

Cheddar Valley **News**

u3a

Oct / Nov 2022

Volume 28 Issue 5

Registered Charity 1040522

www.u3a.org.uk

<https://u3asites.org.uk/cheddar-valley>

Facebook Page: @cheddarvalleyu3a



**Reading Group 5 discussing their latest book
while enjoying Afternoon Tea at Wedmore Golf Club**

Thanks to Margaret Farnie for the photograph.



Chairmans' Chat

Our U3A joins the whole community of the United Kingdom in mourning the passing of Queen Elizabeth II and we wish King Charles III every success now he has acceded to the monarchy.



As the weather freshens we look forward to our coming programme, which includes our regular Coffee Mornings on the third Thursday of each month, Speaker Meetings on the first Thursday and our Christmas Revue on 1st December at the Village Hall. Numbers are limited for the Revue and tickets will cost £2 each. These will be available at Coffee Mornings and Speaker Meetings between now and the end of November.

We heard a very interesting talk given by Andrew Powell-Thomas on 1st September, who introduced us to the *Hidden Gems of Somerset*. Having lived here all my life I didn't expect to learn anything new, but was pleasantly surprised!

We said thank you to our many Group Leaders for the work they put in to make membership of our U3A the enriching experience it has become when they were treated to lunch at the Catholic Church Hall on 24th September. The various interest groups offered by U3A are all led by volunteers and if anyone reading this has a hobby they are passionate about, or a special interest they would like to share, or seek help in exploring, they can be assisted to form a new Interest Group to take it forward. If you wish to know more, please contact Lynne Hamlyn. A full list of the activities on offer is published at the end of this newsletter.

Having said that, next year we will be searching for a new editor for this newsletter when Sue Bathe, who has done a sterling job for the last seven years, seeks to hand over the reins. All the content of the newsletter is provided by members - group leaders, mainly, who write a brief report of their group's recent activities - and the editor pulls them together and adds members' photographs to form what you hold in your

hands. A full description is detailed later in this edition, on pages 12 and 13.

Cheddar Valley U3A also took space at the Wedmore Wellbeing Day on Saturday 17th September. This was the second such event, where Wedmore volunteers invited every local organisation that supports our communities in some way to publicise the help or activities they offer.

We will also be attending the Kings of Wessex Christmas Fair, due to take place on Sunday 27th November 2022 - another date for diaries.

Best wishes

Helen Batt and Christine Barker

Joint Chair CVU3A

Welcome

Jane Adam

Pat Fraser

Joan Marie Brice

Lynn Parfitt

Maribel Estevez

Jennifer Winchester

Carolyn Fletcher

**We wish all these new members
a very warm welcome to our U3A**

CHECK YOUR CHEQUES

Please be aware that any errors made on cheques that are corrected and initialled will not be accepted by the bank and will be returned to be redone.

Therefore could cheques to the CVU3A be carefully written to save time and effort.

Monthly Meetings with Speakers

A programme of varied, informative and enjoyable talks is arranged from September to June. The meetings are held on the first Thursday afternoons of most months, usually at Cheddar Village Hall, but check the venue for each talk in the newsletter. Meetings start at 2.00 pm when tea and coffee will be served, followed by the talk, which will begin at 2.30 pm. There is no charge and visitors and guests are welcome.

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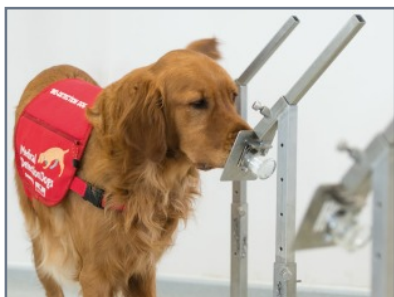
**Thursday 6th October at 2.00 pm for 2.30 pm  
at Cheddar Village Hall**

### **"Medical Detection Dogs"**

**Joan Harrington**

Joan is a volunteer for the Medical Detection Dogs organisation which is at the forefront of innovative research into using dogs' incredible sense of smell to detect the smell of human diseases and save lives. Illnesses such as cancer, Parkinson's Disease, malaria, and bacterial infections can be diagnosed earlier than with conventional methods, through less invasive and less expensive methods.

Medical Alert Assistance Dogs support individuals with complex health conditions who have limited awareness of an impending life-threatening medical event. Using their amazing sense of smell, these dogs can be trained to identify minute odour changes emitted prior to an emergency and alert the person to take preventative action.



Bio-detection and Medical Alert Dogs

**Thursday 3rd November at 2.00 pm for 2.30 pm  
at Cheddar Village Hall**

## **"150 years of the Bristol Suspension Bridge"**

**Bob Bruton**

Bob has many fascinating stories with connections to Bristol's iconic landmark. His talk will include why the bridge was built, whose idea it was, who completed it and why, who funded it, and why it took so long to build. Bob is both a Supervisor at the Bridge Visitors Centre and a Bridge Tour Guide for over fourteen years.



## **Speaker Meetings Refreshment Rota**

We have a rota system of groups to serve tea, coffee and biscuits and afterwards, clear cups etc. and wash up.



Thursday 6th October at 2.00 pm: Original Walking Group

Thursday 3rd November at 2.00 pm: To be arranged

## **Membership News**

Since the last week of August Mary Evans has taken on the full role of Membership Secretary because Ann Filer has retired, and here is her report:

I will be coordinating "Round Robin" emails on request from committee or members, delivering or posting membership information packs to potential new members, and being available as much as possible at Coffee Mornings or Speaker Meetings with packs and U3A leaflets. I will also be inputting information on the database, liaising with new members and preparing for renewals in March, by which time a new database may be up and running.

**Mary Evans**

There is a new email address for membership matters:

**[membership@cheddarvalleyu3a.org.uk](mailto:membership@cheddarvalleyu3a.org.uk)**

Any enquiries to this email will be redirected to whoever is handling membership enquiries at the time.

## Coffee Mornings

Our **July Coffee Morning**, held at The Riverside Inn, was a great success, with just over 90 persons attending - a record! Among them were several visitors, some of whom we have subsequently welcomed into our membership.

The **September Coffee Morning**, held at Cheddar Village Hall, was attended by 68 persons including two members of the public, who joined. We welcomed some new members attending for the first time. Sab and Paula, Health and Well-being Coaches from Cheddar and Axbridge GP Surgeries, dropped by and will return in October with a Display and Information Leaflets about the services they can offer. We were also pleased to see Leanne from Kings Leisure, who brought us up to date on the activities available for Seniors - see pages 28 and 29 for more details.

As stated above, at our **October Coffee Morning** Health and Well-being Coaches from Cheddar and Axbridge GP Surgeries will be available to answer your questions about the services they can offer.

