledge and interest between us!



Get in touch if you are interested. Group Coordinator – Jane Morrison

## Creations Group

Some imaginative creations using lolly sticks.

*Tina King*



## Munch Club

On the 3rd Friday of each month Munch Club meets at a different local pub for lunch.

We are a friendly group and if you would like to come along with a view to joining please contact Sue Dickerson [sue.dickerson@outlook.com](mailto:sue.dickerson@outlook.com)

*Sue Dickerson*



How many tickles does it take to make an Octopus laugh?  
Ten tickles.



## **Games Group (New)**

**September sees the first date for the new Games Group!**

Wednesday 24<sup>th</sup> September at The Horseshoe Inn, Bowlish,  
Shepton Mallet BA4 5JG

Have you got games in your cupboard but nobody to play with?

We're talking Ludo, Boggle, Game of Life, Pictionary, Mastermind, Risk, Monopoly, Rummikub, Cluedo, Snakes & Ladders, Uno, OK Play, Skip-Bo and any others that you might have to bring along, share and play.

We have exclusive use of the dining room at the Horseshoe for playing and the cost is just £2 per person. You can buy drinks at the bar if you wish to. (soft drinks, tea/coffee, alcohol)

An afternoon group with time to be confirmed.

There may be an opportunity for further refreshments in the future, it is up to you, the group participants to shape the way the group runs!

**Look out for the invitation email at the beginning of September and then  
Book your place!  
(Places are limited to 20)**

## **Table Tennis Group**

I am delighted to share with members a picture of the new table tennis table that was finally delivered last week after a lot of hassle as the original table delivered was damaged!

This is a match quality table and we are all hoping it will enhance our playing standard lol.

A huge thank you is in order to the anonymous donor who contributed towards the cost of this table - plus a thank you to everyone who contributed and bought things to raise funds at the cake and plant sale during the speaker meeting a couple of months ago to make up the shortfall in funds.



We welcome anyone who wishes to join us to play table tennis on a Tuesday or Friday afternoon 2-4pm at Paul Street Community Centre.

*Carole Mullender*

Wrinkled was not one of the things I wanted to be when I grew up.

## Walking Group Wookey 4th August 2025

Our walk began at The Wookey Hub in Wookey, Nr Wells where we had also reserved tables for lunch.

Approximately 5 miles on a mix of footpaths, tracks and lanes through the Somerset countryside with some good views of the Mendips and we included a short, newish, bit of the Strawberry line at Easton.



We came across lots of butterflies and dragon flies but the highlight was at Wookey Farm where they kept the small farm shop open for us to browse their wares. We also had a chance to meet the goats that provide the milk for the cheese and soaps that they produce there.

*Walk Leaders - Jim & Jane*

## Walking Group Cheddar Reservoir 18th August 2025

An unexpectedly cool day after the heat for a speedy walk round Cheddar reservoir where the water level was extremely low.

We then walked into Axbridge along a blackberry path for a pub lunch at the Lamb and an interesting visit to King John's Hunting Lodge in the town square.



*Walk Leaders - Liz & Malcolm*

## Shorter Walks Group Gold Hill and Bowlish – 17th July 2025

This July short walk was just under 3 miles and included Gold Hill and Bowlish.

The walk finished up at the Cheeky Bean. We were joined by Barbie, our Groups Coordinator (in blue dress).

Maggie Cooke



If you try to fail, and succeed, which have you done?

## The Last Time I Saw That Viaduct - The Lost Villages

Rose smiled as Michael drove out of Sheffield into the Derbyshire Dales. "I used to love this journey".

Michael and Rose had come a long way since growing up in one of the villages nestling along the valley of the River Derwent. They had emigrated after the war as £10 Poms and, while many ex-pats had returned home, Michael and Rose had loved the life down under and had happily raised their family there. Now retired they had returned for their first holiday in the Dales since they had left all those years ago.

It was a beautiful Spring morning, the countryside green and fresh. Just as they remembered. They couldn't have wished for a better 'home-coming'.

"There it is", Rose said as the Ashopton Viaduct came into view, dark against the bright blue sky, its seven arches gleaming in the sunshine. "**The last time I saw that** viaduct it really frightened me as it grew over the village all those years ago and deep down it has haunted me ever since". "But it all worked out well in the end", Michael replied. "It gave us opportunities we never would have had without it."

