

Borderlines

Summer 2018

The Magazine of Llandrindod and District U3A



Introduction from the Editor

Welcome to the Summer Edition of Borderlines.

The Useful Contact Numbers section has moved for this edition only. It seemed sensible to place it with details of the committee.

My thanks, as always, to the contributors who have as usual done us proud. May I put in a plea for more material I can hold in reserve? The committee has kindly allowed me extra pages as I had too much to fit into 8 pages. Unfortunately, because of the way the magazine is put together the next size up is 12 pages, and I struggled to fill the last page, eventually including a story I had written for the Creative Writing Group. Submissions of a page or less that can be held in reserve for such an occasion would be so useful!

With best wishes, Margaret

New Members

We would like to welcome the following new members:

Kathleen Armishaw; Carolyn Ashton; Geoffrey Barlow; Carolyn Conway; Erica Dean; Bill Jameson; Keith Lewis; Clarice Mainwaring; Desmond Parkinson; Audrey Price; Michael Sabell; David Stephens; Marilyn Thomas and Janet Waters.

We hope you enjoy your time with Llandrindod and District U3A

A linguistics joke (no, I didn't know they existed either!) to continue Berwyn's theme.

A linguistics professor was telling his class about double negatives. "In English" he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room said "Yeah, right!"

Cover photograph: The Chapel of St Mary Magdalene, Ludlow Castle.

Taken by Jill De Grey Birch

A.A.A.D.D.

Recently, I was diagnosed with A.A.A.D.D. –Age Activated Attention Deficit Disorder.

This is how it manifests: I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table, and see that there is only one cheque left.

My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking. I'm going to look for my cheques, but first I need to push the Pepsi aside so that I don't accidentally knock it over. The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye—they need water. I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote.

Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Pepsi sitting on the counter, the flowers don't have enough water, there is still only 1 cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all the damn day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

I identified with this so much - and to prove the point I can't remember who submitted it! I will remedy this next time if you will make yourself known. Margaret



Your committee for 2018-19. Photo Jane Malvern

L-R Penny Everett (Vice Chair); Sue Parsons (Secretary); Alun Thomas (Treasurer);
Chris Thomas (Assistant Treasurer); Sue Turner (Programme secretary); Roger Malvern
(Membership Secretary); Berwyn Woolnough (Chair).

Missing from the above photograph are Nick Talbott (Webmaster) and Stephen Ashley
(Interest Group Coordinator - see right).

Useful Contact Numbers

Berwyn Woolnough, Chairman: 01597 823217

Penny Everett, Vice-Chairman: 01597 851594

Alun Thomas, Treasurer: 01982 554753

Sue Parsons: Committee Secretary 01597 822853

Sue Turner: Programme Secretary: 01544 230581

Roger Malvern: Membership Secretary: 01597 823806

Stephen Ashley: Interest Group Co-ordinator: 01597 829252

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Margaret Mason, Borderlines Editor: 01597 825365 margaret@u3a-llandrindod.org.uk

Kathie Richards Jones: 01591 610538 Assistant Editor: kathieerjones@btinternet

New to the Committee

As most of the Committee remains unchanged, I am only giving profiles of the new faces. New to the Committee, that is. I am sure they are familiar to you in their roles as Group Leaders.

