

# Street and Glastonbury u3a

Web: <https://StreetandGlastonbury.u3asite.uk>

## July 2024



### Important Dates & Information



- **GROUP LEADERS MEETING** ~ Thu, July 11, Glastonbury Town Hall, 10.00-11.00
- **ENROLMENT DAY** ~ Thursday, August 8, Glastonbury Town Hall, 10.30-12.00
- **START DATE in SEPTEMBER** ~ Week 1 starts Monday 16<sup>th</sup> September

#### From the Committee

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As we look to a new year of u3a activities we have a few changes to the committee that we would like to share.

Andy Pickford deserves a special mention as he is retiring from being the newsletter and website editor to concentrate just on website work now. He has done an excellent job.

#### From the Chair

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It is a pleasure to welcome everyone at the beginning of a new u3a year, to thank those who are stepping down and to welcome new officers to the committee. I have agreed to be Chair for another year before I retire.

There are several new committee members who we welcome and some changes of post. Group coordinator is Mike Coombs, Newsletter editor Ursula Dunne, Vice Chair Angela Middleton, Publicity officer Linda Wilson, Events organiser Chris Craig, Web Design Andy Pickford and Jenny Lewis joins the committee.

Chris has organised the coffee mornings which will now be on a Tuesday morning at St. Benedict's Church in Glastonbury. The whole morning including coffee will be charged by donation. You will still be able to park in Morrisons and walk round the corner into Benedict Street.

It all looks very positive – I advise you to keep in touch with the website which has not only the programme but also the newsletter. If you are unable to access online – mention it to the group leader and we shall do our best to help.

I hope you have a happy summer and see you on enrolment day on August 8th

## **From the Editor**

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Hello to all from Ursula, the new editor of the newsletter. I have been running yoga classes for our U3A for several years and thought it was about time I did a bit more to help promote and maintain the excellent work of this organisation. Replacing Andy's sterling work is a difficult act to follow but I will do my best. I have really enjoyed reading more about what is on offer and am sure that you will too. The only problem is that I now fancy joining lots of the groups!

Having read the articles from some of the group leaders hopefully you will decide to come to our enrolment day on August 8<sup>th</sup> and sign up. At the time of writing some groups may be provisional so please keep your eye on the website and check. Not all groups sent in information but you have a wonderful collection here to whet your appetite and if you look on the website <https://streetandglastonbury.u3asite.uk>, you will find significant dates, latest information, groups, the online membership form and much more.

Take your time, read, digest and enjoy this newsletter

## **From the Treasurer**

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The annual membership remains at £12 per person, paid by bank transfer into the street u3a bank account. **Bank transfers are free for the u3a and you.** If you wish to receive the Third Age Trust magazine, please add that onto your membership fee. Details are on the form.

If you are a new member and have ticked the gift aid form (thank you) can you complete the online gift aid form.

Group fees remain at £1 per week per class to be paid in CASH to the group leader at the start of each term. Looking forward to another full year of new and exciting challenges.

## **From the Membership Secretary**

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I hope you are all looking forward to the start of the 2024 2025 season for Street and Glastonbury u3a.

Membership covers the period from 1<sup>st</sup> September 2024 to 31<sup>st</sup> August 2025 and now is the time to renew your membership. All existing members are required to rejoin either on line or by membership form.

If possible, please use our **online Membership form** at <https://streetandglastonbury.u3asite.uk>

Payment by bank transfer is our preferred method and our bank details will be sent to you by email once you have enrolled, so if you haven't already, you can setup online banking with your bank (we DO NOT take money from your bank).

Confirmation of your membership will be sent by email. On the membership form and website there are details on Gift Aid for tax payers which allows us to claim 25% of your membership fee, at no cost to you when we make the claim. If using the paper renewal form and are unable to get to the Enrolment Day please send me a stamped addressed envelope and I will send you a copy of the Membership form. Please try to send it to me before Enrolment Day which is on 8th August at Glastonbury Town Hall, 1030 to 1200. 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 it's much quicker to apply online!**

John Roberts, Membership Secretary, Sanctuary Cottage, Newtown Lane, West Pennard, Glastonbury, BA6 8NL

## **From the Group Coordinator**

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Hello I am Mike Coombs the new Group Coordinator. To all Group Leaders a big "Thank You" for all that you do for the U3A in Street & Glastonbury.

