



Llandrindod Wells and District U3A

Dear Llandrindod U3A Member

Welcome to our second newsletter and a big "Thank You" to all of you who responded so positively to the first newsletter.

This newsletter comes following the announcement that the Nationwide lock down will continue until at least the 7th May and, I suspect for us, even longer. The glorious weather we've had recently, the blossom and the bird song make me so grateful we live in Mid Wales. I hope your own families in other parts of the country are safe and coping with the life changes this pandemic is initiating.

I have been heartened by how many friends and family members have kept regularly in touch, indeed I spend more time communicating and responding to family and friends than ever before, although topics of conversation are becoming more limited. I can only conjecture that from the amount of cleaning out of cupboards, wardrobes, garages, garden sheds and greenhouses, that the refuse collectors and tips will be overwhelmed and we will have the tidiest houses and gardens ever by the end of lock down. Although the day to day housework does not seem to have quite the same appeal!

Staying involved with the U3A

Our U3A committee had its first virtual meeting using Zoom last Thursday and with eight of us taking part. The meeting was very successful and will definitely be repeated.

Many of our Interest Groups are finding inventive ways of continuing to operate.

The **Art Group** are using YouTube tutorials and developing their own work. On the [Art Group's website page](#) you can see some of Francesca's Covid cartoons and other "lock down" works.

The **Garden Visiting Group** is utilizing BBC broadcasts and the [National Garden Scheme virtual tours](#), although we are all missing the cake and company!

The **'Snappers' Digital Photography** group is using Zoom and managing to discuss and share their photographs.

The **Readers Group** is also using Zoom to discuss their book of the month.

The **Creative Writing Group** are working via email and have produced some excellent haikus. I picked these three to reflect the season:

*The cool blue water
Shaded by the arching trees
To swim, such a delight*

*White cherry blossom
Mirrored in the calm still lake
As cold as your heart*

*Clouds float gently by
as sunshine brightens the day
warming the cool earth*

For the **Recorder Group**, Berwyn is recording parts and sending them to group member who can then practice playing virtual duets. Berwyn writes:

If you play a guitar, a harp or any keyboard instrument, it's a pleasure to play on your own – you can accompany yourself as you play the tune. With an instrument that can only play one note at a time it's not so much fun. You really need someone to play along with. The first thing I did was to record one part of a duet so that another player could play along, and this idea seemed to go down well. The second, more ambitious, idea was to record the individual parts of a quartet and assemble them into a whole. This makes it possible for a group member, whether a descant alto, tenor or bass player, to join in and feel part of an ensemble – just like a routine meeting except, of course, that errors go unnoticed and unpunished! So that's it really. I shall continue to send out this practical homework and hope that, when normality returns, fingers and musical brains will be just as agile as in years BC (before Corona).

I know that many members are supporting others via the telephone and it is worth noting for those of you with SKY Broadband that phone calls are free during the lock down period.

Free Online Activities and Resources

Margaret Mason, our Borderlines Editor, has not been idle! She has been busy collating a list of free online events and resources. Topics included cover art, ballet, eBooks, fitness, games, history, music, opera, quizzes, even free guitar and ukulele lessons. Check out what is available [on our website](#).

Our former chair, Berwyn Woolnough, has shared a number of quizzes on various topics (with answers). You can also find these [on the website](#).

Members' Firsts

My own proud firsts include baking with yeast. I found some dried yeast at the back of a cupboard dated 2016 but it seemed to work. And reading my first ever biography: it was by Sandi Toksvig so maybe it doesn't count.

Kathryn Hunt is progressing with her ukulele. Our website has a [video showing her progress](#).

Please send in information and photographs of your own activities and "firsts" to myself or Nick for the website and next newsletter. Either reply to this email or send your information to suggestions@u3a-llandrindod.org.uk

Congratulations

To Terry Cousins for getting the centre page spread and a photograph of some of our members in the last issue of Third Age Matters entitled Land of my Forefathers.

To Captain Tom Moore for all his fund raising efforts. His son in law comes from Rhayader.

To other members who are supporting the effort. Janice Horne is knitting "Firsts and Lasts" hearts to go to the NHS for patients and those who have lost family members. Ruth Brown is crocheting shopping bags from surplus carpet yarn, bags that will last forever and raise money for charity.

I am sure there will be many more of you involved in supporting others through this crisis.

Paying our way

We have had requests to pay our annual subscription to the U3A head office and for the Third Age Matters (TAM) magazine. It would be very much appreciated if you have not yet paid your annual subscription if you could get in touch with the Treasurer or Membership Secretary to confirm you wish to remain a member and will pay your subscription when safe to do so. You can pay through online banking or send your cheques for £25.00 to Jan Willsher, Tir-Nant, Llanyre, LD1 6EA

New dates for major U3A events

The Wales Regional Conference due to be held at the Metropole on the 29th May has been postponed until 9th September.

The National U3A Day will now be held on the International Day for Older Persons, Thursday 1st October.

The speakers for our own monthly meetings have been cancelled for May and June. We will keep this under review and let you know of plans for future meetings. We are investigating the possibility of some speakers giving us a lecture as a webcast.

Final Words

This is taken from The Times and I have included it as Professor Riley is the daughter of Chippy Riley who was one of Llandrindod Wells and District U3A founder members.

Eleanor Riley, professor of immunology and infectious diseases at the University of Edinburgh, said: "If we go back to normal now, then there will almost certainly be a second wave. Politicians will be making big decisions on the basis of very limited information. I suspect they are waiting to see what happens elsewhere that could help us to figure out how to go about it".

Until such time as the crisis is over, we hope to keep you in touch with U3A activities. If you have any news or material you would like us to include in the next newsletter, please send it in. Please send your information and ideas to suggestions@u3a-llandrindod.org.uk

The committee send their best wishes to you all.

Karen Latham

Chair, Llandrindod Wells and District U3A

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The contact information for all Interest group leaders is available on the [Llandrindod U3A website](#).