Michael and Rose had been childhood sweethearts, raised in the small village of Ashopton. Michael's parents had lived in a white-washed cottage just off the main street, his father working on a local farm, while Rose's mother, her father having been killed in an accident when Rose was a baby, had run the village shop. Both childhoods had been happy. They had both attended the small village school, spending their spare time exploring and fishing with their friends in the local Wyoming Brook. When old enough Michael had helped on the farm and Rose in the village shop.

Times had often been hard in the villages and rural wages low, but there had been a community spirit where people really helped and cared for one another. Michael and Rose had both grown up imbued with this strong sense of community and knowing the difference between right and wrong. Every Sunday they had attended Sunday School at the Methodist Church, later marrying there. That wedding had been a great day for both families and a great occasion for the whole village. The reception had been at the Ashopton Inn, bedecked with balloons and bunting, with a pig roast, the whole village turning out in their Sunday Best. Michael had been working part-time on the farm with his father and as an Odd-job Man, earning enough money to rent a small cottage. After the honeymoon he had carried Rose over the threshold to begin their new life together.

However, storm clouds had been gathering over the village for some time. There had been two reservoirs already existing in the valley but talk had begun of the need for more water for nearby Sheffield and other towns. Extending down the valley had clearly been the logical answer but this had represented a real threat to Michael and Rose's village and the neighbouring village of Derwent. When the inevitable happened, the authorities had come and said they were sorry, explaining that the villagers would all be re-housed. The reservoir was to be called Ladybower Reservoir. "A pretty name like the roses round our cottage", Rose reflected, but it was one that had spelt death to all their homes. A final service had been held in the Methodist Church on 29<sup>th</sup> September 1939.

Now, all these years later, Rose looked at Michael, as they stood on the viaduct, looking down at the water, "Do you remember the last hymn, how moving it was?"

Day is dying in the west;

Heav'n is touching earth with rest;

Wait and worship while the night

Sets her evening lamps alight

Through all the sky.

"Yes", Michael replied but now it's time to meet up with the friends we left behind and hear their stories." With one last look at the viaduct, Michael and Rose got into their car and drove away, just as they had all those years ago.

© Betty Craig - 17/072025

Ever stop to think, and forget to start again?



## U3a Speaker Meetings

First Thursday of each month at the Salvation Army Hall\*, Shepton Mallet.  
10 til 12noon.  
£3 members and £4 non members

Why not get some friends together and come along to your u3a's monthly meeting for some fascinating presentations over the coming months. See you there!



### 4th September - Life on the Waterways of Britain.

Kevin Little's tales from the waterways of Britain. How he was drunk in charge of his boat on the Foxton flight, an engine failed on the Thames near Tower Bridge, he broke down on the course at Henley Regatta, and the joys of taking a cat for a cruise on the Kennet and Avon Canal.



### 2nd October - Night of a 1000 Stars. Exmoor Dark Skies.

Jo Richardson joins us once again, this time to tell us about the starry night sky over Exmoor. Dark Skies are important not just for observing stars and the Universe but also for wildlife and human health. Jo encourages people to think about the effects of light pollution but also to inspire them with the beauty of Exmoor both on the ground and in the skies.

**\*This meeting will be held in the Council Chambers.**



### 6th November - Secret Spitfires!

During WW2 over 2500 Spitfire aircraft were built in secret in a variety of locations in and around Salisbury. This is the story, which includes a rare movie of this amazing achievement, as told by Alan Frener from Salisbury and District u3a.



### 4th December - Annual carols and singing event!

Mince pies and festivities led by the u3a singing for pleasure group.  
Come and join in, singing or listening!

*Jane Morrison*

**Page 8 - Recognise the Photo? Answer:** Road into Salisbury & cathedral spire in the distance.

#### **Quiz Answers:**

1 - Today

**Explanation:** Tomorrow's yesterday is today and yesterday's

tomorrow is today

2 - C (ALLIGATOR)

3 - None

4 - Saturday

5 - B - DALEK

6 - Pasta (anagram of Tapas)

7 - 10 Times

8 - T

9 - D - Goal

10 - February and March

**Explanation** = It's the months of the year in alphabetical order

11 - 6848

**Explanation** = Number of letters in month's name, position on month in year and sum of those 2 digits multiplied

Not all men are annoying. Some are dead.

