

## SUMMER 2026 NEWSLETTER

### Important dates

|              |                        |               |                        |
|--------------|------------------------|---------------|------------------------|
| JULY 9       | Group Leaders' Meeting | 10.30-11.30   | Town Hall, Glastonbury |
| AUGUST 13    | Enrolment morning      | 10.30 -12.00  | Town Hall, Glastonbury |
| SEPTEMBER 14 | Autumn term begins     | Various times | Various venues         |

## WORDS FROM THE COMMITTEE

### From our Chair, David Newick

I recently enjoyed 2 wonderful u3a events, the Jazz Concert at St. Benedict's and the Abbotsbury coach trip. Big thanks to Chris and John! We have welcomed two new members Philippa and Mark into the growing committee. There is a vacancy open for Groups Coordinator, and for Vice Chair. If you are interested in these positions let us know, or if you would just like to help the committee in an informal way you will be most welcome too. On Thursday July 23rd we have another opportunity from Street Parish Council, this time outdoors we have a stall/gazebo at the Street Market. If you can spare an hour between 9am and 1.30pm to help please contact me or any other committee member, we will be showcasing and talking about our various activities, to attract people to join and/or attend our Enrolment morning on August 13th Have a great summer everyone!

### From our Web Manager and Groups Liaison, David Chapman

When I took over as Web Manager in May 2025, I found that a substantial part of what I had to do was to deal with Group web pages, and this involved working with Group Leaders, either directly or via the Groups Coordinator. While we've not had a Groups Coordinator, which is still the case as I write this in June, I've been working directly with Group Leaders to ensure their web pages are up-to-date, and I've also acted as their point

of contact with the Committee to offer support where needed - hence my additional role title of Groups Liaison.

A dedicated Groups Coordinator on the Committee can offer more direct support and encouragement to our Group Leaders than I have time for, and should be central in organising the Group Leaders' meeting and the Enrolment Morning. The organising roles have had to be picked up by the Committee collectively, and Committee members have enough to do in their existing roles.

Groups Coordinator is an important role because our groups are what S&G u3a is really about, and our Group Leaders are therefore the most important people we have. Perhaps you would consider taking on the role yourself? If you think it might be for you, send our Chair, David, a message using the [Contact Us](#) web page.

You may not fancy a Committee role, but perhaps you want to lead a new group. If so send me a message as Groups Liaison using the [Contact Us](#) web page.

Writing as Web Manager, I want to thank our Group Leaders for helping me to keep the Group web pages up to date. A few Group Leaders edit their respective Group pages: I thank them in particular and encourage any Group Leaders who aren't IT phobic to consider helping me by doing that. If you're interested, please use the [Contact Us](#) web page

#### **From our Treasurer, Gill Donkin**

I met with Julie Hillman and her insight into the accounts was greatly appreciated. She did realise what a complicated and unconnected system we use.

We got together to identify and correct the anomalies in the earlier Treasurers report. These proved to be simple formulae errors and inconsistency in year end cut off date for some transactions.

We have a healthy financial position and it was great for members to enjoy a couple of terms of group fee holiday in this current year.

Julie states "I have inspected the records and am fully satisfied that they are a complete and accurate record of the year's affairs."

Our Chair, **David Newick**, adds:

"We have posted the corrected summary 2024-25 and this report on the website under [Documents](#). We welcome any questions about it, either in person at one of our upcoming events or via the [Contact Us](#) page on our website.

The committee agreed that arranging a short EGM just to approve this would be difficult to arrange in the next few months with a required 12% quorum. I checked with our Regional rep and a national u3a Finance subject expert, and an EGM is not essential to continue our business.

We will request a formal sign-off at the next AGM in May 2027, allowing time for all questions and concerns to be addressed.

The committee thanks Gill and Julie for their quick, but also diligent and thorough, investigation/correction/double checking annual balances.”

### **About our Secretary, Jenny Lewis, by Ursula**

Jenny does a very efficient job always, arranging meetings, writing agendas and minutes and keeping everything well organised. She does not have a lot to say about this in the newsletter but suggested that in the final ‘Extra’ section of the newsletter she would like me to share one of her favourite poems with you. It is called Adlestrop and you will find it at the end of this newsletter. I hope you enjoy it and perhaps it will encourage you to send a poem you like for the next newsletter.

