

## November 2022



### Important Dates & Information



- **Christmas Lunch** ~ Thursday December 15<sup>th</sup>, 12.00-3pm, Compton Dundon Village Hall. See later in Newsletter.
- **Week 1, 2023** ~ Starts Monday 9<sup>th</sup> January
- **Return of Coffee Mornings** ~ 26 Jan; 23 Feb; 23 Mar ~ at URC, Glastonbury, 10.00-12.00. See later in the Newsletter and on the website.

### From the Secretary



It is somewhat unusual to see a piece here from the Secretary, but important issues have been raised by our national organisation, the Third Age Trust. At the recent AGM the Trust sought to pass a resolution giving them the right to raise their fees to u3a's throughout the country by the annual increase in the State Pension. There is already a lack of oversight on their budgets and such an automatic increase in costs to the general membership was totally unacceptable. I sat through 6 hours of the meeting voting against two resolutions and 20 amendments to defeat the proposals of the Third Age Trust. It is fair to say the TAT were disappointed by the result. In effect it means that for 2023/24 and 2024/25 the Trust will be underfunded. As a result their Board is preparing revised financial forecasts and an action plan. They now recognise the need for more open discussion with the membership in order to ensure that they hear the concerns, views and aspirations of the u3a general membership. The Third Age Trust already takes over a third of your membership fees from us and we will continue to work to maintain that proportion.

## From the Chair

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Autumn has drawn on apace – I hope that you are enjoying new groups – catching up with friends – and learning new activities. I came across this quotation from John Keats “The only means of strengthening one’s intellect, is to make up one’s mind about nothing – to let the mind be a thoroughfare for all thoughts – Not a select opinion”. All of us are faced with change – A new King, a new prime minister, and battling with the cost of living. I am reminded of our motto “Learn / Live/ Laugh.” I pay tribute to your hard working committee – during the summer months we were faced with a proposal from the Third Age Trust of raising the subscription we pay to be tied to the raise of the State Pension. This was universally unpopular and am pleased to say has been voted down. I hope to meet you at the Christmas Party December 15th – celebrating and enjoying our u3a together. Please put the date in your diary!

## Group News

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On a positive note we have 36 groups on the schedule offering a wide range of interests and activities. Regrettably a few have folded which is bound to happen over time so it’s important that members come up with new ideas. We’ve had a few suggestions for new groups but find it difficult to recruit leaders - it should be noted that leaders DO NOT have to be experts in the subject and the whole group should learn, develop and progress together. At the suggestion of a number of members Mah Jong has been resurrected, thanks to our secretary Martin Kennard who is hosting and leading the group. It’s also good to see Racketball back on the programme and the new Ukulele for Beginners up and running. We are considering the possibility of a Gardening Group, if you have any thoughts on how this might be organised or indeed any other group ideas please get in touch.



We have to thank Wendy Fouracres for liaising with St. John’s Ambulance to provide first aid courses for group leaders - our congratulations to *Gabriella Butler, Norman Andrew, Debbie Fear, Angela Middleton, Tony Martin, Elaine Robertson, Jennifer Westcott, Susan Mackenzie and Wendy Howiantz* on receipt of their certificates.

St. John’s Ambulance team would love to hear from anyone interested in getting involved with their very worthy organisation.

(Two of the GL able to attend the certificate presentation)

## Membership

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Our membership is now 375 and growing. This is good news as we have a hill to climb to get our membership numbers back up to the level they were before the covid lockdown. We have lots of new members who I hope are enjoying the groups that are on offer and can no doubt encourage friends and family to join our u3a. The majority of membership forms this year were completed online. This has helped me to complete the data base. The bank transfer of membership fees has worked well and is saving our u3a the cost of depositing cash and cheques. If you have not used the online form this time please consider for next time. As always, do please let me know of any change to your address or contact details.

## Future Events

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We are planning a **Christmas Lunch** at Compton Dundon Village Hall, on Thursday 15<sup>th</sup> December, from 12.00 to 3.00pm. (Please do not arrive before 12.00)

The arrangements are:

~Open to Members+ partner.

~Bring your own picnic (no sharing), with drink and plates and glasses.

~We will provide tea/coffee/soft drinks.

~There will be a Raffle – please bring a prize (no tat!). Proceeds will go to St Margarets Hospice.

~There will be a Table Quiz to complete during the lunch.

~Musical entertainment provided by u3a Ukulele Band; u3a Music Making group – playing sing-a-long songs for all to join in.

