

u3a Shepton Mallet Newsletter November - December 2025

WELCOME



© Painting by Jane Burman

What has five toes but isn't your foot? My foot.

Editor's Notes

Retiring Editor: Tina King, New Editor: Vacancy Retiring Co-Editor: Jim Morrison New Co-Editor: Vacancy

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

Both Editor and Co-Editor are withdrawing from producing this Shepton Mallet u3a newsletter. This leaves a vacancy for the production of the newsletter. Please approach the Committee if you wish to be considered.

Input requirements for the next newsletter will be advised by the next newsletter editor.

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	
Chair & Outings	Janet Sherwin	sherwinj@outlook.com PHONE 01749 344627	
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Vice-Chair	Sue Dickerson	sue.dickerson@outlook.com	
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Health & Safety Rep	Paul Roberts	paulroberts@gmx.us	3
Acting Secretary	Liz Nash	lizeenash@hotmail.com	

A seminar on Time Travel will be held two weeks ago.

From the Chair

Well, here it is, my very last epistle! I'm settling into my favourite season of the year with the Great Clothing Sort-out and Garden Tidy-Up, looking forward to Halloween Fishy Friday, Bonfire Night and a few other things, although not particularly Christmas, except of course for our Natterjack lunch!

I have SO enjoyed being Chair of Shepton Mallet u3a. I was very nervous and apprehensive at first, but everyone has been so kind and supportive so it has been a really beneficial learning and social experience for me and I think we have gone from strength to strength over the past three years. We have increased the number of activity groups, started regular events such as skittles lunches and fish-and-chip lunches, organised outings, exhibitions and seasonal celebrations and enjoyed so many excellent speaker meetings!

Our committee has of course evolved, with some people retiring or moving away, and we now have a very active, hardworking group of people who are prepared to try new things as well as dealing with the everyday u3a business. I offer them my sincere thanks for their support during my time as Chair. U3a itself is evolving, with the new u3a Council up and running, and a smaller Third Age Trust Board. It will be interesting to see how these changes play out.

On a rather serious note, can I remind you about **safeguarding**, with regard to coercive or controlling relationships? I experienced this myself for a number of years, before it was even recognised as a phenomenon . It was not mentioned in any legislation and I suppose it was just regarded as a normal part of life. That is no longer the case, thankfully. We have a safeguarding policy in our u3a, which you can read on our website, and if you think you, or someone you know, could be in this position, please look at the website <u>safelives.org.uk</u> for information on the subject.

You can contact Somerset Direct on 0300 123 2224 or email <u>adults@somerset.gov.uk</u> If it's someone else, try talking to them first - often the person doesn't realise they are being controlled.

Arrangements are now being made for our **AGM** on 27th November. The AGM calling Notice has been sent to all members by email. The AGM 2025 detailed information is on the Shepton Mallet u3a website. https://sheptonmalletu3a.org.uk/agm-2025/

Contact a committee member if you require paper copies.



After that we will have a new Chair, so a new chapter in our shared history.

I wish whoever that turns out to be, lots of luck and plenty of fun!

Thank you, Shepton Mallet u3a, for three amazing years!



Janet Sherwin - (photos taken by me)

What does Beethoven do in his grave? He decomposes.

AGM and Committee Nominations

The 14th Annual General Meeting of Shepton Mallet u3a.

Key details:

Date: Thursday 27 November 2025

Time: 10:30 am (doors open 10:00 for refreshments) Venue: The Salvation Army Hall, Shepton Mallet

Action required:

<u>Nominations Form:</u> If you wish to stand for election to the Committee, complete and return the nomination form. Completed nomination forms must be received by the Acting Secretary by 20 November 2025 (deadline for receipt).

<u>Proposal Form:</u> If you have an ordinary proposal you would like circulated with the meeting papers, submit it by 5 November 2025 (administrative deadline - proposals received after this date may be raised under AOB but will not be circulated with the main meeting pack). Proposals are to be submitted on the Proposal Form.

The AGM Calling Notice, Papers and Forms are on the Shepton Mallet u3a website. Link and QR code here. https://sheptonmalletu3a.org.uk/agm-2025/



Eligibility to attend and vote:

Only paid-up members for 2025-2026 are entitled to attend and vote at the AGM.