# SHEPTON MALLET u3a MONTHLY ACTIVITIES TABLE 2025

	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
<b>Mon</b>	<b>Walking</b> -Various locations 10am – 1pm approx. Jon & Mary Boston	<b>Art</b> - Doultling Village Hall. 2 till 4pm Graham Cooper	<b>Walking</b> -Various locations 10am – 1pm approx. Jon & Mary Boston <b>Woolcraft</b> – Coordinator's Home 2pm Pam Mitchell	<b>Art</b> - Doultling Village Hall. 2 till 4pm Graham Cooper <b>Writing For Fun</b> Una McKillen home 10.30 am
<b>Tues</b>	<b>Bridge</b> Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham <b>Table Tennis</b> Paul Street Rooms 2pm Carole Mullender <b>Book Group</b> 10.30am The Shrubbery Janis Thomson <b>Photography</b> Binegar Memorial Hall or Zoom. 14:00 John Law <b>Creations</b> 2pm Tina's House	<b>Bridge</b> Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham <b>Table Tennis</b> Paul Street Rooms 2pm Carole Mullender <b>Needlecraft</b> - 2pm Liz Weeks' home <b>Collectables</b> The Shrubbery 10.30 am Liz Nash	<b>Bridge</b> Doultling village hall 2 - 4:30pm Ian Jarmaine Linda Dytham <b>Table Tennis</b> Paul Street Rooms 2pm Carole Mullender <b>Creations</b> 2pm Tina's House	<b>Bridge</b> Doultling village hall 2 – 4.30pm Ian Jarmaine Linda Dytham <b>Table Tennis</b> Paul Street Rooms 2pm Carole Mullender <b>Needlecraft</b> - 2pm Liz Weeks' home
<b>Wed</b>	<b>Short Tennis</b> Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	<b>Short Tennis</b> Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz <b>Play-reading</b> 10-12 am Janet Sherwin's home <b>Embroidery Group</b> The Shrubbery 10am Doreen Killah	<b>Short Tennis</b> Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	<b>Short Tennis</b> Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz
<b>Thur</b>	<b>Coffee/Speaker Meeting</b> - Salvation Army Hall 10 till 12 Jane Morrison <b>En Francais</b> 2pm Jane Burman's home	<b>Coffee at Dobbies</b> 10.30 am	<b>Coffee at Dobbies</b> 10.30 am <b>Shorter Walks</b> – Various Jenny Wehrfritz <b>Strollers</b> – Various. Josh Hartley <b>En Francais</b> 2pm Jane Burman's home	<b>Coffee at The Brasserie</b> 10.30 am
<b>Fri</b>	<b>Table Tennis</b> 2pm Paul St Rooms Carole Mullender	<b>Table Tennis</b> 2pm Paul St Rooms Carole Mullender	<b>Table Tennis</b> as before 2pm Carole Mullender <b>Munch Club</b> - Various Sue Dickerson	<b>Table Tennis</b> as before 2pm Carole Mullender <b>Singing for Pleasure</b> 10.30-12.00 Salvation Army Hall Tina King

## Additional Groups/Events with variable timings/locations:-

<b>Railway Group</b> -	Paul Roberts	- various meetings and outings
<b>It's All In The Genes</b> -	Jane Morrison	- ancestry for all
<b>Skittles</b> -	Jane Morrison	- food and fun - look out for an email invitation
<b>Events/Visits/Outings</b> -	Janet Sherwin	- various, lunches, cinema, days out
<b>Solos Group</b> -	Janet Murray	- events for those on their own.

All groups & activities are organised & run by Shepton Mallet u3a members.

Please see our website for details. [www.sheptonmalletu3a.org.uk](http://www.sheptonmalletu3a.org.uk)

Corduroy pillows:  
They're making  
headlines!



**u3a**  
learn, laugh, live

Shepton Mallet u3a gives you  
the chance to make new friends,  
develop your interests and enjoy yourself.

**No longer working full-time?  
Now is the time to make  
the most of life!**

**Find out more at  
[sheptonmalletu3a.org.uk](http://sheptonmalletu3a.org.uk)**

**u3a**

## A Reminder of The Three Principles of u3a

### The Third Age Principle

- a) Membership of a U3A is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- b) Members promote the values of lifelong learning and the positive attributes of belonging to a U3A.
- c) Members should do all they can to ensure that people wanting to join a U3A can do so.

### The Self-help Learning Principle

- a) Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- b) No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- c) There is no distinction between the learners and the teachers; they are all U3A members.

### The Mutual Aid Principle

- a) Each U3A is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the U3A Movement.
- b) No payments are made to members for services rendered to any U3A.
- c) Each U3A is self-funded with membership subscriptions and costs kept as low as possible.
- d) Outside financial assistance should only be sought if it does not imperil the integrity of the U3A movement

## 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.

There's no future in time travel