The **November Coffee Morning** will see the welcome return of our **Craft Fayre**. Groups and Individuals may apply for a table. For further details see the advertisement on page 14.

At the **December Coffee Morning** we will have a Mystery Raffle, and be entertained by our Singing For Pleasure Group, who will sing us a few Christmas songs and a carol.

**Barry Coppard**      Coffee Morning Co-ordinator



*Thanks to Christine Barker for the photographs.*



The Coffee Morning at The Riverside on July 21st was very successful. It was a hot morning, but there was plenty of shade and a good buzz of conversation.





## *Dates for Your Diary*

Thursday October 6th - Speaker Meeting at Cheddar Village Hall,  
2.00 pm for 2.30 pm.

Thursday October 20th - Coffee Morning at Cheddar Village Hall  
from 10.00 am to 11.30 am.

Thursday November 3rd - Speaker Meeting at Cheddar Village  
Hall, 2.00 pm for 2.30 pm.

Thursday November 17th - Coffee Morning & Craft Fayre at  
Cheddar Village Hall from  
10.00 am to 11.30 am. See page 14.

Thursday December 1st - Christmas Revue (ticketed event) at  
Cheddar Village Hall,  
2.00 pm to 4.00 pm. (doors open 1.30 pm)  
See advertisement on page 15.

Thursday December 15th - Coffee Morning at Cheddar Village Hall  
from 10.00 am to 11.30 am.

## **Submission of material for our next issue**

Submissions for the December 2022 / January 2023 edition  
should be sent to the Newsletter Editor:

**Sue Bathe,**

**[cheddar.u3anews@yahoo.co.uk](mailto:cheddar.u3anews@yahoo.co.uk)**

**DEADLINE: Friday 18th November**

**For further information see page 54.**

## Group Liaison

After a long hot summer most groups will now be up and running again. I hope you all had a lovely time and now as Autumn is upon us we are ready to resume our activities. Here are some snippets from the Groups:

**French Les Hesitants:** This Group is now up and running under the new name of **Cercle Francais** and welcomes additional members. Sheila Bellingham is the contact and details can be found in the Timetable Section of the Newsletter towards the end.

**Cardaholics:** Please note that due to Myra Derrick's departure Christine White has now taken over the reins of this popular group and her details can be found in the Timetable Section. The Cardaholics Group is dedicated to making cards of all descriptions based on greetings cards etc. using craft materials in a very sociable setting. There is room for new members and we wish all the best to Chris in her new role.

**Hola España (Spanish):** This group now has vacancies for members with some knowledge of Spanish. They do not require expert capabilities but it is not suitable for complete beginners. Contact Terry Fountain - details in the Timetable section.

**Singing for Pleasure:** A friendly lively group who simply sing for pleasure. They have room for any members who would like to come along and sing – the best bit is no auditions required. Contact Barbara Herring – details in the Timetable.

**History:** This interesting group has space for several new members. See page 36 for further details.

**Canasta:** Please note this group has proved very popular and is now full, but a waiting list will of course be kept for any others who might be tempted.

**Tai Chi & Qigong:** Patsy Croxon has now suspended this group until further notice. She will be running a couple of workshops in the future and will advise dates.

**Bridge (Tuesday):** Unfortunately due to Covid and other health and geographical issues, this group has now closed due to lack of members.

*Don't see a Group for you, but you have an idea for one?*

*Why don't you start one up?*

*Full support and guidance will be given.*

**Lynne Hamlyn** Group Liaison Officer

Email:

### **Proposed new Dining Club Group for 2023**

A lovely new Dining Club Group has been proposed to commence in the New Year. Members would be asked to join on the proviso that once started they would be prepared to arrange the next one on a rota. Obviously this would take place in restaurants and eateries in the local areas, not in members' homes.



If you are interested in this new group please direct your enquiries to Ken Brown. Or any further enquiries contact Lynne, Group Liaison Officer, and she will redirect all questions on to Ken.

## TWO FUTURE JOB VACANCIES (Unpaid)

### CHEDDAR VALLEY U3A WEBSITE MANAGER

The present CVU3A Website Manager hopes to relinquish this position in the next few months. Would you like to take on this role?

You will need to be computer-literate, but you do not need to be familiar with website design methodology such as HTML. U3A headquarters has defined a website format for all U3As across the country, and so the main tasks of the Website Manager are:

(a) To keep the "Events" page of the website up-to-date by entering brief details of each forthcoming event.

(b) Every two months, to upload a modified version of the latest CVU3A Newsletter and remove a Newsletter that is a year old, so that the latest six Newsletters remain available to view on the website. **Note:** The website can be viewed by the general public, not just by CVU3A members, and so the modified version of the Newsletter contains very few contact details.

(c) Every two months, to attend the CVU3A Committee Meeting in your non-committee role.

If you are interested in taking on this role, please contact a CVU3A Chairman.

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CHEDDAR VALLEY U3A NEWSLETTER EDITOR

The present CVU3A Newsletter Editor hopes to relinquish this position at the AGM in May next year. Would you like to take on this role?

A Laptop or Desktop computer with a proper keyboard is required, rather than a phone or tablet.

Here is a brief description of what the job entails:

- The Newsletter Editor should receive all information, articles and photographs for the Newsletter by the deadline, preferably by email.
- All emails should be acknowledged, logged and necessary content saved, including saving photographs.
- The articles etc. are edited for accuracy, spelling and punctuation, before being collated into the various sections of the Newsletter in the order required. These are then inserted into the publishing programme, currently Serif PagePlus. Photographs are added and may need to be cropped or optimised.
- Then the Newsletter is converted to a pdf Proof copy and sent to two proofreaders for checking. Corrections are applied in the PagePlus document then it is converted to the final pdf. This is sent to the CVU3A Membership Secretary for distribution by email to CVU3A members, and it is also sent by email to the printer, St Andrews Press in Wells.
- Either the Newsletter Editor collects the printed copies of the newsletter from Wells when they are ready, or a member of the CVU3A Committee can be asked to collect them. These are taken to the person responsible for Newsletter Distribution.
- For the website a redacted version of the Newsletter is made in PagePlus with email addresses and telephone numbers removed. It is sent as a pdf to the Website Manager.
- Then breathe a sigh of relief, until the items for the next Newsletter begin to arrive in the Inbox.
- Every two months, attend the CVU3A Committee Meeting in your non-committee role.

If you are interested in taking on the Editorship, please contact a CVU3A Chairman.

A more detailed description will be available at a later date, as the current Editor is attempting to list everything that is done while producing this edition of the Newsletter!



Craft Fayre at the



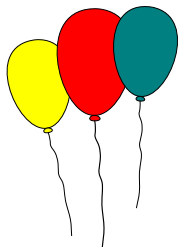
*November Coffee Morning
on Thursday 17th November from
10.00 am to 11.30 am.*

The Annual Craft Fayre will be held at the November Coffee Morning in Cheddar Village Hall.