### **From our Membership Secretary, Mark Lewis**

Hello, I am your new Membership Secretary and am working hard on getting to grips with the enrolment process, ready for all your renewals in the next few months. I have been a member of Street & Glastonbury u3a for 10 years now and enjoy it as much as ever. Best wishes to all.

### **From our Publicity Officer, Philippa Chapman**

Hello, I am Philippa, a semi-pro lyric mezzo, a lay minister in the Church of England and a costumer. I am parent to two adult children and married to David the u3a Web Manager and Groups Liaison person. Apart from singing I play a selection of hand percussion. I enjoy reading and watching speculative fiction, especially fantasy and science fiction.

I have experience in publicity in the past; online and using physical media. I know all the places in Glastonbury where posters can go free of charge. I have also done some promotion on radio and film. I am ready to do all of these on behalf of S&G u3a.

### **From our Newsletter Editor, Ursula Dunne**

As I write this the weather is extremely hot and I do hope that you are all finding cool places to avoid the intensity of the sun and to browse through this summer newsletter. As ever there are changes to our committee and we are all keen to do our very best for you. There are many good things happening in our U3A as you may know, or if it is all new to you, then there is plenty to discover. The groups that are running are many and varied. You will find notes from some of them below but also there is a lot of information on the website.

Not all groups contribute each time to the newsletter and as you will read, a lot of the groups are long-standing and some quite big. This is testament to our successes but it does mean though that you need to attend our Enrolment morning on August 13<sup>th</sup>. Happy

reading, have a great summer everyone and look forward to sessions beginning again in September

**From our Events Organiser, Chris Craig.**

**Abbotsbury u3a Outing Friday June 12<sup>th</sup>.** This was the second annual outing for the u3a and as in the previous year, we were able to fill a 50-plus-seat bus. After a few dodgy days of wet weather, we were lucky that it was dry but not too hot. The route included a run through lovely Dorset countryside and views of the spectacular Jurassic Coast.



We arrived at the famous Tropical Gardens by 11 am, where we took advantage of the pleasant café and wandered around the extensive grounds. As well as the wide variety of exotic and colourful trees, flowers, and foliage, there was a walk to see the extraordinary Chesil Beach as the sun began to break through the clouds.

After lunch the bus took us to the car park near to the ancient Swannery. This has been managed since mediaeval times, when the monks from the local Abbey cared for it. The Abbey was owned by Glastonbury, and there are still ruins in the village. On the hill above is St. Catherine's Chapel, which is a beacon for pilgrims and a great viewpoint as some of our members discovered.



Judging from the positive feedback the group had a great time!

After we'd explored this, Catharine's Chapel, and the Abbey and village



*The view from the Tropical Gardens to Chesil Beach  
(Portland Bill lost in mist)*

# NEWS FROM THE GROUPS

Visit the Groups List web page at <https://streetandglastonbury.u3asite.uk/groups-list/> and click on a group name to get more info about that group and contact details for the Group Leader.

## **THE CLASSICAL LITERATURE GROUP. Jennifer Martin**

(this was the Odyssey group)

The reason for the change of name is that next term we shall not be reading Greek Literature, but Latin (translated of course): the AENEID by Virgil. Having read about all the heroes who took part in the Trojan War in the Iliad and followed one of them, Odysseus, on his tumultuous journey home in the Odyssey, we thought it was time to follow a different hero on his journey to found a new city, Aeneas.

Virgil wrote this epic to give Rome a glorious foundation story to enhance its reputation under its new ruler, Augustus, who had emerged as emperor after years of civil war and dreadful bloodshed.

In this epic, we read of Aeneas' adventures on his way home from Troy, including storms, shipwreck, funeral games, and most poignant of all, a tragic love affair, until he finally arrives on the shores of Italy only to have another war to fight until he achieves his goal. Through all of this, it is the figure of Aeneas himself that is the most intriguing: he is no Achilles or Odysseus, but a much more modern figure, full of doubts and indecision and yet a true leader. He is fascinating and so is the Aeneid.

The way we study this is to read a chapter at home and then we examine and discuss it in class. This is the best bit! How are these classical tales relevant to us today? Come to the class and see!

We meet on the Wednesday morning of Week 2 in Baltonsborough Church Room.

## **CYCLING – SLOW AND STEADY. Charles Beaton**

Relaxed rides for all abilities every other Thursday from Glastonbury Market Place at 10:00am. Up to 20 miles on quiet lanes with few hills, plus a café stop. We go with a no-one-left-behind pace and help is available for minor mechanical issues. Back in Glastonbury about 1pm.