~And most important – please wear something **Chrismassy!!**

Coffee Mornings – to be held in URC, Glastonbury, Thursdays, 10am-12.00

26 January, Neil Clarke on Iceland, including a film he made on his visit

23 February, speaker and topic to be posted later

23 March, speaker and topic to be posted later

## News from Group Leaders

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### Line Dancing

Well, due to unforeseen circumstances, we did not start our first session until this week – 26<sup>th</sup> September – but we have quite a few new faces, which is always exciting. Let's hope they continue to enjoy it. We have a couple of special dates this term, which include Halloween, and Remembrance where we have chosen suitable dances and hope to dress up. Then of course there is Christmas. (Already I hear you saying?) Those of our members who have remembered some of their favourite dances will have the chance to choose one for our last session. Because of the late start we will finish on 19<sup>th</sup> December as Ashcott, where we meet, always closes on the last week in November, for their Pantomime. Keep Dancing!  
ER



### T'ai Chi

Hello everyone, doesn't November come around quickly! Our T'ai Chi classes are back to full strength with many new students complementing those who have been practising for many years now. We enjoy a relaxed but quite busy class, hopefully helping those wishing to find some peace and calm or those seeking some relief to some common ailments. The movements are known to help with general all round health, and students can benefit with their breathing to balance, coordination, memory and much more. A very subtle, gentle art with tremendous benefit. T'ai Chi, practised by millions around the world is recognised more and more for the health benefits it brings, there is no restriction of age or ability. Put this together with the friendship and fun we all have our classes are enjoyable all round (and good for you!). SC



### French Conversation

We have reconvened in the Mission Church, Street with ten members, two of whom are new. Some have managed to visit France this year, and we all enjoy trying to recall enough words and phrases to produce some coherent French. Listening to the cd and reading passages from our *Rendez vous* magazine helps with this and brings us up to date with current French idioms. We are a friendly, encouraging group. JL

## Racketball

The group meets at the Victoria Club in Street, every Wednesday from 10.30 to 12.30. Rackets and balls are provided. The cost is £2 per session, on a turn up and play basis. Members do not sign up for the term, but just pay for the session when they play. Try it out and see if it is for you with no commitment. Racketball is played on a squash court with similar rules, but is a much slower game due to the large bouncy balls and larger rackets. It can be played by all ages. We have the use of 4 squash courts and participants can play as much as they like, or sit out and watch and chat! It is all very casual and based on people having fun and light exercise. Guidance can be given on the rules and coaching on how to play. Turn up on the day with comfortable clothing and non-marking trainers, and a drink! Give it a try, you will be surprised how much fun it is. SW



## Local History

Talks planned for the rest of this term:

4<sup>th</sup> November – Francis Thyer – Local history through some recently discovered pictures and other interesting tidbits.

18<sup>th</sup> November – Allen Cotton – More interesting images and items discovered by our own local historian.

2<sup>nd</sup> December – Peter Lander - What the railways did for us. CC

## Chess group



We have a great bunch of players, some novices and some with a little more experience.

The one thing they all have in common is an enthusiasm for the game of Chess. We still have enough room for a couple more so do come along and join us! MA

## Film Group

We have continued our themed choice of films each month and those we have watched include *To Kill a Mockingbird* and *Psycho*. As we meet in a member's house there is obviously a limited number of places in the Group. However, we have a good talk about the film and then enjoy a general natter, not necessarily about films! To ring the changes it has been suggested that next term we may select our films by Oscar winners for best actor, best actress, etc. However, this has yet to be decided. HH



## Whist



We are a friendly group and this term we were pleased to welcome three new members, including one who hadn't played before. We all sanitise our hands before we start and in between playing – or even whilst playing – we have a chat and, more usually, a good laugh. We recently decided to each pay 50p every time we meet and the person who has the highest score at the end of the afternoon wins the pot. It won't be enough to pay the gas bill but it will be enough to buy yourself a sandwich and perhaps a drink, non-alcoholic of course! We meet in week 1 on Thursday afternoons at Lime Close Community Centre. If you would like to join us we would love to see you. HH

## Mah Jong

The reconvened Mah Jong group met in October 2022. We had seven expressions of interest and as a GL, not having played for twenty years, I felt comfortable among the more experienced members. The game is best played in groups of four so we could do with a few more volunteers and we have enough sets for four tables. So consider contacting the GL and come along for the next gathering on 7th November. MK