There will be many stalls selling crafts made by our U3A groups and by individuals. This is a great opportunity to start your Christmas shopping, or maybe treat yourself.

Any U3A groups or individuals who would like a free table please contact Jan.

Email:



CHEDDAR VALLEY U3A CHRISTMAS REVUE

Thursday 1st December 2022

All members are welcome to this year's
Christmas Revue at the Village Hall
commencing at 2.00 pm and finishing at 4.00 pm
(doors open at 1.30 pm).

The revue will feature the Handbell Ringers Group,
the Singing for Pleasure Group
and the U3A Rock Band.

In addition there will be surprise guests so why not get
into the Christmas spirit and come along?



Refreshments will be available.



Admission is £2.00 by ticket only and these will be
available at Coffee Mornings and Speaker Meetings.

Get your ticket early to avoid disappointment
as seating in the hall is limited.

Day Trippers' Group

Thirty-four U3A Members were lucky enough to spend a very sociable and enjoyable afternoon at Wedmore Golf Club partaking of a delicious afternoon tea. For many this was their first visit to this venue, despite its close proximity to Cheddar.

Photographs of the event are shown on pages 18 to 20.

The next planned trip is to **Windsor** on Wednesday 12th October, cost £23 per person. Unfortunately the Castle is not open to the public on Tuesdays and Wednesdays, but there are many other interesting things to see and do in Windsor.

The last trip of 2022 will be to **Exeter** on Wednesday 23rd November, when the Christmas Market will be up and running in front of the Cathedral. The cost of the trip is £18.00 per person.

Booking forms for both of these trips are on pages 17 and 21. Forms will also be available at the Coffee Morning.

5 Day Residential Holiday to Kent, leaving on Sunday 14th May 2023. There are still some places available for this holiday, which has a very interesting itinerary (see pages 23 and 24). Details will be available at the Coffee Morning, or by contacting Shirley Vincent.

Sylvia Hall on behalf of the Day Trippers Committee

CHEDDAR VALLEY u3a DAY TRIPPERS



Windsor

Wednesday 12th October 2022

The cost of this trip is £23 per person including tip.

PLEASE MAKE YOUR CHEQUE PAYABLE TO:

CHEDDAR VALLEY U3A SOCIAL FUND

To book a seat please send completed form together with your cheque to: Margaret Woodliffe at

. Tel:

email:

Full Name:

Mobile No:(for emergency contact on the day)

Address:

.....

Email:

Membership No: Tel No:

(If you do not have an email address please enclose a stamped addressed envelope)

I would like to be picked up at: (please indicate):

Bus Stop Bottom of Tweentown Axbridge Town Hall

Departure times will be advised later.

Payment enclosed: Cheque £ Cheque No.

Please note that should you wish to cancel your seat once the coach is booked, no refunds can be given unless a replacement can be found.



The Day Trippers
enjoyed the Afternoon
Tea at Wedmore Golf
Club.

*Thank you to
Mary Evans
for the photographs.*





A convivial afternoon
at the Day Trippers'
Afternoon Tea at
Wedmore Golf Club.





A good time was
shared by all at the
Day Trippers'
Afternoon Tea at
Wedmore Golf Club.



CHEDDAR VALLEY u3a DAY TRIPPERS



Exeter

Wednesday 23rd Nov. 2022

The cost of this trip is £18 per person including tip.

PLEASE MAKE YOUR CHEQUE PAYABLE TO:

CHEDDAR VALLEY U3A SOCIAL FUND

**To book a seat please send completed form together with your
cheque to: Margaret Woodliffe at**

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.....

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Membership No: **Tel No:**

(If you do not have an email address please enclose a stamped
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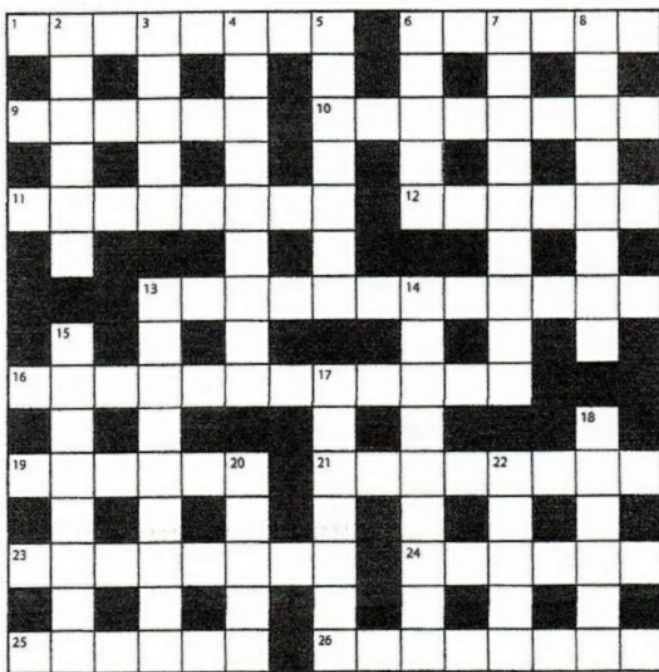
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Departure times will be advised later.

Payment enclosed: Cheque £ Cheque No.

Please note that should you wish to cancel your seat once the coach is
booked, no refunds can be given unless a replacement can be found.



ACROSS

1. Strives (8)
6. Rack (6)
9. Rough (6)
10. Praises (8)
11. English City (8)
12. Tap (6)
13. Poles red tape (anag) (12)
16. I invest, great! (anag) (12)
19. Containers (6)
21. Spray can (8)
23. Smug (8)
24. Type of wood (6)
25. Redacted (6)
26. Minerals (8)

DOWN

2. Boy's name (6)
3. Join (5)
4. Railroad (5 & 4)
5. Foremost (7)
6. Grab (5)
7. Supplements (9)
8. Yesterday e.g. (8)
13. Move (9)
14. Branch of medicine (9)
15. Diminished (8)
17. Supple (7)
18. Fatal (6)
20. Burn (5)
22. Clumsy (5)

*Thanks to Barry Ede for creating
this crossword.*

Solution is on page 42.

Cheddar U3A

Kent



Sunday 14th May 2023 / 5 days

HOLIDAY HIGHLIGHTS

Lovely hotel in Canterbury

Visit to Chatham Dockyard

Visit to Leeds Castle

Visit to Chartwell*

CHOSEN HOTEL

Set within landscaped gardens around 10-15 minutes' walk from Canterbury city centre, the **Best Western Abbots Barton Hotel** dates back to 1830. The



53 bedrooms are all unique in shape, size and décor, but all are equipped with a TV, hairdryer and tea/coffee making facilities. The restaurant serves modern British cuisine using fresh, seasonal ingredients sourced locally. The bar area has many original features including beautiful gothic windows while the adjoining Garden Room and Library offer comfortable surroundings to enjoy a relaxing drink. There is also a pleasant garden terrace. Portage is included.

