

July to September Quarter 2022 Magazine

Welcome to the July to September 2022 edition of our Magazine. This issue runs from 1st July to 30th September

Reports include:

7th July 2022 - July Monthly Meeting

8th July 2022 - SNATTs Visit to Charlecote Water Mill

1st September 2022 - September Monthly Meeting

20th September 2022 - u3a 40th Celebration

23rd September 2022 - u3A Choir Concert

Last update: 4th October 2022

Some pages and images updated 26th March 2023



Friday 22nd July 2022—Commonwealth Games baton being paraded on the Recreation Ground, Stratford-upon-Avon

Monthly Meeting—7th July 2022 Sleep, Perchance to Dream The neuroscience of snoozing Dr Kate Bellamy

The audience for our July talk was a little smaller than the last few meetings. Perhaps it was the warm weather, or grandparenting duties, that was keeping members away. Whatever, they missed a very interesting and informative talk.

Dr Kate Bellamy has been to Stratford previously to give our u3a a talk. She was previously a very articulate and easy to listen to speaker and this time was no difference.

The talk was about sleep and how to enjoy a good night sleep. There are a number of things in modern life that interfere with our natural sleep pattern. These include "blue light" from computer and other elec-

tronic screens, street lighting penetrating curtains, caffeine and other substances from drinks, such as tea, coffee and cola drinks. Also found in chocolate. Naps during the day can occur but will have an effect on nighttime sleep. Try to avoid afternoon naps after 3.00pm.

It is not unusual to wake up during the night, but develop a technique to go back to sleep afterwards—snuggle down and relax to enable sleep again.

Dr Kate put over a very comprehensive talk, held the attention of the audience and was loudly applauded at the end.



SNATTs Visit to Charlecote Mill—8th July 2022 Grinding local wheat to flour. Guide and miller: Karl Grevatt



The party pictured by the front door to the mill. Karl Grevatt is far left of picture.

A party of 10 members of the Group drove out to the mill at Charlecote for a guided tour by the miller, Karl Grevatt. Karl had taken over the running of the mill in 2012 when the previous miller, John Bedington, had wanted to relinquish the mill. He had repaired and restored the mill to working order in 1983. It is thought that the present mill was built about 1752 but there has been a mill at Charlecote since the Domesday Survey was done in about 1086. The mill is still owned by the Charlecote Estate

and run by the miller under a lease from the Estate.

The two products that are now produced are wholemeal flour for the Asian community in the Birmingham area for producing chapatis and wholemeal and white bread flours. All the wheat is sourced from local farms within 3 miles of the mill. When it is time to start a new season's crop of wheat, care is taken to involve the Asian community in particular with testing the chapati flour

wheat. Trial milling sessions are organised and trial production of chapatis is done to ensure that the final product will be satisfactory. Only then is full production of flour begun.



Above: The front elevation; note the central Lucam above the roofline where sacks of grain would be lifted to the top floor.

The mill has two 18 foot wheels, each fed by its own channel from the upstream pool.



Above is a photograph of one of the 18 foot diameter undershot wheels.



Above: Gearing on the water wheel

Below: Lifting sacks of grain to top floor.



The photograph below shows part of the grain cleaning process on the ground floor.



There is other machinery on the ground and first floors to help with producing the finished grain. These would have been powered from the water wheel but are now more likely to be electric powered from the grid.



Miller checking the grain/flour

As the grain is cleaned, any waste is collected and sent for re-use in either animal feed or soil conditioning.



In the photograph above cleaning waste is discharged into 2 paper sacks and will be fed into the 2 streams noted previously.



The photograph above shows the feed of clean grain to the grinding wheel for conversion into flour.

The visit and tour were very interesting and we thank the miller, Karl Grevatt, for his clear and interesting outline of the mill and its workings.

The mill is producing breadmaking flour which is available for purchase. Look at their website for details.

Monthly Meeting - 1st September 2022 'Humour for all occasions! Graham Robson and Roger Gowland

Graham and Roger began their story by introducing themselves without giving much away. Apparently, they have been involved with local theatre for most of their lives and have performed in the Methodist Hall several times in plays and pantomimes during the last 40 odd years, perhaps even longer.

The first entertainment for the afternoon was as schoolboys doing a two-some (the



caps on their heads are the necessary props to indicate the nature of the impression). The language/accents chosen for this act was schoolboy Welsh. The conversation was conducted at a hectic pace with some asides to explain the act as they went along. It was very funny and had both audience and actors in fits of laughter at times,

They went on to talk about other comedy duos, such as Morecambe and Wise, the Two Ronnies and Much Binding in the Marsh starring Richard Murdoch and Kenneth Horne.

They did occasional songs, plenty of quips and finished off with a Welsh sketch 'Wonderful Welsh Wales'. There was much mention of Welsh spelling, particularly of the place name of the village on Anglesey 'Llanfair PG' to give its shortened name version.

There was a good audience - more than we expected as it was still holiday time; there were probably plenty of grandchildren to oversee and it was still very hot outside and not much cooler in the hall.



A photograph of the audience

Thank you Graham and Roger for brightening up our day!

UK u3a 40th Anniversary Tuesday 20th September 2022 Stratford-upon-Avon Town Hall

The u3a concept was originally started in the French university city of Toulouse during the early 1970s and was introduced to UK in 1982. u3a's around UK have been celebrating the 40th anniversary this year and Stratford-upon-Avon u3a was no exception. They put on a celebration in the upper room in Stratford Town Hall showing off their many groups and interests and also invited other local u3as to participate by putting on a small display alongside the Stratford display.