Contact:

Email: info@sheptonmalletu3a.org.uk or lizeenash@hotmail.com

Post: Acting Secretary SMu3a, 12 Garden Ground, Shepton Mallet BA4 4DJ

AGM Agenda:

- 1. Apologies for absence
- 2. Acceptance of Minutes of the AGM held 3 October 2024
- 3. Matters arising from those minutes
- 4. Reports:
 - Chair
 - Treasurer (presentation of accounts)
 - Group Leaders Co-ordinator
- 5. Items for consideration (ordinary business / proposals)
- 6. Election of Officers and ordinary trustees
- 7. Any other business (AOB)
- 8. Close of AGM

If you can't laugh at yourself, I'll do it for you.

Nominations For Committee

It's the YOU in Shepton Mallet u3a that is the most important U.

Shepton Mallet u3a cannot run without volunteers and so it is vital that you consider supporting YOUR u3a.

YOUR u3a NEEDS YOU

There are several vacancies coming up on the committee and you are invited to come forward and ensure the future of your u3a.

It is a once a month commitment for a couple of hours to plan events & activities and keep the u3a support services running.

Talk to your friends, roles can be shared, talk to any committee member.

The Nomination Notice and Form are available on the Shepton Mallet u3a website under AGM 2025.

Paper copies can be requested from Committee members.

Nomination Form Notice: Notice-To-All-Members-NOMINATIONS-REQUESTED-2025

Nomination Form: Nomination-Form-Shepton-Mallet-u3a-2025

Groups and Support

A number of vacancies may be arising for Shepton Mallet u3a Group Leaders/Co-Ordinators and Support Services.

The following roles will need to be filled:

IT Support Lead (including Beacon Admin & SM u3a website Admin)

IT Support Engineer

Newsletter Editor

Newsletter Co-Editor

Speaker Secretary

Speaker Meeting Technical Engineer.

Skittles Co-Ordinator

Collectables Group Leader

Creations Group Leader

En Français Leader

Games Group Leader

It's All In The Genes Leader

Munch Club Leader

Outings Leader

Quizzing Leader

Railway Group Leader

Singing for Pleasure Leader

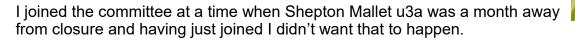
Writing for Fun Group Leader

In order to keep groups and support activities running Shepton Mallet u3a members are needed to volunteer to fulfil these roles.

My Wife Says I Never Listen, Or Something Like That...

From the Speaker Secretary

Well it is time for me step down from the committee and make room for someone new.



I became responsible for the monthly Speaker meeting which I see as our prime source of recognition in the local community and beyond.

Many members joined after coming along to a Speaker meeting.

I would like to thank my fellow committee members, past and present, for their passion and vision in growing the u3a groups offering and also for the work that goes unseen in running the Shepton Mallet u3a for all it's members.

Have a look at the poem - "All I Really Need to Know I Learned in Kindergarten", by Robert Fulghum's:

https://www.penguinrandomhouse.ca/books/56955/all-i-really-need-to-know-i-learned-in-kindergarten-by-robert-fulghum/9780345466396/excerpt

Bye!

Jane Morrison

From the Newsletter Editor and Co-Editor

We have both decided to step down from our role producing the Shepton Mallet u3a newsletter.

It has been a wonderful journey and all your inputs to the newsletter have been well received and we have done our best to present them in the newsletter.

if you wish to be considered as the next newsletter editor then please approach the Shepton Mallet u3a committee that arises from the Shepton Mallett u3a AGM.

Tina King & Jim Morrison

IN A LAUNDROMAT: Automatic washing machines. Please remove all your clothes when the light goes out.

NEWS AND VIEWS

Fish and Chip Lunch

Members Lyn and Peter enjoying a fish-and-chip lunch with u3a at Whitstone's Traditional Fish and Chips in Shepton Mallet.

Looks very tasty!



Janet Sherwin

Skittles Lunch Dates at The Horseshoe Inn, Bowlish

Wednesday 19th November

@ The Horseshoe Inn, Bowlish, Shepton Mallet BA4 5JG
(There will be no Skittles Lunch in December)

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.