The hotel offers a 3 menu with 3 choices per course with choices made at dinner with tea/coffee and a full breakfast with hot and cold dishes.

Provisional Itinerary

Sunday – Travel to Canterbury via Windsor for lunch and free time

Monday - Chatham Dockyard

The Dockyard was once the country's largest and most important industrial site. Today its surviving Slips, big enough to protect mighty warships; and magnificent Mast Houses, long enough to store ships masts as tall as 90ft, mean there is no shortage of space and fresh air around our 80-acre heritage estate.

Tuesday – Visit to Faversham in the morning followed by free time in Canterbury

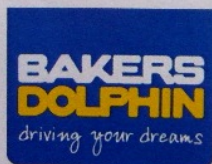
Wednesday – Visit to Leeds Castle. Known by some to be "The loveliest Castle in the World" 5 miles southeast of Maidstone. It is built on islands in a lake formed by the River Len to the east of the village of Leeds. A castle has existed on the site since 1119,

Thursday – Return Home via Chartwell (Former Home of Churchill)
(*National Trust entrance payable if non-member) on the way home.

Price

£565

Single Room supplement £75 for the duration.



Issued 9/6/2022

“The Fifty Gems of Somerset”

September saw us welcoming speaker Andrew Powell-Thomas to the Catholic Hall in Cheddar. His subject *The Fifty Gems of Somerset* was to be accompanied by slides. Sadly, the system failed to work and the pictures were small and indistinct. Fortunately Andrew is a very good speaker and even without illustrations held our attention.

Most of the places were well known to us but it was a surprise to some that both Bath and Exmoor are in Somerset. The landmark of St Michael's church tower on Glastonbury Tor is very familiar but who knew the original wooden church was destroyed by an earthquake in 1275? The stone church replacing it in the 14th Century was torn down during the dissolution of the monasteries in 1539. The Heritage Railway at Minehead at 20 miles is the longest standard gauge restored track in the UK. We have a world-beater in the Hayes Motor Museum which is the largest of its type in the world. Cleve Abbey at 800 years old is the best preserved Cistercian monastery in the UK. It was built by William de Roumare, (now there's a name to conjure with), and functioned for 350 years. We know of Dunster Castle as a Stately Home but in WW2 it housed a hospital. It was built by William I de Moyon who after 1066 became tenant in chief to William the Conqueror and it was for the next 400 years the family's source of power.

Brean Down has been a fortified peninsular since the Iron Age. Who needs the Jurassic Coast when one can fossil hunt on Kilve beach? The village of Mells 400 years ago was home to the Horner family. Thomas Horner was Chief Steward to Richard Whiting the Abbot of Glastonbury who sent him to London with a large pie for Henry VIII. Inside were the deeds to a dozen Manors as a gift to the king who was threatening to take over church lands. Horner opened the pie and extracted the deeds to Mells. Was this Jack Horner's plum or were the documents the blackbirds baked in a pie? Both are said to be the basis of the 16th century nursery rhymes

Finally, who says fake news is new? The legends of Joseph of Arimathea and the Glastonbury Thorn were linked to the Abbey which became a place of pilgrimage. When the Domesday book was written Glastonbury was the richest abbey in the land. By 1184 when the abbey burned down revenue had fallen greatly. During the rebuilding it was

said that the remains of King Arthur were discovered buried there, and once again it become a place of pilgrimage attracting much revenue to the abbey. There were many more interesting facts and photographs that can be found in a book Andrew has written.

Andrew is booked again to talk to us next year. I certainly intend to be there.

Sheila Eastland

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## Wedmore Well-being Day

Cheddar Valley U3A were invited to join in the Wedmore Well-being Day on Saturday 17th September. Numerous local organisations were invited to take part, to provide information on activities and support to promote well-being. Members of Cheddar Valley U3A manned a table, with display boards and joining packs, and we hope we will have some new members as a result.





## COMMUNITY NEWS

This Community News section of the Newsletter includes short specific items of local interest or about people and places which are indirectly linked to the Cheddar Valley U3A.

### WELLS & DISTRICT CENTRE NATIONAL TRUST

Are you a Member of the National Trust?

Did you know that around the country there are Centres that support the National Trust - usually financially? NT Members can become Members of a local Centre. There is a small annual subscription. It depends on the Centre, but most put on talks on all sorts of topics lasting about an hour, usually with power-point displays, go off on day visits to places of interest not necessarily National Trust properties, some organise long-stay visits to other parts of the country and arrange social occasions. All the surplus proceeds go to a local National Trust project.

Our nearest Centre is based in the Wells, Cheddar, Wedmore, Shepton Mallet, Glastonbury, Street area and during the October to March period we meet on the **second Saturday** of the month at **2.30pm** at **Henton Village Hall** which is situated between Wedmore and Wookey. At present there is an annual subscription of **£8.00** and an admission charge of **£3.00** which helps to cover the hire of the Hall, Refreshments and Speakers` Fees or Donations and their Travelling Expenses.

#### 2022 - 2023 Talks & Dates :

|                        |                                                |
|------------------------|------------------------------------------------|
| Saturday 8th October   | "Wells in Mosaic Project"                      |
| Saturday 12th November | "Fernhill Farm Experience"                     |
| Saturday 10th December | "Memories of a Village Grocer",                |
| Saturday 14th January  | "School in a Bag"                              |
| Saturday 11th February | "Tristan da Cunha - Update"                    |
| Saturday 11th March    | "Wellington Monument, Past, Present & Future". |

During the April to September period, Committee Members organise five or six day trips to a variety of places of interest, not necessarily connected to the National Trust – our most recent one has been on a guided visit to Hinkley Point. In the past we have been on a guided visit to Avonmouth and Portbury Docks.

Over the years we have made substantial donations to local NT properties, especially when they have made an appeal for financial help on some important project eg. Tyntesfield, Lytes Cary, Dyrham Park, Castle Drogo, Montacute, Barrington Court and most recently the much-needed restoration and conservation work on the Wellington Monument.

If you are interested in joining us as a Member, then please contact me for further information:

**Jon Glauert** Chairman      Telephone:  
Email:

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## **KINGS FITNESS AND LEISURE, CHEDDAR**

### **NOTICE OF AMENDMENTS AND ADDITIONS TO ACTIVITIES FOR SENIORS**

**Please note that the Tuesday ‘*Softer FitSteps*’ Sessions have been withdrawn, but take a look at the alternatives on offer below:-**

**Mondays – 2pm:      Water Conditioning  
(Swimming Pool with Leanne)**

Water Conditioning is a gentle exercise session that takes place in the pool. The exercises are designed to relieve pressure on the joints and help to strengthen and condition muscles to maintain flexibility in the joints.