### **Cycling – Summer Specials**

More challenging, but still relaxed, rides over thirty miles once a month in the summer months departing on a Thursday from Glastonbury Market Place at 10am on quiet lanes with some hills and two or three café stops. Back in Glastonbury about 4pm, with longer summer rides too.

Check the u3a website for dates. Contact Charlie by clicking his name against the Cycling Group on the [Groups List](#) web page.



*Making good progress on the Kennard Moor Drove for Ditchheat August 2025*

### **FILM CLUB. Rosie Jones**

Here are. a few words from the Film Club who meet every third Wednesday of the month. Meetings are held in a member's house. We can accommodate a maximum of 12 people and at the moment we have 10 members so there is room for 2 more.

This past year we have looked at films by British Directors and actors some of which included Directors Alfred Hitchcock and Alan Parker and actors Anthony Hopkins and Kate Winslet.

For the next years 2026/2027 we have all been allocated a different genre from a group of 18 including Thriller, Crime, Animation, Horror, Romance. Once a film has been chosen we all watch it individually at home and then discuss it at our meeting. It is a lively and interesting group and new members are welcome.

## **FRENCH. Jenny Lewis**



The French conversation group enjoy practising their language skills and have a lot of fun on the way. We converse listen, read and translate. We help each other out when the right word evades us

## **FRENCH. Shirley Gunter**

We continue to have fun while improving our French on selected Monday afternoons (Intermediate ) and Wednesday afternoons( Improvers)

We enjoy chatting to the other members of our group about our holidays/ days out/ volunteering work etc. The Monday group reads and translates articles from the magazine 'Rendez-Vous' while the Improvers work from a textbook aimed at adult learners.

Both groups meet in my house in Wells and we are always happy to welcome new members

Contact Shirley by clicking her name against one of the French groups on the [Groups List](#) web page.

## **JAZZ AND SINATRA. John Dando**

Hello, I am John Dando and I am the group leader for the Jazz and Sinatra sessions at St Edmunds hall on Windmill Hill. We are super friendly. I cover New Orleans jazz and blues, Dave covers Swing and mainstream, David is mostly piano and Jim covers big band and singers including OLE BLUE EYES HIMSELF. I hope to see few new faces when we kick off the new term.

Regards John.

### **LATIN. Patricia Thompson**

This group has now been running for quite a few years and we are just starting Book IV (four!) of the series. We meet in a private house and apart from working through the text book, we also discuss language in general as well as some aspects of (ancient) Roman life. Anyone who wanted to join us would have to be up to the standard of the book to be able to keep up. (Practically-GCSE level Latin Group)

### **LOCAL HISTORY GROUP. Chris Craig**

Our Local History group has been running for many years. We have always met at Glastonbury United Reformed Church, in the High Street. We generally have had around 50 attendees and have often struggled to fit into the middle meeting room. Fortunately, the rear room is larger and has been fitted with a new floor and black out blinds so we can now meet there which will help us to spread out, and to accommodate more members if that is desired.

We already have a full range of speakers for our autumn term. Generally, they do a PowerPoint presentation, with slides to support their talks. We meet at 10 am on alternate Fridays starting on 18th September.

Subjects next term include: the 7th century Saxon Saint Aldhelm, who was very important in Wessex and nationally; Somerset Vernacular Building; a local photographer, Annie Nash; Francis Thyer will give more snippets of Street's fascinating history, Jennifer Martin will share the stories behind the Latin inscriptions on the memorials in Wells Cathedral; and Roger Parsons will share his knowledge of The Marsh Family.

We are a friendly and inclusive group. Our meetings include refreshments and an opportunity to ask questions and discuss issues with the speakers

### **LINE DANCING. Elaine Robertson**

The line dancing group is going from strength to strength. We have a very vibrant group of members; some are fairly new, others have been coming for many years, so it is a challenge to make sure that all of our members are catered for.

I am now in my tenth year of running the group and although last year was personally difficult for me, this year I am full of ideas to enhance the group with new dances and special occasions to look forward to.

So, all of you would be line dancers, please get in touch and let's see what we can do to improve your physical and brain health. As one of my members says "it starts the week off with a bang!"

I look forward to seeing you at Enrolment, or go to the website and message me if you are interested. But, please note that there are only so many places to fill.