Boots & Walking Socks (Free):

Size 11 Chris Brasher hiking boots complete with heavy walking socks Contact Barry Holmes Tel. 01749 572 142

Rug (Free): The rug which is fairly new, is size 120cm x 170cm (47 inches x 67 inches)

Contact Barry Holmes Tel. 01749 572 142

Latest survey shows that 3 out of 4 people make up 75% of the world's population.



NEWS AND VIEWS cont...

Shepton u3a Showcase at The Amulet

On Friday 19th September members descended on The Amulet ready to set up our exhibition for the Saturday and Sunday.

There were paintings, photos, craft creations, woolcraft, needlecraft and numerous artefacts and information to illustrate all our 27 groups.

As you can see in the photos once up our display looked stunning.





Over the whole weekend we managed to entice in many passers-by from across the Market Place.

On the Sunday afternoon there was a children's film showing in the building and it was a delight to see many of the families looking round before the show.

Though we would have liked more visitors those who came were all very impressed.

We received many complements, one gentleman visiting from the Cotswolds remarking on what a talented lot we all are!

A few new members signed up.

Shepton u3a is now undoubtedly better known in our town and surrounding areas.

Thanks to all our members who helped make the weekend such a success and to Save the Amulet for allowing us to use the space.

Sue Dickerson

I finally realised that people are prisoners of their phones.

That is why it is called a "Cell" phone!

NEWS AND VIEWS cont...

SM u3a Pear Tree

This photo was taken recently, it shows the u3a pear tree in Collett Park. It clearly thinks spring has arrived!

Liz & Malcolm Weeks



Poems (Barry Holmes)

Remembrance Day

WHEN MY SON WENT TO WAR

When my son went off to war
I didn't see my son no more
He was my only little boy
He brought me happiness and joy
But when my son went off to war
I didn't see my son no more
He was so proud in his uniform
His eyes so bright and his smile so warm
He went to set his country free
With the Somerset Light Infantry
But when my son went off to war
I didn't see my son no more

And now his body somewhere lies
With shattered limbs and sightless eyes
In some far field I know not where
Amongst the poppies that grow there
But when my son went off to war
I 'avn't seen my son no more.

When my son went off to war I didn't see my son no more

© By Barry Holmes

POPPIES IN THE PARK.

"But why are there so many poppies" the boy said as he walked with his friend in the park, his friend said "Each poppy's a soldier who died and his death leaves a visible mark"

"But why are the poppies all red" said the boy as he walked in the park with his friend, "they're red " said his friend "cause that is his blood which he spilled as he came to life's end".

© By Barry Holmes

Fun

DASH AND SPLASH.

It's cold and it is raining It's coming down in sheets There's puddles on the pavement And there's puddles on the streets, The motorist as he drives by-I'm sure he takes great care To find the biggest puddle With most people standing there. The driver then increases speed-It's more fun going fast-He can splash ten people all at once As he goes speeding past I shake my fist and shout a curse And mutter 'life's not fair' I hope he gets four punctures And hasn't got a spare And then I see his car has stopped He gets out in the rain He fumbles as he locks his car--And his keys drop down a drain.

© By Barry Holmes

Which one is faster hot or cold? Hot because you can catch a cold.

Meet The People

Anne Taylor

It was a real pleasure to spend time with Anne recently.

You'll recognise her but you probably won't know her name.

Anne is a quiet, caring and very kind person who is always willing to help.

She was born and brought up in Reading and managed to leave school on one day and start working in a toy shop the next!

She met her lovely husband Keith in 1971 and with their children Paul, Louise and Kerry moved to Shepton in 2013.

Very sadly Keith died in 2017 and Anne still misses him hugely.

With Paul and Louise living away, Kerry did exactly the right thing and chose a beautiful puppy for Anne, the lovely Kizzie.

Like so many of us on our own, our dogs become part of our family, allowing Anne to make like minded friends and talk to someone every day.

It was through Kizzie that Anne met Val Sherring, and after lockdown Anne joined our u3a. She belongs to a large number of groups...Woolcraft, Collectables, Chair Yoga, Singing for Pleasure, Creations, Skittles and the Solo Group. Anne enjoys the coffee mornings and the Speaker Meetings.