Equipment such as foam dumbbells and noodles are used to assist and add resistance to the exercises.

### **Wednesdays – 10.30am: Seated Exercise (Studio 4 with Leanne)**

Low impact chair classes for everyone. The movements can be done seated, standing or a combination of both depending on how you are feeling on the day. Adaptations will be given so you can choose how much you want to exert yourself. Movements include some strength and balance exercise.

Chair exercises can help with reducing the risk of falls, the movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles, improve posture, strengthen shoulders, lubricate knee joints and increase your upper body flexibility.

### **Thursdays – 11.30am: Soft Circuits (Studio 3 with Sarah F)**

A gentle exercise session focusing on balance, strength, fitness, and fun.

### **Thursdays – 11.30am: Seated Yoga (Studio 4 with Anna)**

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration, and relaxation.

### **Fridays – 11.30am: Mat Pilates (Studio 2 with Belinda)**

These classes are a mixed level gentle class and are suitable for any age. The session is a slower paced class which incorporates balance and mobility exercises along with a series of stretches.

**For further details visit the Centre  
(why not take-in a coffee at their café?)**

**or contact Leanne Trainer,**

**Kings Fitness and Leisure – Back2Health Co-Ordinator  
(Exercise Referral) Tel. 01934 744939**

Kings Fitness  
and Leisure

# CHRISTMAS FAIR

Local crafters  
creatives &  
entertainers wanted

Market stalls –

£10 per table if booked before 1<sup>st</sup> September

£15 per table 1<sup>st</sup> September onwards

Sunday November 27<sup>th</sup> 10am–4pm

To apply for a stall or enquire about  
entertainment opportunities please email:  
[sgolding@kingsfitness.co.uk](mailto:sgolding@kingsfitness.co.uk)

## Group News

*This section of the Newsletter brings you news of what our various groups have been doing recently. Not every group has an entry in every newsletter, but all established groups and group leaders are shown in the tables on pages 50 to 53.*

### Art Group

For our final outside session in 2022 we visited Middlewick Farm near Glastonbury Tor. The weather was glorious and we had views of the Tor and the Mendips as well as attractive old farm buildings. Some walkers were very interested in our activities. We finished outside the farm shop and cafe with coffee and very large pieces of fresh home-made cake! A fitting end to our summer outings.



Members of the Art Group  
painting en plein air  
near Glastonbury Tor in  
September.

*Thanks to Geoff Bathe for the  
photographs.*





The Art Group enjoying a coffee break at Middlewick Farm.

Geoff managed to include himself in the photograph,  
camera poised, reflected in the window.

Our Art Group is delighted to congratulate one of our members on winning an important Art Competition. Elaine describes her success below.

**Linda Mogford** Group Leader

Earlier in the year I entered six pieces of art into *The Artist of the Year* competition run by the Society for all Artists (SAA). Two pieces ended up in the semi-finals and one continued through to the finals. The SAA has a national membership of 38,000, and entrants to this competition



numbered 2960. I regard myself as a beginner, not a natural talent. Everything is hard going but I'm always willing to give all mediums a go and am up for most challenges. On Thursday 28th July I received an email from the Society advising me that my art had won. Stunned, emotional, disbelief that I had won a category in a National exhibition and my art will be exhibited in a gallery in Nottingham in September. So I'm now able to share this with everyone in U3A.

## **Elaine Norman**



## Ballroom and Latin American Dancing

The Ballroom and Latin American Dancing group has recommenced following its summer break.

We meet Friday afternoons at the Methodist Church Hall from 2.00 pm to 4.00 pm. We practice one Ballroom and one Latin dance each week with a tea break in between.

The group is open to new members with or without previous dancing experience.

Please contact Marilyn or Keith for further details. Tel:

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Canasta

A well attended meeting on Monday 12th September took place at Cheddar Court where we will now meet for the future. With the group now numbering 17 potential players we have reached the maximum we can accommodate at Cheddar Court but will be pleased to add anyone to a reserve list. With effect from 1st October, Jo Blackiston, who led the group before the Covid pandemic, will resume leadership.

Alex Smith

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## Classic Film Group

The group met on 5th September to watch the 1933 film *The Private Life of Henry VIII* at the Catholic Church Hall. Charles Laughton won his only Oscar for his portrayal of the monarch, and it was very well deserved. He personified the man in our imaginations and I can only think I must have seen the film before to have such a firm image of the much-married king.

Another group was using the main Catholic Hall while we were in the small room and we found their presence somewhat distracting, clattering around and chatting in the next-door kitchen. A member of the group asked if we could meet regularly at Hannah More Cottage instead, so

that has been booked for the rest of the 2022/2023 season.

We will be watching *The Earrings of Madame D* at 2.00 pm on Monday 3rd October at Hannah More Cottage, North Street, Cheddar. This 1953 film is considered a masterpiece of French cinema. It tells the story of a spoilt rich woman who sells her wedding-present earrings to pay off her debts, and the subsequent adventures of those earrings. All Cheddar Valley U3A members are welcome to attend. There is a £2 charge to cover the cost of hiring the hall.

**Helen Batt**

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U3A Computer Users Group (U3ACUG)

The Group meets on the second Monday of the month, at Cheddar Watersports Club at the reservoir, from 10 am to 12 noon . Any members with an interest in using their computers more effectively are welcome to join us.

We discuss a variety of computer user topics, and we are currently dealing with Windows 11 as it is now gaining more users: (11% of the total 1.5 Billion Windows systems sold). A comment has been made that there are no major differences to Windows 10, which makes the transition fairly painless, and of course it is free, and will download automatically if your computer is a fairly recent one.

Microsoft intends to "deprecate" (i.e stop supporting!) Windows 10 in 2025, so there is no hurry to change

A recent addition to browsers like Edge and Chrome are Progressive Web Apps (PWAs), which could use a snappier name. If you have a website (Bank?) that you use all the time it can be converted to a PWA with its own icon on the desktop or taskbar, without having to open the browser. It opens quickly, with a less cluttered screen, and more and more websites are being enabled to show as a PWA.

How? Open your browser: In Edge, Open your website, select Menu (3 dots). Select Apps/Install this site as an App. Then choose on desktop or

taskbar icon. Other browsers have similar options. I find them very useful, but reactions amongst the Group are mixed!

Bryan Smith Email:

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## **French: Cercle Français**

The French group Les Hesitants ceased during the Covid, but a few of us got together on Zoom and have now continued as a group and we have a new member.

The group is now known as Cercle Français, and meets weekly on Tuesday mornings.