I look forward to seeing as many of you as possible on Thursday 11th July Glastonbury Town Hall 10-11 am Group Leaders Meeting.

## **News and information from Group Leaders:**

News and information from many of the group leaders...in alphabetical order. Not all of the groups have their details here but you will find more on the website.

### **Bird Watching**

This is a new group which will start in September 2024. We will normally meet for a morning or afternoon, but early mornings and evenings are good for birds so there will be some flexibility on times by agreement amongst the group. Binoculars are not absolutely essential, but are very useful when birding! A small number of binoculars may be available to borrow.



We are very lucky to have some top bird watching sites close to Street and Glastonbury and we will take full advantage of these, birding throughout the year to enjoy watching and identifying a wide range of species. This group will be suitable for both beginners and more advanced birders. We will visit reserves and other sites on the Avalon Marshes and

other parts of the Levels and should also get out to other sites including Steart Marshes on the coast, the Quantocks and the Mendips. Own, or shared, transport will be required.

As well as identifying birds by sight and sound we will cover other aspects of birding including choosing binoculars, field guides, identification apps, bird recording etc.

Mat has been bird watching for over 50 years. After spending several years in his early 20s working on bird reserves, he then worked for 40 years in Wales before moving to Catcott in 2023. He carries out bird surveys for the British Trust for Ornithology and is Chairman of the Somerset Ornithological Society. [mat.ridley.woodlands@gmail.com](mailto:mat.ridley.woodlands@gmail.com)

### **Book Group**



The group meets on the first Thursday afternoon of each month throughout the year to share our opinions of a chosen book; most usually a novel, although sometimes a short story collection or memoir. Our reading list for September onwards has yet to be decided but will be published on the website and circulated to members ASAP (probably in July), 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 Group Leader, Julie Hillman.01458 446643. You will find the group's complete past reading list (17 years' worth) posted on the website.

### **British**

The venue for British History group is the lovely village hall in Compton Dundon . It is a comfortable and attractive hall with easy parking. There is a screen and projector which we will use. We meet fortnightly on a Thursday afternoon.

Programme details are as follows

The Victorians 1837 - 1901 - produced lasting changes in society, inventions, wars, 20 changes of Prime Minister and Charles Dickens published A Christmas Carol which sold out in 6 days - what else can we discover? I have found a photograph of Queen Victoria smiling and hope I can welcome u3a members to share this and many other interesting facts with me.

### **History**



Brenda Webber 01935 422728



### **Chinese Brush Painting**

*Chinese* brush painting is an ancient art form. The Chinese believe that a painting should have life and energy and be rich with symbols or hidden meaning e.g. the orchid symbolises beauty,



modesty & refinement and plum blossom means hope & renewal. This form of art work is both fascinating and fun and can be achieved by a complete beginner.

This course is not teacher led but any newcomers are shown how to hold the brush & given information on brushes, paints, paper & books. We offer one another support & encouragement but as with any art it is very personal as to subject matter. The group had another very successful exhibition in St John's church for 3 weeks in May. Everyone put in some pictures and there were over 80 on display..... some of them are shown here.



For more information contact [jeannebradban@gmail.com](mailto:jeannebradban@gmail.com)

**Cycling** .... for easy, outdoor exercise in good company.

The cycle group sets off on a gentle ride from Glastonbury Market Place alternate Thursdays (u3a week 2) at 10am. Routine rides are between fifteen and twenty miles with minimal climbing sticking to country lanes. We only ever do a short hop on a main road to get between lovely quiet droves. We always stop on the way round for a break at a local cafe. Then we're back in Glastonbury before 1pm. All welcome. £1 for u3a costs. Don't worry about keeping up. We always go at a pace that's comfortable for everyone. And don't worry about a mechanical problem; one of us will stay with you until you get home. You have the option of an occasional longer, day-ride of thirty-or-so miles going out to Bruton, Cheddar or Somerton.



Get in touch. Contact Charlie: 07802-422091; [cbeaton@gmx.co.uk](mailto:cbeaton@gmx.co.uk)

## French Conversation with Jenny

I run the French conversation group, Wednesday afternoons, week 1.

I invite everyone in turn to chat to us in French about anything they choose, which leads into a general conversation. We hear about holidays, gardens, hobbies, outings...We don't expect perfect French, but members should be reasonably fluent. Dictionaries are allowed!