At home Anne happily spends time making cakes for her family, reading, knitting and working on some art projects.

I don't know how she finds the time! Her six grandchildren ,four boys and two girls, also keep her busy but not too busy to give you her lovely smile.

Say hello to Anne the next time you see her - she's worth knowing.

Tina King

I asked the librarian if they had any books on amplifiers. She said "Yes, what volume would you like?"



A Personal View KINDNESS

Kindness - I hope it never goes out of fashion because my personal view is that nothing is more important.

As a secondary school teacher for many years I stressed the need for kindness to all my pupils and it certainly helped resolve many situations which could easily have got out of control.

My own grandchildren (clearly the most amazing in the world!) sometimes have to be reminded to be kind to each other and I love to see it when it's working!

No one has the right to make anyone else feel bad about themselves. No one should feel that they are superior to others and we should make it our business to support each other, not hurt each other.

I know this sounds pious and unworldly, too good to be true, but kindness costs nothing and makes everything feel better.

Tina King

<u>Poems</u>

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 Perry

FAREWELL KISS.

Your lips are warm to the touch, You make me want you, oh! so much. You reawaken memories of youth And bring back words of truth. Those gentle lips bathe in mine, Their moisture tastes of summer wine. My pulse races at great speed For, of you, I have a need. The passions of my inner soul Make my head spin and roll Until I faint upon the floor So frail now and very poor. So gently take me in your arms, Hold may hand, caress my palms. Sooth my lips, my heart, my breast. Lay me carefully down to rest. Stroke my trembling limbs and say All the things you never said today Nor will think or speak again, For I am fading, that is plain. My senses lesson, my time draws nigh Soon our entangled knot will untie. My heart grows weak -I cannot speak The air is being sucked away And I can no longer stay. My breath grows weak inside of me, My eyes dim, I cannot see. Let me once more your lips take, Just one kiss for old times sake. Grant me but one moment of bliss -One last, lingering, farewell kiss.

© Jane Perry

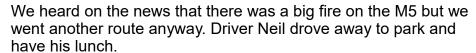
I almost had a psychic girlfriend but she left me before we met

Outing - Trip To Exeter

Our exciting outing to Exeter

You probably think canal cruising is not very exciting. Maybe not but wait!

Nine members of Shepton u3a, plus six from Wells u3a, set off on a sunny 1st October morning in a Mendip Community Transport minibus, arriving safely at Exeter quay at around eleven.





Trippers and transport



Pam and Ingrid on the footbridge

Having told everyone to regroup on the quayside at 1.45, I sent everyone off to have a coffee, explore the charming area, etc.

I was enjoying my coffee and wonderful pistachio cake with Pam and Ingrid when I got a phone call from the cruise company saying that because the swing bridge was carrying diverted traffic from the M5, it could not open, so the boat could not get up to Exeter Quayside and we had to go 2 miles down the canal to pick it up the other side of the bridge!

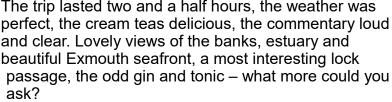
Frantic call to Neil! Luckily he picked up and agreed to come and get us at 1 o'clock. Then we had to contact the other 12 people. More frantic dialling and a very tense 15 minutes, but we did manage to speak to everyone and we all got on the bus by 1.15 so Neil could take us to the new embarkation point.

After a bit of a wait there with a couple of other big groups, during which a few pensioners were nearly beheaded by young people carrying long thin boats (skiffs?) and probably muttering "boomers!" under their breath, we boarded the Pride of Exmouth and set off.



Tony and Barbara on board

The trip lasted two and a half hours, the weather was and clear. Lovely views of the banks, estuary and beautiful Exmouth seafront, a most interesting lock





Our trusty vessel

Mo, Pat and Pam go cruising

journey.

Finally we docked at Exmouth marina and admired the very expensive flats

there before boarding the minibus once again for our uneventful homeward

However, as we pulled into the road leading to Dobbies car park we saw that they were just closing the gates!! It was past 6 o'clock! But they let us in so all was well. What a brilliant day!

Janet Sherwin

I was going to tell you a joke about a girl that only eats plants. But then you've probably never heard of herbivore.