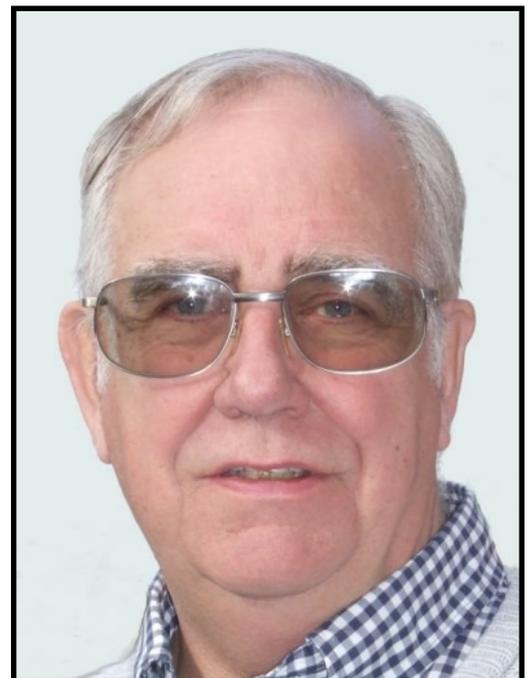


Stephen Ashley

I joined U3A when I retired from paid work about 6 years ago. I soon suggested the idea of the Virtual Travel Group, which my wife, Jenny, and I have jointly led ever since. I am also a member of the Art History Group and of the Walking Group. I believe that the Interest Groups form the core of the U3A; as is evidenced by the huge monthly attendance figures for the various Groups as a whole, all busily providing an enormously valuable service. Helping to service these Groups seemed a worthwhile job and so I said "yes".

Roger Malvern

Roger moved to Llandrindod in 2003, having retired from a 50-year career in marketing/sales for some of the biggest global technology companies, including IBM and Siemens, specialising in telecommunications. When he started in the late 60's, businesses had to be convinced they needed computers to run their business. Now they collapse if their technology fails just for a few minutes. He joined U3A about 7 years ago, initially keeping well in the background during his wife Jane's Chairmanship for 3 years. Roger is leader of the Film Group. He has also been involved for the last 6 years with Action on Hearing Loss, as a volunteer to help people with hearing aid maintenance.



THE ARMCHAIR EXERCISE INTEREST GROUP BY CLIVE BARRETT.

On the Thursday morning I visited there were about 12 exercisers present, led by tutor Jane Stevens. The exercises were accompanied by recorded music and included relaxing, foot exercises to the "March of the Mods" with stretching, finger, tummy, leg, arm, and shoulders exercises following. Later came balancing exercises holding a chair. At one point



Jane commented how you feel sometimes varies or feels different daily. The hour long class ended with a relaxation and meditation exercise, a time between dream and reality and the exercising of the mind with both feet on floor, closed eyes and staying comfortable. The mind takes a journey as the narrator requests the class to relax, one part or bone of the body at a time. The result should be to relax from the worldly worries, banish thoughts of ill health, and follow this complete relaxation

process, resulting in the person coping with everything that happens for the rest of the day.!!!

The classes started a year ago, the general purpose being to improve the ability to stretch, the movement of the body, plus progression towards bone density and balance. The group meets every Thursday between 11.00 a.m. and 12 noon, at the Rock Park Centre. Speaking to one of the participants I understand that although the exercise seems gentle at the time, it has a surprisingly substantial effect, and the person felt better afterwards. Following the lesson I spoke to tutor Jane Stevens, she told me she expects good progression over time.

She felt the interest of people is shown because as well as taking a folder home to do the simpler exercises, they come back to the classes the following Thursdays. Although at present the class is all female Jane would welcome some men to the lessons. Jane told me she used to teach exercising for a living, specialising in persons with disabilities. Finally the tutor informed me that she understands that attending the class has helped individuals' blood pressure!!!!



Standing Orders.

Many of our members pay their annual subscription by standing order which is very useful but sometimes their circumstances change and although it is not a priority in difficult times the standing order continues to run until the member changes it with their bank. If the standing order pays for more than one person and there is only currently one member then I can, of course, refund the difference until the standing order has been amended with your bank. I am sorry to raise this rather difficult issue but it may not be something that will not occur to a member in difficult times.

You may also want to check your bank statements as this year for the first time we have had some banks who have paid the standing order for subs as if it was a monthly order rather than an annual order. I don't know if the standing orders were completed incorrectly by members or if the banks are at fault but I have contacted some members whose subs have appeared on our banks statements in March and again in April. It may be worth checking your bank statements.

Can I also mention the value of Gift Aid which provides a refund to the U3A from HMRC each year for all members who pay income tax and have signed up to the scheme. It does not cost members anything but does provide additional income for our U3A branch. If anyone would like to sign up then please ask for a form at the desk during our monthly meetings or email/telephone me for a form.

Alun Thomas, Treasurer

The Welsh History Group trip to Ludlow.

It was a beautiful summer day when members of the Welsh History Group went to Ludlow. Firstly we had a tour of the castle, guided by Lady Caroline (who was later described to me as clear, witty, and informative).