After a break for refreshments, we listen to an article in French from the *Rendez-vous* magazine, and then read and translate it together. Topics are very varied, often connected to France in some way.

We are a cheerful, friendly group of 8 and would welcome a few more members. If interested phone 01458 442034



## French with Shirley

My two French groups are relaxed and friendly. We try to learn new vocabulary and some necessary grammar as we go along. We practise conversation as part of each session and there is also a text element .

The Wednesday pm (week one) group (Improvers) are working through the text book **Facon de Parler** (2) while the Monday pm (week two ) Intermediate group are studying texts from the magazine **Rendezvous**.

New members for either group would be made most welcome.

We meet in my house in Wells.

Please contact me on 07531758292 if you would like more information.

## (Not the) Greek Tragedy Class...



Having started to read Greek tragedies in September in 2017 and having read 16 since then, I wondered if it was time for a change and so asked the class if they would like to tackle the foundation work of European literature and the source of the subject matter of all the tragedies: the *Iliad* by Homer. As it is hard to make decisions about something you know little about, we decided to devote the last session before the summer to having a look at the first chapter. Everyone was asked to read this before the class. (There was no need to buy the book at this stage as it is available online.) When we assembled again I asked a few starter questions (not factual, but more discussion starters) and quite heated discussions ensued; there was certainly enough curiosity aroused for the class to want to know more and so the decision was taken: next year's Greek Tragedy class will be transmogrified into the Greek Epic class. You will find a very brief summary of what happens in the first chapter, which the class has already read:

<https://www.youtube.com/watch?v=RxE30E824k>. Don't worry that it seems a bit childish; the cartoons are fun, but it is a good brief summary. The translation we shall be using in class is the following: Homer, The Iliad translated by Martin Hammond. Published by Penguin. ISBN 0-14-044444-0. It does not matter hugely which translation you use, but the advantage of all using the same one is that I can refer to a page number and we can all find it easily. Several are available second-hand online. There are about 12 in the class usually. If you would like to find out more, give me a ring (01458 850054). It's a very lively class and I look forward to it hugely every fortnight!

Jennifer Westcott

### Local History

Here is the autumn programme for the group

20th September Alice Hogan, director of the heritage project at the Red Brick Building.  
**This will be an opportunity for ex-employees at Morlands and Drapers to explore the history of their place of work and add to it.**

4th October, Polly Curbishley Ancient Roads and Highways of Somerset

18th October, Gill Lindsay The Silk Industry in and around Evercreech

1st November, Francis Thyer The History of Glastonbury Abbey

15th November, Jan White The Old Grey Mayor Entertains

29th November, Jane Clark The Adventure of a Lifetime Family history from the end of the War

All talks are in the rear hall of The United Reformed Church, Glastonbury High Street 10am to Noon. Friday mornings, Week 1

Late alterations are possible when another talk may replace the listed one if a speaker cannot attend at the last moment.

Chris Craig [chriscraig@googlemail.com](mailto:chriscraig@googlemail.com)

### Latin Groups A and B

We are now two small groups which meet in private homes. B Group has completed the Cambridge course and we are now working on other texts, possibly aiming to do some 'real' Latin in the future. Group A has completed Book II and we have started on Book III, aiming eventually to complete the series. Anyone who wanted to join us would have to be up to the standard of one of the Groups in order to keep up with us. Please contact me if you want to know more.

Pat Thompson [pat848@btinternet.com](mailto:pat848@btinternet.com) 01749890213

## Line Dancing



It's been a long break this year as we have not had our usual summer meetings, so we will all be rusty when we start back in September. Just the opportunity for those that like the idea of dancing, to join us. It is great fun and we don't take ourselves too seriously. We are a very social group and a lot of nattering goes on, and not just at tea break! We all muck in together to make it an enjoyable experience and it's great exercise for both body and brain.

So if you think this may be for you, please contact me 07746119838. I'll be happy to give you any further information that you want. I look forward to greeting you in September.  
Elaine

## Music Making

This a small (currently) group of musically inclined people with varying amounts of experience playing our chosen instruments (including voice). Our priority is to enjoy ourselves just trying to play stuff together, finding out what does and doesn't work and making the most of what we can each contribute.



