

July 2022 Newsletter

TODAY'S MEETING

“Sleep, Perchance to Dream” the neuroscience of snoozing by Dr Katy Bellamy

DATES FOR YOUR DIARY

- August 4th - Phillipa Arnold - The Warwickshire Wildlife Trust
- September 1st - Graham Robson & Roger Boland - Double Acts
- October 6th - Annual General Meeting
- November 3rd - Alan Cutler - “Judge, Jury, Judgement, Justice.....”
- December 1st - TBC - Christmas Entertainment

Note: All talks start at 2pm



U3A COMMITTEE VACANCIES

Your u3a committee has a number of vacancies. If you are interested, please contact a member of the committee to discuss the positions. Alternatively, email our Business Secretary, David Haggarty: d-Haggarty@outlook.com

We need the input from the membership to keep our u3a relevant, and up-to-date.

TREASURER — Responsible for the handling the financial affairs of the u3a. Receives the monies from groups, and pays expenses as required. Is responsible for paying annual membership fees to national office and organising auditing.

COMMITTEE MEMBERS — Attend committee meetings and work together with other members to make decisions, progress actions and to ensure that the u3a is run smoothly. Be a link between the members and the committee by gathering

.....Just a reminder to users of the Methodist Hall—please could you ensure that the outside doors are fully closed/shut when leaving.....

INTEREST GROUPS LOOKING FOR LEADERS

Some of our Interest Groups are no longer able to run as they do not have a Group Leader. Can you help to lead any of the following?

- Art Appreciation - Film Group - Painting & Drawing
- Rock & Roll Music - Theatre Visits

***** NEWS FROM OUR INTEREST GROUPS *****

ALL SWING AND JAZZ

Brian Bradley

The May jazz was presented by John Cooper. This was a varied programme including Sydney Beshai playing “Maryland my Maryland”, Dave Brubeck “Take Five”, Stan Getz with “Girl from Iponema”, Henry ‘Red’ Allen & Kid Oory playing “Ain’t Misbehaving”, with Cleo Laine singing “Stormy Weather” as one of the vocals. Other favourites included Louis Armstrong, Miles Davies, Tommy Dorsey, Bix Beiderbeck and Fats Waller. Count Basie with “One O’Clock Jump” completed the programme.

BOOK CLUB—MONDAY

Jackie Biggs

In June we read ‘Girl, Woman, Other’ by Bernadine Evaristo, joint winner of the Booker prize in 2019. It follows the interwoven lives of twelve women in the UK over the course of several decades. The women are of different cultural backgrounds, classes, sexualities, ethnicities and occupations. They reconnect in the final chapter at the National Theatre post first party night for the central character Amma.

I thought it was a wonderfully written book, introducing us to a world of black, gay and trans women and their experience of growing up in this country. In our group three of us loved it and two of us hated it! So, a controversial book!

BOOK CLUB—WEDNESDAY

Judy Jones

This was our first meeting for some time and it was so good to catch up. The book we discussed was Irish novelist Maggie O’Farrell’s 2020 novel ‘Hamnet’. A largely fictionalised account of the short life of Shakespeare’s son, Hamnet. A couple of members found it rather farfetched but most of us found it a good read. We next meet on **Wednesday 20th July at 2.30pm** at Gillian Caveney’s house.

BOOK CLUB—FRIDAY

Aline Cumming

Anyone wanting to join this new book reading group should contact Aline for further information.

Aline: cumming_aline@btinternet.com

BRIDGE GROUP

Keith Rockett & David Whitfield

Our small group continues to meet on Tuesdays at the Methodist Hall where we enjoy making the most of the vagaries and randomness of the deal. Numbers increased recently, but we are still hoping there are u3a members thinking of moving out of the confines of Covid to re-engage in some group activities, or new members with Bridge knowledge looking for an active and mindful couple of hours. Whatever the reason you will be most welcome at our social Bridge Group. We do not play in set pairs so new members are very welcome to join in.

Please contact Keith: krock@talktalk.net or David: David.whitfield@cantab.net

CARD MAKING CLUB

Angela Ramsey & Jane Edkins

We meet on the **4th Friday** of the month in the New Room at the Methodist Hall **12.30-4.00pm**. The next charity to receive a donation from the group from the sale of cards at monthly meetings will be the Shakespeare Hospice, Hospice at Home Service.