4th September 2025 Speaker Meeting Life on the Waterways of Britain

The speaker meeting covered Kevin Little's tales from the waterways of Britain.



A thoroughly enjoyable talk.

How he was drunk in charge of his boat on the Foxton flight, an engine failed on the Thames near Tower Bridge.

How he broke down on the course at Henley Regatta, and he described the joys of taking a cat for a cruise on the Kennet and Avon Canal.



Janet Sherwin

2nd October 2025 Speaker Meeting Night of a 1000 Stars. Exmoor Dark Skies.

It was a treat to have Jo Richardson back for a third visit.

She is such an excellent speaker and all her talks are fascinating.

This one was about the Exmoor Dark Skies Reserve, the first one in Europe, opened in 2011.

It is one of the few places you can go to escape from light pollution, one of the curses of our century. In a really dark



Jo Richardson at the meeting

area like north Wales, the north of Scotland, the Lake District or this reserve, it is possible to see far more stars than you can from towns and cities. The Exmoor reserve covers 247 square miles.

You can go for an evening, stay overnight, go for a night hike, hire a telescope and learn about our galaxy, the Milky Way, as well as many other aspects of astronomy.

Jo told us some good locations for stargazing, such as Brendon Common, Haddon Hill and Porlock Common.

You can download the Astronomer's Guide to Exmoor, or visit the Observatory in a Pub at Exford Bridge Tearoom.

Visit www.exmoor-nationalpark.gov.uk for more information.

Janet Sherwin

I went into the bank the other day and asked the cashier to check my balance.

She pushed me over!

Quiz

- 1 When sorted into alphabetical order, which of these would come first?
 A Red Lorry B Yellow Lorry C Red Lolly D Yellow Lolly
- 2 Which of these is 'reversed' in reverse?

 A DESVERER B DEVRESER C DEVSERER D DESREVER
- 3 What well-known phrase do you get from cracking this code? BOTMESSAGETLE
- 4 A Bike wheel has 12 spokes. In total, how many gaps are there between them?
- 5 What occurs once in a minute, twice in a moment and never in a century?
- 6 If planet Earth has a 'Heart', which body parts does 'Mars' have?
- 7 What common item of clothing can you slot into the gap below to form a word? PAR S
- 8 Unscramble this pair to make two rhyming words: CHAGUT & HUTGOTH
- 9 If IBNTUFS is code for HAMSTER, what animal is CBEHFS code for?
- 10 Unscramble the words below to find the name of a book and film character... AIMN OPPPRSY
- 11 What two letters complete this sequence? UN ON UE ED HU RI ??

(Answers on a later page)

Poem

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 Perry

A chicken crossing the road is poultry in motion.

It's All in the Genes! Group

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

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

Between us we have helped each other to:

- get online and sign up to relevant websites.
- check out DNA connections
- search for family stories whilst on holiday in various parts of the UK

Group Coordinator – Jane Morrison



Bridge Group

The Bridge Group enjoying the game.



Ian Jarmaine

Play Reading Group

Members enjoying a Play Reading group, hosted by Janet Sherwin at her house.



Janet Sherwin

Chair Yoga Group

Our second Chair Yoga session was held on Friday 10th October at the Salvation Army Hall,

This quiet gentle practice was enjoyed by all, exercise interspersed with some breathing tips, who knew we can all benefit from re-learning this natural response.

We all left feeling happy, calm, grounded and looking forward to next time!

Penny

Why are a wise man and a wise guy opposites?

Photography Group

The photography group are pleased to share their members' photos with you.



© Barbara Voules



© Bob Chaplin



© Josh Hartley



© Roy Bailey



© Beverley Prestige



© Jenny Short 'Puddle at the park'



© John Law



© Vicky Taylor

I used to work in a Russian napkin factory. I was a member of the serviette union.

Games Group (New)

Wednesday 19th November at The Horseshoe Inn, Bowlish, Shepton Mallet BA4 5JG

1pm til 2.30pm

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 and Ladders, Uno, OK Play, Connect 4, Pass The Pigs 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)

Quiz Group

Monthly, on the 1st Friday, our Quizzing group meets for a couple of hours of fun.

The guiz is very light hearted as we do not take ourselves too seriously!

