

STRATFORD-UPON-AVON

U3A NEWSLETTER

Website: Stratford-upon-Avon U3A.

U3A founded 2000

APRIL 2023

MONTHLY MEETINGS

This Month

Wednesday 26 April 2pm Methodist Church

Richard Churchley—Merrie England

Richard makes a welcome return, this time we will hear about folklore through the year in Custom and Song.

Please bring your best singing voices along, there will be the opportunity to join in.



Next Month

Wednesday 31 May

2pm Methodist Church

Our speaker will be **Ken Morgan, a local artist and illustrator**, especially known for his water colours.

All welcome



VOLUNTARY DONATIONS FOR TEAS & COFFEES

Further to the AGM report of U3A finances: we are asking for donations for tea, coffee and biscuits after the meetings.

This is entirely voluntary, we know many people are finding the current financial situation difficult but if you are able to donate a little, again, this would help. Many thanks.

Gilbert and Sullivan coming soon to Malvern

Some of you may remember Bernard Lockett speaking to us some time ago about Gilbert and Sullivan. He promised to tell us when there was next a Gilbert and Sullivan production at Malvern. The details are below:

Malvern Theatre – Box Office Tel: 01684-892777. www.malvern-theatres.co.uk

Ticket Prices range from £28.56 - £42.

Programme by our National Gilbert and Sullivan Opera Company:

Thursday 7 September 2023 , 14.30 & 19.30 : “The Mikado”.

Friday 8 September 2023, 19.30 : “The Yeomen of the Guard”.

Saturday 9 September 2023, 14.30 & 19.30 : “The Pirates of Penzance.

If you are interested, why not book up or take some U3A friends with you?

News from our groups

Brush up your German

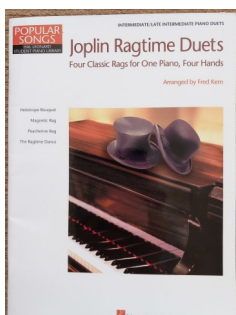
We were really spoiled this month: log fire and coffee topped off with a delicious Gugelhupf still warm from Anne’s oven, baked to an old German recipe. Surprisingly its origins go back to Roman times. Ulrik told us of his recent drive through Spain and Rodger shared his wife’s experiences in the RSC chorus in Julius Caesar. Margaret C and Rosel described two very different family events and, inevitably, Margaret D shared newly acquired German vocabulary relating to accidents and hospitals.



Useful French

With our extended break over we were all pleased to get started again after Easter and welcomed the first of three new members. After revision of some useful phrases and constructions we did lots of question and answer practice based on a conversation piece about a missing car key. Future meetings will take place on the first and third Monday afternoons of each month in Old Town and Shottery alternately.

Piano Group



We enjoyed the usual mix of familiar and unfamiliar pieces from everyone. With a couple of members away there was scope for those present to play more than once, including Margaret and Jill, who gave us a couple of lively duets: Handel’s “Arrival of the Queen of Sheba” and Scott Joplin’s “Peacherine Rag”. Great fun to play.

NEWS FROM THE AGM

The AGM was held 29th March; 40 members attended.

The main outcomes were:

COMMITTEE

Chair	Maureen Bourniquel
Treasurer/Website/Publicity	Richard Eden
Speaker Secretary	Helen Elliott
Membership Secretary	Sheila Gullick
Groups Co-ordinator	Rodney Turner
Beacon Administrator	Sue Crowley
Charity Commission Co-ordinator	Jim Schofield
Minuting Secretary	Jane Turner
Newsletter Editor	Anne Foster
Archivist	Jeff Cox

The positions of Vice Chair and Secretary are still vacant.

To contact any of these people, please email savu3a@gmail.com and head your email for the attention of (name). We shall pass it to the correct person.

FINANCE

We finished the year with a deficit of some £950. We were able to cover this as we had some funds 'in the pot' from previous years. However, if a similar loss was made in this year we would become insolvent which, of course, cannot be allowed to happen. Two helpful solutions were carried at the AGM: (1) a monthly raffle and (2) voluntary donations to go towards teas and coffees. More details in another part of this newsletter.

Members were reminded that our u3a is registered with the Charity Commission. This means that any payments by members to the u3a can be gift-aided, benefitting the u3a without costing the member anything. Also, this Charity registration means that we can legally accept bequests.

RAFFLE

It was discussed and agreed at the AGM that in we would hold a raffle at monthly meetings in future. Wendy Brain has agreed to run this so please let her have prize donations. As we meet in a Methodist Church no prize can be worth more than £50 and no alcohol. As the well known store says, 'every little helps'. In this case your donations will help to keep your U3A going.

HOW TO SAVE A LIFE

After our AGM our Mayor, Councillor Gill Cleeve, gave us a demonstration of how to apply CPR (cardio-pulmonary resuscitation) and how to use a defibrillator.

Gill's demonstration was clear, interspersed with humour, and she answered questions willingly and well. It was a very worthwhile afternoon.

Gill told us that 80% of all cases where someone stops breathing happen in the home so, if we live with someone, we could well be first on the scene in an emergency and 'having a go' may be the difference between a life lost and a life saved.