**Sheila Bellingham** Group Leader      Tel:

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History Group

After a break over the summer some of the group will meet in September for a guided walk in Street.

Meetings in the Catholic Church Schoolroom will resume on Tuesday October 11th when, following on from the recent Jubilee celebrations, we intend to consider the 1950s decade. Hopefully members will have memories to share from this period!

We have spaces in the group for several new members. Please email me if you might be interested at .

Heather Davey

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## Industrial History Group

Our first post Covid meeting took place on Tuesday 20th September at the Catholic Schoolroom in Cheddar. I must add that it has been beautifully refurbished and it is a delight to hold a meeting there.

Seventeen people appeared for the meeting, most of them carrying strange looking parcels. We had asked members to bring an artefact of some description and to be prepared to talk about it for a minute or two.

It was a very interesting afternoon with little talks about radios, someone spoke about some very old books written in the 17th Century. There was a selection of domestic weaving equipment and also some Bristol Blue Glass. There were more items, too many to mention all of them.

One member had a fascinating item which can be used for a variety of purposes ranging from tripping people up to preventing robbery from a dining table, which is still used these days by the National Trust.

We are planning on meeting on the third Tuesday of the month; meetings will take the form of talks from members and visits to places of interest locally.

**Yvonne Brown**

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Poetry Group

Our theme in July was Transport. The obvious choice was *The Night Mail* by W H Auden, we listened to a recording by the author and read it together as a group which was much harder than expected. We included many favourites, some from our childhood, and one, *To a Bicycle Bell* by Guy Boas, that was written in the 1920's but the words could apply today.

We did not have a theme for August as our numbers were somewhat depleted due to holidays so we had a Coffee and Chat session with just a few poems.

Glenys Runciman

Scottish Dancing Group

We started our new season in early September. We continue to meet every Wednesday at 9.30 am in Axbridge Town Hall and, having not danced for 3 months, we are taking it very easy so it's a great time for new members to join and lapsed ones to think about coming back. We warm up before we start so as not to pull any muscles and dance until 10.30 am when we break for a drink then dance on until 11.30 am. Even if you're not sure, why not come and have a look at what we get up to. You will be made very welcome. All you need are some soft soled shoes and some enthusiasm. We'll provide the rest.

More information from **John Morgan** Tel:

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## Scrabble Group

Our Scrabble group has changed its venue and is now to be found at Cheddar Village Hall on the 2nd and 4th Friday each month at 2.00 pm.

We've had interest from a couple of prospective members recently - it's always good to see some new faces.

All are welcome and some tuition can be given if required.

Please come along and give your brain a gentle workout - we'd love to see you!

Some useful short words:

|      |                            |
|------|----------------------------|
| Arar | African tree               |
| Atap | Palm tree of Asia          |
| Ates | Shop selling confectionery |
| Avo  | Macao currency unit        |
| Ayu  | Small Japanese fish        |
| Azon | Type of drawing paper      |

**Brenda Horwood**

## **Singing for Pleasure**

It was good to meet together again at the beginning of September, after our August break. Christmas will be here before we know it and so we have started to prepare for upcoming U3A events in December.

We are always looking for new members and would very much welcome anyone who would like to join us. If you are interested, please contact me on

**Barbara Herring**

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Social Tai Chi

We had our first group meeting on the 9th September following a five weeks summer break. Nine members out of twelve on the register were present. One of our ladies is nursing a sick husband and another is about to move out of the Cheddar area to live.

In the April/May 2022 edition of the newsletter I wrote - and I quote: "The present Tai Chi (Original) Group was formed in the year 2000. Sheila Jones was the teacher. When Sheila retired and subsequently died in 2012 a class member stepped into lead the group and I volunteered to co-ordinate/administer it. Some of the original ladies from 2000, although a good age now the oldest being 89, still come along each week to enjoy the company/camaraderie.

Most of us, with a couple of exemptions, are between 75 and 89 and, although we still appreciate the benefits of exercise and Tai Chi, our chats accompanied by coffee and biscuits are just as important. We are no longer a serious Tai Chi class - just ladies enjoying a morning of exercise, Tai Chi and friendship. We have, therefore, decided to rename the group SOCIAL TAI CHI. With this in mind I now feel we could welcome more U3A members. If anyone out there, WITH PREVIOUS TAI CHI EXPERIENCE, would like to join a Friday morning group of very friendly senior ladies this could be the class for you." Gentlemen would, of course, be welcome.

I am hoping that our Social Tai Chi group may appeal to some of the present U3A members and I look forward to hearing from any of you who may be interested in joining us. Meetings are held at the Methodist Hall,

Cheddar, on Friday mornings at 11 a.m.

Co-ordinator - **Brenda Blunt**

Telephone:

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## **Original Walking Group Programme**

### **Wednesday 12th October**

Leader: Martin. Starting Point: Oakhill car park by Sports Ground up Zion Hill Oakhill and Ashwick Village Hall BA3 5AN. Grid ref: 636476. Time: 2.00 pm. For further details contact Martin.

### **Thursday 27th October**

Leader: Angela Pickett. Starting Point: Litton Inn, Litton. Park at far end of the pub car park. Grid ref: 594545. Time 2.00 pm. Walk about 4¾ miles. For further details contact Angela.

### **Tuesday 8th November**

Leaders: Alan & Brenda. Starting Point: Cheddar Reservoir parking. Time: 1.30 pm. Grid Ref: 446534. Walk to Axbridge to be decided dependent on weather. For further details contact Alan or Brenda.

### **Wednesday 23rd November**

Leader: Christine. Starting Point: Hill Lea Gardens, Cheddar. Grid ref 459 535, postcode BS27 3JH. Time: 1.30pm. Walk with hill but decided closer to the time. For further details contact Christine.

### **Thursday 8th December**

Leader: Martin. Starting Point: The Cross, Westbury-sub-Mendip. Grid ref: 500488. Time: 10.30 am. For further details contact Martin.

Please note this will be our Christmas Walk followed by lunch at the Westbury Inn, Westbury-sub-Mendip.



A walk from Blackford, led by Pat,  
when we came across Tealham Moor to Wedmore.

In the photograph below we are at the top of the hill up from the moor,  
where we welcomed a rest.



*Thanks to Chris Barker for the photographs.*



The walk on August 4th, starting in Churchill, was led by John and Karen. It was quite hot, but a pleasant walk with no hills.