We laugh a lot and usually go away knowing some new snippet of information for example:

What role did Queen Elizabeth 2nd dresser, Angela Kelly, also perform for her? The answer is on a later page.

Do come along and join us for - only £3 to include refreshments.

Barbie Bradbury

Railway Group

Gartell Light Railway

A visit was made to the Gartell Light Railway at Yenston, near Templecombe, Somerset on 28th September 2025.







Have you heard of the new sport called Quiet Tennis? It's like normal Tennis but without the racket.

Railway Group Cont..

East Somerset Railway at Cranmore

The railway group made a visit to the East Somerset Railway at Cranmore on Wednesday 22 October.

We were met on the station platform and given an introductory talk on the history of the railway. The line ran initially from Witham to Shepton Mallet and opened in 1858.





It was a broad gauge track planned and developed by IK Brunel. Its connection at Witham gave it access to a route into London. Four years later it was extended to Wells. In 1874 the line was converted to standard gauge and in 1878 it connected to the Cheddar Valley line which then gave it a direct route from Bristol to London. In the early days the trains carried mainly stone and milk from the many quarries and farms along the route. Regular passengers came many years later and in its latter years because affectionately know as The Strawberry Line. The line closed in 1964 for passengers (so we can't

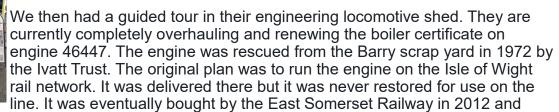
blame Mr Beeching for this one) but freight was still carried for a further 4 years. In 1974 the artist David Shepherd was looking for somewhere to run two 9F locomotives he had purchased on a whim from British Rail so he bought the site at Cranmore. He spent a great deal of his own personal fortune creating the heritage line it is today. As for future plans it does hope to extend the line going east for about a further mile.

We then had a short train ride to it's other platform at Mendip Vale and back to Cranmore.



The afternoon started with guided tour of the restoration work in the carriage shed.

Currently they are completely rebuilding a BR MK1 coach and converting it into a dining car. Having a third dining car will allow them to do a much needed overhaul on both of the other two.



given a thorough overhaul to make it operational 48 years since it was last in steam. The boiler certificate expired last year so hence the current work to return it to steam. They hope to have it running again in time for Christmas 2026.

It was a great day out and enjoyed by all. Come and join our group and look forward to our future trip on the Shinkansen Bullet Train network in Japan.

Paul Roberts. Fat Controller

There are three kinds of people, those who can count and those who can't

Craft Course

During our new Craft Course we made underwater pictures using canvas, acrylics, old jewelry and other items from our craft stashes!

You can see from the photographs our 1st sessions fun achievements.











We are currently making squeeze boxes out of fabric, card and felt.

These can be used to put small gifts inside as they can seal shut but pop open with a squeeze. They can also be for a Christmas table or a tree decoration too. Embellishing them is such fun! These boxes were often used for keeping thimbles safe and have several names including Thimble Buds, Pipkins, Clam Shells and Kai No Kuchi too.









If you would like to join us to learn how to make box cards, needle felt, make jewelry and Tunisian Crochet... to name but a few crafts, please do get in touch.

Barbie, smu3agrpscoord@gmail.com

UNA'S HAIKUS

LOOSELY INSPIRED BY SOME POPULAR SONG TITLES

Don't Look Back in Anger

Why not get angry Looking back at hateful deeds And lovely lives lost?

A Whiter Shade of Pale (16 Vestal Virgins Leaving For the Coast)

Eight virgins came by train To the cool, classy Kent coast. The others came by bus.

Lay Down Sally

Lay them down, Sally Lay down those wearisome cares Sweetly sleep tonight.

Where are you Now, My Love?

Where are you now, pray? In your own loving world Where I have no meaning.

Leave Before I Fall any Deeper

Love can and does hurt. Once in, blissful but tricky, Better to leave now.

Somewhere over the Rainbow

Look up to the sky, See those rainbow colours And dream on what's beyond.

Are you going to San Francisco (with flowers in your hair)?

Go to the florist, Reminisce on peace and love And wait for the bus.

© Una Mckillen June 2025

What bird can lift the most weight? The Crane.