Above: SoA Gardening Group display

Stratford-upon-Avon u3a have many interest groups running and cover external activities such as:

Gardening and ambling

Languages—spanish, italian, portuguese, latin, german, French

Music—piano, steel pans, ukulele, music to listen to.

Reading, Play reading, poetry, Chaucer.



Above: SoA Language Group display



Above: SoA Steel Pan group



Above: SoA display showing activities of several groups



Shottery u3a display and representatives
Shottery put on an attractive display illustrating their activities.



Above: SoA German group display



Heart of England u3a display and representatives. There was a regular change over of personnel so there was always someone to talk to visitors. There were always leaflets to take away.

u3a Choir Concert Friday 23rd September 2022 Stratford-upon-Avon Methodist Church



The last concert was in December 2019 and the interval was caused by the Covid-19 pandemic. There were more than one closures where public meetings were not allowed and in between there were several intervals where social distancing was required. Even today the total capacity of the hall has been reduced to less than 50% of the pre-pandemic number. But this was a day for rejoicing in the restart of choir concerts, and with further vaccinations promised and with the likelihood of easier times, we can hold a concert again with hope for the future. There will be a second concert on Friday 30th September.

Stewart, our Musical Director, has worked hard to put together an exciting programme, and the choir have rehearsed diligently and together, they have worked a miracle and we were treated to an exciting and musical treat.

The concert programme leaflet was created

by Margaret Dews who printed them and wrote the words for the "heatwave version" of the song "Wouldn't it be lovely".

Three pages of the programme are printed here (the original is an A5 size leaflet). And the last page is printed on the next page of this report.

The whole choir sang the 12 songs listed in the programme page 3 with Stewart introducing each song and giving us some information about the authors and the date the songs were first introduced and the singers who first sang or recorded them.

Heart of England u3a Choir



sing a

Rainbow

Our long awaited return on
Friday September 23rd and 30th 2022

2.30pm—4pm

Musical Director: Stewart J Wallace

PROGRAMME

- 1 I only want to be with you Mike Hawker & Ivor Raymonde
 - 2 Can't help falling in Love with you Weiss, Perretti & Creatore
 - 3 Streets of London Ralph McTell
 - 4 Moon River Johnny Mercer & Henry Mancini
 - 5 Colours of the Wind Stephen Schwartz & Alan Menken
 - 6 Over the Rainbow EY Harburg & Harold Arlen
 - 7 Chim Chim Cheree Robert B & Richard M Sherman
 - 8 Wouldn't it be lov-er-ly Lerner & Loewe
- The heatwave version (for audience)
- 9 Surrey with the Fringe on Top Rodgers & Hammerstein
 - 10 I can see clearly now Johnny Nash
 - 11 Halfway down the Stairs AA Milne & Fraser Simson
 - 12 Rainbow Connection Kenneth Ascher & Paul Williams

All vocal arrangements by Stewart Wallace



Followed by refreshments in the foyer

The u3a Choir

The Heart of England u3a Choir was formed in 2010, with about 10 members and an 'out of tune' keyboard! Realising that we needed help, we were delighted when Stewart Wallace, a professional musician, agreed to direct us.

Due to the pandemic, this is our first concert since December 2019. January 2020 would have been our 10th anniversary but we were unable to celebrate. However, we did manage to continue singing via Zoom thanks to Stewart's technical ability. We were happy to meet up again in person from September 2021, albeit with fewer members. Under Stewart's relaxed but professional style we really enjoy our rehearsals and would welcome new members from any of the local u3as. We meet on Fridays from 10.30 to 12 noon.

Stewart Wallace

Stewart is a composer and performer with many years' experience. His father, a musician in the RAF for over 20 years, taught him the trombone and euphonium, and instilled in him a love for music. He studied music at Goldsmiths' College and music technology at City University, and has played in London and Europe with jazz, folk and classical groups as keyboard player, trombonist and singer. He has been an examiner for Trinity College London for over 10 years, travelling throughout the UK and also to Malaysia, India, Bahrain, and UAE.

His own compositions are accessible and draw on many genres from blues and jazz to contemporary styles. Some scores are now published on Sheet Music Direct and Sheet Music Plus, including a few arrangements specially written for the u3a choir. His popular and growing YouTube channel focuses on electronic keyboards, including in-depth tutorials explaining how to master music technology.

Stewart adds: The u3a choir is a particularly warm and friendly group, and each week we come to sing and immerse ourselves in songs old and new. In good times and bad we have found strength and comradeship through singing, and we hope that shines through in today's performance. The choir is open to all u3a members with no auditions! Do come and join us here on Friday mornings at 10.30.

Wouldn't it be loverly



(The heatwave version)



All we want is a cool retreat
Far away from the blazing heat,
An air-conditioned suite!
Oh, wouldn't it be loverly?

All we want is a fan or two,
All sold out now at B & Q
And Robert Dyas too!
Oh, wouldn't it be loverly?

Oh, how loverly we'll be feeling
When the heatwave's done,
No more thirsty gardens,
No more cowering from the sun.

All we need is a shower of rain
Lashing down on the window pane,
But still we wait in vain!
Oh, wouldn't it be loverly?

Climate crisis is what's to blame;
All of us need to up our game
So next year's not the same,
'Cos that won't be so loverly,
Loverly, loverly, loverly, loverly.

Below:

Bob singing a solo: with the choir:

'Take Care of My Baby'.



Above right:

Val singing a solo:

'The Hills are alive with the Sound of Music'



John performing a solo:

'Get me to the Church on Time'