## CROSSWORD SOLUTION

### ACROSS

1. Attempts
6. Cradle
9. Coarse
10. Plaudits
11. Carlisle
12. Patter
13. Tradespeople
16. Vinaigrettes
19. Chests
21. Atomiser
23. Arrogant
24. Obeche
25. Edited
26. Crystals

### DOWN

2. Thomas
3. Enrol
4. Pressgang
5. Supreme
6. Clasp
7. Additions
8. Latterly
13. Transport
14. Pathology
15. Withered
17. Elastic
18. Lethal
20. Scald
22. Inept

## Easy Walking Group

In August we went to Wells, and did a circuit from Morrison's carpark across the fields east of Wells. We had good views of the Cathedral, and in St Thomas' Street we stopped to look at the church. A stonemason was working there, he told us about repairing the steeple which was damaged in storm Eunice, and how it would be replaced very shortly. We had coffee in the Bishops Palace Garden cafe. The walk was led by Margaret S and Barbara.

**Chris Barker**



*Thanks to Chris Barker for the photograph.*

## Reading Group 1

### "The Blue Flower" by Penelope Fitzgerald

Penelope Fitzgerald was a new author for us. We were hoping to choose her novel *Offshore* which one of our members had enjoyed, but unfortunately it had also been recommended by the programme "Between the Covers" and we were therefore unable to obtain sufficient copies from the library. Instead we chose her last book, *The Blue Flower*, for our August read.

Set in late 18th century Germany, the story is based on the life of Friedrich von Hardenberg in the years before he became famous as a romantic poet and philosopher. The book is thronged with a host of memorable characters, real people who were Friedrich's family and friends and in particular, the young Sophie, with whom he fell hopelessly in love. The customs of the period, the food and the complicated society are all also woven seamlessly into the narrative.

The book was very well received by the critics who praised Fitzgerald's humour, intelligence and style of writing. However our group generally did not enjoy it, finding it a very difficult read. After some discussion, it was agreed that it might benefit from a second reading, but no one was willing to take on that challenge!

In September, we all introduced a book we had recently been reading. It proved to be an enjoyable hour and included authors such as Geraldine Brooks, Ken Follett and Bonnie Garmus.

After that we shared our annual lunch, which had to be held indoors because of the inclement weather, but which was very enjoyable, nonetheless.

### Barbara Herring



## Reading Group 2

### "Blood Tide" by Claire McGowan

*Blood Tide* by Claire McGowan is a psychological thriller and the fifth in her series following Irish forensic psychologist Paula Maguire. She is sent to investigate two missing persons on a bleak and windswept island off the coast of western Ireland - a place she visited as a child – but is met with widespread suspicion and hostility from the local community and faced with the prospect of coercion, superstition and possible murder.

It has a well written and complex plot, bringing in characters from the author's previous books in the series, with atmospheric tension throughout the story and a well-hidden conclusion. Reading her earlier books would have been helpful to introduce us to the main characters. However, we all enjoyed it, followed by a lively discussion from "The Troubles" in Northern Ireland in the Seventies to happy visits in present day Ireland.

### "I am an Island" by Tamsin Calidas

Our second book was *I am an Island* by Tamsin Calidas. This is a memoir of the author's life on the remote Scottish island of Lismore in the Hebrides. Tiring of her highly successful career in London, she, together with her husband, buys a derelict cottage and begins farming sheep in the hope of a more fulfilling life away from the stresses of the "rat race". However, faced with the stark reality together with the tension, stress and final collapse of her marriage she is forced to continue alone, isolated, injured, ill and without money. Slowly she regains a love and understanding of the often harsh, brutal yet beautiful island. Generally enjoyed by the group with a few exceptions. For me, the poetic prose throughout the book was overwhelming. I found no empathy with the author who seemed full of self-pity and her inability to socialise with the local population perhaps says more about her than the islanders. It's also not possible to herd sheep onto a ferry with two broken hands or live on only green leaves. Had this been a fictitious story then one could overlook and enjoy. As - I believe - she is still on the island I imagine things have improved.

Our poems were *Leisure* by W H Davies and *A Boy's Song* by James Hogg.

**Pam Hansen**



## Reading Group 3

### "Orlando" by Virginia Woolfe

When a member of our group suggested we looked at a fantasy novel I don't think *Orlando*, by Virginia Woolfe, was the type of fantasy she meant, but the library obviously did. Nevertheless we collected our copies and got on reading it with varying degrees of success. This is not an easy book to read as it switches from century to century, gender to gender and first to third person in style. One of our number had studied the book as part of a recent degree course and felt knowing the background to what was happening socially and politically at the time it was written helped with understanding the novel.

The book covers centuries in the life of Orlando who becomes trans gender during the course of it. A subject not recognised as it is now and certainly not talked about as same sex relationships at the time it was written were forbidden by law. In Shakespearian times men played women. Now women play men in modern productions. Those of us who got that far found the descriptions of the Thames suddenly thawing during the great Ice Fair gripping. "Clothes wear us not we them" is a quote. Certainly fashion is used as the novel progresses or regresses. Are we though able to define Orlando's true self or does it remain a mystery?

Certainly this would not appear on a list of our favourite books.

### "Middlemarch" by George Eliot

*Middlemarch* by George Eliot has for many, many years been revered as a classic. But can a novel written in 1871 and using the language of the time engender such reverence in a modern reader? For our group the short answer is no, with some caveats.

One of our members refused to go further than the first page. Others like myself struggled, I got to page 98. Those who got further admitted to skip reading as the density and terseness of the prose made the reading a chore a lot of the time. One determined soul who has her own copy will, she says, finish it. I remembered a previous member who paraphrasing "life is too short to peel a mushroom" saying she would not waste her time ever again reading another Jodie Picoult book.

However, one of our group who had the audio version (all 26 one-hour tapes) not only finished it but really enjoyed it. I borrowed this and found that listening to it enabled me to focus on the words. The humour, the clever interweaving of characters and the observations on small town life that some of the group reading it had found, was for me much easier to appreciate from the spoken word. There was a cleverness in the way the author wove together the characters and events. A mammoth task in such a huge work.

It is somewhat ironic that a book that reinforces the supremacy of the male was in fact written by a woman. Tongue in cheek perhaps? Most of us found the character of Reverend Casaubon hard and unsympathetic, frozen in time, as one of us put it. We could not fathom Dorothea who became his wife at all. But did find some sympathy for her when trying to think of something nice to say on meeting her baby niece for the first time.

This is one for the very dedicated reader who has not much else to do, but not recommended by us as a group

## **Sheila Eastland**

### **Literary allusion:**

Here Sheila is shown with her biggest sunflower, which was well over ten feet tall.

A friend of hers in Belgium remarked that she looks like one of the Borrowers!



## Reading Group 4

### **"The Truths and Triumphs of Grace Atherton" by Anstey Harris**

This book was very much enjoyed by our group. The author, Anstey Harris, born in 1965, lives in England with her violin-maker husband and teaches creative writing; she also occasionally lectures at Christchurch University in Canterbury. This is her debut novel.