We have a go at songs and pieces from a fair range of musical genres and are keen to try new numbers suggested by members. We also make opportunities, without pressure, to offer solos (aka "Party Pieces") to the group, always encouraging each other and building confidence. There are no pre-requisites about level of experience and music reading. David, the leader, welcomes enquiries from anyone who thinks they might fit in.

If you want to know more please phone me 07942 264354 or send an email

[mm@davidc.me.uk](mailto:mm@davidc.me.uk)

## Petanque

The Petanque group meet alternate Thursdays at Compton Dundon Village Hall and is lead by Martyn and Gabriella Butler.



Unlike some groups we continue playing throughout the spring and summer. As you will all be aware, we have had a pretty wet spring and we have, unfortunately, cancelled a few sessions. If the weather is a little mixed on the day of play,

Gabriella waits until 12 ish and if it looks like the rain is set in for the afternoon, she sends out an email to cancel the session. As a general rule, we try to get out and get some fresh

air and enjoy a game or two, no one seems to mind if it's a little cold or too hot, we just dress appropriately!! On average we get around 13 turn up and everyone enjoys the friendly competitiveness.

If anyone is interested in coming along to see if they would like to join us, we start at 14:00 until 16:00.

The taster first session will be free and then £1.00 per session if you join us.

For more information, please email [gabriella\\_butler@hotmail.com](mailto:gabriella_butler@hotmail.com).

### **Philosophy**

We are a small group of philosophically minded folks who have been meeting together over the last three terms in various venues, each other's homes and even Wetherspoons! This photo shows only half of the group! We meet on alternate Thursdays at 2pm in the Mission Church.



This past year we have over coffee and biscuits, learnt about, discussed and debated the philosophy of the ancient Greek philosophers, Stoicism, the major world religions, free will and determinism, environmental ethics and social justice amongst other subjects.

So if you have an interest in philosophy then you are very welcome to join us in our voyage of philosophical exploration from September 2024 into 2025.

[richard.paul.goldring@gmail.com](mailto:richard.paul.goldring@gmail.com)

### **Racketball**



Wednesday morning Racketball from 10.30 to 12.30. We play at the Victoria Club on their squash courts.

Racketball is a slower version of squash and is suitable for all age groups. Balls and rackets are provided. The fee is £2 per session on a turn up and play basis with no term commitment. There is a seating area and members can play or sit and chat as

much or as little as they wish to. Beginners are welcome and coaching is available. New members seem to be surprised how much fun it is. Stephen Wright

[stephenjwright@sky.com](mailto:stephenjwright@sky.com)

## Table Tennis

I look after Friday morning table tennis from 10am to 12noon. We play at Ashcott Village Hall in primarily doubles format on 4 tables and continue to play throughout the whole year.

The emphasis is on having fun and enjoying every morning. Balls are provided and bats are available. At 11am we have a break for tea/coffee and a Kitkat.

Beginners are welcome and advice is available. It is £12 per term with 40p for tea/coffee

Stephen Wright [stephenjwright@sky.com](mailto:stephenjwright@sky.com)



## T'ai Chi

When we start a new T'ai Chi class a question I often ask is 'Why do you want to do T'ai Chi and what do you want from it?'

Some people know of its benefits others usually retort with 'I've seen it on the telly or my friend said it's good. Truth is there isn't a right or wrong answer, it's many things to many people. Some love the peace it brings, some the exercise and health benefits. Tackle

those balance and breathing issues, maybe address that stiff joint or back. I would say that in our current world many are looking for a way to 'De-stress' T'ai Chi is excellent for this. We will address these and any other issues you may wish to raise. T'ai Chi is an art form where there is always more to learn, however, the benefits may be felt from the very first movement. We practice the 'Lee Family Style', a style that is thousands of years old, contrary to belief I wasn't there at

the beginning.

Try us, we're a friendly group, if you have any questions use the phone number to call me and we can chat. 01458 442599



## Reading Shakespeare – Week 2

Sep to Dec 2023 the group read Taming of the Shrew, in some ways a difficult play but nevertheless giving rise to a good amount of interesting discussion. Then, in the early months of 2024, reading and discussing Hamlet, we broke with our usual format and, instead of giving some of our time to watching a DVD of the play, we dedicated ourselves entirely to the text.

In September we will be turning our attentions to A Midsummer Night's Dream which will take us up to the Christmas break. 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.