### **MAH JONG. Sue Benney**

"Kong , Pung , Chow " - one would be forgiven for thinking you were in a martial arts class - but no, every 2 weeks folk gather to play Mah Jong - which translated into English means "sparrow"....."Build the wall "....."Don't let the dragon in " might be heard chorused around the room as folk mix the tiles that clatter together like the sound of sparrows chattering..... until "East" calls "Pow " to start a new wall building to commence another game." Bamboo... Circles ...Characters ...Winds....Dragons " words abound , 'Tis great fun!!!!

Some folk have played since childhood , some have an interest in learning new games and have just started learning . The game is similar to Rummy – collecting "runs" and "sets" .....easy to play - why not give it a try next term - Beginners more than welcome to join in the fun!



### **MUSIC MAKING. David Chapman**

Those of you who were at the last Christmas Party might have found yourself dancing around the tables while we in the Music Making Group had fun pretending to be a pop/rock and roll band. We continue to be a small group trying our hand at mostly pop and rock classics, and having a thoroughly good time doing so. For me, it's been a great way of finding out what's involved in playing in a group and developing respect for those who can do a proper job of what we have a go at. It really helps that some of our number have past and current band performance experience.

The group is having a break over Summer, but perhaps you might come along in the Autumn and see whether you find messing about with music as much fun as we do. I'll be at the Enrolment Morning so find me and have a chat about it.

## **PHILOSOPHY GROUP. Richard Goldring**

The U3A Philosophy Group have been meeting up for several years now. This summer term we've been meeting up more informally at Wetherspoons, Lantokay pub, here in Street (we usually meet at the Mission Church in Street).

This term we've been studying and discussing various 20th century philosophers such as Martin Heidegger, Jean-Paul Sartre, Thomas Kuhn, Simone de Beauvoir and Hannah Arendt amongst others. We've also looked at other philosophical topics such as Romanticism and the Philosophy of Religion.

We come from all walks of life. You just have to come with an open and enquiring mind, willing to learn and discuss the mysteries of life with like-minded individuals.

After the Summer break we start again in September. You are very welcome to join us.

## **RACKETBALL. Stephen Wright**



The Racketball group meets at the Victoria Club in Street each Wednesday morning from 10.30 to 12.30. We play all through the year. Rackets and balls are provided.

As from September, the cost is £1 per session on a turn up and play basis.

Members do not sign up for a season but just pay for the session when they play so it is easy to come along, try it out and see if it is for you with no commitment.

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. It can be played by all ages and more people in the UK now play racketball than play squash. We have the use of four squash courts and participants can play as much as they like 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.

### **3 TABLE TENNIS GROUPS. John Roberts, Stephen Wright and Wendy Fouracres**

The three Ashcott Hall table tennis groups meet every week throughout the year. Four tables are available at each session. Balls are provided and bats are available. All of the sessions are primarily for fun and the games are not taken too seriously. The games are played in doubles format with players rotating from table to table thereby giving everyone roughly the same playing time and different partners. There is a short break midway through for tea/coffee, biscuit and a chat.

The Tuesday morning group is generally attended by more experienced players, including some league players, although all players are welcome.

The Friday morning group has a more mixed ability and is ideal for members who have played table tennis in the past but are a bit rusty.

The Friday afternoon group is an ideal starting point for members completely new to table tennis.

We play every week and several players attend more than one group.

New players are welcome at all of the groups and members can turn up at any time for a taster session but please contact the Group Leader prior to attending to check whether or not the group is at full capacity. Guidance can be given on the rules and how to play.

Table tennis is good exercise for all ages and a great way of keeping fit whilst having fun and socialising.

John Roberts (Tuesday Morning)

Wendy Fouracres (Friday Afternoon)

Wendy says “We are a friendly group that play table tennis on Friday afternoon in the Village Hall we laugh a lot, drink tea and eat cake at halftime. We are always there for one another just one big happy family playing table tennis.”

Stephen Wright (Friday Morning)

### **TAI CHI. Steve Cousins**

Steve says “After running a number of classes now for many years I thought it prudent to include some words from the students rather than myself. I have included their Christian names and they are happy for me to do so”.