Please contact Robyn: redbird22@hotmail.co.uk

CHINWAGS

Jayne Jones

A big thankyou to Aline Cumming who is stepping down as Chinwags Group Leader after many years running this group. If anyone is interested in joining our friendly lunch group, please contact Jayne: jaynejones303@gmail.com

CHOIR

Dorothy Jones

The choir enjoyed a rousing morning singing patriotic songs celebrating the Queen's Jubilee, many members wearing red, white and blue (mainly the ladies!) and waving flags. This was followed by a light buffet and time to socialise. We are planning to hold two afternoon concerts this September on 23rd and 30th, with smaller audience numbers to accommodate social distancing. Further details will come in the next month's Newsletter and tickets will be available at the August and September monthly meetings. We hope it will be an ideal opportunity for anyone thinking of joining our friendly choir to see us in action. Choir meets every **Friday, 10.30-12.00pm** in the Main Hall of the Methodist Hall.

Contact David Haggarty: d-Haggarty@outlook.com

CREATIVE CRAFT GROUP

Robyn Nicoll

We meet on the **2nd Monday** afternoon each month, side room 1, at the Methodist Hall, **2.00-4.00pm**. The next meeting will be held on **Monday 11th July**. The first 'Have-a-Go' afternoon, held at the April meeting, was a success and we propose to offer another 'Have-a-Go' session later in the year. The topic proposed is 'Tat and Chat'.

If you are interested in learning more about the Craft Group, or would like to join us for a taster, then please contact Robyn: redbird22@hotmail.co.uk

COMPUTER GROUP

Robyn Nicoll

The first Computer Course for a couple of years is coming to an end. The last session will be held on **Friday 15th July** in the lounge of the Methodist Church **2.00-3.30pm**.

The aim has been to help members solve their individual problems with laptops, tablets and phones and to keep up to date with technology. A big thankyou is extended to our 'helpers'. Without their expertise the course would have not have been so successful. This course has been well received by members so we plan to offer another short course after the summer break.

If you are interested in joining the next computer course please add your name and details on the sheet on the notice board table or contact Robyn: redbird22@hotmail.co.uk

CURRENT AFFAIRS DISCUSSION GROUP

Geoff Bridgewater

Due to other commitments we were a little down on numbers for our June meeting, however we had a lively discussion on a wide variety of newsworthy topics. These included the success of the Queen's Platinum Jubilee, especially her meeting with Paddington Bear and where they each keep their honey sandwiches! Also. The Russian war in Ukraine, the Bi - election results and Boris's grip on power, the cost of living crisis and Stratford's new bin plans coming into force in August.

We next meet on **Wednesday 13th July at 2.00pm** in the lounge of the Methodist Hall.

Why not offer your own take on any newsworthy item from the news for the group to chat about? I would like to see that.

New members are very welcome. If you would like to join our group, please contact me geofbridge44@gmail.com

DINAHS

Sylvia Crooks

A lovely lunch was enjoyed by six of us at the Red Lion in June. Some of us are planning holidays and keeping our fingers tightly crossed that all goes well at the airport! We all enjoyed the long Jubilee weekend agreeing that one of the best bits was the Queen and Paddington Bear! I can't believe that we are halfway through the year already!

We are next meeting on **Tuesday 5th July at 12.00 noon** in the Red Lion.

GAMES GROUP—SCRABBLE, DOMINOES AND CARDS

Sue Tringham

Dates for July Games group will be **Monday 4th** and **18th July** in the foyer of the Methodist Hall **2.00-4.00pm**. We will be playing Scrabble and Dominoes for the first hour and after a break for tea/coffee and biscuits, the Scrabblers keep scrabbling and the Dominoes groups play cards—but nothing is compulsory! All are Welcome!

GARDEN APPRECIATION GROUP

Suzy Genge

We had a wonderful visit to Bourton House in June. The weather was lovely for wandering around the garden, admiring the plants and views. It is also a lovely place for a chat over a cup of coffee and cake. In July we are visiting The Lavender Farm near Broadway. The date is **Tuesday 12th July - 10am.**

GRUMPY OLD MEN

Graham Mitchell

The Grumps would welcome new members. If any Grumpy Old Men out there would like to join us, please contact me. No qualifications required, just a grumpy disposition!
Graham: g.mitchell132@btinternet.com.