A good mnemonic for CPR is DRSABC or 'Doctors ABC'

- D** Is there any **danger** around to you? An electrical supply?
A ladder? Make it safe for you first of all.
- R** **Response** – are they unconscious or just asleep?
Speak to them "Are you alright (name)?
Tap them firmly on their shoulders – did they flinch?
- S** **Shout** for help
- A** Open their **airway** by tilting back their head (this stops the tongue blocking the airway)
- B** Are they **breathing?** (look down the chest, listen for ten seconds for normal breaths; if you've got your face above their mouth you can feel the breaths).

NOW call the ambulance before you do anything else (or send someone to do it for you). Dial 999, ask for the ambulance and say you have a person who is NOT BREATHING. The call handler will stay on the phone with you and will guide you through what to do. If you send a bystander off, make sure they come back to you and report that an ambulance is on its way.

- C** **Circulation** – now you can start CPR

HOW TO CARRY OUT CPR

Get down to the patient's chest (open any thick coats). Cross your two hands in the middle of the casualty's chest on the nipple line or the bra line. Lean over the casualty.

Press firmly and quickly down one third of the casualty's body width (for a normal adult this is about six centimetres). Use all your body weight over your hands to assist you. For a child or a petite person you must use less force.

Press hard 30 times at a rate of about two a second. The tune 'Staying alive' gives you a good idea of the beat.

Continues on p5

Continued from previous page

If you are happy to, give two short rescue breaths in the mouth by making a good seal with your mouth over their mouth and pinching their nose and holding their head back at an angle. Make sure the chest rises and falls. If you are out and the person is a stranger, maybe they are with a relative or friend who would give the breaths?

After the breaths (or if you are not giving breaths) continue with the chest compressions.

Carry on doing these until

The ambulance arrives

Someone can take over from you

The casualty regains consciousness

You are too weak to carry on – remember the first rule of CPR is your own safety.

Please remember – people in the best heart hospitals in the world still die of a cardiac arrest. You may not “bring them back” but at least you’ve given them a chance of survival.

Gill also showed us how to use a defibrillator: more on this next month.

Many thanks, Gill, and many thanks too for being a First Responder for the Ambulance Service.

Chaucer Group

This month we began reading Book Four of Troilus and Criseyde in which the lovers are separated by Priam's decision to return Criseyde to her father in the Greek camp. This was preceded by a discussion of how various cultures have addressed the problem of an apparently unjust and disordered universe in such works as the Book of Job, King Oedipus, The Consolations of Philosophy and the Monk's Tale.

JOKES AND PUZZLES

Last month's answers:

Avaritia et Praeceptio— Pride and Prejudice

Filii Amatoresque— Sons and Lovers

Bellum Paxque— War and Peace



HOUSE

You may know this puzzle as a Rebus, but what does it mean?

A lion walked into a bar in Chipping Norton and asked for a whisky and was charged £15. The barman said “Funny, we don’t get many lions in here”, the reply came “With prices like that, I’m not surprised”.

NEWS FROM OUR U3A



Jeff Cox with his partner, Angela

You may remember that Maureen told us last month that Jeff was in hospital having suffered a stroke. This picture was taken recently at the Rehabilitation Centre and shows Jeff sitting up and able to hold a conversation. The prognosis is improving. We have sent our best wishes, but Jeff is still too tired for visitors.

Poetry Group

Do you need more poetry in your life? Do you write your own and would like to share it? Would you like to broaden your experience of poetry? If you answer "yes" to any or all of these questions please contact me and we can discuss restarting our U3A Poetry Group.

Marian Heads 01789 774090 heads24@talktalk.net

Stratford History Group

We had an excellent attendance for Michael's long awaited talk on the Stratford to Moreton Tramway. Set up by William James in 1826, parts of the tramway survived for 100 years thanks to local interest, though it was probably anachronistic from the start with its horse-drawn carriages. As early as 1829 it was beginning to fall into disrepair, its embankments and lines becoming unstable. Though a branch line to Shipston was added in 1836, by the end of the decade steam railway was a considerable challenge. Before long it was taken over by the Oxford, Worcester and Wolverhampton Railway (OWWR) which eventually became the GWR. The northern stretch can still make a good short walk, but lands privately owned further south make further extension impossible. After a fascinating talk we cleared up a few issues about 'Avonbank' and considered our plans for the rest of 2023.

Ambling Group

The next meeting will be on Wednesday 10th May when we plan to carry out a walk in the village of Alveston. We will take the bus number **15** (Warwick/Leamington) leaving Wood Street outside the Natwest bank at 10:35am arriving at the YHA, Alveston at 10:50.

Please remember your bus passes.

We are sure the weather will be better this time!

Joyce Steckel and Olive Puzey

Tea Rota — 2023



April 26th	Portuguese
May 31st	Gardening
June 28th	Play Reading
July 26th	Poetry
August 30th	Spanish
September 27th	Wine Appreciation
October 25th	German Groups
November 29th	Latin Groups
December 14th	Committee

I could finish with a joke about fish and herbs, but this is neither the Thyme nor the Plaice
Your editor takes no responsibility for jokes, corny or otherwise. If you have a better one
(or three) please send them to me at annefostersavu3a@gmail.com