Walking Group Cranmore 6th October 2025

Monday morning 6th October was bright and cool, which boded well for the U3A Longer Walking Group's planned walk around the Cranmore area.

A group of 16 eager members met outside The Strode Arms in West Cranmore.



We started to walk in the direction of Cranmore Tower, soon leaving the village behind and walking across open countryside.

After crossing the A361 we skirted the village of Dean following various local footpaths. Having left that village behind and negotiated a couple of styles, our walk took us up a slope with a leafy canopy, giving pretty dappled light. This was our steepest and longest slope.



U3A Walking Group by Cranmore Tower

We then proceeded along a gravel track and then several fields from which we enjoyed panoramic Mendip views, rewarding us for our climb! After another shorter climb and traversing various tracks, we arrived at the iconic Cranmore Tower.

Our homeward route from there took us along the ridge in Cranmore Woods, down a bridleway towards East Cranmore, where we enjoyed more Mendip far reaching views. We walked the road from East to West Cranmore, congratulating ourselves when we looked upwards towards the Tower on the hill, on the height we had achieved without too much difficulty.

After the walk enjoyed the justified reward of reliably delicious food served at The Waggon and Horses.

Maggie & Janette

Shorter Walks Group Cranmore 16th October 2025



The Shorter Walks October walk was at Cranmore.

Starting by All Hallows School going across the A361 and up the hill. We walked alongside the Torr Works Quarry.

Coffee at Cranmore Station cafe.



Mary

eBay is so useless, I tried searching for lighters the other day and all it came up with is 3,245 matches!

Shorter Walks Group Oakhill 18th September 2025

Pete gave a short introductory chat about the development of Oakhill in the non-conformist era of the 17th century prior to us setting off from Ashwick and Oakhill Village Hall carpark.

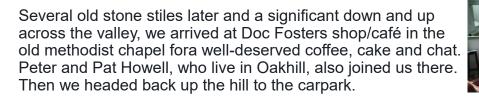
The conditions were damp and overcast, turning to drizzle at times, but we didn't let it dampen our spirits as we headed off across the playing

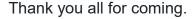
fields and campsite and along quiet



on the ground under a beautiful horse chestnut tree. We returned to Oakhill across the fields, making friends with

the local livestock.





Pete & Gill

Beryl's Poem

MY GARAGE

Look at the digger, it is very big
Can we stand and watch while the men begin to dig?
Look at the shovel, like a great big spoon
'Come along' says mummy, 'It is lunch time soon.'

Look at the mixer, going round and round Mixing the concrete to put on the ground. Tip it in the barrow, just a little more Pour it in the space for the garage floor.

Look at the lorry, loaded up with bricks
These will be walls when the concrete sticks.
Along comes a carpenter, with his bits of wood
To hold the windows, won't the garage look good.

Here comes daddy, had a busy day Now he has a garage to put the car away. Lucky little car, warm and safe and dry Tucked up at night just like you and I.

Inspired by an excited little boy in The Crescent opposite the school 5th July 1984.

© Beryl Trumper

What do you call a fish with no eye? FSH



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!



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!



January 2026 - No Speaker Meeting (as it is on a Bank Holiday)



5th February 2026 - Bow Wharf, Langport. Janet Seaton

The story of the Wharf buildings by the River Parrett and their role in Langport's river trade dominated by the renowned Stuckey & Bagehot commercial business.



5th March—Life Support CPR and Defibrillator Awareness Session.

Delivered by volunteers from Dorset and Somerset Air Ambulance who are basic life support trained and provide training to community groups and organisations across our two counties. The sessions involve a demonstration of DRS-ABC, before participants are then given the opportunity to practice the recovery position, CPR and how to use a defibrillator.

Jane Morrison

Page 18 - Quiz Group Answer - She also broke in all Her Majesty's shoes for her too.

Quiz Answers:

- 1 Red Lolly
- 2 D (DESREVER)
- 3 Message in a Bottle

Explanation = The word 'Message' is placed inside the word 'Bottle'

- 4 12
- 5 The letter M
- 6 Arms

Explanation = Heart is an anagram of Earth & Arms are an anagram of Mars

- 7 TIE (Parties)
- 8 Caught & Thought
- 9 Badger

Explanation = The coded words are spelt using letters immediately after the correct ones?