Our next meeting is on **Wednesday 20th July at 12.00 noon** at Stratford Sports Club.

HISTORY GROUP

Jayne Jones

We had a productive inaugural meeting over a cup of coffee at Hathaway's Tea Rooms. We chatted about how to structure the group and decided on some topics to tackle. Our first topic will be family history, with 2 members of the group sharing their family research with us. We next meet on **Wednesday 6th July at 10.30am** in Hathaway's Tea Rooms.

If you are interested in joining us please contact Jayne Jones : jaynejones303@gmail.com

KEEP FIT

Robyn Nicoll

The Shottery and Heart of England Keep Fit Group meets on **Thursday mornings** at St. Andrew's Church Hall from **10am to 11am**. Several new members have joined us so there are no spaces at present. The class consists of a varied program of exercises to maintain and improve posture, balance, coordination and muscle strength planned by our tutor, Paula Marshall. The dates for **July: 7th, 14th and 21st**. We will then break until September.

If you would like to join the waiting list, please contact Robyn: redbird22@hotmail.co.uk

PIANO GROUP

Margaret Dews

After a little chat we in turn played our latest pieces. Bavaria Alpine, 'All I ask of you' (Phantom of the Opera) by Andrew Lloyd Webber, Rachmaninov prelude opus 23, Beethoven Sonata in G, Tchaikovsky's 'Valse of the Fleurs', Edward Gregson Adams Allemande (a sight reading test!) were all played.

We next meet on **Wednesday 20th July at 10.00am** at the Methodist Hall, Side Room 1. If you would like to join us, please contact Margaret Dews: km27dews@gmail.com

PLAY READING GROUP

Sylvia Crooks

In June we finished reading "The Unexpected Guest", by Agatha Christie. Over coffee we tried to put the world to rights! We meet again on **Thursday 21st July at 10.30am** for coffee at Sylvia's.

SCIENCE, NATURE AND ALL THINGS TECHNICAL

Mike Genge

Unfortunately, our trip to Charlecote Mill at Hampton Lucy in June had to be postponed and will now take place on **Friday 8th July**.

We now have a full programme of talks to take us to the end of this year: Wildlife Gardening, Nuclear War, a Dairy Farm visit, Berlin Wall talk, Christmas Quiz & afternoon tea.

For further information please contact Mike: mikegenge@sky.com

***** Editor's note to SNATT'S GROUP *****

A few of us from the group are planning to go to a talk about Swifts (Swifts Awareness week 2-10 July) on **Thursday 7th July** at Lifeways, Albany Road, SOA. The talk is free & starts at **7pm**. You are very welcome to join us to learn more about these amazing birds that are now on the Red List of Birds of Conservation Concern in the UK. The talk is being given by Andy Waters who worked for the RSPB for many years and is a knowledgeable swift enthusiast.

For more details see our information table or chat to Jayne: jaynejones303@gmail.com

WALKING GROUP

Lin Randall

The next walk will take place on **Wednesday 13th July at 10.00am** and will start from Alcester. Turn left immediately after crossing the bridge in Oversley Green and park on the verge by the OLD football ground, This is a walk, just under 5 miles, round Oversley wood and is easy going with no stiles. We will stop half way round for a drink and snack.

Newcomers are very welcome to join us. Please contact Lin: Linlake55@hotmail.com

***** REQUEST TO ALL GROUP LEADERS *****

Please could you send photographs/notes/reports associated with your group activities to Edwin Lilly for inclusion in our u3a Magazine and Archive. The magazine is exhibited at each monthly meeting in the Welcome area.

A copy can also be found on our Heart of England website.

Edwin: Edwin_Lilly@yahoo.co.uk

******* NEW IDEAS? NEW INTEREST GROUPS? *******

If you can't find a Group to suit your interests, why not setup a new one?

You do not need to be an expert, just enthusiastic. Anyone wishing to do this will always be supported and encouraged.

Please contact our Groups Co-ordinator, Sylvia Crooks with any ideas or suggestions you may have sylviaannsimmons@icloud.com