

## July 2023

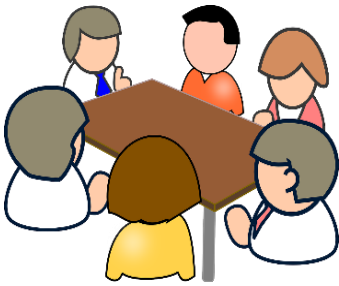


### Important Dates & Information



- **GROUP LEADERS MEETING** ~ Thu, July 13, Glastonbury Town Hall, 10.00-11.00
- **ENROLMENT DAY** ~ Thursday, August 10, Glastonbury Town Hall, 10.30-12.00
- **START DATE in SEPTEMBER** ~ Week 1 starts Monday 19<sup>th</sup> September

### From the Committee



As we look forward to the start of a new year of u3a activities, we welcome a new member onto our committee. John Roberts has taken over the role of Membership Secretary from Paul Vernoum. The Committee would like to thank Paul for the wonderful job he did over many years. It is a year-round job keeping the database up-to-date. We also have to say thank you to Cynthia Rayes for her sterling work as Venue Booking Secretary. This role saves GL an enormous amount of work by being the first point of contact for all booking issues. Sue Thurgood and Malcolm Allen have both agreed to stay on for at least the next year! However, we still have two vacancies on the committee, for Venue Booking Secretary and for Events Organiser. If you feel you can help please contact any committee member.

### From the Chair



The summer weather has been welcome after a cold and wet spring – it makes me think of growth. The trees are flourishing in shades of green and the gardens are looking lovely especially the roses. The weeds have done well to – even at the Chelsea flower show there were dandelions – who would have thought it! When you think of our u3a and growth we have a wide range of gifts and abilities but we need to grow our membership. We need more volunteers on the Committee especially with two important vacancies outstanding – namely a venue booking secretary and an events co-ordinator. In comparison to other u3a we offer good value for money (not having put our fees up) for the wide variety of activities/classes on offer. However, we cannot grow without active participation, we always welcome new ideas. Happy summer everyone! ST

## From the Editor

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With this Newsletter is our *Group Programme for 2023-2024*. Please remember all groups are provisional until confirmed. Check with our website for all the latest information. We encourage members to contact the Group Leader to register interest in your chosen group(s). In this issue GL have given some excellent information to whet member's appetites! Our **Enrolment Day, 10 August**, will give you the opportunity to talk to Group Leaders and sign up. Please, only sign up if you are serious about joining the Group, or let the GL know in good time if you change your mind. Our website, <https://streetu3a.org>, has now been updated ready for the new year of activities. Here you can find all the latest information about the u3a, our Groups, **the online Membership Form** and much more. AP

## From the Treasurer

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The good news is that there is no increase in Membership fee, nor Group fees for next year, 2023-2024. **However, to help us save on expenses I do urge members to join using the online membership form on the website, and if possible pay by bank transfer.** We are charged 40p for every cheque we deposit, but bank transfers are free for you and us. **Third Age Matters magazine:** Head Office has increased the cost for members receiving this to £3.60. If you opt to receive this on the Membership Form please add £3.60 to the Membership Fee. GD

## From the Membership Secretary

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Membership starts 1<sup>st</sup> September 2023 and will expire 31<sup>st</sup> August 2024. Please use our **online Membership form:**

**[https://streetu3a.org/membership23\\_24](https://streetu3a.org/membership23_24)**

You can pay by bank transfer if you have setup online banking with your bank (we DO NOT take money from your bank). **Bank transfers are free for the u3a and you.** Confirmation of your membership number will be by email. Also on the website there is a link to the Gift Aid Form for tax payers which allows us to claim 25% of your membership fee, at no cost to you and we make the claim. If using the enclosed paper renewal form please remember to send it to me before Enrolment Day, 10 August. This will save you time waiting to renew your membership on Enrolment Day, and will greatly reduce the work that's done on that day. Remember from previous years, the queue can be very long, **and its much quicker to apply online!** JR

