

# MONMOUTH U3A MONTHLY BULLETIN MARCH 2020

## March Monthly meeting

Tuesday 17<sup>th</sup> March 2.30 Bridges

### Tom Pitts-Tucker: How to use a defibrillator and save a life

Tom is secretary of a small local charity, called the Village Life Community Project, which has set up five community defibrillators (AEDs) in Llangattock Vibon Avel and has trained over 250 people how to use them. Tom is himself a retired GP and now a Welsh Ambulance CPR/AED trainer. He will explain a bit about the project but the main focus is on explaining how to help someone who has collapsed and may have a cardiac arrest. This leads into how to do CPR, or cardiopulmonary resuscitation, and use a defibrillator, with practical demonstrations. Short film clips help illustrate the techniques and most importantly everyone who wants to will be able to have a go at practising CPR on a manikin for themselves.

### Monmouth U3A Annual Magazine 2020

You will have seen from previous editions of the bulletin that we have been looking for volunteers to edit this year's magazine. Unfortunately nobody has come forward so there will be no magazine in 2020

### Third Age Matters

Third Age Matters is the national quarterly magazine of the U3A movement. The magazine itself is free, with just postage needing to be paid. Subscriptions are now due for renewal and we have contacted current subscribers. If anyone else would like to become a subscriber could they please contact Tricia Dodd by 6th March at [monmouthu3a@gmail.com](mailto:monmouthu3a@gmail.com) 01600 740136

### Walking holiday 20th- 27th September 2020

Chepstow U3A are organising a walking holiday in Stirling, Scotland and would be pleased to welcome any of our members who would like to join in. There will be walks at all levels from easy 3/4 mile strolls to more challenging walks up to 11 miles. There will also be outings for those who do not want to walk. The cost is £540 per person for dinner, bed & breakfast and coach transport (£50 deposit required). There are only twin and double rooms available. There will be a pickup in Monmouth. More details are on our website. If you are interested then please contact Derek Shottin at [WalkingWeek@ChepstowU3A.org.uk](mailto:WalkingWeek@ChepstowU3A.org.uk) or 01291 623986

### **'Show and Have a Go' May 19<sup>th</sup>.**

We have some volunteers with great hobbies lined up, including clock making, radio controlled planes, weaving, spinning, painting, quilting, feltmaking- BUT there must be more of you who could show us your own special interest! Do please think about how **You** could add to our hobby tables. Email Mary at [orwelsh@icloud.com](mailto:orwelsh@icloud.com)

### **Castles walk**

To celebrate our local castles, a number of local U3As are organising a walk between Crickhowell Castle and Abergavenny Castle on 1st April 2020, starting at 9.30am. Monmouth U3A members are welcome to join in and can complete the whole walk or just do a section of it. Full details were not available at the time of sending out this bulletin but anyone who is interested should contact Tricia Dodd [monmouthu3a@gmail.com](mailto:monmouthu3a@gmail.com) 01600 740136 and she will pass on more information when it becomes available.

## **NEWS FROM THE GROUPS**

### **Science and Technology**

**March 10<sup>th</sup>, 2.30pm, Mitchel Troy Village Hall**

#### **The Dynamic Life of Crystals**

Professor Kenneth Harris, Cardiff University Department of Chemistry

### **Theatregoers' trip: Private Lives by Noel Coward**

This is Nigel Havers' new theatre company's inaugural production. Coward's dazzling comic masterpiece is both a scintillatingly witty and scathingly vitriolic study of the rich and reckless in love.

Elyot and Amanda were once married to each other and are now on honeymoon with their new partners. To their horror they are all staying in the same hotel in the South of France . in adjoining rooms! Within no time at all, however, their romance is rekindled and a passionate affair begins. Caring nothing for scandal, they elope to Amanda's Paris flat where their lust thaws as quickly as it had reignited and they resume the slanging match which drove them apart in the first place.

With Nigel Havers as Elyot this promises to be a very entertaining romp.

**Date: Thursday 8th October 2020 Venue: Theatre Royal, Bath Time: 2.30pm**

Cost: £46 which includes ticket, coach and driver's tip.

If you are interested please e mail me at: [loubser4@hotmail.com](mailto:loubser4@hotmail.com)

Payment is due on booking.

Please make cheques payable to:

Monmouth U3A Activities and send to:

Sue Loubser, Entabeni, Highfield Road, Monmouth NP25 3HR by 12 March.

## **Monmouth U3A Cinema Group**

**The Savoy Theatre, Monmouth  
Tuesday, 10<sup>th</sup> March 2020 at 10.30am**

**Doors open 10.00am Admission £6.00**

**Running time: 1hr 36mins**

**Open to non-members so bring along your friends who haven't joined U3A**

### **KINDERGARTEN TEACHER (USA 2018) Certificate 12A**

Caring, patient Staten Island kindergarten teacher, Lisa Spinelli (Maggie Gyllenhaal) spends her days teaching a class of precocious youngsters and her evenings attending a poetry course in Manhattan. Her marriage lacks chemistry and her own children are disengaged. When she inadvertently discovers her five-year-old student, Jimmy, is a gifted prodigy, she is determined to nurture his talent before his dismissive family destroys it. but this sets her on a dangerous path. Adapted from the 2014 Israeli film of the same name, but switching from a masculine to a feminine point-of-view, this daring and tense thriller benefits immensely from Gyllenhaal's intelligent acting, offering a nuanced insight in the psyche of a disillusioned woman.

## **U3A Photography Group**

Please note that Mark Lees has stepped down from the Convenorship of this Group effective from the meeting on Wednesday 29th January.

David Williams has agreed to stand as the new Convenor.

**Please send information for the April bulletin to  
[fhwsunnyside@gmail.com](mailto:fhwsunnyside@gmail.com) by 24<sup>th</sup> March**