

How big is your bucket list?

Congratulations to Patrick Abrahams from Frome Men's Shed, winner of our ShedFest photo caption competition (see photo right) with 'This is how big my bucket list is...'



Below is Frome Men's Shed recreation of the caption competition photo from ShedFest 2019 in Worcester in November. The picture features the muggi mug holder - the prize for the winning caption.

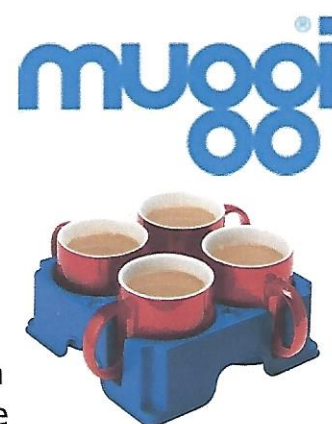
The Shedder in the middle of the photo below, with arms outstretched, is Frome Shedder Tony Hopkins – who was the inspiration behind the caption. He's running with a bucket list right now which is scarily impressive!

Already completed from his bucket list is building a coracle (he's actually built two). Tony had never been in a plane, but last year took a microlight flight over Frome. Since then he's flown in a Spitfire over the white cliffs of Dover he's learning to swim (at 78 years young). And coming up soon is his ambition to drive a steam train, scheduled for March this year. Still on his list is a skydive, flying down a zip wire, and wing walking (for which he must lose some weight, so he's currently attending a *Weight Watchers* class.)

Other Frome Sheddars are helping Tony with his bucket list, including suggestions like - *"Have you thought of volunteering to be an astronaut for the next trip to Mars?"*

Have you got anything on your bucket list? Why not ask your fellow Sheddars, when you next stop for a cup of tea, what they'd like to achieve this year, and see how you can support each other to experience new things.

Best wishes to Tony for his bucket list, and thanks from the Frome Men's Shed to UKMSA for our muggi!



Send your bucket list to admin@ukmsa.org.uk by Friday 25th January for sharing in the February edition of *Shoulder to Shoulder*.