## From the Group Coordinator

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Our thanks to group leaders who have continued during the summer months and to all who have committed to leading groups in the new term. We have **40 groups** in the programme for September offering an excellent selection of activities to choose from, so please come along to **Enrolment day on 10th August** and sign up - no need to restrict yourself to one group, spread your wings and broaden your horizons, make new friend and develop new skills! The recent **Cycling** group is now established with **Philosophy** and **Survival German** as start-up groups for the new term. We look forward to meeting up with Group leaders for the meeting on **13th July** in the Small Hall, Glastonbury Town Hall at 10.00am. LW

## News and information from Group Leaders:

**Tai Chi.** Our u3a T'ai Chi classes have been visited by the Grand Master, Tony Dodd. Tony has a lifetime of T'ai Chi knowledge and likes to come along as often as possible to share this. Tony handed out pass Certificates of achievement to many, recognising the hard work of the class members. SC



**Latin Groups A and B.** Both Groups have been with me for quite a few years and they are each small enough that we meet in the homes of the class members as suits the individuals. One Group is now working on the last book of the course series (V); the other is



approaching halfway through the course (III). Anyone who wanted to join us must be up to one of these standards (Book V or Book III) to be able to keep up. In June seven members of the two Latin Groups visited the reconstructed Roman Villa at the Newt. From the Museum you

take the path past the remains of original foundations to the reconstruction. PT



**Racketball.** The group meets at the Victoria Club in Street each Wednesday morning from 10.30 to 12.30. Rackets and balls are provided. The cost is £2 per session on a turn up and play basis. Racketball is played on a squash court with similar rules to squash but is a much slower game due to the large bouncy balls and larger rackets. Participants can play as much or sit out and watch and chat as much as they like. It is all very casual and based upon people having fun and light exercise. New players are always welcome. Guidance can be given on the rules and coaching on how to play. Just turn up on the day with comfortable clothing, non-marking trainers and a drink. Give it a try. You will be surprised how much fun it is. SW

**Table Tennis.** The 3 groups all meet at Ashcott Village Hall where four tables are available. Balls are provided and bats are also available. The games are played in doubles format with players rotating. There is a short break midway through for tea/coffee, biscuit and a chat. The Tuesday morning group meets all year from 10am to 12noon and is generally attended by more experienced players, including some league players. The Friday morning group meets all year from 10am to 12noon. This group is a more mixed ability group and is ideal for members who have played table tennis in the past but are a bit rusty.



*Photo – celebrating Audrey Packer's 90<sup>th</sup> birthday.*

The Friday afternoon group meets from 2pm to 4pm. It is an ideal starting point for members completely new to table tennis. New players are welcome at all of the groups but please contact the Group Leader prior to attending. Table tennis is good exercise for all ages and a great way of keeping fit whilst having fun and socialising. SW

**French Conversation.** We meet on Wednesday afternoons in the Mission church in Street, week one. We have nine members and would welcome two or three more. We converse (in French) for the first hour and, after a tea break, practise some reading, listening and translating, using the Rendez vous magazine. We are a friendly group so do get in touch if you think this would suit you. JL

**Film Group.** The Film Group meets in a member's house so we watch the chosen film at home beforehand and come together to discuss the film. We all have our say and then we have a general discussion, and it is very interesting to hear different opinions which give plenty of scope for an exchange of views. This year we have been choosing films from Oscar winning categories, e.g. Best Actor & Actress; Best Supporting Actor & Actress; Best Director; Best Film, etc. As we meet once a month we go through to June then have July and August off. Our numbers have to be limited because we meet in a member's home. Last September we had a waiting list and we will have a waiting list again this year. We pay £1 each time we attend and also 50p towards Alison's delicious homemade cakes and biscuits. Trust me, 50p is a very small price to pay for those treats! HH