- 10 Mary Poppins
- 11 AT

Explanation = Abbreviations of the days of the week, minus the first letter.

Scientists have discovered another deadly pathogen they are calling the Peekaboo virus.

Doctors are sending anyone with Peekaboo straight to ICU.

SHEPTON MALLET u3a MONTHLY ACTIVITIES TABLE 2025					
	1 st Week	2 nd Week	3 rd Week	4 th Week	
Mon	Walking -Various locations 10am – 1pm approx. Jon & Mary Boston Craft Course Barbie Bradbury	Art - Doulting Village Hall. 2 till 4pm Graham Cooper	Walking -Various locations 10am – 1pm approx. Jon & Mary Boston Woolcraft – Coordinator's Home 2pm Pam Mitchell Craft Course Barbie Bradbury	Art - Doulting Village Hall. 2 till 4pm Graham Cooper Writing For Fun Una McKillen home 10.30 am	
Tues	Bridge Doulting village hall 2 - 4:30pm lan Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Book Group 10.30am The Shrubbery Janis Thomson Photography Binegar Memorial Hall or Zoom. 14:00 John Law Creations 2pm Tina's House	Bridge Doulting village hall 2 - 4:30pm lan Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Needlecraft - 2pm Liz Weeks' home Collectables The Shrubbery 10.30 am Liz Nash	Bridge Doulting village hall 2 - 4:30pm lan Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Creations 2pm Tina's House	Bridge Doulting village hall 2 – 4.30pm lan Jarmaine Linda Dytham Table Tennis Paul Street Rooms 2pm Carole Mullender Needlecraft - 2pm Liz Weeks' home	
Wed	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz Play-reading 10-12 am Janet Sherwin's home Embroidery Group The Shrubbery 10am Doreen Killah	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	Short Tennis Wells Leisure Centre 3.30 – 4.30 pm Eric Wehrfritz	
Thur	Coffee/Speaker Meeting - Salvation Army Hall10 till 12 Jane Morrison En Francais 2pm Jane Burman's home	Coffee at Dobbies 10.30 am	Coffee at Dobbies 10.30 am Shorter Walks – Various Jenny Wehrfritz Strollers – Various. Josh Hartley En Francais 2pm Jane Burman's home	Coffee at The Brasserie 10.30 am	
Fri	Table Tennis 2pm Paul St Rooms Carole Mullender Quiz Group Barbie Bradbury	Table Tennis 2pm Paul St Rooms Carole Mullender Chair Yoga Group Salvation Army Hall Barbie Bradbury	Table Tennis as before 2pm Carole Mullender Munch Club - Various Sue Dickerson	Table Tennis as before 2pm Carole Mullender Singing for Pleasure 10.30-12.00 Salvation Army Hall Tina King	

Additional Groups/Events with variable timings/locations:-

Railway Group - Paul Roberts - various meetings and outings

It's All In The Genes - Jane Morrison - ancestry for all

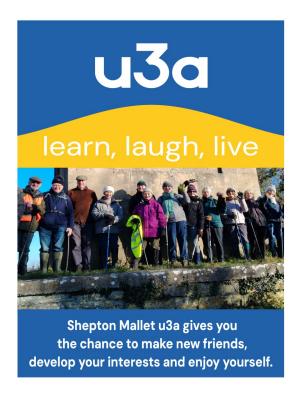
Skittles - Jane Morrison - food and fun - look out for an email invitation

Events/Visits/Outings - Janet Sherwin - various, lunches, cinema, days out

Solos Group - 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

Can February March? No, but April May.



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

Find out more at sheptonmalletu3a.org.uk

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

REMINDER OF THE SHEPTON MALLET u3a TERMS AND CONDITIONS OF MEMBERSHIP

All members must:

- Abide by the principles of the U3A movement.
- Act in the best interests of the U3A.
- Not behave in such a way as to bring the U3A into disrepute.
- Abide by the terms and conditions of the constitution of the U3A, and of the branch which they are joining.
- Treat fellow members with respect and courtesy.
- Comply with and support the decisions of the elected committee.
- Advise the Membership Secretary of any changes to their personal details.

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.

My horse will only come out of the stable at night! She's becoming a night mare.