## Useful Weblinks (Web users can click the website name)

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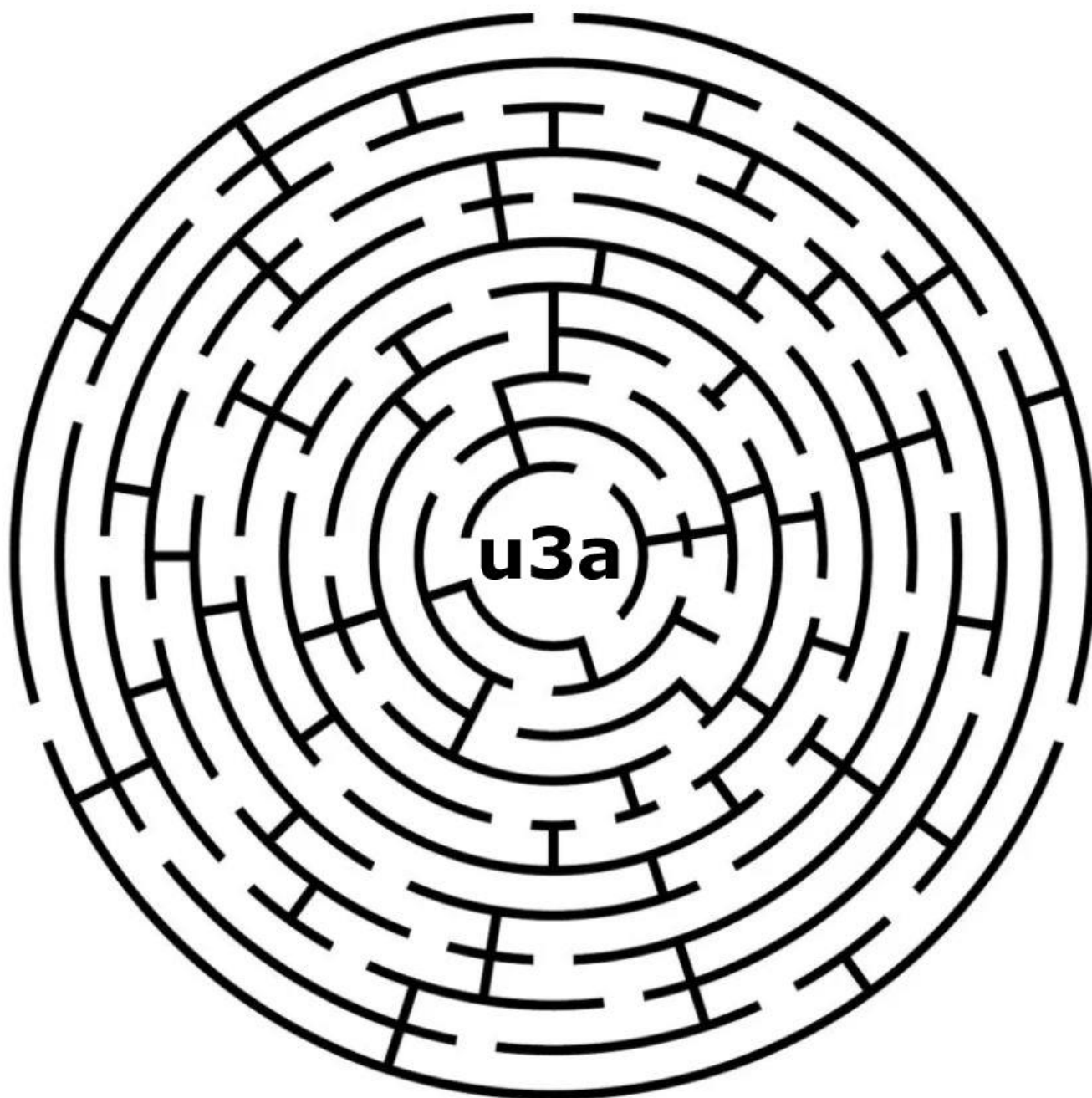
### ~ S&G U3A Facebook

Web address: <https://www.facebook.com/groups/467804163409114/>










### ~ U3A Head Office

Web address: <https://www.u3a.org.uk/>

There are 3 ways to get to the u3a – can you find them all?



For general information email: [info@streetu3a.org](mailto:info@streetu3a.org)

<b>Chair</b>	Sue Thurgood		<a href="mailto:chair@streetu3a.org">chair@streetu3a.org</a>
<b>Vice Chair</b>	Malcolm Allen		<a href="mailto:vicechair@streetu3a.org">vicechair@streetu3a.org</a>
<b>Secretary</b>	Martin Kennard		<a href="mailto:secretary@streetu3a.org">secretary@streetu3a.org</a>
<b>Treasurer</b>	Gill Donkin		<a href="mailto:treasurer@streetu3a.org">treasurer@streetu3a.org</a>
<b>Membership Secretary</b>	Paul Vernoum		<a href="mailto:members@streetu3a.org">members@streetu3a.org</a>
<b>Venues Booking Manager</b>	Cynthia Rayes		<a href="mailto:venues@streetu3a.org">venues@streetu3a.org</a>
<b>Group Coordinator</b>	Linda Wilson		<a href="mailto:groups@streetu3a.org">groups@streetu3a.org</a>
<b>Newsletter / Web Manager</b>	Andy Pickford		<a href="mailto:info@streetu3a.org">info@streetu3a.org</a>
<b>Publicity</b>	Malcolm Allen		<a href="mailto:publicity@streetu3a.org">publicity@streetu3a.org</a>
<b>Event's Organiser</b>	<b>Vacancy</b>		<a href="mailto:events@streetu3a.org">events@streetu3a.org</a>