**Line Dancing.** Hi to all you would-be dancers. I hope to see those that are regulars and those who would like to try doing line dancing in September. We have had a great year, but there is always room for improvement. It is such good fun and great exercise both for brain and body. We are a very social group and there is lots of gossiping going on during our tea break. (Not just at tea break, sometimes!) Everyone mucks in to make it a very enjoyable experience. I look forward to seeing you at enrolment in August if you have any questions, or you could phone/message me for any further information. ER

**British History.** This group has a very successful past looking at all aspects of British history. Recent years have seen us start from 1066 and progress through the centuries

and we have now arrived at the 18<sup>th</sup> century. September will see the Four Georges and an Empire as the Hanoverians arrive in Britain. New members very welcome. BW

**Ukulele Band.** The ukulele band has proved popular over the last few years, growing in number to 30 plus last term. We could squeeze in a few more interested players but you do need to be able to play a reasonable number of chords and to be able to download the song sheets either to printed copies or onto a tablet. Here is the link: <https://streetu3a.org/songbooks/> You also need a music stand and surprisingly, a ukulele of any size! We play a variety of songs, pop, jazz standards, ballads, traditional, etc, however, no George Formby! We touch on strumming patterns, picking, reading tablature and playing in different parts. Above all we aim to have fun and enjoy our alternate Friday afternoons. *If you are interested in joining either ukulele group, I have an 'as new' Brunswick soprano ukulele with strap, tuner and padded case. £30. WH*



**Ukulele for Beginners.** Have you ever had a yearning to play an instrument or perhaps you've tried but found it hard work, well we have some good news just for you. A new 'Ukulele for Beginners' group will be starting this September. The Ukulele is a fun and very versatile instrument that is not too difficult to learn. The group will take place on Monday afternoons 2pm – 4pm, check out the U3a website, [www.streetu3a.org](http://www.streetu3a.org) for details of dates and venue. You can also go to the enrolment day at Glastonbury Town Hall on 10<sup>th</sup> August 10.30 – 12.00 and have a chat and ask any questions, we will have ukuleles there for you to have a look at and can give you advice on what equipment you will need. RG

**Whist.** The Whist Group enjoyed a successful year, gaining a few more members as we went along. We all enjoy getting together to have a good natter and laugh. Oh, and we play Whist as well! We have become a social bunch too. We had a Christmas lunch which was very enjoyable so we had an 'end of year' lunch in June. We welcome new members and are happy to teach you if you've never played Whist before so if you would like to give it a try feel free to sign up at the Enrolment Day in August. You can pay £1 for a taster session, then if you decide to continue, pay the remaining £5 for the term. HH

**Yoga.** Our yoga group has been running for several years now in the Victoria Hall (Wednesday at 10) and basically I think it is about body and mind maintenance...all done



in an easy and pleasurable way. If you have never done yoga, or fancy giving it a go after many years then why not come along and try. There is nothing to lose and lots to gain, increased flexibility, strength, a mindfulness time and calm as well as meeting new folk and learning something a bit different. The aim is to bring movement to all parts of the body. Sometimes

we focus on specific areas of concern or on classic asanas, balances, breathing techniques or on yoga philosophical ideas. You are always expected to listen to your body and never push anything, just enjoy moving. All you need is a yoga mat, a cushion for your head, a belt or old tie to help the legs sometimes and as it gets cooler a blanket for the final relaxation. Any questions please contact me: [ursulad19@gmail.com](mailto:ursulad19@gmail.com) or 01458 850416. UD

**French.** Two groups take place in my house in Wells. The **Improvers** group runs on **Wednesday** of week one from 2.30 to 4.30. This is for members with a modest knowledge of the language ...mainly from schooldays. Most have been coming for a few years now and we have worked through various text books. We are currently using *Facon de Parler* book 2. There are enough copies of the book for people to use at home to do revision or preparation. The **Intermediate** group are a little more advanced. They meet on **Monday** of week two from 2pm to 4pm. They have completed the text books and we now study articles from the magazine *Rendez-vous* and use a grammar book for 'homework'. New members would be welcome in either group and everyone is very friendly. My phone number is 01749 676707. Please leave a message and I will get back to you. SG