After lunch in the Castle Kitchen, we strolled around the town with guides from the Ludlow Historical Society.

I'm now a convert to guided tours. I thought I knew Ludlow reasonably well, but it turned out I was missing so much! Our guide, Steve, combined a rather self deprecatory delivery with enormous enthusiasm and the range of his knowledge was incredible. The only snag was that if you asked him a question he would give such a detailed answer that the tour would grind to a halt.

A really enjoyable day- see over for the photographs.

Thanks to Mary and Richard Davies for another fantastic outing.

Welsh History Group trip to Ludlow

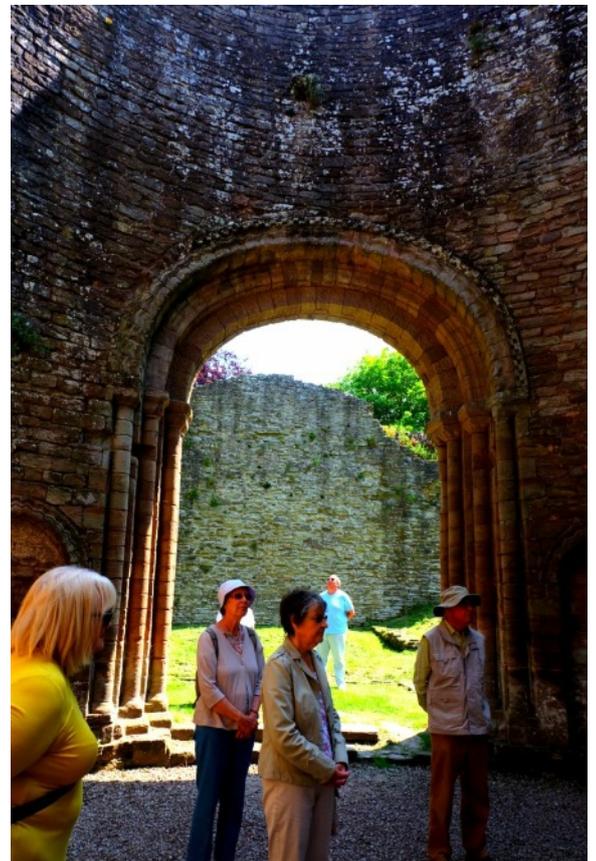
Photographs by Ann Morgan and Jill De Grey Birch



Ludlow Castle - the view from the keep.



Our guide, Lady Caroline.



Inside the round Chapel.

The Great Hall



Relaxing in the Bailey.

The Feathers, Ludlow.



All photos by Jill

Who Do You Think You Are ?.....

My parents divorced when my sister and I were very small and we had no further contact with our father. No trauma there as our mother was a great single parent and she had the support of our maternal grandparents.

However, with more time for reflection and no possibility of hurting mother (she died in 2004) I thought I would see if I could trace Father. With the name of Denis Balmain Grey Aitken, I thought how hard could it be? In fact, very hard. After trawling through ancestry sites and public records, I drew a blank and threw in the towel. However, I mentioned my lack of success to Jan Willsher, our U3A's "go to" person on Family History. She kindly offered to help and I spent a very interesting afternoon at her home when she took on the task. We again drew a blank but, unlike me, Jan was not prepared to give up and her expertise and perseverance paid off. I now have details of the Father we never knew, together with some very interesting ancestors – all based in Scotland, who worked variously as a River Pilot, Master of a Steam Tug, Journalist and Electrical Engineer.

Jan, I shall be eternally grateful to you for your help: I was really beginning to think that the man we thought was our Father was something of a Walter Mitty character but now, thanks to you, I am setting out on a very interesting journey of family history.

Penny Everett

The UK's National Cycle Museum, Llandrindod Wells

The charity would be very grateful for voluntary receptionist help over the next few months. Hours to suit a couple or 2 friends on a Monday, Thursday or Saturday. Meeting and greeting visitors from all over the world. Bicycle knowledge not essential but would be useful. Can any members of Llandrindod Wells U3A help please?