“I find that Tai Chi has enhanced my overall health but in particular my shoulder, I have a variety of stiffness especially in the winter months. Tai Chi has enabled me to improve my movement and my breathing, whilst being fun to take part in.” **Amy**

“If I miss Steve's class my week is worse. When I go, every move of every day is improved! I went to other Bristol teachers and have never had so much benefit and joy in any other class. The pace, clarity, teaching and peace is perfect. I love this class Thank you Steve and U3A.” **Lyn**

“It was so appealing, the opportunity to explore Tai chi, and learn more about this Chinese martial art, initially created for combat and self defence, and now evolved into an exercise, a relaxation and a sport. It is often described as ‘meditation in motion’. So began my weekly pilgrimage to Crispin Hall in Street, and to one of the most enduring and deeply satisfying experiences of my week. Hugely experienced teacher Steve, assisted by his wife Pat guide us through the gently flowing motions that make up the sequences known as ‘forms’. Deceptively simple at first sight because of their gentle flowing appearance, it takes time and repeated practice to build up a confident knowledge of the art. Steve’s approach is gentle, non-critical and often interspersed with light-hearted humour. Importantly though he explains how the deceptively simple movements have a more profound impact internally on the organs and on the energies of body and mind. The class is always fun. There is a shared sense of camaraderie and for me personally I always emerge after this magical hour with a renewed sense of peace and wellbeing.” **Colette**

“Tai Chi is a holistic activity and therefore covers body, mind and spirit. That is why after practising Tai Chi, I have an uplifting sense of well-being. Exercises can be adapted for those with an impairment and as everyone learns at a different pace, exercises can also be adapted for differing stages of progress. Although the Tai Chi form and the exercises are taught to a group, you generally do not interact with members of the group to practice, yet the group energy can be helpful as well.” **Tim**

### **WALKING GROUP. Johnny Heriz-Smith**

The group restarted in April this year. We have walked in the Shapwick Heath Nature Reserve, across the Nine Barrows near Priddy, up and around Glastonbury Tor, and around Cheddar Reservoir (where we had hot weather, ice cream and cake). The extreme heat kept us indoors for the last walk, which will now happen on 8<sup>th</sup> July through beautiful Butleigh Woods, to visit a somewhat poignant monument. The group has been very welcoming and good company. I am looking forward to meeting even more people throughout the summer and autumn.

## YOGA. Ursula Dunne

I have been running u3a yoga sessions for quite a few years now and I am pleased to say that some of the first attendees are still enjoying coming along on Wednesday mornings to the Victoria club. Each year there are more 'returners' so the size of the group is quite big now. I think this is proof of how good it is to do yoga, it's a sort of body maintenance routine each week.

Yoga is about the breath (extending it, slowing it and using it effectively to enhance relaxation), the body (strengthening it, stretching it and keeping it supple), and the mind stopping the "chattering monkeys", directing it to focussed awareness of the body and using positive thoughts)

We always begin by lying down and being really aware of our breath and how we are feeling. There are gentle movements for the limbs and the back then we transition to seated for more gentle preparation. As we move to standing postures and balance there is more demand put on the body but always the message is to listen to your body and never over extend. I do think of yoga as self-administered therapy really. We also do yoga on hands and knees, lying on our front and on our backs. At the end of each session there is a relaxation time when I talk you through, hopefully into a deep relaxation and maybe a little meditation. Quite often I hear the odd snore!

There is absolutely no competition in this class, we accept ourselves as we are and make gentle effort, knowing that every little helps, movement is a form of medicine, motion is lotion!

If you have never done yoga before but would like to do so please come along and join us. We are all a bit "rusty" the first time back especially and everything is tailored accordingly. I will be at enrolment day so come along and have a chat.

# EXTRA

In my request to group leaders for information I asked if anyone wanted to add anything extra as used to appear in our newsletters. I was pleased to receive the following from Jenny Lewis, our Secretary.

## **ADLESTROP. Edward Thomas**

Yes. I remember Adlestrop  
The name, because one afternoon  
Of heat, the express-train drew up there  
Unwontedly. It was late June.

The steam hissed. Someone cleared his throat.  
No one left and no one came  
On the bare platform. What I saw  
Was Adlestrop — only the name

And willows, willow-herb, and grass,  
And meadowsweet, and haycocks dry,  
No whit less still and lonely fair  
Than the high cloudlets in the sky.

And for that minute a blackbird sang  
Close by, and round him, mistier,  
Farther and farther, all the birds  
Of Oxfordshire and Gloucestershire.

This poem is based on a train journey Edward took on June 24, 1914. The train stopped briefly at Adlestrop station.

For future editions it would be good to continue an “Extra” section, maybe ideas for reading, recipes, reviews of activities experienced, different things to do and see, although we do not intend to provide a market place for selling please

More photos are always welcome too.