**Local History.** Our group has been meeting for many years in the hall to the rear of the URC Glastonbury. We have a different speaker for each fortnightly group often with a Power Point presentation talking about an interesting aspect of our local history. Our focus is generally on Glastonbury and Street and sometimes matters Avalonian but we also explore matters further afield but generally around Somerset. It is a friendly group where we share a drink break and have an opportunity to ask questions or add comments about the week's subject. Next term our subjects will include Alfred the Great, the Reformation and Dissolution of The Abbey, local industry, life in local villages and a potpourri of other subjects. If you think you have a subject, of family or local interest you'd like to share please contact me Chris Craig (Group Leader) at [chrcraig@googlemail.com](mailto:chrcraig@googlemail.com)

**Reading Greek Tragedy.** Of course it would be better if we could read these powerful plays in Greek, but just because we cannot hear the sound of the language does not mean we cannot be moved by the passions expressed in it: jealousy, pride, anger, revenge, love. These are common in every language, every age, every civilisation and that is why these plays are still relevant today, why they can still move us, why we still find in them echoes of our own moral dilemmas. Next term we are going to read "Hippolytus" by Euripides. This is a tale of a young man who angers a goddess by ignoring her – a very unwise thing to do. He has to pay a terrible price, but not only does he have to suffer: his stepmother is caught in the coils of a forbidden passion and his father makes a dreadful misjudgement. Beware of angering the gods! JW

**Book Group.** We meet on the first Thursday afternoon of each month to share our opinions of a chosen book. As you might imagine, it is a rare if not unheard of occurrence that these opinions are unanimous and that is very often what makes for an interesting and enjoyable

discussion. We arrive at our selected reading list by each submitting a suggestion (no restrictions) and taking a vote. You will find the group's complete past reading list (16 years' worth) posted on the website. Our reading list for September onwards has yet to be decided but will be published on the website and circulated to members ASAP (probably late July/early August), giving people enough time to obtain their own copies. The ideal size of the group for a lively discussion is around 12. Allowing for the inevitable one-off absenteeism, there may be a few spare places. If you would like more information please do contact me. JH




**Petanque.** We continue playing throughout the year and unless it's pouring down with rain or snowing, the session goes ahead. We have been known to play in both extremes - cold/ hot, just dress appropriately! Are we nuts? No, just a bunch of us who love being out in the fresh air, catching up with friends and trying to improve our game. We are all quite competitive and teams want to win but it's all done with good grace and fun. If anyone would like to join us, please come along for a first free sample session, after that it's just £1.00 each time you play. Group leaders Martyn or Gabriella Butler on 01458 443834.



**Reading Shakespeare.** Our well-established format for each 2-hour session is that of watching 20-30 mins of a production on DVD followed by reading and discussing the same scenes. Members need to have their own copy of the play, preferably with line numbering and are expected to do a little 'homework' in preparation for each session, reminding themselves of the text so far and reading a little forward in anticipation, all with the purpose of enhancing our group understanding and appreciation. Last year the group read *All's Well That Ends Well* (except that it didn't! not in our opinion anyway) and *Coriolanus* (wow, did that man give rise to some strong reactions from the group and maybe his mother even more so!) This September we're starting with *The Taming of the Shrew* which will take us up to the Christmas break. We anticipate there will be many a heated comment. The group is limited to 12 and likely to be fully subscribed. However, if you might be interested to join us and just in case there are spaces do contact me to find out more. JH

**Table Tennis & Badminton at Strode Sports Centre.** These groups operate every Tuesday from 4.30 to 6.00pm. You only pay when you play and costs £2 per session. You will need a TT bat/Badminton racquet and soft shoes. Players of all abilities are welcome.

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

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