Do members have any unwanted good condition older cycle parts/tools in garages or sheds, that they would like to donate to the museum for its annual cycle jumble / surplus stores cycles auction on Sunday 22nd July? The event will be held 8.30 am-12 noon at the British Legion, Tremont Road. See <http://www.cyclemuseum.org.uk> for further information. The museum will also be open 10-am-2pm

Please contact Freda Davies - trustee on curator@cyclemuseum.org.uk or ring 01597 825531 / call in at museum 10 am-4 pm on a Tuesday or Wednesday

His Father's Son. Margaret Mason

It seems strange to me that, although my whole life has been devoted to my father, I knew him so little.

My name is Carew Raleigh. I am the third and youngest son of Sir Walter Raleigh: - poet, politician, adventurer – and father.

You probably will not have heard of my eldest brother, Damerei, who died of the plague when a toddler. Despite this, however, Damerei had an impact on life. It was his presence that alerted Queen Elizabeth to the relationship between my father and Bess Throckmorton. A little casual sex between her favourite and one of her ladies in waiting probably would not have worried the Queen unduly, but she was outraged to find they had contracted a marriage in secret. Queen Elizabeth played a clever game, favouring first one and then another courtier as suitor. In the end she chose no one, but that did not prevent her fury when Father ruled himself out by marrying Mother. Elizabeth sent both to the Tower.

Their second son Walter was, in everything, including name, a replica of our father.

There is a famous picture of the two of them standing proudly side by side in an identical pose. Intelligent, witty, brave, wild and arrogant, Wat was every inch a Raleigh. Father boxed his ears at table once when he found Wat had tried to bed his favourite whore.

Quick as a lightning flash, Wat turned on the man to his left and hit him, saying “Box about – twill come back to my father ere long.” Father laughed so much he forgot his original grievance. That was Wat for you – he could charm his way out of any situation. Father always said one day his luck would run out and he would end on the scaffold. Ironically it was Father who did.

Wat was killed on Father's expedition to find Eldorado. Father had given strict orders that our forces were not to engage with those of Spain, but Wat saw an opportunity for victory, power and fame. Being Wat, he went for it. He was killed in the attack. The whole expedition was a complete failure. My father was so devastated by Wat's death he could not summon up the effort to put the Raleigh silver tongue to good use, and so back to the Tower he went.

I was actually born in the Tower and christened in the chapel of St Peter Ad Vincula in side the walls. I grew up hardly knowing my father at all. He was either in prison (usually the Tower) or off exploring. The first time I enter History is when, aged 13, I petition King James to pardon my father. When he had returned from the Orinoco without finding Eldorado or bringing back any of that fabled wealth. King James had lost patience and ordered his execution, invoking an old sentence of 1603. My pleas didn't work, of course, and my father was beheaded – on the scaffold. A courageous and memorable death, like Wat. Had I Wat's flair, would the petition have succeeded? Who can tell? I hadn't – and it didn't. I continued my efforts doggedly. After the execution our lands and titles were seized, so I kept trying and eventually got it all back. Carew the plodder, Carew the clerk.

Whilst Wat and father soared through life like fiery comets, swords at the ready and blazing with zest for life, I picked up my pen and stubbornly wrote yet another letter, defending their honour, their inheritance.

I am Carew Raleigh, son to Sir Walter.

What is a Senior Citizen?

A Senior Citizen is one who was here before:
the pill, television, frozen foods, contact lenses, credit cards.....
and before man walked on the moon.

For us, "Time Sharing" meant togetherness, not holiday homes,
and a "chip" meant a piece of wood.

"Hardware" meant nuts and bolts, and "software" wasn't even a word.

We got married first, then lived together, and cleavage was something
butchers did.

A "stud" was something that fastened a collar to a shirt,
and "going all the way" meant staying on a double decker to the bus
depot.

We thought "fast food" was what you ate in lent;
a "Big Mac" was an oversized raincoat and "crumpet" we had for tea.
In our day; "grass" was mown, "pot" was something you cooked in,
"coke" was kept in the coal house and a "joint" was cooked on Sun-
days!

We are today's Senior Citizens.

A hardy bunch when you think how the world has changed.

The above was seen printed on a tea towel during the Charabanc Club trip to Llangollen,
and sent in by Group Leader Karen Latham.