Grace Atherton, a talented cellist, who owns a music shop, is in a loving relationship with David and they are happy in their apartment in Paris until an unexpected event changes everything. Grace's life is ripped apart and she is utterly heartbroken. She is so distraught that she trashes her music shop including destroying beautiful instruments which she has been making.

Her life eventually gets back on track with the aid of the most unlikely people – a furious 17-year old who helps her in the shop and thinks love will let her down, and an elderly customer who knows a lot about love and even more about people. Together the three of them help rebuild Grace's life, and their own lives. The novel takes us to Paris and then surprisingly to Italy where Grace learns more truths and triumphs.

Harris draws her characters well and the reader can relate to them. We would thoroughly recommend this beautifully written novel to other groups.

### **"The Push" by Ashley Audrain**

This rather disturbing novel is written by Ashley Audrain a Canadian writer who was born in 1982. Audrain describes this novel as written through the lens of motherhood.

The story is about a new mother. She has a good and happy marriage, and a good relationship with her in-laws, but had a very poor relationship with her own mother who likewise had a poor relationship with her mother.

When Blythe becomes pregnant she is longing to feel that all-consuming love that mothers feel for their child. However this does not happen. Blythe tries to love Violet and her husband adores his little girl but Blythe is not happy. When Blythe has a second child, a boy, she falls in love with him immediately. The story proceeds and is addictive reading. Several small

incidents take place between Violet and her young brother but is Blythe dwelling too much on the poor relationship with her own mother or is there really something wrong with Violet?

The book is well written although one member of our group chose not to finish reading it. Two of us enjoyed it and found it very thought provoking. I don't know whether to recommend it to other groups or not.

**Sue Gudgeon**

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Reading Group 5

"The Olive Tree" by Lucinda Riley

"The Cleaner of Chartres" by Sally Vickers

The group has read *The Olive Tree* by Lucinda Riley and *The Cleaner of Chartres* by Sally Vickers. Despite a woman being the central character for both books the group felt both were a good read. The first as it was quite complex and took twists and turns and lots of soap opera type drama plus a reasonably happy ending. The trouble with this was, having all enjoyed it there was little discussion around the book so we enjoyed tea and biscuits and a chat. Not about books! Power of Attorney would you believe?

We discussed the second book while we were at Wedmore Golf Club for Afternoon Tea. Whilst munching away we chatted about Agnes, the main character in the book. The group felt it had more substance and more seriousness about it, with wonderful descriptions of the Cathedral and surrounding areas that Agnes had been, a reminder of the considerable history and the research involved to produce the book.

The afternoon was very successful and enjoyable and both books were considered a good choice by Geoff Farnie from what the library had on offer.

We also had Margaret Farnie as a guest and she took some photos of the event. One photograph is on the cover of this newsletter.

Mary Evans

Special Interest Groups

Art	Patchwork
Ballroom & Latin Dance	Philosophy
Boules	Photography
Bridge (Wednesday)	Poetry
Cardaholics (Greetings Cards)	Quiz Group
Canasta	Reading Group 1
Crafte	Reading Group 2
Classic Films Group	Reading Group 3
Computer: Apple Devices Group	Reading Group 4
Computer: Computer Users	Reading Group 5
Day Trippers' Group	Rock Band
French: French Conversation	Rummikub
French: Les Hesitants	Scottish Country Dancing
French: Simple	Scrabble
German	Singing for Pleasure
Great Lives	Solos
Greek	Stained Glass
Handbell Ringing	Table Tennis
History: History	Tai Chi - Social
History: Industrial History	T'ai Chi and Qigong
Hola España (Spanish)	Walking: Easy Walking
Italian Self-help	Walking: Gentle Short (Proposed)
Jigsaw Exchange Group	Walking: Original
Lace-making	Woodcarving
Model Railway Group	

Group Meetings Timetable

Group	Week	Leader
MONDAY MORNING		
Computer Users	2nd	
Rummikub	Weekly	
Solos	1st	
MONDAY AFTERNOON		
Boules	Weekly	
Canasta	2nd & 4th	
Classic Films Group	1st	
Hola España	Fortnightly	
Italian Self-Help	2nd, 4th & 5th	
MONDAY EVENING		
Stained Glass	1st & 3rd	
TUESDAY MORNING		
French: Circle Francais	Weekly	
Greek	Fortnightly	
History	2nd	
Lace-making	Weekly	
Photography	3rd	
Reading Group 2	4th	
T'ai Chi and Qigong	Currently suspended.	
TUESDAY AFTERNOON		
Great Lives	4th	
Industrial History	1st	
Singing for Pleasure	1st & 3rd	
Table Tennis	Weekly	

Group	Week	Leader	
WEDNESDAY MORNING			
French: Conversation	2nd & 4th		
French: Simple	1st & 3rd		
German	Weekly		
Poetry	3rd		
Reading Group 1	1st		
Reading Group 4	4th		
Scottish Country Dancing	Weekly		
Easy Walking	2nd		
WEDNESDAY AFTERNOON			
Bridge (Wednesday)	Weekly		
Quiz Group	2nd		
THURSDAY MORNING			
Coffee Morning 10.00 am	3rd	At Cheddar Village Hall	
With Jigsaw Exchange			
Handbell Ringing	2nd & 4th		
Model Railway Group	Weekly (Phone first)		
Philosophy	4th		

Group	Week	Leader
THURSDAY AFTERNOON Speaker Meeting 2.00 pm Cardaholics Rock Band	1st 2nd & 4th 2nd, 3rd & 4th	At Cheddar Village Hall
FRIDAY MORNING Art Patchwork Reading Group 3 Social Tai Chi FRIDAY AFTERNOON Ballroom & Latin Dance Reading Group 5 Scrabble FRIDAY EVENING Woodcarving	4th 3rd 2nd Weekly 2nd, 3rd & 4th Last Friday 2nd & 4th Weekly	
NO FIXED DAY Apple Devices Group Day Trippers' Group Walking: Original	By arrangement See page 16 See page 40	

Submission of material for our next issue

Submissions for our December 2022 / January 2023 edition should be sent to the Newsletter Editor:

Sue Bathe,

cheddar.u3anews@yahoo.co.uk

DEADLINE: Friday 18th November

I will acknowledge all e-mail communications.
If you do not receive an acknowledgement in a reasonable time,
you must assume it has not been received,
and use another method to contact me.



Please use identifying words in the subject line of your e-mail, and in the title of any attached files,
e.g. Group name and month of report, such as "Drama Group November report", and **not** just "Notes from November" or "U3A Article".

If possible please send in your articles and reports by e-mail.

The information can be in the body of the e-mail itself,
or be as an attachment in a common format,
such as Word, Open Office, or as a pdf.

(Please do **not** send anything as **.pages**, I cannot open it.)

Photographs of your groups and group activities
are also always welcome (as jpgs please).

Please always state who took the photograph.