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 Group Leader Julie Hillman to find out more 01458 446643

## **Ukulele Band**

The ukulele band meet on alternate Friday afternoons at St Mary's Church Hall in Glastonbury. Over the last year we have been 30 plus strong which is great as we make quite a big sound! The group is for those who are already playing ukulele to a certain extent and we work from our own songbook which is divided into 6 progressively more difficult sections. The songs are mostly well known ranging through traditional, folk, pop, country, blues, jazz and rock 'n roll.



Most of the group sing along but this is not necessary if you don't feel comfortable to do so. We meet for two hours with a short break and I try to cover a bit of technique as well as the songs. The main purpose of the group is to enjoy playing music together and have fun. You will need a ukulele, obviously! a music stand and the ability to be able to download our songbook.

Wendy [wendyhowiantz@gmail.com](mailto:wendyhowiantz@gmail.com)

## **Walking**

Our walking group continues to flourish and has many loyal members and has also attracted quite a few new members along the way. We are very friendly group and enjoy social walking at a leisurely pace which enables us to mix freely within the group which



keeps our conversations fresh.

Norman has had the role of group manager/leader for three years and together with regular offers from other members, we have been able to offer over 50 unique routes. Each walk starts and ends at a public house, café, or tea room, where a significant number of us continue our social conversations at the end.

All walks are approximately 4 miles in length.... and at a distance of no more than 30minutes drive away from Street. They are generally “easy to moderate” as a level difficulty, and are described by email circulation about a week beforehand. We have a new webpage within the U3A website with more information. Please take a look....

[https://streetandglastonbury.u3asite.uk/u3a\\_groups/walking-group/](https://streetandglastonbury.u3asite.uk/u3a_groups/walking-group/)

Or contact Norman on 07940 812524 or via the webpage.

### **Whist**

U3A Whist Group meets every other Thursday @ Lime Close Community Room, Lime Close, Street, and we will restart Week 1, Thursday 19 September for the autumn term. We start at 2pm - 4pm. Currently we meet for both the Autumn & Spring Terms. We are a very friendly group, welcome new members of all abilities, & enjoy the challenge of competing. For more information, please contact Janet Dyer, Group Leader, on 07980 412252 or email: [janet.hansen10@yahoo.com](mailto:janet.hansen10@yahoo.com).

### **Yoga**

Our yoga group provides a way of looking after yourself in a gentle but useful way. My group has been running for several years now and many participants comment about how much better they feel after a session. You are very welcome to join us this September whether you are a “returner” or totally new. We stretch and use every part of the body so slowly strengthening it and making it more flexible. We think of posture and work on some of the internal muscles which can help us. Some exercises are done standing, others sitting or lying on your back or front. We work with the breath, extending it and learning how we can use it to aid relaxation. I am a British Wheel of Yoga

qualified teacher and at all times you are advised to be mindful and gentle as yoga is not about stressing the body but freeing it. Variations are given for many of the exercises so that you can work to the level at which you are comfortable. You need a yoga mat, a little cushion for your head and a blanket for the final relaxation.



Any questions please contact me : [ursulad19@gmail.com](mailto:ursulad19@gmail.com) and I will get back to you as soon as I can.

**COFFEE MORNINGS ,TOPICS & SPEAKERS**

**September 24**

History of the Glastonbury Almshouses 1250 to present. Speaker Chris Craig

**October 29**











Medical Detection Dogs. Speaker Christine Coombs

**November 26**

The Geology of Somerset focussing particularly on the local area.  
Speaker Susanna van Rose

All the meetings will be at St Benedict's Church, Glastonbury from 10-12pm on Tuesdays,  
Market Day. Free parking is available for up to 3 hours at Morrison's Car Park.



<b>Chair</b>	Sue Thurgood	
<b>Vice Chair / Publicity</b>	Angela Middleton	
<b>Secretary</b>	Martin Kennard	
<b>Treasurer</b>	Gill Donkin	
<b>Membership Secretary</b>	John Roberts	
<b>Group Coordinator</b>	Mike Coombs	
<b>Newsletter</b>	Ursula Dunne	
<b>Web Manager</b>	Andy Pickford	
<b>Events' Organiser</b>	Chris Craig	
<b>Publicity</b>	Linda Wilson	
<b>Committee</b>	Jenny Lewis	